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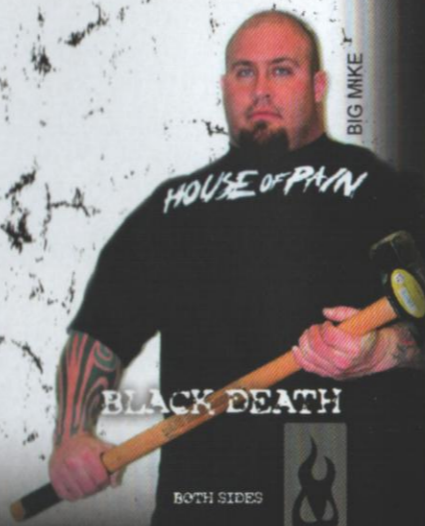


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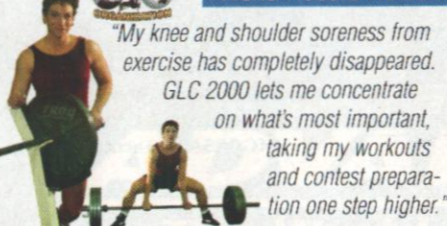
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ON THE COVER ... Shawn Frankl ... "doing his part" at the APF Senior Nationals at the Plaza Hotel in Las Vegas, Nevada.

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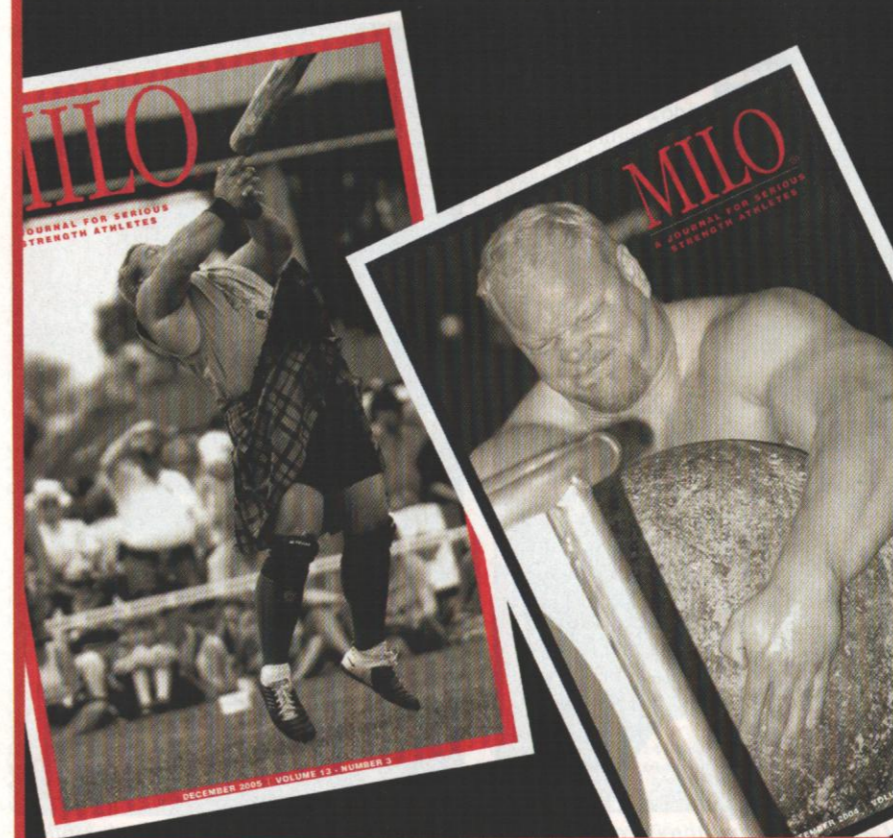
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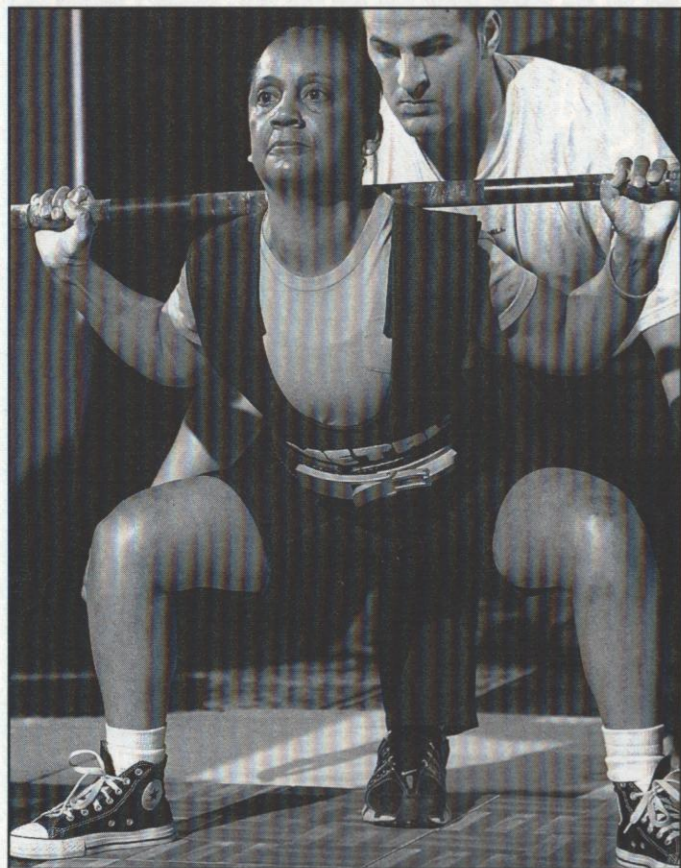
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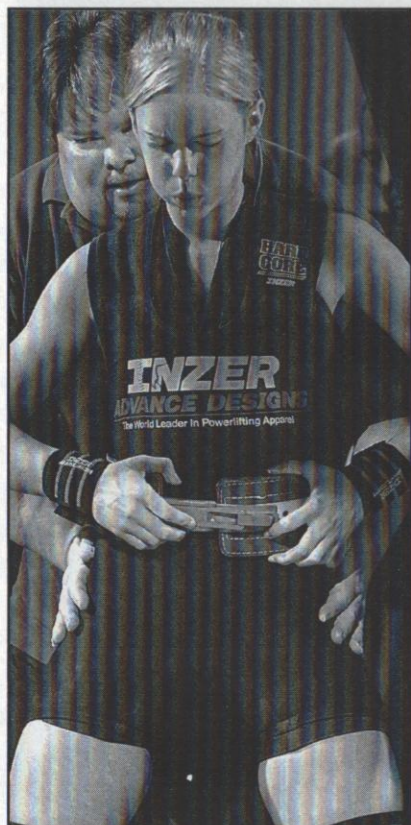
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# APF Senior Nationals

as reported by PLUSA's Mike Lambert



Linda Barnes ... so perfectly proportioned for the 97 pound class.



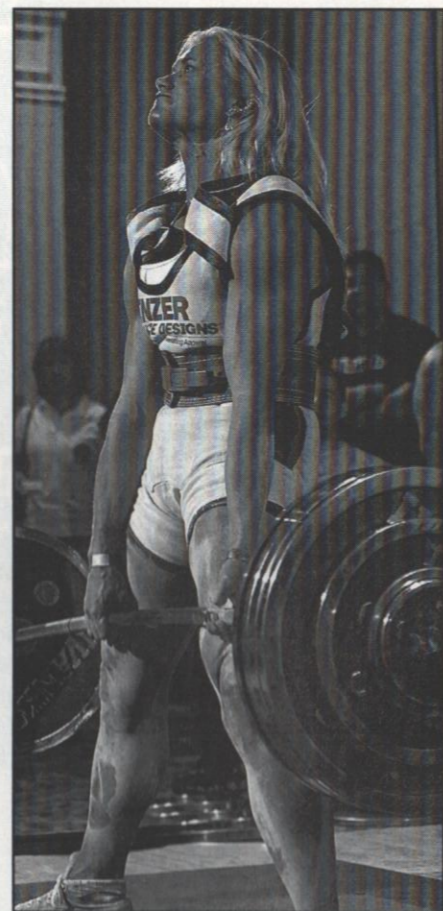
Amanda Harris & father Mark prepare.



Sabra Callahan rammed three great benches.

she's already well experienced, having started training with weights at nine years of age. There's a lot more to come from her, including a trip to Russia to compete. In the 123 lb. class, Sabra (ne Lucchesi, now going by the name Callahan) passed a couple attempts as she had her title well in hand, but she did make all three bench presses. Suzette O'Neil almost bombed in the bench, but came through when she absolutely had to for second place. Margaret Kirkland serenely bombed with huge squat attempts of 407, 451, and 451. Obviously she possesses tremendous strength, but it didn't get posted on the scoresheet this time. In the 132 lb. class, Julia Ladewski had a balanced performance to win her title. At 148, Kara Bohigian unveiled her recently reconstructed knee, and it worked pretty well. With a bit of a wobble, she made a 501 squat on a repeat. She benched 407 over again, and then jumped to 446 for a miss.

Petite yet powerful, Linda Barnes fiercely fought out several attempts, most critically in the bench press, to finish up with an excellent 688 lb. total, in the lightest of women's classes. In the 114s, Amanda Harris had her own challenge in the squat, but she faced the matter intently and finished up well, as probably the youngest APF Senior National Champion ever. At 14,



Shannon Hartnett had a 512 DL up this far.

twisting and unevenness, she steadily forced it to lock out, before suddenly losing her balance and catapulting



Julia Ladewski is good in all of the disciplines

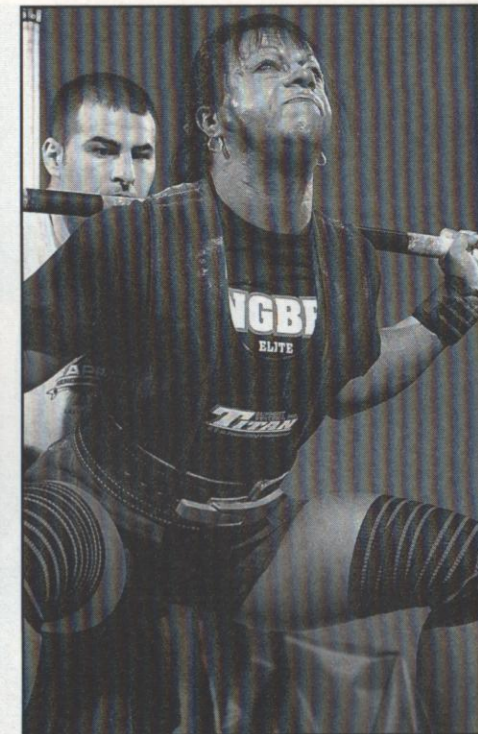


Kara Bohigian added yet another 400 pound plus bench press to her lifting resume.

forward over the bar. Lynn Silbert, an active and successful open/masters P1er and sometimes strongwoman competitor, lifted impressively in a performance made even more unforgettable as all the hair on her head had been shaved off. Debra Damminga made several great lifts and fought admirably hard on a couple of misses, to come in 4th. In the 165s, Carol Ann Myers jumped big to 600 in the squat, which wasn't quite there, but she still finished ahead of Stella Krupinski, who missed started low and then moved up substantially on her following

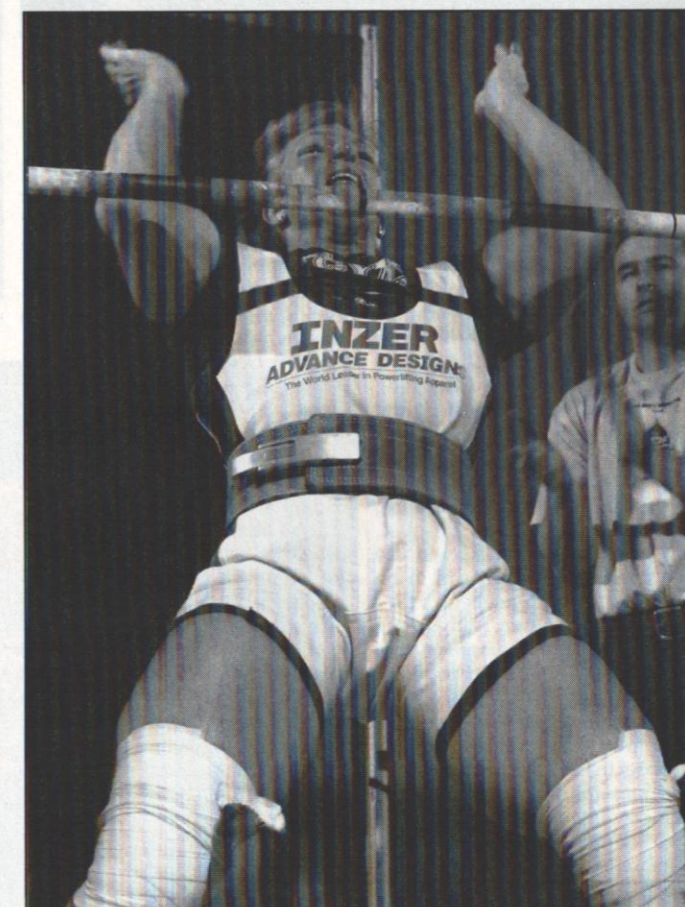
attempts, exhibiting lots of future potential. Hilary Harper only missed one attempt (opening squat) and cruised on to third place in one of the most competitive classes for the women. Laura Phelps, who opened with a 683 squat, was not as sharp as she's been in previous appearances, and bombed, though she'll likely come back and squat deep into the 700s the next time she lifts. In the 181s, Deb Widdis of Big Iron bunch, out of Omaha, Nebraska, did terrific lifts, including a 600 squat, with which she was very pleased, and she closed it out with a 501 2nd attempt deadlift. Krista Ford was back (and blonde!) and very impressive. Unfortunately, she still has a bit of a deficit in the bench, and that kept her from pressuring Deb more closely. In the SHW division, we had three lifters, and none of them finished. Kate Radon, a namesake of the very well thought of Radon Boat Company

out of Santa Barbara, CA, couldn't get a squat in, but did manage a bench and is rapidly closing in on the 400 barrier. Machia "Big Mac" Dudley", also of Big Iron and following in the historic footprints of Becca Swanson, couldn't quite get her



Carol Ann Myers tried the Big Six in the squat

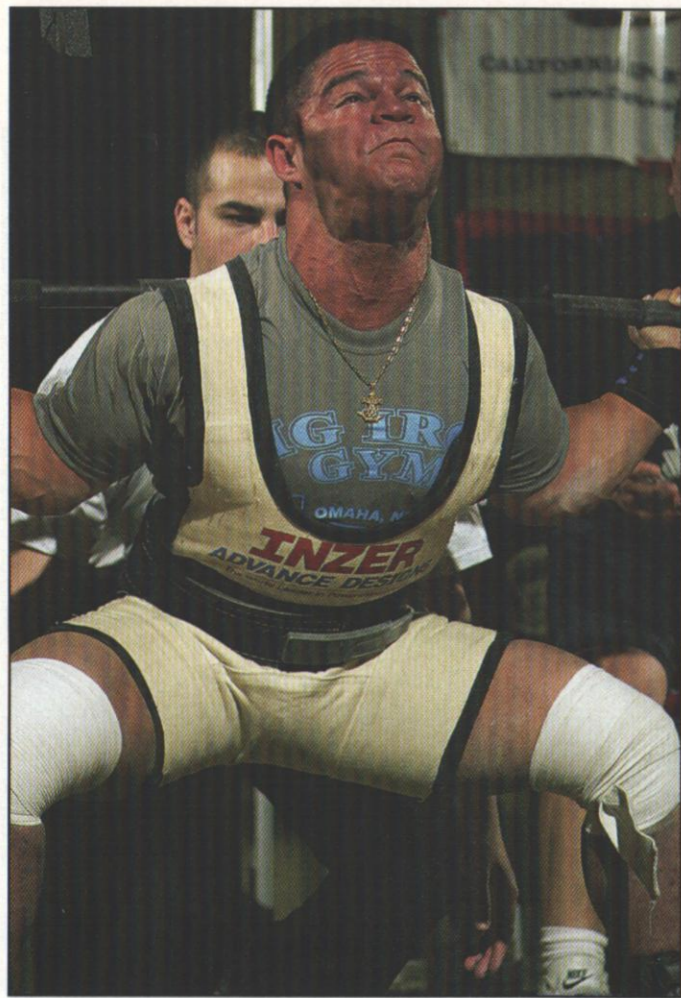
squats down, and then couldn't get a bench in, but she is destined to post huge numbers in the future. Stacy Motter likewise had trouble in the squats and had to leave the competition prematurely.



Deb Widdis was very ecstatic after her final successful squat effort.

## APF Senior Nationals 2-4 Jun 06 - Las Vegas, NV

BENCH	1st	2nd	3rd	TOT													
<b>FEMALE</b>																	
<b>114 lbs.</b>																	
A. Harris	132	148	159	148													
M. Asp	325	341	363	363													
<b>SHW</b>																	
K. Radon	363	363	402	363													
M. Dudley	341	385	396	—													
<b>Open</b>																	
<b>FEMALE</b>																	
<b>97 lbs.</b>																	
L. Barnes	220	248	270	176	176	176	242	264	275	688							
A. Harris	237	237	242	132	148	159	220	242	259	650							
S. Callahan	231	253	—	198	209	214	264	286	—	755							
S. O'Neil	275	292	292	137	137	137	259	275	292	688							
M. Kirkland	407	454	451	209	—	—	336	—	—	—							
J. Ladewski	424	463	463	231	264	264	363	402	402	1058							
K. Bohigian	468	501	501	407	407	446	407	451	474	1361							
S. Hartnett	424	451	451	214	237	237	435	468	512	1135							
L. Silbert	418	418	424	270	281	292	402	413	418	1129							
D. Damminga	275	297	319	187	203	203	286	314	336	821							
<b>165 lbs.</b>																	
C. Myers	551	600	600	248	275	303	402	435	463	1262							
S. Krupinski	407	451	474	275	303	314	407	457	457	1185							
H. Harper	418	418	446	248	270	286	380	402	418	1151							
L. Phelps	683	683	683	385	—	—	485	—	—	—							
<b>181 lbs.</b>																	
D. Widdis	551	573	600	303	319	325	468	501	—	1405							
K. Ford	501	562	578	226	242	259	479	523	529	1344							
<b>SHW</b>																	
K. Radon	468	468	468	363	363	402	369	—	—	363							
M. Dudley	683	683	683	341	385	396	440	—	—	—							
S. Motter	424	424	424	275	—	—	325	—	—	—							



Nick Hatch representing the future of the APF, says Mark Swank

In the men's competition there were no 114, 123, or 132s entering the contest. Young Brad Conant could have had the 148 lb. title, after coming back for a desperate but successful third attempt at 418 in the squat, but he couldn't get in any of his benches. Real competition began in the middleweight division. Of course, when you get somebody like Nick Hatch, who's only 20 and is squatting 837 (miss with 854), benching 540 (missing 562), and explosively deadlifting 551, to total 1929, then he's practically in a class by himself. Brian Tincer was way improved and nailed a big time comeback with a 749 squat, had a close miss at 518 in the bench, and a noble try at 661 in the deadlift, for his excellent 1867 total. Long lean Eric Talmant put together big lifts, beginning with a 644 squat, for a 1658 total. Al Caslow, a new face, opened big at 300 kgs., but got it on a second attempt. Leon Josaitis was much stronger than last year, although he had the same difficulty in the squat as most did, and he darn near got a 501 bench with his unique form. Eric Cressey did not continue in the deadlifts. Devin Cagnolotti and Angela Mazza could not get a squat passed. Dre Vallezza was hurt on a

650 squat attempt and withdrew. Chris Mehmel and Justin Cantwell also had trouble in the squat. the 181 lb. class, it was a dog fight, even with the likes of Shawn Baker, Tony Garland, Louie Morrison, and Tony Ramos leaving early after the squat. Greg Crook came back on a third attempt with a 722, made it, and that made his day, as he won the class. Mark Van Alstyne, Doctor of Chiropractic and Physical Therapist, took his opening miss and jumped considerably, making two great follow-on squats, and a strong 485 bench press for second place over WPO veteran Brian Strickland. Bob Benedix, master lifter, came very close with a 716 squat twice. Hal Scholnick had a few too many misses to challenge Bob, a World Gym owner in Florida.

Phil Delmonte missed only his final deadlift, but had already run away with the 198 lb. title, with a class leading 832 squat, and a 551 bench. Adam Driggers is down a weight class, but is still making 220 lbish lifts. If he'd gotten a couple of his misses, he would have been in line for the title. Jason Coker had a big grin on his face, as in "I know somethin' you don't know." He revealed what was up in the bench press, opening with an

APF world record 633 (with big time bencher Mike Cartinian watching from the sidelines). Then he went up to 710, an incredible all time world record in the 198 lb. class, and didn't quite get it, but he came back and skillfully drove it up for a historic success on a third. Brent Tracey had a few problems in the bench press, or he may have challenged Coker for third. Popular Wayne "Dutch" Flesh likewise was close. Jeremy Thomas, of Detroit Barbell, had a nice comeback with a 722 squat, which put him in good position. Al Strang had the coolest haircut, but a doubly missed 749 squat kept him from finishing higher. Mark Caplan, at age 49, tried some very big lifts, and ended up just ahead of Jamie Hanson on bodyweight. Josh Power (aptly named) just got his opener in the squat, and Scott Kuderick likewise got just one squat, and actually only made three attempts all day. Vic Calia of Las Vegas showed balanced lifting. Mike Prewitt came back to get a 677 squat, and that carried him to a nice finish. Mike Grubach was the last of the three lift competitors to post a total. Phil Harrington got a big 865 squat, and went on to try 920, but three good looking benches with 496, done with a reverse grip, but did not get majority lights. Terry Buckley had serious difficulty in the

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Greg Crook thinks about getting everything right on his last squat

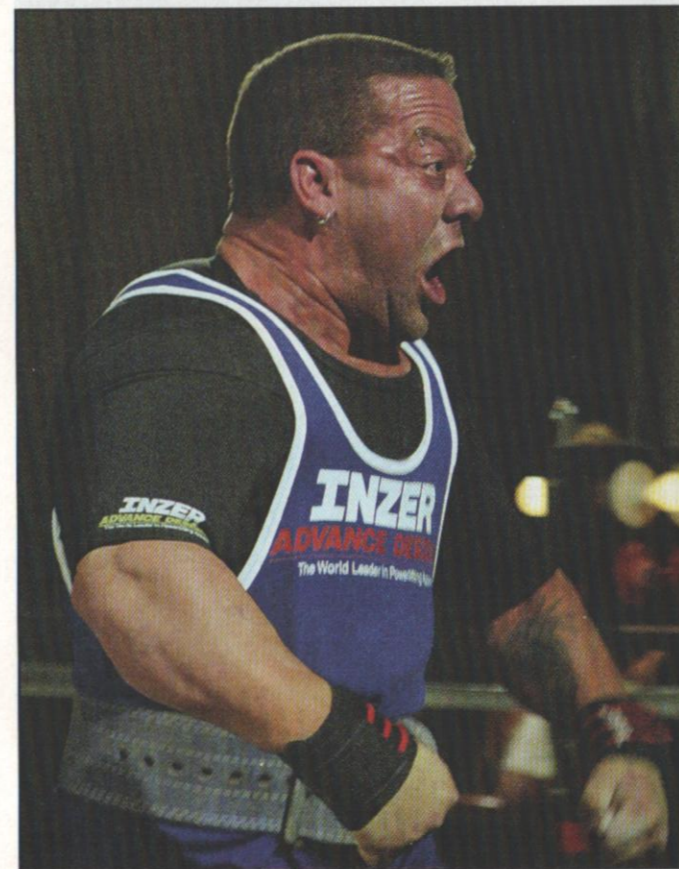


Phil Del Monte was well in control of the Midheavyweight class.

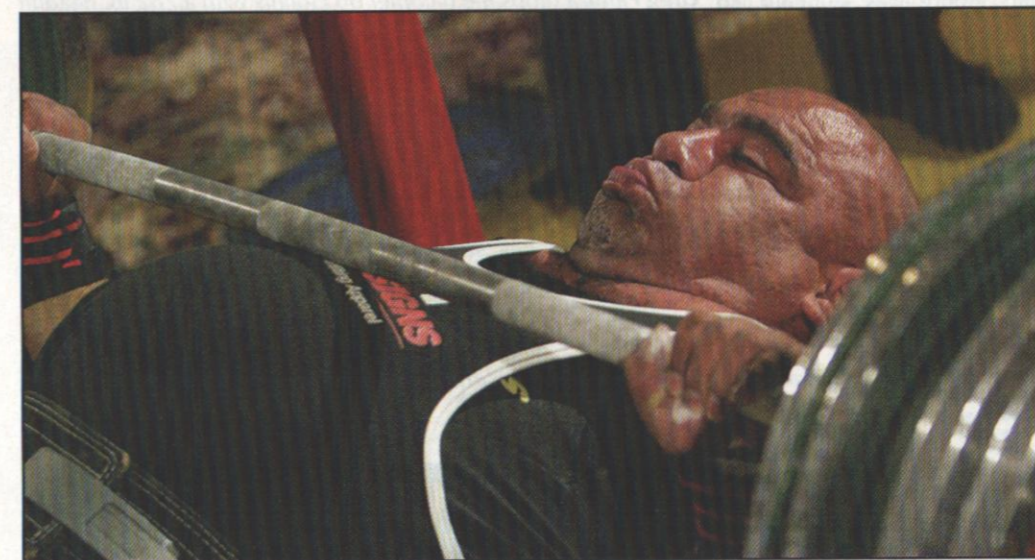
squat, as did Michael Hicks and Mike Luckett.

In the 220 lb. class, Shawn "Freak" Frankl, shook off misses on his opening squat and bench to post a gigantic 2353 total. His 705 bench was quite memorable. Brian Carroll, merely 20 years of age, valiantly tried a 1003 squat, came back to get a 600 bench, and finished up with a fine 755 deadlift for a tremendous 2303 total, and if not for Frankl, we would have walked away with a clear win. Corey Akers impressed with a 903

squat, making all three, and finished up with a key 705 deadlift which put him ahead of mighty Joe Norman, who was just an attempt or two from third. Larry Hook had a large 870 squat, and followed up with a big, big 777 deadlift to close out 5th place. Gene Bell, well into the master category, had a terrific 914 squat, but a 584 bench press was too much, twice. His 705 deadlift gave him a total mark among several world masters records. Tyson Hubbard, of Big Iron, showed balanced lifting in



Jason Coker ... a new all time record in the bench @ 198 - 710#



Alberto Franco .... who else on earth has made 800 pounds plus look so easy in the bench press?



Big Iron Lifter ... Shawn Frankl has ferocious all round strength.

this tough class. Larry Hoover only got four attempts, which understandably pushed him down the list. Scott Blanchard looked dog gone good, coming back with a 766 squat. Josh Gotleib used his big 815 squat to total 2000. Mike Szudarek tried to crash the magic 800 barrier in the squat, but didn't quite do it. Mike Hill reportedly tore a bicep, which kept him from a third attempt deadlift. Jim Gorrell had a nice comeback effort with a 744 squat. Shea Jones had a tough meet - only three attempts, and Kevin Champion also left some

APF Senior Nationals				
2-4 Jun 06 - Las Vegas, NV				
MALE				
148 lbs.				
S. Tamerius	234	234	253	—
165 lbs.				
M. Ruelan	380	402	440	402
E. Cressey	374	394	394	374
181 lbs.				
B. Mendoza	507	518	529	518
N. Marinis	457	503	542	503
A. White	402	402	402	402
T. Hensley	496	496	518	—
A. White	—	—	—	—
198 lbs.				
J. Coker	633	744	711	711
B. Williams	573	644	—	573
M. Coleman	545	562	562	562
L. Lacy	507	523	554	523
220 lbs.				
C. Dexter	584	633	664	633
M. Minuth	504	501	545	545
G. Hayes	485	548	523	485
K. Millrany	650	650	650	—
242 lbs.				
L. VanDuke	655	705	705	—
R. Girard	650	683	683	650
J. Bachmeier	639	705	705	639
M. Hummel	606	639	639	606
E. Clark	562	578	578	562
E. White	529	554	554	529
R. Luyando	772	772	772	—
275 lbs.				
A. Franco	837	854	870	854
R. Briggs	727	755	782	782
R. Luyando	749	760	782	760
T. Harrison	705	744	815	744
C. Tallman	694	694	746	694
J. Smith	655	705	727	655
B. McKee	600	705	746	600
D. Gross	562	562	584	562
M. DeLaval	734	733	774	—
308 lbs.				
R. Kennelly	859	859	903	859
M. Womack	804	804	859	—
T. Manno	700	700	700	—
B. Meek	540	—	—	—
SHW				
R. McCary	722	755	771	771
D. Dickey	639	677	705	677
R. Vick	727	755	777	—
S. Mendelson	1030	1030	1030	—

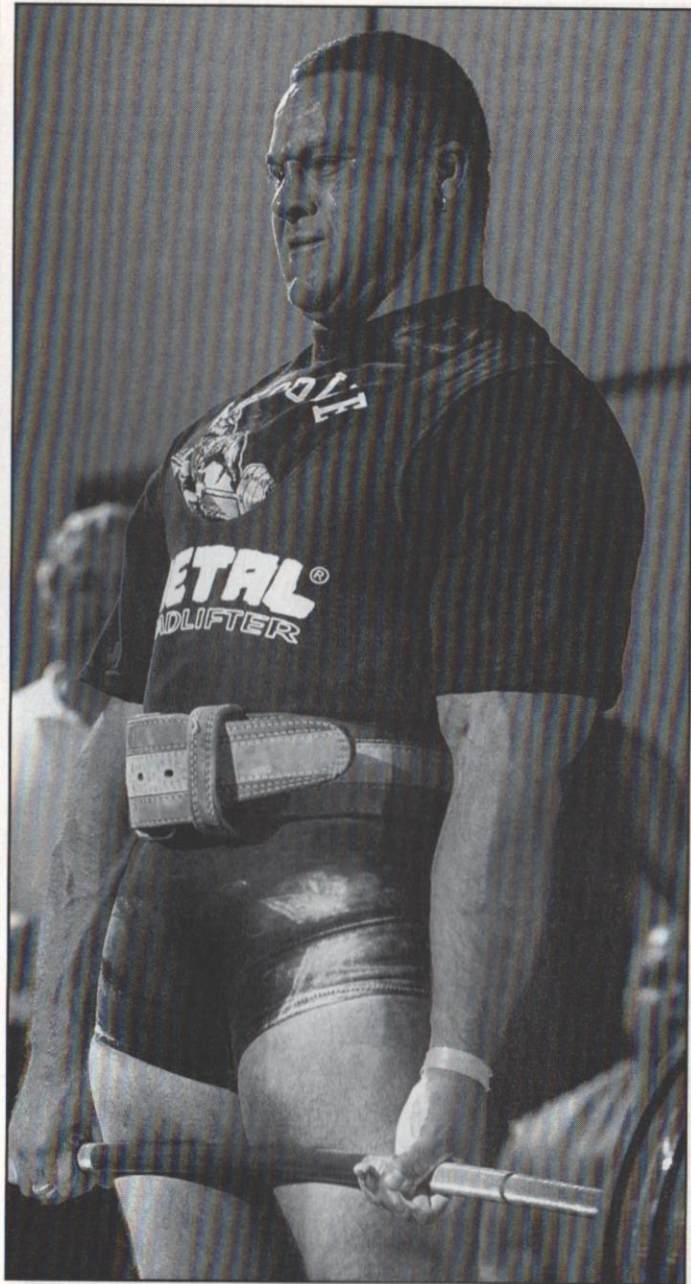


Elliott Shults, 19 and from Las Vegas, was immaculately prepared for this contest by Mark Swank, and he had a vocal cheering section

pounds on the platform. Tall, lean, Dustin Minks came back heroically to claim a 705 squat. Jeff Allen, the son of Marvin Allen - long time training partner of Jon Cole, made some good lifts to finish out the totalers at 220. Mark Plescia was clearly very strong, but somehow started too high on the bench. Lance Mosley was not very close with his 749 squats, and Doug Carroll also had trouble with 826. Charlie Telesco ended up bombing with 683.

There was close competition in the 242s, led by Greg Panora, looking almost lean at this bodyweight but lifting like he was like a 275 pounder. He dropped the hammer with his final deadlift of 782, over Justin Graalfs, who is another very scary strong person from Big Iron (and/or Mad Max!) He too got a big deadlift - 760, which

might have held up for the total record. Ray Pierce was significantly improved and carried through to a convincing third place finish. Floridian Ron Jones, another lean guy, was good in all the lifts, and that made him good for fourth place. Dave McLeod tried some big lifts, and might have challenged Jones had everything gone his way. Muscular Luke Edwards was just behind. Nineteen year young Elliott Shults was so well prepared by Meet Director Mark Swank out of The Gym, in Las Vegas, and only missed at a bold 876 squat and a 688 deadlift. James Schneider had some troubles, made up for them, and posted a 2000 plus total. Phil Wiley, of Texas, didn't get that many attempts in and didn't total close to his potential. In what might have been his first contest in equipment, Matt Moore was stunning, so



Greg Panora drops the hammer on Graalfs with a 782 lb. deadlift

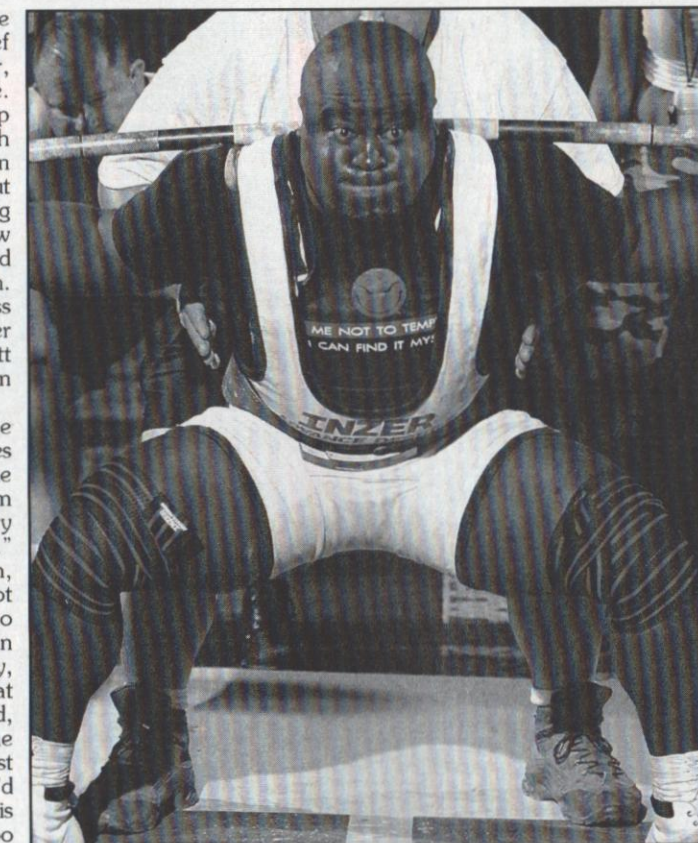
Table with columns for Open Males (148 lbs., 165 lbs., 181 lbs., 198 lbs.) and various lift stats (SQ1, SQ2, SQ3, BP1, BP2, BP3, DL1, DL2, DL3, TOT). Includes names like C. Crook, M. VanAlstyne, B. Strickland, B. Benedict, H. Scholnick, S. Baker, T. Garland, L. Morrison, T. Ramos, P. DelMorti, A. Driggers.

Table with columns for various lift stats (700, 705, 705, 633, 744, 711, 523, 551, 584, 19671) and names like J. Coker, B. Tracey, W. Flesh, J. Thomas, A. Strang, M. Caplan, J. Hanson, J. Power, S. Kuderick, V. Calia, M. Prewitt, M. Grubach, P. Harrington, T. Buckley, M. Hicks, M. Luckett, S. Frankl, B. Carroll, C. Akers.

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explosive in the deadlift and in the bench presses. Ahmad "Joe" Atef from Illinois, a big framed lifter, showed lots more is to come. Donovan Boell missed a major jump in the squat and bench press, which kept him from placing higher. Kevin Thomas looked to be on a roll, but missed two big squats and two big deadlifts. John Tenbroeck, of New York, scored solid lifts, and finished up the meet ahead of Harlan South. Among the bombouts were Ross Bowsher and Dalen Randa, neither of which could get in a bench. Matt Ladewski, Tim Higgins, and Ryan Tinney all zeroed in the squat.

In the 275 pound class, the quickly emerging super star, Charles Bailey, took it over to nail a big time squat and then maneuvered from there to first place in a very competitive division. John "J.Z." Zemmin got a super 804 bench, tried an 843, and showed he's got the credentials as a three lift man to place second in the Seniors. Texan Michael Griffin is a really strong guy, but had a couple misses in the squat which have done him a lot of good, as well as a couple of misses in the bench press. Matt Wenning had just the kind of performance you'd expect from an Westside guy. His 1003 squat try was just a bit too much, as 981 would have gone and that would have helped. Charles Fay, quite tall, had a solid squat followed by balanced lifting to pick up the next spot. John Poremba faltered in the squat, which kept him down a notch or two. Anthony Carlquist was impressive, and just a little bit more in the deadlift and maybe that third bench would have bumped him up. Mark Bell had a terrific blue Mohawk, and didn't miss any lifts, a notable achievement on this day. Rugged Dan Steltenkamp missed twice at 705 in the bench, otherwise he would have moved up. Steven Richards, another Big Iron lifter, had a few misses in the squat and bench keep him down. Lester Estevez was the same story.



Charles Bailey ... mastering a 1036 lb. squat set him up for the win.

Cameron Field-Eaton had only one miss, resulting in a fine total of 2088. Nick Moretto, a junior, did astonishing lifting in the squat, and has a big future ahead of him, Andrew Zavala did a 2044 total, and in this class that was 11th. Steve Coppola ended up with 2011, and Greg Damminga came in just under 2000. Richard Gregg has come up fast, and he was the last of those to total. Among the bombers, Noel Levario was not very close with a 622 bench on any opportunity. Mike Askew apparently got injured on his opening squat. Buddy McKee could not get a squat passed, but Lester Estevez was the same story.

competition. Vascular and ripped, Dan Kovacs looked like a bodybuilder, but had some awkward problems with an 815 squat. Big Jeremiah Myers but couldn't get one in either. Mike Allocco suffered an injury on his opening squat. Greg Theriot, of Hardcore Barbell in Louisiana, could not get a squat passed. In the 308s, Mike Brown had some issues in the squat, but otherwise no problems en route to a substantial victory margin. A.J. Roberts was a solid second over Scott Cartwright, who had a rough 3-attempt day, but ended in third. Will Ramsey's 30 kilo jump in the

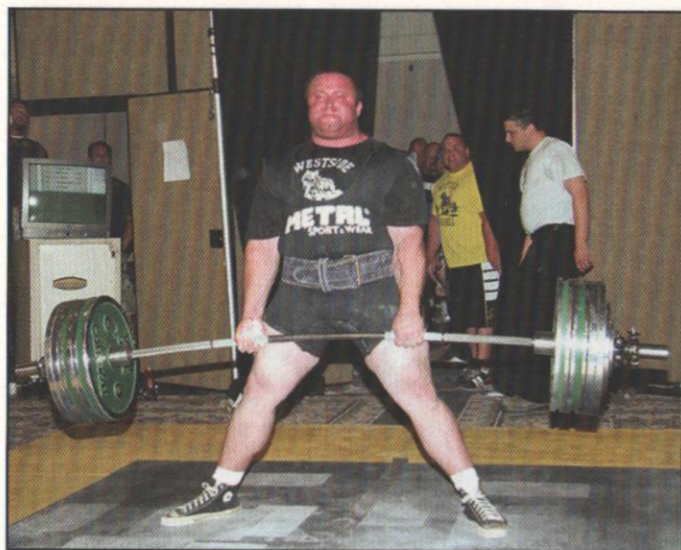
squat would have helped him a great deal. Monte Sparkman came back to get a 650 bench to stay in the meet. William Lee was the final totaler. There were many bombers: Tony Bologone, Scott Burgess, J.R. Bolger (who judged much of the rest of the competition), mighty Chris Weirs, John Manly, Max Higgins, Brian Meek, even Russ Barlow, and Scott Weech, who opened with 1107 in the squat.

In the SHWs, there were many more casualties, but Matt Smith was not one of them. Another Westside guy who doesn't make many major mistakes, his was a gigantic total. On a day when many big squatters went down in flames, he posted a 517.5 kilo lift, and didn't have a miss. Huge Tim Harold missed a few key attempts, but still came up with a total to match his stature. Todd Greninger was followed by Thad Coleman and Mike Beatty. Among the bombers were Chris Clark, who didn't get in a bench, and Gary Frank, who, unfortunately, posted no squats, Paul Childress passed his opener, obliterated his second attempt (not passed) and didn't take a third, Chad Aichs had a vision of a 1225 squat, but didn't get anything but big Xs on his scorecard, as did Jesse Burdick.

In the bench press competition, most of the entrants were also lifting in the three lift competition, but there were exceptions. Mary Asp did a smooth 363 in the women's 165. In the men's divisions, Steve Tamerius, handled by 343 pound Scot Mendelson, couldn't get a lift on the board. Miguel Ruelan came out to take the title at 165, thanks to excellent handoffs from Horace Lane. Santa Barbara's Bruce Mendoza earned the overall win at 181, though Nick Marinis secured a world master's record with 503 in 2nd place. In the 198s, Jason Coker prevailed magnificently with his world record 710 over Barry Williams' 573. Corey Dexter

Table with columns for various lift stats (865, 914, 937, 523, 578, 578, 672, 705, 738, 2175) and names like J. Norman, L. Hoek, G. Bell, T. Hubbard, L. Hoover, S. Blanchard, J. Gotlieb, M. Szudarek, M. Hill, J. Gorrell, S. Jones, K. Champion, D. Minks, J. Allen, L. Plescia, M. Mosley, D. Carroll, C. Telesco, G. Panora, J. Graalfs, R. Pierce, R. Jones, D. McLeod, L. Edwards, J. Redding, E. Shults, J. Schneider, P. Wylie.

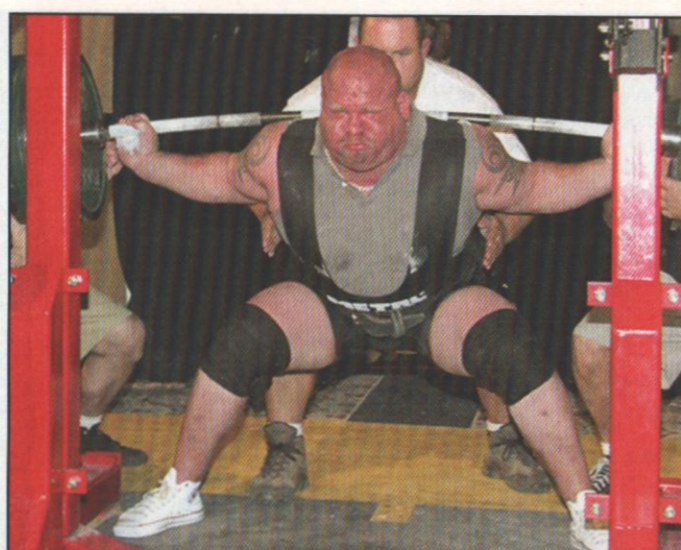
Table with columns for various lift stats (777, 777, 804, 501, 551, 600, 584, 655, 655, 1912) and names like M. Moore, A. Atef, D. Boell, K. Thomas, J. Tenbroeck, H. South, R. Bowsher, D. Randa, M. Ladewski, T. Higgins, R. Tinney, C. Bailey, J. Zemmin, M. Griffin, M. Wenning, C. Fay, J. Poremba, A. Carlquist, M. Bell, D. Steltenkamp, S. Richards, L. Estevez, C. Field-Eaton, N. Moretto, A. Zavala, S. Coppola, G. Damminga, R. Gregg.



Mike Brown .. pulled a fine 804 to cap off his 308 lb. class win.

emerged to take the 220s, and Levi Van Duke and Ryan Girard tussled for the 242 title, after local lifter Jarod Bachmeier missed his jumps to 705. The remarkable Mike Hummel clamped his prosthetic arm to the bar and pushed up 606 for fourth place. Rob Luyando bombed with 772, but lifted again in the 275 pound class. Winner of that 275 class was Alberto Franco, who showed amazing power at the Fit Expo meet a couple years ago. This Los Angeles cop has a stare that burns right through the bar and the first 20 rows in the audience, and his opener with 837 was the fastest, smoothest, 800 pound bench press I have ever seen. He went on to get 854, an all-time world record for this class, exceeding the 845 of Bill Crawford. 870 was a bit too much, but he only weighed 260ish. This guy is the real deal, and 900 is not out of the question. Richard Briggs obliterated teenage world record after teenage world record, finally missing a fourth attempt at 804. Rob Luyando's move up was a good one - third place. Tommy Harrison found 815 to be too much, but he's got the goods to be deep in the 700s. Mike Delaval had some shaky struggles with his lifts and did not get one to the good. At 308, reliable Ryan Kennelly won

N. Levario	914	942	942	622	622	622	633	—	—	942
M. Askew	953	—	—	705	—	—	705	—	—	705
B. McKee	804	804	804	600	705	716	600	—	—	600
D. Kovacs	815	815	815	650	—	—	727	—	—	—
J. Myers	848	909	909	639	—	—	744	—	—	—
M. Allocco	931	—	—	622	—	—	639	—	—	—
G. Theriot	981	981	981	622	—	—	749	—	—	—
308 lbs.										
M. Brown	953	1019	1019	600	650	683	683	771	804	2441
A. Roberts	937	1003	1003	628	661	661	672	700	727	2298
S. Cartwright	942	942	970	628	639	661	639	683	688	2221
W. Ramsey	837	903	903	600	622	639	600	655	700	2133
M. Sparkman	854	876	903	650	650	650	551	600	—	2127
W. Lee	705	731	731	507	540	551	639	666	666	1923
T. Bolognone	881	881	925	716	727	727	617	—	—	881
S. Burgess	903	903	903	600	—	—	650	—	—	—
J. Bolger	914	914	948	518	—	—	606	—	—	—
C. Wiers	887	925	942	661	—	—	771	—	—	—
J. Manly	903	953	953	672	—	—	727	—	—	—



Matt Smith squatted 1140 in the SHWs. (CSS Design photographs)



Brent Mikesell with his winning Iron Gladiator Team Championship award, flanked by meet directors Carol Upton & Mark Swank.

yet another major title, with 859, missing at 903. Mike Womack missed them all, 804 twice and 859. Tom Manno bombed at 699. Robert McCrary took the SHW title with 771 over David Dickey, after Robert Vick bombed out. Scott Mendelson opened at a stratospheric 1031, but also missed three times.

Why all the bomb-outs? This was a three day event, and a relatively small pool of judges worked the whole meet. From one weight class to the next, the judging was consistent. As far as the squat depth standard, anyone who came looking for gifts should have waited until Father's Day, a couple of weeks later. In a meet with a big turnout

like this one, an 'all or nothing at all' attitude develops in some lifters who think if I'm not going to lift big I might as well bomb, because there's no point to angling my way to 13th place. There were definitely lifters who started too high.

The meet was held at the Plaza Hotel, near Fremont Street, the site of other previous powerlifting competitions, and several more (under different sanctions) later in 2006. The ballroom is quite adequate for these events, and this Mark Swank/Carol Upton production was professionally organized, with few glitches. The spotting crew were primarily active duty Air Force personnel. On a couple of occasions it was amazing how quickly they were on the bar, saving a lifter from harm. One of these spotters ended up with an injury to his hand, when a bar was dumped, and was rushed off to the hospital. Another gentleman, a strongman competitor, drove up from Arizona to watch the meet, but volunteered to be a back spotter and did an excellent job throughout. Sometime Superman Tim Daly did a terrific job keeping the results straight and getting them out. Off this meet, this crew has demonstrated they can hand any scale of competition, international or national.

M. Higgins	865	865	865	617	—	—	622	—	—	—
B. Meek	727	727	804	540	—	—	551	—	—	—
R. Barlow	826	920	920	429	—	—	683	—	—	—
S. Weech	1107	1107	1107	661	—	—	677	—	—	—
J. Grove	848	903	903	600	—	—	683	—	—	—
SHW										
M. Smith	1036	1106	1140	683	727	731	749	804	832	2673
T. Harold	959	1008	1030	661	705	705	804	804	903	2474
T. Greninger	953	1025	1025	595	644	677	716	738	777	2408
T. Coleman	821	837	881	518	540	573	677	705	727	2116
C. Clark	677	716	733	507	534	551	650	683	683	1934
M. Beatty	881	931	931	551	622	622	672	—	—	881
G. Frank	1036	1036	1036	788	—	—	854	903	—	854
P. Childress	1124	1124	—	727	744	755	744	—	—	—
C. Achs	1129	1129	1151	755	—	—	711	—	—	—
J. Burdick	881	903	920	308	—	—	633	—	—	—

! = World Records. Best Lifter Women: Kara Bohigian. Best Lifter Men Lightweight: Shawn Frankl. Best Lifter Heavyweight: Matthew Smith. (Thanks to Tim Daley for results)

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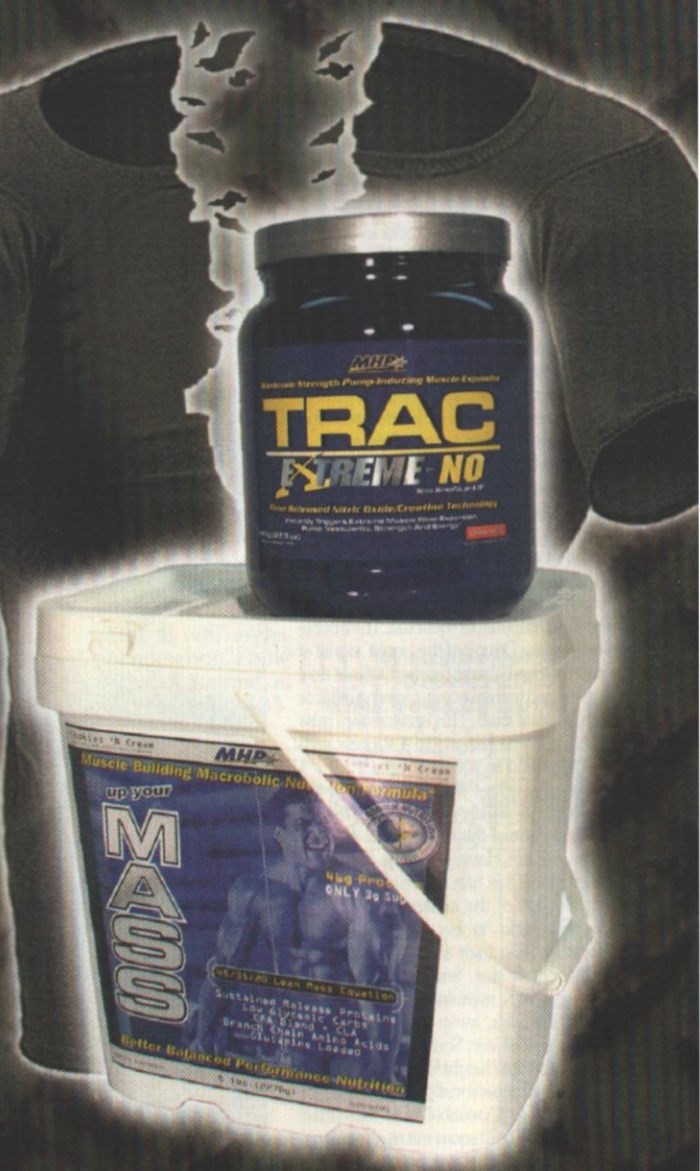
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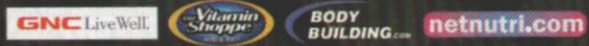
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Of the three powerlifts, the squat requires the greatest expenditure of energy and attention to detail. A competition squat can be divided into several parts; bar height and rack setting, knee wrapping, etc., walkout with bar into squatting position, the actual execution of the squat itself, and re-racking the bar after the attempt. By far, the greatest attention has been focused on the execution of the squat itself, but the other aspects of the lift are also critical and miscues on any of them can have a profoundly negative impact on your results. In this article, let's explore how we can help insure optimal execution of these less often dealt with segments of the complete squat movement and direct their impact to the positive side.

Let's examine fictional lifter Doug's squat attempt. Doug has already been wrapped since the previous 2 lifter's attempts. Now it's his turn to squat. Doug steps onto the platform and gets under the bar. The rack, it seems, was set a little too high which requires him to tip toe to the bar up and over the racks in order to get it out. Having succeeded with that, Doug proceeds to take 4 steps backwards with the heavy bar on his back, almost to the edge of the platform. Finally coming to a halt, Doug fidgets both his feet for about 30 seconds until he feels satisfied with his foot position. The referee gives the squat signal, and Doug drops to the bottom like a rock, the spotters narrowly saving him from becoming a permanent blot on the gym floor. The spotters have to essentially carry the bar back to the rack as Doug has no strength left to do it himself.

What went wrong? Doug had just hit a new training PR in the squat using the new high-tech Slinky-added resistance method and Macho-5 quintuple layer squat suit. The trouble was by the time Doug got the 'squat' signal at the meet, he had already burned a great deal of physical and mental energy, leaving little for the actual squat itself. This unnecessary miss could have been changed to a success with greater attention to squat set-up.

It all starts at the weigh-ins. At the weigh-in, lifters usually get measured for bar height and choose their preference to have the racks in or out. Having the racks 'in' means the lifter places his hands outside the racks near the inside of the collars. Most larger lifters chose racks 'in' because they can not comfortably bring their arms in close to the body due to their size. Smaller lifters tend to set the racks 'out', meaning the lifter's hands go inside the rack, away from the collars, closer to the shoulders. Some lifters have their helpers set their bar height for them. I strongly suggest each lifter personally get measured for the right height. A valuable tip to remember is that wearing a tight squat suit may 'shorten' you up a bit. For that reason, set your bar height one notch below where you measure without a squat suit on. If after your first attempt, you find it is set too high or too low, have the spotters adjust your bar height for your next attempts. In general, lifters set the bar too high. This requires them to tip toe with the bar on their back to get it out of the racks and into the starting position. Obviously, this can be very strenuous and precarious with maximum weights. On the other side of the coin if the rack height is set too low, the lifter needs to perform a quarter squat to get the bar up and out. Both scenarios waste a lot of energy and increase your anxiety levels. Getting the bar height set properly makes the whole event less stressful and increases your chances of success.

The next challenge for the squat is in

## STARTIN' OUT

A special section dedicated to the beginning lifter

### SETTING UP FOR THE SQUAT

as told to Powerlifting USA by Doug Daniels



Mike Bridges did everything right as a squatter, including an efficient and energy saving setup, at the 1982 Senior Nationals.

the 'on-deck' and 'in-the-hole' circle. Being organized and staying in touch with how the meet is progressing is key here. When you are called to be in-the-hole, (which means you are third in line to squat) proceed to the on deck area with your squat suit on and shoulder straps down. When the lifter on the platform takes the weight out of the rack, start wrapping your knees. Remember, in addition to the time it takes the lifter to take the lift and the spotters take to get the bar back into

the rack, there may be a weight change involved. Combining this with the customary 'one minute between lifts' should provide you with ample time to get into full squat gear. It is important to not begin the wrapping process too soon as having all that confining gear on for even a seconds too long can sap energy.

After your knees are wrapped you should be second in line to squat or on-deck. Have your helper get you up from your chair and have him get the shoulder

straps of your squat suit up. Next put your wrist wraps on if you use them. Follow this with getting your lifting belt cinched on. It's best for your helper to cinch the belt on tightly, again saving your energy. Ask your helper spread chalk on your back where the will bar rest to reduce the chance of the bar slipping during the squat. Lastly, chalk your hands for a better grip and you're ready for your attempt. As you can see, your helpers are extremely important here, as their responsibilities are to keep tabs of when you are due to lift and completing your gear-up process in the meantime.

With the pre-lifting stuff done, let's move on to positioning to squat. The goal of setting up is to get into a ready-to-squat position quickly and safely and with as little expense of energy as possible. Having that energy available later during the squat attempt can mean the difference between success and failure. Too many lifters waste extreme amounts of energy backing out of the rack, and they add to this waste by shuffling the position of their feet, searching for that perfect stance. Some lifters take numerous steps back setting up, taking the spotters on the trek with them. Never mind that they will also have to walk all the way back to the rack with the weight after the attempt.

Optimally, the squatter should take only one step back with each leg, getting into starting position and ready for the head judge's 'squat' signal. This can only be accomplished with dedicated practice during training. Back out of the rack and into position with one step on every set you do in training, from your first warm-up to your max lifts. Practicing in this manner will make efficient setting up automatic. If you find you need more than one step back to clear the rack, re-examine your squatting style. You do not need as much room between yourself and the rack as you may think. This is very similar to how far a major league catcher is behind the batter. He positions himself just far enough away as to not get hit by the swinging bat.

By positioning yourself only one step back from the rack, the trip to re-rack the bar should be short and safe for both you and the spotters. This saves a lot of energy for any succeeding squats as well as for the other powerlifts to follow. On the other hand, if you positioned yourself more than one step away from the rack, the energy expended to re-rack will be considerably higher. Also the trip to re-rack after a miss is always a lot longer than after a good lift.

Spotters also have an impact in squat set-up. Your helpers can assist in this department. Have them verify that the bar is loaded correctly or at least evenly on both sides and that the racks are set to the correct in or out position. The platform gets covered with chalk and powder over the course of the meet. Ask your helper to request the spotters clean it up before you take the platform if there is a lot of residue. Get this all done before you are set to lift. Waiting for the spotters to reset the rack or clean off the platform while tightly wrapped and belted can really sap your precious energy.

A lot of hard work and thought go into your contest preparation. All that effort can go up in smoke if you waste too much energy setting up for the squat. Practice setting up efficiently for the squat on every set and rep in training. This type of focus is the only way to insure you have the best chance to get maximum results on contest day. Paying attention to all aspects of the squat can make a huge positive impact on the lift, as well as providing added safety.

## TRAINING

### THE LIGHTENED METHOD

as told to Powerlifting USA by Louie Simmons

At Westside Barbell, we often use the contrast methods: bands, chains, and, of course, the lightened method.

For squatting, we use three different bands: the light band, the monster mini-band, and the mini-band. A light band hung over the Monolift will reduce the load around 200 pounds in the bottom of the squat. Remember, we always box squat just below parallel.

A monster mini will reduce the load 110 pounds, and a mini-band will unload the bar about 55 pounds. If our intention is to become stronger, we start with the mini-bands. We add weight for three weeks and wave back and start a second three week wave with the monster minis. Again, we wave back and start a new three week wave with the light bands. The stronger the band, the greater the contrast.

A nine week wave example:

Mini-band at the top:					
Wk.	Wgt.	Set	Rep	Top	Btm
1	455	8	2	455	400
2	505	8	2	505	450
3	555	6	2	555	505
4	605	8	2	605	495
5	655	8	2	655	545
6	705	6	2	705	595
Light band at the top:					
7	755	8	2	755	555
8	805	8	2	805	605
9	855	6	2	855	655

This series of squats is done off a box just below parallel. The rest between sets is one minute 15 seconds to one minute 30 seconds. We use this system at Westside on a regular basis. It is less taxing on the body. It is important to learn acceleration. It is even more important to change the rate of acceleration. The lightened method is just one way to accomplish this.

This method is also used on max effort day as one of our rotations. Tim Harold made a lightened method squat of 1115 at the top, and 1000 at the bottom. His best squat is 1005. Matt Smith has used the same method with 1150 at the top and 1035 on the box, which has produced a 1102 squat. As you can see, Tim's effort falls short of Matt's, but this sets a standard to realize a contest potential.

Although this method was

used for youth training in the old Soviet Union, at Westside it is used in many of our exercises with great success. It has helped produce two 1100 squats, one at 268, Chuck Vogelpohl (a world record), plus five 1000 pound squats.

Westside often uses the lightened method in the bench press. For benching, we use four different strength bands. For max effort work, we primarily use the strong bands and the medium bands. The bands are choked at the top of a seven foot power rack. This reduces the bar weight at the chest by 155 pounds. With 455 pounds on the bar, the weight is reduced to 300 at the chest, but the weight is reloaded progressively until lockout, which is again 455.

In a second max effort workout we would use a medium band, to reduce the load 95 pounds at the bottom. After unracking the bar loaded to 455, it reduces to 360 at the chest and returns to 455 at lockout. A light band at the top of the rack will reduce the load at the chest by 65 pounds.

This time 455 at the top will weigh 390 at the chest. As you can see, the greater the band strength, the greater the contrast. This system builds speed or absolute strength depending on band tension.

For speed benching, we use a light band or a monster mini-band. A 500 pound raw bencher would use a bar weight of 315. Light bands would reduce the bar weight to 250, or 50%, at chest level. This is a good alternative to other speed work. The three most common are bands, chains, and weight releasers.

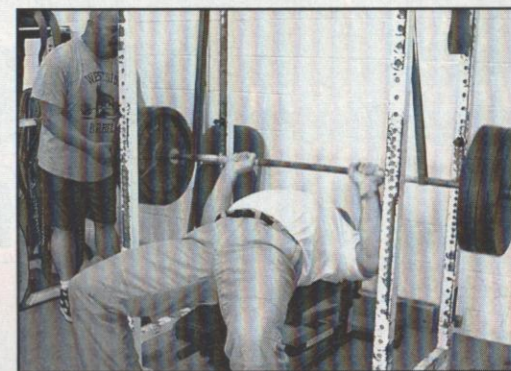
For pulling, we use a strong band looped over a pin five feet six inches off the ground, which will unload the

bar at floor level about 135 pounds. Joe Bayles pulled 745 with the lightened method. This resulted in a 775 PR at a meet. This was greater than a 30 pound positive result. Tim Harold pulled 900 pounds and later pulled 855 at a meet,

which was a PR, but a 45 pound negative results. Regardless, this will give some guidelines to go by.

This method is also very good for high pulls as well as increasing the second pull. Kneeling cleans, snatches, and squats are used in the same way.

Use your imagination. You can use the lightened method for JM presses, triceps extensions, overhead presses, inclines, and declines. It is a fantastic tool for all sports. It will increase not only your vertical jump and long jump, but also your hand speed. It teaches you to accelerate throughout the entire range of motion. Conventional weight training has a distinct deceleration phase. The lightened method will help eliminate this phenomenon. Look at it this way, with this method, a young ballplayer can unrack 135



Louie Simmons oversees some bench pressing with bands at Westside Barbell Club. (D. Simmons)

in the squat, but at the bottom it weighs nothing; 225 at the top would be 90 pounds in the bottom; 315 at the top would be 180 in the hole, and so forth. This teaches acceleration.

One must take advantage of all training methods to succeed. People are getting stronger every day and are smart enough to make the most of their equipment. Don't be a hater. Take advantage of everything at your disposal. If the great lifters of the 70s, 80s, and 90s had shirts and suits, you can bet the bank they would use them. Some of these lifters lasted only five or six years. If they had modern day gear, maybe they would still be competing with today's stars.

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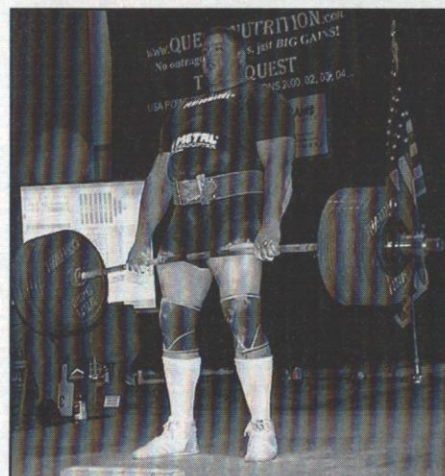
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# INTERVIEW

## BRAD GILLINGHAM interviewed by Greg Stott



Brad with his new IPF Masters World Record pull of 859 lbs. (photos courtesy of G. Stott)

Brad Gillingham's 859 lb. Deadlift was the heaviest ever lifted in IPF Masters History! Multi-National Champion & Record Holder, Two times Open IPF World Champion, IWGA World Games Medalist, Masters Powerlifting Champion Pro Strength Athlete Age: 40 Height: 6'5" Weight: 330 lb. Weight Class: SHW Federations You Belong To: USAPL & IPF

**GS:** First off, Congratulations on your new IPF Masters World Records!

**BG:** Thanks Greg!

**GS:** Brad, tell us about your lifts & records set May 7th at this years Nationals? I understand that you got sick a week before the Nationals, is that true?

**BG:** I had a bad sinus infection with a low-grade fever the week before the meet and was put on Anti-biotics by my Doctor. I felt pretty good before I left, but the humidity and pollen in Texas caused the condition to get worse, and it got into my inner ear. I was very congested and dizzy the day of the meet. I was having a little problem with balance. I decided that it would be smart to lower my goals in the squat and to not wear a suit. I started my squat with a real safe 705 instead of my typical 800-815 opener. I squatted 749 on my 2nd attempt and then squatted 782 on my third. All 3 attempts were done in a singlet with knee wraps. The 3rd attempt was very conservative, but it was the smart attempt for that day. My squat training had been going well and I was hopeful for the 400 KG (881) squat that has eluded me. I also benched my first 2 attempts with no shirt, but put a shirt on for my last attempt, so that I could have a shot at the IPF Masters total record. I felt a little better after getting warmed up and I had a good day deadlifting. My opener at 782 may have been my toughest lift of the meet. My 2nd attempt with 826 broke the IPF Masters deadlift record and my

3rd attempt with 859 re-broke the IPF Masters deadlift record and was just enough for me to break the IPF Masters Total record. My goal going into the meet, due to my performance in training, was to finish with a bigger Total. Considering how sick I was, it really wasn't a bad day! (LOL)

**GS:** What was your family's reaction to your record setting performance?

**BG:** My father and brother Wade were coaching me. They were happy that I was able to pull a PR deadlift at the end of the meet to salvage the day. My kids (Emily-7 Elizabeth-5) and wife (Diane) were also at the meet and really enjoyed all of the action. There were a lot of great guys competing that both my family and I had known for years. They especially had a lot of fun Cheering for all the lifters from Minnesota & Wisconsin.

**GS:** In your last TEAM iXL interview, you mentioned that the deadlift is your favorite lift, please take a minute and share with us why?

**BG:** I like the deadlift because it is a brute force lift that is not influenced much by gear. It also suits my body type. It is a lift that depends on years of training & over-all body strength. There are no quick fixes to make progress in the deadlift. It depends on strengthening the whole body and making gradual gains over time.

**GS:** How long is your training cycle to prepare for a competition?

**BG:** I typically use a 16-week cycle. That is split up in 4-8 week mini cycles.

**GS:** Please describe for us a deadlift workout, say mid competition cycle?

**BG:** I alternate pulling from the floor and doing partial power rack deadlifts every other week. I split the 16-week cycle into (2) 8-week cycles. The rack pin heights are lowered every other workout. I perform power cleans, front squats, RDLs and bent rows as my assistance work. I don't go very heavy from the floor during training. The heaviest pull I did in the gym was my opener (785) 3 weeks out. I was able to set new PRs at each rack height during the second 8 weeks of the cycle, so I knew I had increased my strength levels prior to the meet. I went up as heavy as 1015 from above the knee and 920 from 5 inches off the floor in training. My training philosophy is to train very heavy out of the rack and to build additional back strength through squatting 5x5 workouts with no gear.

**GS:** Who are your current workout partners?

**BG:** Karl and Wade Gillingham, Nick Tylutki, Gary Grahn, John and Jordan Krogman, Butch Mathiowetz, John Campion, Terry Kriz and Darwin Patzlaff.

**GS:** Brad you've shown that you can lift huge weights Drug Free! What advice do you have for athletes & coaches reading this interview in regards to why they should stay the Drug Free Course?

**BG:** I think it is important to establish a long-term training plan to increase your strength gradually over time. I was able to deadlift 859 at age 40 and I'm hopeful that my lifts will continue to increase. I credit this to training drug free and being patient with my progress. Bottom line, drug free training will increase the length of your competitive career.

**GS:** What supplements are you using?

**BG:** I have a great sponsor in GNC Pro Performance. I have represented this company for over 6 years. I travel around the country participating with GNC in 5-6 events a year. I promote the GNC product line in their booth and participate in strength

seminars. Over the last 3 years I've participated with Dave Sandler & Strength Pro at the Arnold Classic. GNC Pro Performance is at the top of their industry in quality control, which is extremely important to a Drug Free athlete. I use the Pro Performance line of protein products like Mega MRP, Pro Crunch Bars, or 50 Gram Slams. I also take Mega-Men vitamins, Creatine, Quick Fuel and joint support formulas like Tri-Flex and Mega-Joint.

**GS:** Tell us a little bit about your diet? Describe for the readers, what a typical day of food consumption looks like, as you're preparing your body to Deadlift over 850 Pounds at the age of 40!

**BG:** I consume a lot of calories. Sometimes up to 8,000 a day. I try to consume around 400 grams of protein a day. This comes in the form of Milk, Beef, Chicken and Pork along with protein drinks. I increase my carbs as a contest draws near and I typically will eat a box of macaroni and cheese or 5-6 boiled potatoes for breakfast along with a 50 Gram slam on training days. I eat a good lunch and a large supper following my work out and use protein supplements in between meals. I try to eat a variety of fruits and vegetables and typically stay away from sweets and junk food.

**GS:** What are some of the new goals you've set for yourself in Powerlifting?

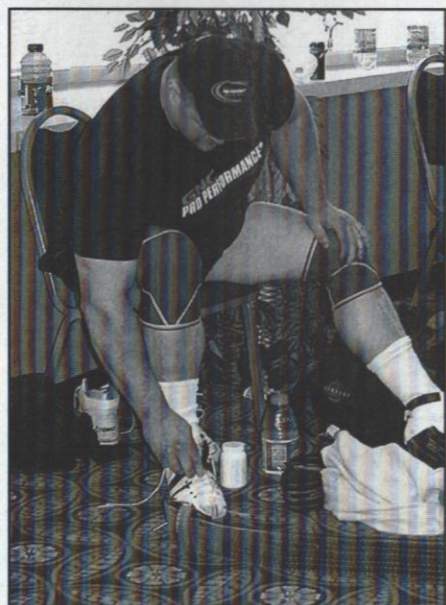
**BG:** I want to keep healthy and continue to make progress in lifting more weight. I guess you could say my main goal is to just get stronger!

**GS:** What is your vision for the sport of Powerlifting?

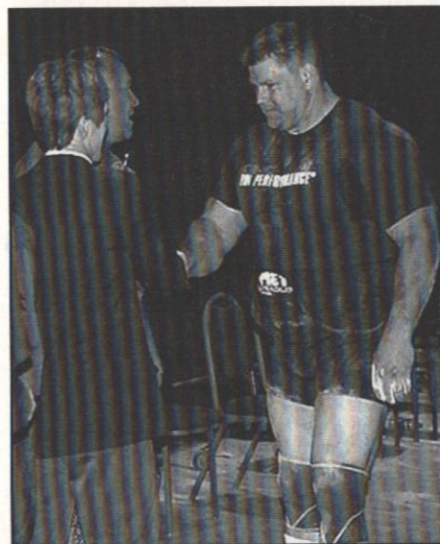
**BG:** I am not sure if I really have a vision for the sport. There are a lot of different federations with different rules. Hopefully some day the sport will come together a little more, with less fragmentation.

**GS:** How has the sport of Powerlifting affected your everyday life?

**BG:** As we age, we all add additional responsibilities to our lives. Like raising our families, working and finding the time to dedicate to training. Strength training keeps



Brad getting ready to lift, on a tough day when many lifters would have packed it in, Mr. Gillingham produced a WR 2237 TOT.



The GNC Gentleman.. Brad receiving congratulations from the officials on his sensational accomplishment.. Brad has been representing GNC for several years now.

me mentally focused. I have a lot of other interests like hunting, fishing, and hobbies, but strength training is a way of life for the Gillingham Family. My brother Karl is one of the top Strongmen in the World. My brother Wade has competed as a Pro Strongman. My father Gale played 11 years with the Green Bay Packers, and still trains 3 days a week at age 61. We support each other at competitions and help to coach each other on various levels. Our Family is dedicated and focused on a quest of gaining strength while improving our health, as we all get older.

**GS:** Do you feel Powerlifting should be an Olympic Sport and why?

**BG:** Yes I do. The IPF already has a position with the IOC, regarding its involvement in the IWGA World Games. These Games are held every 4 years, the year following the Summer Olympics. They are a multi-sport event that is under the patronage of the IOC. I've competed in the last two World Games, first in Japan 2001 and then Germany 2005. The World Games have provided me with my best experience in sport. The opening ceremonies in Germany were incredible. We marched into the new soccer stadium in Duisburg Germany, Country by Country, in front of 30,000 fans. It really was something else!

**GS:** What advice would you give to a lifter just getting started in Powerlifting?

**BG:** Take your time! Learn how to lift correctly and do core exercises. Your goal should be to get stronger, so build your base and increase your strength over time. The meat of my training program is power-rack deads and RAW 5x5 squatting. If I can put 5-20 lbs on those training lifts every year, then I feel I am making great progress. For example: If you can complete a 300 lb. RAW bench at 18 and you increase 20 lbs a year for let's say 22 years; then you'd be benching 740 RAW at age 40. Not that this has been done, but it shows just how fantastic a 20 lb. per year gain would be! Too many young lifters want it all over night. Wear your gear according to the rules of the organization you lift in, but build a strong RAW base first.

**GS:** Any final comments you'd like to make or people you'd like to thank?

**BG:** I would like to thank Mike Lambert and TEAM iXL for the chance to do this interview. I would like to thank Johnny Graham and his staff for putting on an excellent 2006 USAPL Masters Championship. In addition, a big Thank You, to my family and friends for all the support they've shown me over the years.

**GS:** Brad, your training discipline and consistency at winning are worthy of both our respect & admiration. Congratulations on not only this victory, but the great example you're setting drug free, for both novice & veteran athletes worldwide.

Greg Stott is the Founder of TEAM iXL. An organization of Athletes worldwide on a mission to inform, motivate & demonstrate that There are No Limits Drug Free! For more info on Brad & other TEAM iXL SuperStars visit: [www.TEAMiXL.com](http://www.TEAMiXL.com)



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## FORCE TRAINING by Jim Wendler and Elite Fitness Systems

### CONDITIONING FOR POWERLIFTERS

3XL's unite! Although I no longer carry the excess pounds that I once had, I know your pain and live with the scars. But I also am safe in knowing that while some other skinny writers scoff and criticize us, their 4 lift total (this is the squat, bench, deadlift and squat...again) doesn't even come close to our 1 lift total (pick any lift, even a curl).

So while they point their bony, weak fingers I offer an open Shrek-like palm and congratulate you. It is not easy being big and being strong. You are constantly called "Big Guy" and are always challenged to wing eating contests at Hooters. Things could be worse though. You could be weak and collect comic books.

But let me offer this to you; you need to stay in some kind of condition, and doing 8 sets of 2 reps on the squat is not going to get you there. You need some lovin' for the heart. So as a tribute to all you big men, I give you this - the conditioning guide to powerlifters.

#### Treadmill/Walking

**How:** This is pretty easy. 3-7 days/week for 20-40 minutes each time. If you have a dog, I have found that this makes your walk at least have a purpose. Plus, if a neighbor stops you, you don't have to tell them, "I'm just conditioning." For those of you that train in commercial gyms and have access to a treadmill, this is good to do after you train so now you don't have to make separate trips to the gym on the off days. You don't have to kill yourself when walking. On a treadmill, you can start at whatever pace that you feel comfortable with. You don't need to be a speed walker, but 3.0 mph seems to be a very easy pace.

This is especially good for heavier lifters and those that are very out of shape. If you find yourself out of breath when walking through the buffet line, then walking is probably something you want to take up.

**Positives:** Walking is very low stress on the knees and lower back, which bothers many lifters. In fact, walking is very therapeutic for your lower back. Also, if you work inside all day, spending 30 minutes outside will do wonders for your mood. Plus, it's some good time alone.

**Negatives:** Boring. Especially the treadmill.

**Overall Rating:** Three leg warmers, a head band and one box of Snack Wells.

#### Walking w/Weight Vest

**How:** This is pretty much going to be the same as above (Treadmill/Walking). If you do choose this, I recommend doing so for a shorter period of time (20 minutes) and see how you do. I use a 75 lb. weight vest when doing this.

**Positives:** This is much manlier than walking alone. You actually feel like you are doing something.

**Negatives:** Again, it's boring.

**Overall Rating:** Three and a half lower back pumps with a side of "I look like Curtis Jackson"

#### Bicycle

**How:** Like walking, you can do this 3-7

days/week for 20-40 minutes. You can use a stationary bike at the gym or at home, or you can invest in a bike (or use your old Huffly) and ride around the neighborhood. If you do have an old bike, be careful of popping wheelies. When I was in college, my bike was my main mode of transportation and my first bike (which was made during the Nixon administration) didn't quite have the structural integrity that I desired. So, as I was attempting to show off for some girls on campus, my wheely-popping quickly turned into handlebar-breaking.

**Positives:** Riding a bike is pretty low stress on the knees and the back. If you do this outside, you can get a little sun and relax.

**Negatives:** While it is low stress on the knees, I noticed is that it can make tight hip flexors even tighter. Plus, it can be a little rough on the taint-n-balls. And to make matters worse, you have to contend with cars and pedestrians. Now if you are a heavier individual, riding a bike isn't going to help your single life. So if you fall into this category, be sure that you are married before putting on the Lycra and helmet.

**Overall Rating:** Two and a half numb prostates and a pair of Oakley's.

#### Dragging Sled

**How:** There are about a million different ideas on how to pull the sled for conditioning. I am going to clear a few things up for everyone. If the sled is used for conditioning (and conditioning only) then the weight has to be light enough so as to NOT take away from your strength training. The biggest mistake people make when using the sled is to try to combine strength training and conditioning.

**How do you know if it's light or heavy enough?** It's simple. If you find yourself getting weaker in the weight room (and this doesn't mean in one workout) or if you are getting sore after your conditioning, then you probably going too heavy. My recommendation would be to start very light and work up slowly from there. You will know when it's too heavy. You can start with a 45 lb. plate on the sled.

For conditioning purposes, I recommend doing it for time versus distance. Since all of us have different spaces in which to drag (some may have an open field, while others may have a parking lot), I would start with a light weight and attempt for 10-15 minutes of dragging. I have worked up to 20 minutes with 135 lbs. This was done with no stopping and done at a very brisk pace. I also recommend pulling forwards and backwards for some variety.

I recommend dragging the sled 3-5 times/week.

**Positives:** Because of the added resistance, sled dragging is a little harder than walking. Plus, it is easy on the low back and knees.

**Negatives:** There are a couple negatives of sled dragging. First, it's a seasonal activity. So if you live in a climate that has snow and ice, it's obviously not a great thing. Second, the sled is still weight training and for some people they need a break from the weight room. They need

to NOT see a weight between workouts.

**Overall Rating:** Three and a half "I use the term G.P.P. and don't know what it means."

#### Prowler

**How:** Pushing a car around is a good time. The only problem is this: you need a car, another driver and it's almost impossible to vary the load. The Prowler is very similar to pushing a car, except you are a little lower.

The Prowler is best used on your training days. It's stressful, so it's best not to use this during your off days. You can walk or run with the Prowler, but I prefer to run. A lot of what you do with the Prowler is going to be dependent on where you can push it. When I'm at the Compound, we have a nice 50 yard area to push it. When using it at the high school, I have unlimited space.

I have never done the Prowler for time, as this would probably kill me. I generally do 10 or more sprints of 30-50 yards.

**Positives:** The Prowler is fun to do and a welcome change. The Prowler is the #1 conditioning tool on the testosterone meter.

**Negatives:** Like the sled, you need to do this outside. So this is not a great option if you share space with Polar Bears.

**Overall Rating:** 2 buckets of puke and an "Atta Boy!"

#### Medicine Ball

**How:** I got this from Bob Youngs, so if you don't like it you can blame him. This is pretty simple to do. Take a medicine ball, throw it, walk to it, pick it up and throw it again. Do this for 20-30 minutes. You can use whatever kinds of throws you want: forward overhead, backward overhead, chest pass, side throws, underhand, etc. The point is to be creative

and keep moving. I used a 25 lb. ball, but think a much lighter ball could work.

**Positives:** This is a hell of a workout and is usually done outside. In the first couple of minutes, it's fun to see how explosive you can be. This comes to a halt after 7-8 minutes.

**Negatives:** If you've ever had the incredibly uncomfortable lower back pump, then you'll know how your back feels after about 10 minutes of this. I wouldn't recommend doing this before a big bench workout, either. While not as boring as walking, the phrase "med ball conditioning" and "this is super exciting" will never appear in the same sentence.

**Overall Rating:** 20 minutes of heavy breathing and a headlock under Bob's hairy armpit.

#### Notes

So now that I've given you some exercises, let's see how we can use this in your training.

· First of all, walking can be done everyday, so if this is your form of conditioning then I would recommend a minimum of 3 days a week. These days can be training or off days, whatever works best for you.

· If you choose to use a bicycle, stationary or real, it can be done everyday. I think that this is a good choice for those who are very heavy and are using a lot of drugs. This is especially true for those that use a lot of orals as the lower back pump one gets is insane. So walking may not be an option. Get on a recumbent bike if you have to. The important thing is to simply do something.

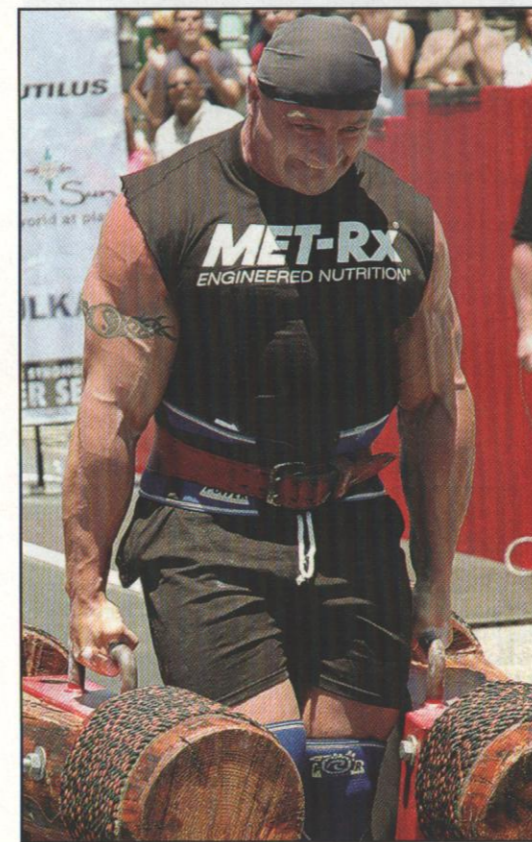
· If you choose to do the sled, I recommend doing this on your training days, even if it's an upper body day. The same goes for the Prowler. Do this after your training session, but I wouldn't cut out your exercises.

· The med ball conditioning should also be done on your training days.

· The most important thing to remember is that when you condition, you don't have to be gasping for air, although some of you might be. Powerlifters and athletes have an on/off switch and nothing in between. You have to learn how to idle. Conditioning work should not be mentally and physically taxing so you don't have turn this into a workout.

· Remember that conditioning is not strength training; that is what the weight room is for. You are conditioning for the following reasons: health, recovery and the ability to increase work load in the gym. I have noticed a huge difference in all of these areas when I began walking.

For more information regarding training, the most hardcore racks and equipment, apparel, Metal powerlifting gear, Force Training seminars and over 10,000 archived questions and answers visit [www.EliteFTS.com](http://www.EliteFTS.com).



There is a serious cardio component to most strongman competition events, along with sheer strength

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# POWER - RESEARCH

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

There are no direct connections between nerves and skeletal muscle fibers. There is a microscopic gap, a space, between motor neurons and the muscles they contract, referred to as the Neuromuscular Junction (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 tricep. This motor neuron and its group of muscle fibers are, combined, referred to as a single "motor unit".

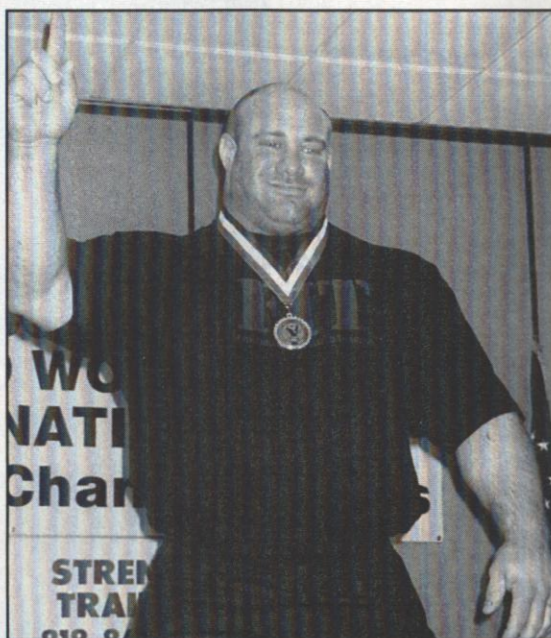
2) When the electrical impulse reaches the end of the motor neuron, the neurotransmitter acetylcholine is released and travels across the gap to the surface of the muscle membrane.

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

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

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

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



Scot Mendelson is a big endorser of BodyQUICK

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

Consumption of acetylcholine precursors and necessary conversion agents improves muscle-fiber recruitment and introduces a new basis for the development of maximal strength within shorter time frames than ever before possible with training and supplementation focused on hypertrophy, whether sarcoplasmic or sarcomeric. Acetylcholine (ACh), unstable when ingested directly, is ideally produced by consuming constituent precursors, conversion agents, and extension agents that increase the intersynaptic half-life once acetylcholine is produced internally.

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

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

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

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

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

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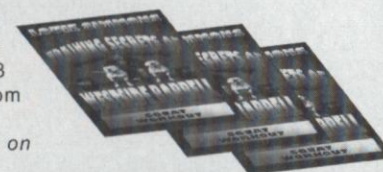
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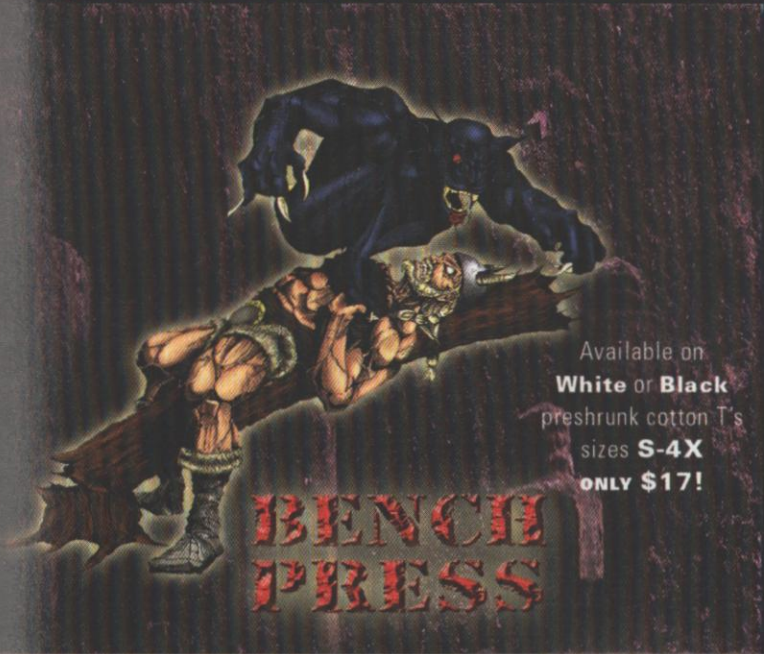
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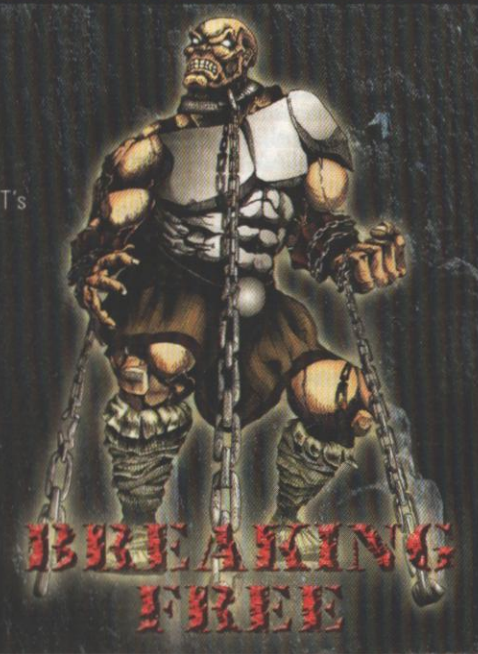
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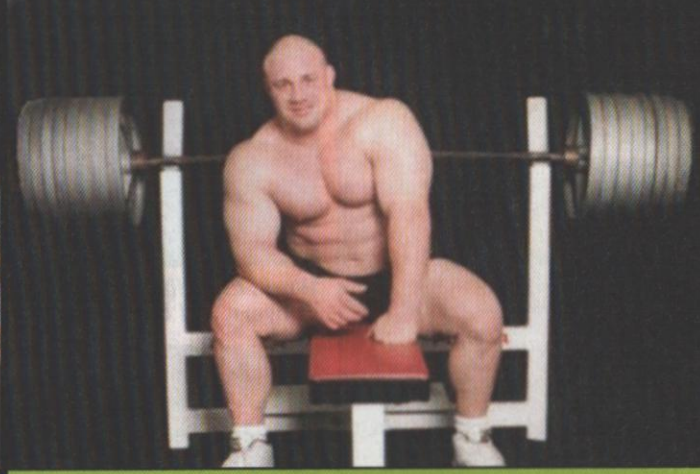
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Joe Pastore, Strength Coach, Team Cintron  
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Scot Mendelson, World's #1 Bench-Presser  
9 World Records in Powerlifting

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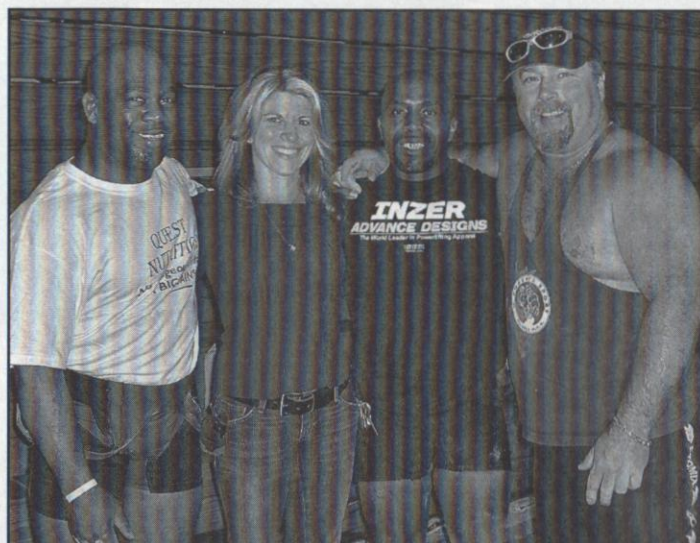
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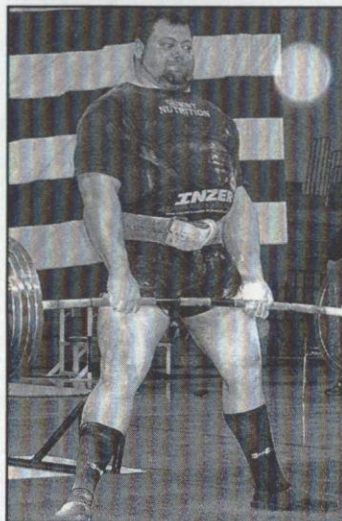


The weekend of April 29-30th in Duluth, Georgia was AWESOME!! Everyone seemed to enjoy themselves and the lifting. In our early session, Ervin Gainer had a nice tune-up before the Nationals. Doc Holloway had a PR 578 American Record DL and a PR 1366 American Record total. Doc had some equipment issues in his squat or he would have been over 1,400. Caleb Williams, at 21 years old and 148 pounds, came up with an easy 705 squat and which was turned down 2 to 1 on depth and the jury table was split too. Caleb then went on to smoke a 468 bench. How many people at 21 years old have hit a triple-bodyweight bench in a single ply shirt?! UNBELIEVABLE!! Some big numbers are going to fall in the near future for this phenom. The middleweights were insane. We had back to back world records attempts in the squat, by Conyers, Austin & Hooper. I have never seen this in a USAPL contest. Wade Hooper hit another world record squat - this time it was 750.5. Seems like Wade breaks the world record squat every year. I think Wade will squat 770+ this year. He went on the bench 507 and locked out 518, which would have been a new world record, but had a slight uneven extension. UNBELIEVABLE!! Tony Conyers came up from Florida and did what he always does - just bring it. Tony was not 100%, but had told me that he was coming and was true to his word. He had a knee injury, but still performed. Tony (47 years old) hit a 650 masters world record squat and missed 699. I think he would have been good for 683. Tony went on to open up his DL with 606, casually pulled that, and walked off the platform and calmly said "I think I am good for one more. Give me the world record." And went out and pulled a strong 673. INSANE!! For a masters world record total 1,763. Dan Austin (also 47 years old) came in with thoughts of breaking one of the oldest IPF world records on the books. He first broke the masters world record squat with 728. He proceeded to bench 402 and go on to the DL. He had an easy opener and then went to 705 for a second. That was a joke. There were some people calling for the world record at this point, but Dan wanted to break the open American record first, so he took 745. The bar was coming up and he seemed to lose his balance near the top and fell backward. A legend in his own time. It was an honor to watch this multi-time world champion perform. Mike Mastrean came down from Pittsburgh with one thing in mind - to get the long-standing 220 American Squat record and did he ever. Mike's squats

## QUEST AMERICAN INVITATIONAL as told to Powerlifting USA by Sherman Ledford



World Class lifters (left to right) Dan Austin, Sandra Stowers, Tony Conyers, and George Herring, at the Quest American Invitational.



Big Brian Siders... is back, and on a new IPF record setting rampage.

were all explosive, opening with 771, on to 815 for a new American record, and then taking 832 and he looked good for 850. Mike finished strong with a PR total of 2,016.

The heavyweights went on Sunday and it was the Brian Siders show. Last year, a few injuries prevented Brian from lifting to his potential. Brian was primed for a big one and he didn't disappoint. A nice 970 American Record squat to start with, and on to a new world record bench of 773!! Everybody knows Brian's capabilities in the squat and bench and these numbers were not surprising. What was surprising to a lot of



Tony Conyers proving world records are possible, even when he's not at his best. (photographs provided by Sherman Ledford)



Wade Hooper... plans to keep on owning the IPF World Record in the squat, setting another new mark of 750.5 pounds at 165 lbs. bwt.

people was Brian's DL. A lot of strongman training and a Coan DL video had something to do with this. Thanks, Ed! Brian opened with a 771 DL, which was effortless, on to 804, too EZ!! 832 next and it was a JOKE. There were people at the meet who had seen Brian lift many times and everybody commented how his DL form had improved. I think he was good for over 850. 9 World records in all and close to 20 American records. WHAT WILL HAPPEN NEXT YEAR?!!

There was over \$13,000 of cash and sponsors products awarded to the athletes. I want to send out a big THANKS to Peter Thorne and Inzer Advance Designs for stepping up big time for the athletes and the first Quest American Invitational Meet.

Quest Nutrition (www.quest-nutrition.com) is a growing company that was established to work with and help strength athletes. Most of our supplements are specifically designed for the strength athlete (Synergy, Hard Core, Jacked Stacked II, BCAA Extreme, etc.), which have over a 10 year period of time fueled over 100 national champions and over 10 world champions and 20 plus world records. To celebrate our 10th anniversary in business, we decided to put on the 2006 Quest American Invitational. In the future, we are planning to put up even more prize money for the lifters and making the QAI the premier drug-tested money meet in the USA. It was great watching some of the best lifters of the past, present and future lift in an old school atmosphere. Single ply equipment, strict but fair judging, following the rules as they are written, and drug-testing. We will continue to support the sport of powerlifting as we have done in the past, helping lifters and meet directors. Our company is growing and as it grows, we plan on doing even more for the great sport of powerlifting. We plan on having the 2007 QAI in late March next year. Anyone desiring information about the meet can contact Sherman Ledford at 770-495-0787. (Thanks to Meet Director Sherman Ledford for this report)

Quest Nutrition Invitational 29-30 APR 06 - Duluth, GA				
MEN	SQ	BP	DL	TOT
<b>Lightweight</b>				
114 lbs.				
E. Gainer	402	275	451*	1129*
123 lbs.				
D. Holloway	485	303	584	1366
148 lbs.				
C. Williams	633	447*	551	1653
<b>Middleweight</b>				
165 lbs.				
W. Hooper	751!	507	584	1840
T. Conyers	650!	440	673!	1763
181 lbs.				
D. Austin	729!	402	705	1835
220 lbs.				
M. Mastrean	833*	485	701	2017
<b>Heavyweight</b>				
UNL				
B. Siders	970*	773!	832	2577!

! = World Records. \* = American Records.  
Best Lifter Lightweight: Caleb Williams.  
Best Lifter Middleweight: Wade Hooper.  
Best Lifter Heavyweight: Brian Siders.  
(Thanks to Sherman Ledford for results)



Nick Winters with his 650 lb. BP.



Jeremy Hoornstra - 605 @ 242!



Rock Lewis went 580 (Bumgarner)

Presented by the Atlantis Foundation and Brand 33 Sports, this event took place at the Mullins Center on the campus of the University of Massachusetts Amherst. Bill Kazmaier announced the event, and Ed Coan, Terry and Jan Todd were among the judges. Other events, including Mixed Martial Arts, Bikini contest, etc. were part of the presentation (In exhibition, Brent Howard pulled 600x10, deadstop with a hook grip -- who else can do that at 230 bodyweight?).

Sponsors of the event included: At Large Nutrition, MHP, Troy Barbell, Gold's Gym, TAPOUT, Dorian Yates Approved, Troy Barbell, Tommy Kono knee wraps, etc.

There was prior controversy about which lifters were going to compete at this raw, non-drug tested event, and a number of initially advertised lifters did drop out due to injuries, surgeries, sponsor conflicts, etc. Generally,

## New England Record Breakers as told by Powerlifting USA Editor Mike Lambert



Scott Smith went 2085 (770 565 750) weighing only 266 pounds!

those who did compete seemed pleased with the event, though the audience turnout of several hundred was disappointing, as Bruce Derosier of the Atlantis Foundation had hoped to catch the college crowd while school was still in session.

In the Bench Press competition, Nick "the Thick" Winters took the win, weighing 350, just missing at an attempt to exceed Ted Arcidi's raw 666 bench mark from over 20 years prior. Young phenom Jeremy Hoornstra actually did exceed a legendary milestone, Mike MacDonald's 603, with his 605, weighing 239. Mike Wolfe came in weighing over 400 lbs. and ended up 3rd with his takeover with 600 in the bench. Rock Lewis impressed a number of people with the sheer strength of his attempts with 600 plus. Vince Vardine represented the Masters at 52 years of age, and Jason Fiori came in at 204 lbs. bodyweight and a 440 lift, while Bob Masello's 425 was done at 180 lbs. bodyweight.

In the powerlifting event, 1st place Brian Siders weighed in at 339 lbs. and

### New England Record Breakers 6 May 06 - Boston, MA

Bench Press	SQ	BP	DL	TOT
Nick Winters	625	650	675	
Jeremy Hoornstra	585	605	605	
Mike Wolfe	600	600	625	
Rock Lewis	560	580	600	
Vince Vardine	465	500	500	
Jason Fiori	425	440	450	
Bob Masello	425	450	450	
<b>Powerlifting</b>				
Brian Siders	785	605	810	2200
D. Thompson	805	565	800	2170
Scott Smith	770	565	750	2085
Beau Moore	750	560	775	2085
Mike Miller	600	500	710	1810
Sam Byrd	705	425	600	1730
Ryan Celli	565	495	650	1710
Mike Pelosi	630	350	685	1665
Rick Deleon	630	430	580	1640
Eddie Debus	480	400	650	1530
Sean Culnan	500	710	1210	
Julie Scanlon	425	305	430	1160



Sam Byrd... a 705 lb. squat @ 210



Randy 'Machine Gun' Bumgarner congratulate winner Brian Siders.



Donnie Thompson (photos by Scott DePanfilis/BodyTechUSA).

9th place overall, with teenage star Eddie Debus (241.5) going 1530. Sean Culnan didn't get a squat in, but BPed and DLed for 1210 and Julie Scanlon, healing nicely from her broken arm in WPO competition, went 425 305 430 1160, missing a 450 deadlift twice.

Obviously, the question underlying this competition was "What can those big guys lift without the gear?" It was answered rather clearly in the case of Brian Siders, who just 2 weeks earlier had totaled 2577 at the Quest American Open, and Donnie Thompson showed a similar differential over his best in equipped circumstances. Of course, in the bench press, Mike Wolfe has been over 800 in an equipped meet.

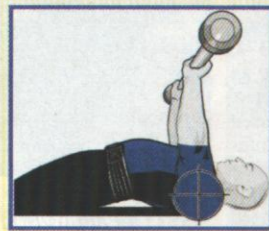


Julie Scanlon .. the only female.

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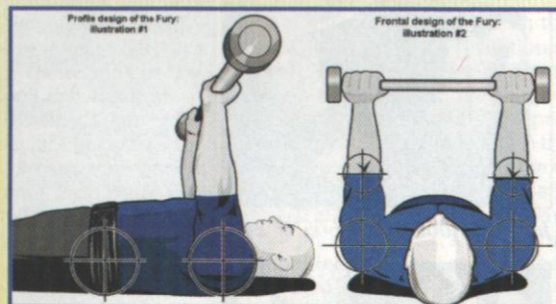


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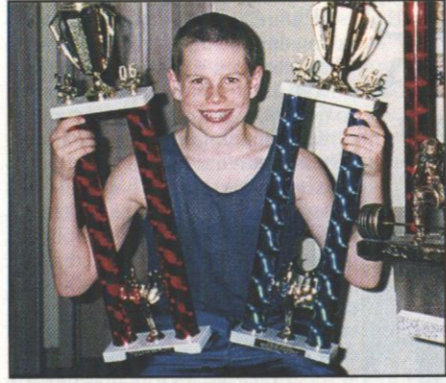
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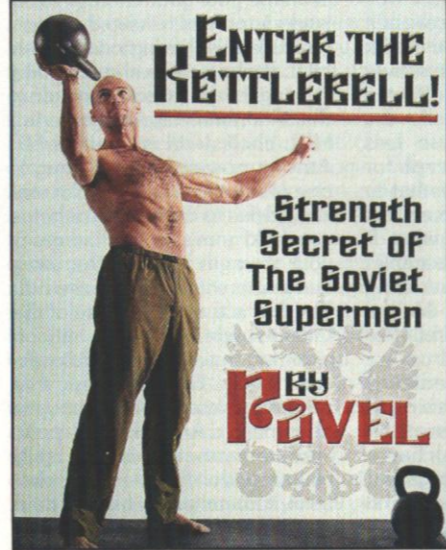


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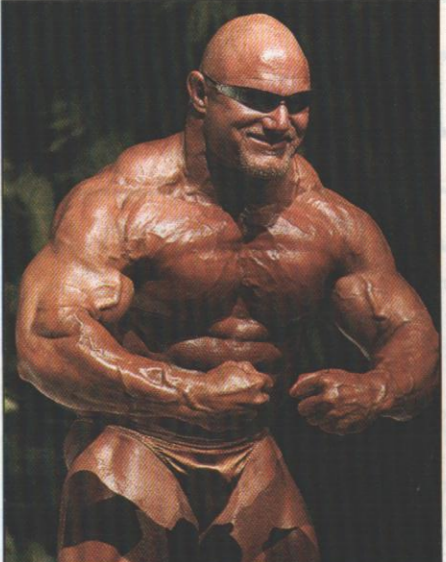
## POWER STUFF



Logan Zielinski, 12, has been lifting for 5 years. The 85 pounder is a 6th grader at St. Jude School in Indianapolis. He usually competes in the 13-15, 97 lb. class, and currently holds 4 national and 2 world records (BP and DL). His best lifts are 220 140 220. (Thanks to Ted Zielinski for info)



Pavel Tsatsouline's newest book is entitled "ENTER THE KETTLEBELL! Strength Secret of The Soviet Supermen". Following up on the burgeoning interest in Kettlebell training, Pavel covers the KB from its inception in Russia through its introduction to the US, and on to every KB concept you can imagine. Chapters cover Kettlebell basics, the Russian Kettlebell Challenge (RKC), how to become a MAN among Men with Kettlebells, FAQs, How to Make a Kettlebell, etc. Written in that charming and challenging style that is Pavel's trademark, this book is pertinent to a range of strength training programs. Many Powerlifters have become stronger after KB training or have rehabilitated stubborn injuries quickly. For purchase (\$34.95) or further information, contact Dragon Door Publications, Box 4381, St. Paul, MN 55104, 651-487-2180, FAX 651-487-3954, 800-899-5111 (credit card orders only), [www.dragondoors.com](http://www.dragondoors.com), [dragondoors@aol.com](mailto:dragondoors@aol.com).



Joe Ladhier has been BUSY lately, doing a TV show in the Phillipines, a week in Germany at FIBO (the world's largest fitness expo), and a week in Poland (traveling 2000 miles and hitting 8 gyms and 5 supplement stores). Now, he's shooting for the NPC Masters Bodybuilding Nationals title on July 22nd, and you can see how he looks at 237 bodyweight, above, in preparation.



Cheryl Anderson was honored as one of the "Notable Women of Minnesota" at a dinner hosted by the First Lady of Minnesota, Mary Pawlenty, at the Governor's Mansion. The First Lady had been very impressed when reading about Cheryl's success in Powerlifting. Following the dinner, Cheryl was asked by the CEO of Big Brother/Sisters of the Greater Twin Cities and a St. Paul Police Dept. Detective to consider being a guest speaker for their organizations, and Diana Pierce of KARE (NBC affiliate) contacted her regarding a possible TV piece in the future. Lots of great PR for Powerlifting!

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**Q:** My question is about getting my supplements on-line. I used to get some of them from the local health food store, but they are sometimes pricey. Do you have a place where I could get them cheaper? Take care,  
Jeff Wheatling

**A:** I can understand that you are looking to save a few bucks and rightfully so. When you are using several different natural supplements the cost can really add up. The best thing to do is to make sure that you are getting the best deal possible. The place I get my supplements from is Bulk Nutrition. With a name like that you can be sure that you going to get a great deal. You can find them on the web at [www.bulknutrition.com](http://www.bulknutrition.com). The owner of the company is Mike McCandless. Having been in this business over 15 years I will let you know there are a ton of shady characters out there. With Mike that is the farthest thing from the truth. His customer service is top of the line. I personally get a lot of my supplements there not only because of the great prices and the fantastic customer service, but also because of the vast array of different products he carries. He has products from all the major companies and more choices than you will find anywhere else. No matter what brand of supplements you are down with, Bulk Nutrition is your one stop shop. One thing you will like is the fact that you will receive your package super fast. This is great since most people don't like ordering supplements on-line due to the fact that it usually takes a week or more to get to you. This is not the case with Bulk Nutrition because you will have your package in no time at all. To even top that Bulk Nutrition offers their own line of Bulk powders under the company name of 1Fast400. So if you are interested in getting creatine by the pound or are looking to get some very exotic herbs and compounds like Piracetam or Phenibut then Bulk Nutrition is the place to go. They carry numerous different bulk powders of just about everything and anything that you could think of. This allows you to cap your own supplements at only a fraction of the cost of buying them at your local health food store. If you are looking to save money and get excellent quality products then you don't need to look any further. The Bulk Nutrition website also has its very own monthly online magazine as well known as the Bi-Weekly Bull. Don't forget to stop by their forum as well to discuss everything from supplements to powerlifting. Yep, that is right, they have their own powerlifting section on the forum so that you can talk the talk. All in all, if you are looking to get great prices on just about any

# NUTRITION

## Power Nutrition Q & A

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

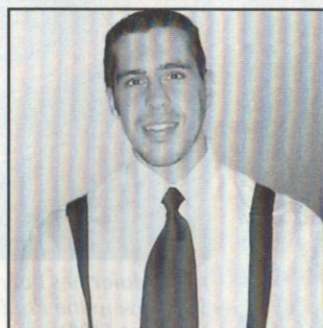
supplement known to man then Bulk Nutrition is the ideal place to take care of all your needs.

Now to make this even sweeter for our Powerlifting USA readers, Bulk Nutrition is going to throw all of you a little love. Mike has set up a nice offer here to help you all out a little more. The next time that you order from Bulk Nutrition, no matter what it is, you will get another 10% discount on top of their already super low prices. Yeah, get that, another 10% off to help you save a few bucks. All you have to do is punch in the code if you order on-line or mention it on the phone when you order. That discount code is PLUSA. So the next time you need to get the best supplements and want the cheapest prices you all know where to go!

**Q:** I am a 37 year old powerlifter who has been lifting for close to 15 years. I have also been using anabolic steroids and other pharmaceuticals for over 12 of those years. I compete at the national level and have totaled Elite numerous times. My question is about the possibility of preventing side effects from long term use of anabolics? What things should I be concerned about, and what areas can you focus on that may help me for a long term situation since I don't plan to stop using them anytime soon.

**Name withheld by Request A:** There are a lot of things a sports nutritionist who is schooled in the pharmaceutical sciences can do to help protect your health. For the pharmaceutically enhanced lifter, there are many things you need to concern yourself with. Let's take a brief look at some of the things that you should focus on, healthwise, if you already use anabolics and other pharmaceuticals in your regimen. I am not going to name them all nor go into depth here as this would be an article series in itself that I have planned for the near future but I will touch on some of the main concerns that you should have.

**Elevated Liver Enzymes -** For the majority of powerlifters if you have elevated enzymes you either are a heavy drinker or one that enjoys using oral anabolics in your pharmaceutical arsenal. This is one of the first things that I look at when screening an athlete's bloodwork



Anthony Ricciuto ..... this is the Man Behind NutritionXP3.com

when they come to me for nutritional consultation. You only have one liver and you should take care of it like it was a million dollar Rolex watch. There are a couple of liver enzymes that are heavily affected by anabolics use. Usually the injectable steroids cause less damage to the liver except for possibly Winstrol. The ones that do the most damage are the orals that are Alpha alkalated or what is known as C17-AA. Good examples of these include such Powerlifting favorites as Dianabol, Methyl Testosterone and Anadrol. For those in the know, these drugs are staples in many elite powerlifter's plans and they can produce rapid and dramatic results, but at the same time they can wreak havoc on your liver and other organs if they are not cycled properly and holistic methods are not used to protect them from damage.

**Elevated LDL -** This cholesterol is known as Low Density Lipoprotein. To the layman it is known as "Bad Cholesterol" Having worked with over a thousand different powerlifters in my career I can honestly tell you that powerlifters have some of the worst cholesterol levels I have ever seen in any athlete population. I have seen a lot of powerlifters worse off than extremely obese sedentary clients that I have done nutritional work with. What does this tell us? We know that most powerlifters eat like the guy who runs the Ferris wheel at the carnival. Once I came on the scene I know this has opened a lot of lifter's eyes to the importance of eating like an athlete instead of carnival help. With more and more world champions in our sport embracing the Nutrition XP3 experience and having customized nutrition and

supplementation plans designed for them, many are no longer going the route of fast food and candy bars like the days of old. The fact remains that even if your diet is clean you can still have an LDL cholesterol increase due to your "Pharmaceutical" plan. Steroids can dramatically increase this cholesterol and it basically has to do with what drug you are using, your genetics, and your current nutrition plan. With a customized nutrition plan and Holistic protocols, whether you already have a cholesterol problem or want to nip it in the bud before it gets out of control, you should know that through the nutritional sciences you can lower it. In fact, you can get results similar to using Statin-based cholesterol drugs without going that route.

**Lowered HDL Cholesterol -** Now this is the other end of the cholesterol spectrum. HDL stands for High Density Lipoproteins and for the layman this is known as your "Good Cholesterol". Now what most people don't know who use anabolics is the fact that they can increase your bad cholesterol and decrease your good cholesterol. It is very important to keep this monitored, because having too low of an HDL cholesterol level can signal a coming heart attack. One drug that is a main culprit in lowering HDL cholesterol is Anadrol-50. Among powerlifters this drug is one of the top choices for an oral steroid due to the fact that it helps you hold more water, increases your strength like no other drug and makes you aggressive as a bull. The fact is that it has some of the meanest side effects not only on your liver but also your cardiovascular health. One other drug that powerlifters use to control estrogen production is Arimidex. This powerful aromatase inhibitor can really play around with your HDL cholesterol, sometimes even worse than anabolics. As you can see, educating yourself in all areas is the key if you decide to go the pharmaceutical route.

**Prostate Enlargement -** Now this is another problem that most males don't like to talk about. It usually happens to a lot of American males as they get older even if they have never even looked at a bottle of anabolics, as it is a part of aging, but in those that use anabolics it can happen a lot earlier. If you think getting up 5 times in the middle of the night to go to the washroom when you are 60 years old is annoying then imagine doing this for the rest of your life starting at 35? That is why minimizing prostate enlargement from your pharmaceutical plan should be on your list of things that you want to protect yourself from. This can be looked at from two angles for the chemically enhanced athlete. First off, is the choice of anabolic that

you decide you add to your cocktail and second taking the necessary steps to make sure through natural means to inhibit this from happening or at least minimize it. The reason for it happening in the first place is that when you use certain anabolics they can convert to dihydrotestosterone (DHT) in the body, through an enzyme known as 5a-Reductase. This can cause problems in two areas. One is your prostate and second is your hairline. The reason is that there are a plethora of DHT receptors in your scalp and prostate tissue. You have to watch what steroids you use that can easily convert to DHT such as Testosterone, Halotestin and Methyl Testosterone or those that are already a derivative of DHT such as Winstrol or Masteron.

**High Blood Pressure -** Your normal blood pressure range should be lower than 120/80. The first number is your systolic pressure. This is when your heart beats and this is the time the reading should be the highest. The second number is your diastolic pressure and this is when your heart is at rest between beats and should be the lower of the two. High blood pressure is when your reading is 140/90 or above. With powerlifters, there are many reasons for high blood pressure. One is that lifters don't drink enough water. The second is the fact that they consume way too much sodium. Third, their cardiovascular endurance, for the majority, is below what it should be for an athlete. Lastly is the use of pharmaceuticals. Many anabolics, especially the heavy androgen types that powerlifters seem to love, cause a lot of water retention. This can be the case with such drugs as Sustanon 250, Testosterone Enanthate, Dianabol, Anadrol and other androgens that can aromatize into estrogen. When a steroid aromatizes this will lead to increased estrogen production in the body, which will lead to an increase in water retention. This can cause your blood pressure to jack up. From a nutritional perspective, the goal would be to minimize estrogen production, reduce sodium-blood levels, and super hydrate the body to flush toxins and alleviate water retention.

These are not all the problems that you can run into with the use of pharmaceuticals. Side effects are highly avoidable from choosing those drugs that are less toxic to the body, using common sense with dosing, and actually cycling them instead of staying on them all year long. The nutritional aspect is of key importance, not only to maximize performance results, but also to minimize the side effects that can come with years of their use. Cleansing the body of toxins, following customized Holistic Protocols, and monitoring your blood work is of the greatest importance to the chemically enhanced lifter. I am not here to pass judgment on any lifter, whether enhanced or not, as in my opinion it is a matter of personal choice. I work with both drug free and enhanced lifters and either way it doesn't make me think any different of either of them. The fact remains that if you decide to go the pharmaceutical route you must take every advantage to take care of your long term health and realize that one day you won't be lifting anymore at the level you are at now. The health problems that you may cause yourself by not monitoring your blood work and taking the necessary precautions can come latter and bite you on the behind like a rabid pitbull if you are not careful! Be smart and take care of your health from every angle possible.

**Q:** I noticed that you recommend grapefruit a lot with your athletes and I was wondering

why? What's the deal? Please let me know.  
Yours truly, Mary Anne Krupa

**A:** There are many reasons why I include it in their nutrition plans. Many of you may think that I would throw it in just because it is fruit and fruits are supposed to be good for you, right? Well, you are wrong because grapefruit offers a lot more than many of the other fruits that are available to you. One thing that you have to realize is that when I include any food type in an athletes plan there is a reason for it. Let's go through just a few of the reasons why I include them in the meal plans of my athletes.

- Grapefruits are low in calories which mean that they can be used in the nutrition plans of athletes who are looking to lose bodyfat and go down a weight class
- They also have a low Glycemic Index (G.I.) with a rating of 25 and hold a Glycemic Load of only 1.4. This means that they won't cause you an insulin spike that can lead to fat gain and blood sugar imbalances
- They are high in potassium and low in sodium. This is a benefit for powerlifters that usually take in way too much sodium in their diet and at the same time many are deficient in potassium which can decrease performance
- They have a high water content, in the range of about 90% water

- It is one of the best sources of natural Vitamin C. Many people only think of oranges when this topic comes up but this is not the case since Grapefruits pack a nice Vitamin C punch
- It contains Lycopene which is a carotenoid phytochemical. This may not mean a lot to those without a science background but what you should take note of is the fact that it is a powerful antioxidant
- Lycopene has been shown to fight tumor formation and fight free radicals which, for those that don't know, are the bad guys that damage cells.
- For all those power vixens who read this column take note. The area in which grapefruit prevents tumor growth the most is in breast tissue. Since breast cancer is a major area of concern for American women, I would recommend for all our women lifters to start getting their daily dose of grapefruit.

- Grapefruit has also been shown to decrease total cholesterol and your LDL as well. This is something that all powerlifters can benefit from no matter who you are since this problem affects the large majority of the Powerlifting community at one time or another
- Not only has it been shown to help lower the bad cholesterol that lodges itself in your arteries, but it can also help lower your triglyceride level. This is another problematic area of concern, especially for those lifters in the heavier classes
- The upside to the cholesterol equation is the fact that even though it does lower both Total and LDL cholesterol it does not lower the good form or HDL cholesterol
- There is another phytochemical in grapefruits called Limonoids. This special phytochemical inhibits the creation of tumors by forming a very powerful enzyme called Gluthathione S-Transferase. How this little bugger works is by causing the liver to make toxins in the body more water soluble. This makes it easier for the body to get rid of them instead of them being stored in the body to later cause disease and act as carcinogens
- Numerous studies done on both animals and on human cells have shown the fact that these Limonoids can fight cancer in the stomach, colon, breast, and skin. This alone should have you loading up on this power fruit

- They also contain Pectin, which is a soluble fiber. This is another thing most powerlifters don't get enough of in their nutrition plans. One very important aspect of this soluble fiber is that it helps prevent such cardiovascular conditions as arteriosclerosis, which is a plaque deposit formation on the artery walls of your heart which leads to heart attacks

- For those of you who may like drinking juice you should make grapefruit your number one choice. Studies conducted in Great Britain have shown that drinking grapefruit juice daily can dramatically reduce your chances of getting kidney stones. Those of you who have had these horrible things can attest to the amount of pain you have to endure. It is in your best interest to not get them in the first place and one way to help prevent them is to get in that grapefruit
- Another major benefit of grapefruit is the fact that it contains another very important citrus flavanoid called Naringin. The reason why this is so important is the fact that it prevents the liver from breaking down caffeine and prolongs its stimulating affect on the body. This means that when you take a dose of caffeine either in the form of a pill or through coffee and you consume grapefruit it will actually cause you to hold on to that buzz a lot longer than if you consumed it alone

- One of the other important reasons why I recommend this fruit to my clients, outside of all the health benefits, is the fact that it can help you burn fat. I know this may be hard to believe, but several studies have shown this time and time again. One reason some researchers believe this to be is the effect that grapefruit has in lowering insulin production. Plus, Naringin's effects on caffeine would also stimulate a synergistic thermogenic response in the body that would no doubt be a powerful fat burner. As you can see there is more than one pathway for grapefruit to help burn of those extra pounds of flab.

- The one negative point that all must pay attention to — and this is why I am posting it last — is the fact that it can interact with certain medications. Grapefruit contains an enzyme known as Cytochrome P450. This enzyme plays a very serious role in how the medications you take are absorbed.

- What you need to concern yourself with in the case of grapefruit is that it interacts with many different drugs. These prescription and over the counter medications include immunosuppressants, antihistamines and statins. Those who are also using calcium channel-blockers, HIV medications, and psychiatric drugs should also take note. If you are using any type of medication please contact your doctor first before implementing grapefruit into your diet to avoid any interaction.

- These aren't all the many benefits that eating grapefruit in your nutritional plan can have, but I did touch on some of the most important. The numerous health benefits cannot be overlooked and the performance benefits should also be noted for those who are looking for every angle to maximize their performance. If you want some good advice for your health, eat your grapefruit every day because in the long term, you will be glad you did!

For more information about the Nutrition XP3 System feel free to email me at:

[Ar Ricciuto@nutritionxp3.com](mailto:Ar Ricciuto@nutritionxp3.com)

Or check out my website at [www.NutritionXP3.com](http://www.NutritionXP3.com)

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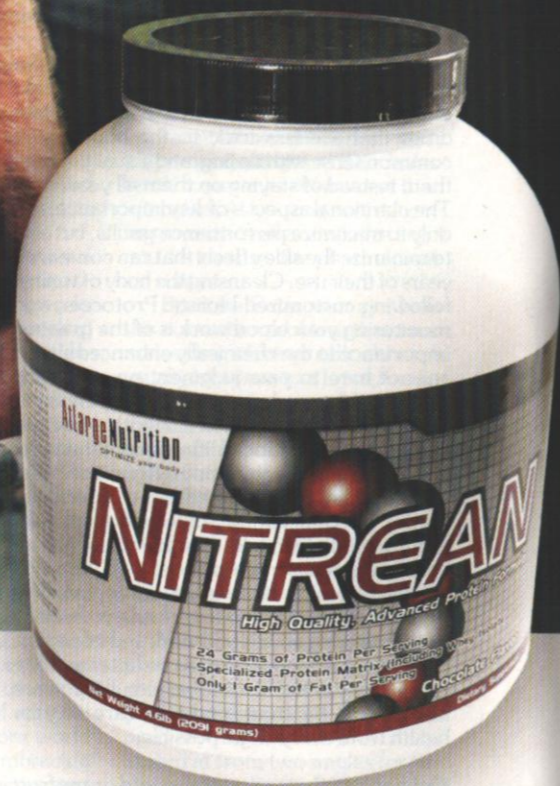
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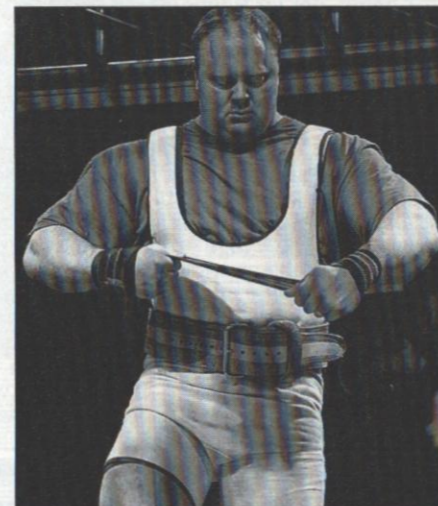


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## INTERVIEW

**JOHN STAFFORD**  
interviewed by Chris Ma-  
son of At Large Nutrition.



John Stafford, preparing to squat at the WPO Arnold Classic meet in 2006.

John Stafford is a top-tier competitive powerlifter with one of the highest totals ever in his weight class (275 lb class). John is a member of the Westside Barbell Club presided over by strength guru Louie Simmons.

This interview will provide you rare insight into the life and training of a strength titan. You will get to know a bit about him personally and he will provide valuable insight into the Westside method of training and how John overcomes some of the same training hurdles we all encounter.

**ALN:** Thanks for taking the time out of your busy schedule for this interview John.

**JS:** No problem, glad to do it.

**ALN:** Let's start with you telling us a bit about yourself on a personal level. Are you married? Do you have any children? Where were you born and where did you spend your formative years?

**JS:** I am an insurance agent in Columbus, OH. I have been married to my wife Mandy for about 2 years. She is very supportive of my powerlifting. No children yet. I was born in Los Angeles, but spent most of my life in Edina, MN.

**ALN:** Do you have an athletic background? What got you started in powerlifting?

**JS:** I started lifting weights to improve in hockey, but eventually ended up quitting hockey when I realized it was only getting in the way of my lifting. I have been competing in powerlifting for 8 years now.

**ALN:** I completely understand the "sports getting in the way of training" thing. I started training with weights to get bigger and stronger for football (like so many others) and quit football when I realized my affinity for the iron and how much I truly loved it.

Westside Barbell and its patriarch Louie

Simmons are two of the best known names in powerlifting and the iron game in general. You are strongly affiliated with Westside. Can you tell us how you came to be involved with Westside?

**JS:** I would read Louie's articles in *Powerlifting USA* every month and started calling him to ask questions ... all the time. I told him I was coming to watch his Westside meet, and he said I could train at his gym when I was in town. I ended up training with Chuck V and Joe McCoy. I told Chuck I would love to move here and train and he said Louie would let me. I transferred to OSU the next quarter and have been here for 8 years since.

**ALN:** That must have been very cool to have someone you read about in the magazines take a personal interest in you (not to mention someone so well respected in the powerlifting community).

For anyone unfamiliar with Westside can you give us a brief overview of its most important points?

**JS:** As far as training goes, we devote equal time to the 3 methods of strength training: maximal effort, repeated effort, and dynamic effort. The squat and deadlift are trained on the same day because they use the same muscle groups ... one day for speed training (dynamic) and one for max effort (1-3 max reps). Bench training also has a speed day and max effort day. Repetition work is usually performed on both days through assistance work, or in place of max effort for higher reps. We always rotate exercises, rarely doing any dynamic exercise more than 3 weeks in a row and max effort work is rotated every week. The actual powerlifts are rarely done, if ever, in full gear.

**ALN:** John, can you define the 3 methods of strength training for our readers?

**JS:** Maximal effort is simply lifting a maximal load. This is done to improve neuromuscular coordination and to reduce CNS (Central Nervous System) inhibition [Editor's note: The body has inhibitory safeguards in order to protect against injury. Decreasing these inhibitions theoretically allows one to lift heavier loads.]. After a warm-up to about 90% of our PR (personal best 1 repetition lift), we do a max set of usually one, but sometimes 2 or 3 reps. We may do another set if it is too easy and we think we can make another jump in weight, or if we just mis-groove the set and mess it up and want to try it again.

Repeated effort or repetition method is lifting a non-maximal load to failure (until you cannot complete another rep). This is used for hypertrophy and strength. Reps usually fall between 6 and 20. However, the sub-maximal effort version of this method is done more frequently for assistance exercises at Westside. This is lifting a non-maximal load a set amount of times not quite to failure for multiple sets. It is more practical than going to failure with the repetition method because it isn't as demanding on the CNS and thus recovery, but will still produce hypertrophy and some strength.

Dynamic effort is lifting a non-maximal load with the highest possible speed. This is done to improve explosive strength. We do this with different percentages, but always explosive. When training with the dynamic effort method we almost always include additional accommodating resistance with chains or bands added to the bar weight. Squats are done off a box with doubles for 5-

12 sets, benches are done with triples for 8-12 sets, and deadlifts are done for singles with 5-8 sets.

**ALN:** Let's delve a little bit into your own lifting abilities. What is your strongest lift and how do you train it?

**JS:** The deadlift is probably my best lift, my PR is 832. Normally, I only pull heavy once a month. For max effort work I either pull raw standing on a 2" box or off the floor against bands. I also do speed pulls twice a month, 5 explosive singles are done with bands usually added. Many other exercises also contribute such as reverse hyps, 45 degree hyps, glute-ham raises, heavy rows, heavy abs and obliques. I sometimes rotate in weighted box jumps as well.

**ALN:** What do you do when you hit a sticking point on one of the "Big 3"?

**JS:** I switch up my program, try and find a new way to get strong. It could be a small change like altering my stance or a radical change like switching up my entire program. Louie always has a lot of tricks that he has learned through the years. I talk to a lot of other lifters and find out what works for them. Sakari Selkainaho of Finland and Steve Goggins have been a great help as well.

**ALN:** You compete in the 275 lb. weight class which means you probably run close to 3 bills between contests. What advice can you give to the readers who are looking to gain weight?

**JS:** You have to be consistent with your diet, get on a plan and stick to it. Try to get in 6 meals a day, every day. Protein shakes make this a lot easier. For example eat 3 whole food meals a day and 3 shakes each day and it becomes easy to stick with. Keep protein and carbs high, of course, but avoid high glycemic carbs altogether unless post workout. Get in plenty of healthy fats like nuts and oils (flax seed oil, extra virgin olive oil, fish oil, etc.). Anthony Ricciuto has been a great help with my diet, he has taught me many things that have made a huge difference.

**ALN:** You are sponsored by AtLarge Nutrition, LLC. Which of their products do you use?

**JS:** I use Nitrean, ETS, and Multi-plus. I use Nitrean for the majority of my daily protein intake; usually 3-4 shakes each day. If you check the ingredients you'll see it is a blend of several quality proteins. It has made it a lot easier to maintain my weight. I also gained about 3 pounds the first month I started taking ETS. Everything they sell is top quality.

**ALN:** If there was one thing you could change about powerlifting what would it be?

**JS:** I would like to see tighter judging at meets. Nobody seems to care what people are squatting anymore because of what they see being passed at meets. With all the gear we wear we should at least be expected to do legit lifts. The 2006 Arnold was pretty good though, I just hope it continues.

**ALN:** You have recorded a 2500+ lb total to date. What are your short and long-term plans in the sport of powerlifting or the iron game in general?

**JS:** My short term goal is to hit 2600 at the WPO semis in November. I think I have finally learned how to squat in gear so this is definitely possible. My long term goal is to just stay healthy and injury free for as long as I can, and, of course, to continually improve through the years.

**ALN:** Thank you John for this informative and insightful interview. We wish you the best of luck in all of your future endeavors.

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- The **Round-Sleeve™** design is very user-friendly because it accommodates many benching styles.

- **Reinforced thicker neck.** No cheap, flimsy "low profile neck" here. The thicker neck on The Rage creates more support for explosiveness off the chest.

- **Stretchy-Back™** makes The Rage more effective and easier to get into. It allows the lifter to custom-fit on the spot by allowing the neck to be lowered down the body and the sleeves to be lowered down the arms. The fitting adjustments allowed by the Stretchy-Back™ provide the effect of an Open-Back but with a back that is completely enclosed. The Stretchy-Back fabric also breathes easier, creating comfort.

- **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.

SEE MORE SELECTION AT INZERNET.COM

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



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

SEE MORE SELECTION AT INZERNET.COM

# INZER ADVANCE DESIGNS

The World Leader in Powerlifting Apparel



**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)



**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



**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



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

\$19.50



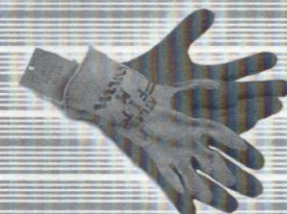
**Gym Bag**  
This large deluxe embroidered gym duffel is easy to look at Inzer logos and "Strongest Sport, Powerlifting" design. Large main compartment and roomy pockets on each end. Heavy nylon. Great value. 29" X 13" X 12"

\$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



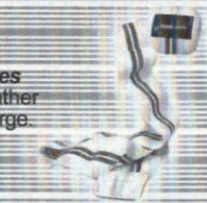
**Knee Sleeves XT**  
The high tech knee support advantage for strongman competitors and other athletes.

\$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.

\$12.95



**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



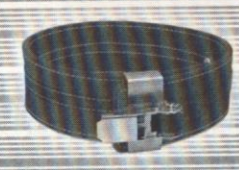
**Forever Lever Belt 13MM**  
The 13mm thick Lever Belt is so quick and easy to use. Tighten your belt with a push of the patented Lever for the most support possible.

\$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

# HARD CORE GYM #55 GARAGE INK

(And Big Warm PA Women)

as told to PLUSA by Rick Brewer, House of Pain

Last month, we saw guys so Hard Core that their girlfriends had beard-stubble, and they trained with Big Rocks! Poor photo-quality, but Way Hard Core! From now on, we must have photos - or NO GO! Buy cheap cameras - now!

This month we head North to the land of steel mills & big women (when it's COLD, ya want a BIG warm girl to keep the bed heated at night). Everybody knows that big women are more fun anyway - they're jolly & fun to ride. Think of a female Santa - without the red furry costume. 'Cept it's just like riding a moped if ya know what I mean (fun until your friends see ya on it). Or, if ya can't find a big woman - you can always get a bunch of dogs to sleep with, but that's beside the point. Pay attention - we're talking 'bout Hard Core trainin' - not keepin' warm at night.

Let me turn this page over to Jeff Fiss for a minute, so he can tell you about Garage Ink:

**Garage Ink**  
by Jeff Fiss BS, CSCS

Red and black is all I saw swarming the competition at the 2004 USAPL American Open in King of Prussia, PA. I remember

asking myself who these guys were. What the hell is Garage Ink?? I saw guys pulling 700 lb. deadlifts, and squatting in the 6s and 7s, and benching in the 5s. I was impressed. I e-mailed the guy who made all this happen. I was invited to come up to the Garage for a lift.

The first time I had walked into Garage Ink, I thought it was a joke. I remember thinking: "how the hell can anyone get anything done in here?". I was in for a pleasant surprise. The garage gym formally called "Garage Ink" started out as an idea by 11-time USAPL Pennsylvania State superheavyweight champion Dennis "Niko" Hulslander.

At the 2004 USAPL American Open, Garage Ink had officially entered their first event as Team Garage Ink. The lifters had on red t-shirts with black lettering bearing the name 'Garage Ink' with a bent barbell that looks as though someone had sketched it by hand. Eventually, the name grew into a culture in Pennsylvania powerlifting.

Located in Stewartstown PA, Garage Ink is a 20x20 one car garage gym at the Hulslander

home which started back in August 1994, with the original members of Niko Hulslander, Dan Ratchford, and Tony Forella.

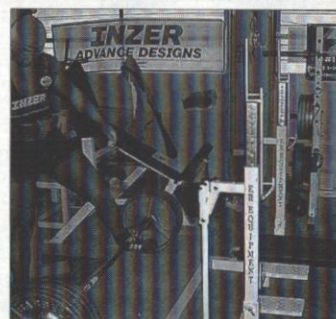
In case you were wondering, 20x20 ain't that big!! Tired of the hassles of commercial gyms, the trio was looking for something more.

This is where the idea came about to construct a garage gym that would be the official training facility for some of the state's strongest lifters. Freezing cold in the winter, stinking hot in the summer, it is a complete Rocky-style hard core facility. Some of the inventory at Garage Ink includes an ER Squat/Bench combo rack, dumbbells up to 110 lbs., 1100 lbs. in Ivanko kilo plates and competition bar, over 2000 lbs. in Troystandard plates, Texas power bar, cambered bench bar, power rack, hyper bench, plate loaded lat pulldown, pulleys, plate loaded leg extension, bands/chains, dragging sled, homemade log, computer w/ kilo loading program, and homemade plywood platforms.

Right next to the Hulslander household is a gigantic parking lot that serves the church across the street - an ideal area for heavy sled dragging and open space activities.

To keep the temperature bearable in the winter, propane tanks, kerosene, and space heaters are used. Sometimes the power gets knocked out from a blown fuse from the heaters. Still, however, one has to dress warm. In the summer, the door to the garage is opened. Maybe there's a fan, but no air conditioning. That is pretty much how climate is controlled.

Garage Ink has its share of strong people. Hulslander boasts an 805 squat, 622 bench, and 733 deadlift at SHW. 600 and 700 lb. squats are common place along with 500 and 600 lb. benches. Using a combination of Westside, Ed Coan, Brad Gillingham, and 5x5 style training, PR totals can only go up in this place. All athletes that train at Garage Ink compete drug free in the USAPL/IPF. The concept of drug free sport is something that members take seriously and with pride. Its members were the official spotting crew at the 2005 IPF Men's World Powerlifting Championships. Furthermore, Hulslander is also slated to head up the spotting crew at the 2006 IPF World Powerlifting Championships, to be held in Norway. Garage Ink is an official supplier of Titan Support Systems and Quest Nutrition Products, as well as a distributor of Powerlifting USA magazine. They also have their own clothing line that includes T-shirts and beanies. They



'Ego Killer' setting up to pull a 500 pounder in The GARAGE.

frequently set up booths to sell merchandise at various Garage Ink is expanding more by the day with over 75,000 hits on their web site which can be found at <http://www.garageinkpowerlifting.com>.

Driving two hours to this hardcore garage gym is worth every dollar of gas I put in my tank. Learning from some of the most knowledgeable and friendly people while training in this facility is what makes it all worthwhile. To be able to have such valuable training tools and information at my fingertips is what makes me proud to be a member of this rapidly growing trend in Pennsylvania called Garage Ink.

We'll see you on the platform!-JF

Thanks to Jeff Fiss for this info, and thanks to Niko Hulslander for originally telling us about Garage Ink! People sometimes call us at HOUSE OF PAIN and ask if we do tattoos. We always say NO, we have tattoos; but we're not licensed to do them. Not yet. I'm willing to bet beer against burritos that Garage Ink gets the same calls & comments - if they have a phone. So, we have that in common. I'm partial to Garage Ink for this and several other reasons, and wanna go visit soon. BUT, it's a bit more than a 2-hour trip from our neck of the TX woods to PA, and my truck requires \$3/gallon premium fuel! I better wait until we strike oil here at HOUSE OF PAIN before we head North.

Next month we'll remind you what makes a gym really Hard Core. Frankly, we have to remind you - because a whole lot of y'all are dumber than a box of rocks, but I mean that in a friendly and supportive way. Like a jock-strap with a smiley face. Just takin' care of bizness.

Until next month; train hard, eat big, and take long naps at work. Send your comments and photos to me here: [rick@houseofpain.com](mailto:rick@houseofpain.com).

Send cash donations to me here:  
Attn. Rick Brewer  
Psychiatric Ward #17  
HOUSE OF PAIN  
P.O. Box 333  
Fate, TX 75132

## DR. JUDD

### AGING ... The Lighter Side as told by Judd Biasiotto Ph.D.

**"In some ways, I am not even born yet; in other ways, I'm an adolescent and I'm struggling, and I'm rebelling and raising hell. And in other ways, I'm a sage. I'm 190 years old. So how can you ask me my age? What do years really have to do with my age?"**

LEO BUSCAGLIA

I know it is close to heresy to say this in our culture today, but this age thing is a real kick in the butt. In fact, I don't see any real fun in getting older, at least physically speaking. Now, I know exactly what you are thinking, "Judd, didn't you write an article a few years back saying that, you are never too young or old for anything because age is in your head, nowhere else." Well, that was the old me or the young me depending upon how you look at it. Today, I have a different perspective of what getting old means from my experience with ...well ... aging. Now that I have had a good decade of being old, or as my little niece says, "Ancient," I want to tell you that age IS in your mind, and in your back, in your feet, in your neck, and every other part of your anatomy. Sure, it is true that age has its advantages, but let's be honest: it has its share of disadvantages too.

It wasn't that long ago that I could squat more than a quarter of a ton. Now, I have trouble bending over to tie my shoes. In the past, I could do a two hour workout without breaking much of a sweat. Today, I do that same two hour workout in about three and a half hours, and it is a near death experience. I also get tired more than I used to. An eight hour day of work cries out for a 16 hour night of sleep, and when I don't get it, I pay the price. I nod off sometimes during very important moments, like with sex. There seems to be an inverse, converse, reverse, whatever relationship between sex and age ... the more you age, the more you think you want it, but the less you can do it, so you really don't want it because you know you really can't do it ... whatever. When I was younger, I would stay up all night chasing women; now I stay up all night worrying that I might catch

one and won't be able to do anything with her once I have her.

It is the same thing in my professional life. It takes me about a third more time to get where I am going, and many times when I get there I have already forgotten why I went in the first place. I am certainly more absent minded. It is currently a common practice of mine to microwave a meal and discover it three days later when I am ready to microwave something else. I also rely heavily upon others to tell me the day, date, and year in which we are presently living. And forget about remembering other people's names ... I have trouble remembering my own. I can watch the same movie three times in a span of a month and can't recall ever seeing it before ... you could call that an embarrassing advantage of old age if you have the guts to admit it. I also have this thing about going to the gym when I am suppose to be going to work and going to work when I am suppose to be going to the gym. Half the time I don't know where I am going.

Eating is another thing that aging has cheated me of doing. I can't even come close to eating as heartily as I use to eat. When I was younger, I could eat three servings of pasta that were generally preceded by a giant antipasto and followed by a huge piece of chocolate cake ... for breakfast. The other six meals I ate that day were similar banquets, and I would never gain an ounce. Now, I can glance at a piece of chocolate cake, and I gain a pound. Even more disturbing is that it takes me a couple days to get a single serving of cream of wheat to wind through my digestive entrails before it is handed over to the Tidy Bowl man. Worse yet, it makes more racket and hullabaloo than my garbage disposal does to get the job done.

I can't see as well as I once could either. I am lost without my glasses and even with them the phone book, restaurant menus, and catalog brochures are indecipherable. I am using a 14 point font now just to write this freakin' article, and the words are still somewhat blurry. My hearing is just as bad. I have noticed that as I age people tend to mumble more and television stations lower their

sound tracks to almost a whisper.

I've heard people say, "Forty is not old." They are perfectly right. Forty is not old if you are a redwood tree; otherwise, it's hell. In fact, forty was right about the age that I started experiencing things like injuries, illness, infections, and ailments. And all of those wonderful things seemed to turn up all at once.

Prior to reaching middle age, I thought I was invincible. I never thought I could get hurt or sick. Once I hit forty, though, all hell broke loose. First, I ripped my lower back out; then I tore my pectorals; next my bicep detached; then I tore my rotator cuff; then I herniated three cervical disks, and then the other rotator cuff went. Just when I thought I couldn't have any more fun, I discovered infirmity and sickness. Like I said, prior to reaching forty I never got sick. Now I am sick of getting sick. I've had kidney stones, arthritis, diverticulitis, gallbladder problems, gout, colds, pneumonia, flu, and the list goes on and on and on. If there is any disease circulating through the world and I am within a thousand miles of it, I'll catch it. I can see someone on television with a cold, and I will catch it, and once I have it, there is no telling how long I'll keep it. Things have gotten so bad that every morning I wake up now I immediately look in the obituaries to see if I am still alive. I know they say the good die young. The truth is people die young because it takes a lot of courage and determination to grow old.

My doctor is extremely



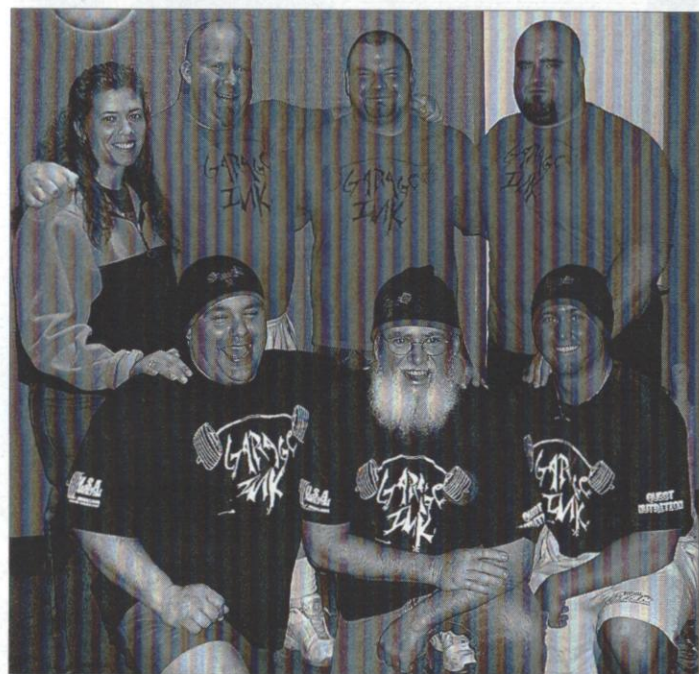
Magnificent Masters ... like Robert Cortes ... continue to compete and set records for decades

encouraging when I complain to him about being sick all the time. His explanation for every one of my injuries or illnesses is the same. "Judd, you are getting older. The human body doesn't function at an elite level forever." Of course, he is perfectly right, which makes me hate him. As with anything which has been used and some times abused for 40, 50, 60, or 70 years, there is going to be gradual wear and tear and some destruction. Things will jam up, clog up and shrivel up; they will get stiffer, harder and eventually wither away. This is just to be expected, and there is nothing wrong with it. I guess the problem occurs when we deny the aging process and become trapped in wishing we were shatterproof and indestructible.

Some say getting older does have its advantages. For the life of me, though, I can't figure out what those advantages are. I know that when you get older you have nothing to prove, which is a blessing because there is really nothing you can prove. Consequently, it is difficult for me to celebrate getting older.

After saying all of that, though, I am determined to live my life fully and as long as possible. It is said that Methuselah lived to be 969 years of age. I am shooting for his record. I may move a little slower, but I have all intentions of continuing to move. Futility doesn't come from aging; it comes from insecurity and inactivity. As long as you live life to the fullest, you will never be ... well, really old. I refuse to let my age limit me - to keep me from being the best that I can be. It's what you do in life that's important, not when you do it. Sure, I may not be able to run as fast, lift as much, or swim as far, but I refuse to relinquish the joy I get from those activities. We do not stop playing because we are old; we grow old because we stop playing. There is a huge difference between growing older and growing up. I may develop other limitations too; in fact, I am sure that I will, but I am determined to savor every new experience that comes my way whether the experience is good or bad.

I have great admiration for the people who have accepted the fact that they are getting older ... acknowledged the fact that aging is an inevitable sequence of living and have risen above it. It takes strength, endurance, determination, and a discerning sense of humor to make peace with aging. These people deserve recognition, not a birth date. Anybody can grow older. That doesn't take any talent or ability. Growing older with grace and a strong commitment to life - that takes a special human being ... those are the people we need to celebrate.



TEAM GARAGE INK: front row (l-r) - Tony 'Pimp Daddy' Forella, Mark 'Big Daddy' Jenkins, Jere 'Ego Killer' Hess. Back row - Dyan Hulslander, Niko Hulslander, Dan Ratchford, & Jeff 'Mountain' Fiss

# WORKOUT OF THE MONTH

## POWERDOC'S SQUAT WORKOUT as told by Mark VanAlstyne, DC, PT, CSCS

The squat routine outlined below is known as suspended chain training. It is the equivalent of doing a board press for the bench press as it allows you to overload the top of the lift. You will need a power cage or a monolift to drape 3/8 inch chain over the upper supports of the cage and hook then around the power bar inside the plates using large chain clips so that the chain is a continuous loop. Make sure both sides of chain are as even as possible, I like to lay the empty bar on the chains and put a level on it to make sure. This way the bar can be supported on the chains and it is a great way to prevent injury. If you miss, the bar is caught by the chains and the bar is also not bent. I suggest using at least 7-8 feet of chain. Adjust the chains to fit your height and the

level that you want to squat to, this means have someone watch you squat with the bar empty or use a video camera.

I first saw supported chain squats done by Phil Harrington and have modified the routine to my needs. This workout is for the equipped lifter who can squat 600 pounds. By the end of this routine the lifters should be able to squat 630. This routine works best for the lifter who uses tight or double ply gear. I use an Inzer canvas suit with Predator briefs and I feel that you need to practice with these types of high tech suits or you risk a bomb out or injury at the meet. It is very important to contract your abdominals during the decent in the squat, this means to pull the umbilicus in about an inch. This will stabilize the weight on the way

down so that you are balanced at the bottom of the squat. I like to use a slightly heeled boot even though I am a wide stance squatter. I feel that the slight heel makes hitting depth easier.

Being that I am a licensed chiropractor and physical therapist, I put a great deal of emphasis on injury prevention. You cannot make gains when injured so I think the best way to make steady progress is to stay healthy.

All squats are done with full gear including briefs and wraps. I do only one rep because I feel holding heavy weight for multiple reps in the squat is too hard on the shoulders. I suggest doing internal and external rotation exercises as well as Kelso shrug type of work to stabilize the shoulder blades and strengthen the rotator cuffs. I do a variety of them every day. I suggest doing 5-8 sets of crunches and side crunches for sets of 20-30 reps every other day.

It is important to train the oblique muscles because they directly connect to the lumbar stabilizers.

During the first three weeks we will hang 100 pounds of chain from the bar (50 pounds on each side) making sure that the chains are almost entirely of the floor at the top of the squat. We do three weeks of added chains to help prime the back to support heavy weight at the top while allowing a lesser load at the bottom. Remem-

ber to pause for a second on the suspended chains when the chains are set above parallel. When setting

**Week 1:** Set suspended chains at parallel, 490 + 100 pounds of chains x 3 sets of one pause rep.

**Week 2:** Set suspended chains at parallel, 510 + 100 pounds of chains x 3 sets of one pause rep.

**Week 3:** Set suspended chains at parallel, 530 + 100 pounds of chains x 3 sets of one pause rep.

**Week 4:** Set chains 2 inches above parallel, 620 x 3 sets of one pause rep.

**Week 5:** Set chains 2 inches above parallel, 650 x 3 sets of one pause rep, 580 for one set of one rep (no pause) with chains at one inch below parallel.

**Week 6:** Set chains 2 inches above parallel, 670 x 3 sets of one pause rep, 590 for one set of one rep (no pause) with chains set one inch below parallel.

**Week 7:** Set chains one inch below parallel, 610 (second attempt at meet) for one set of one rep (no pause).

**Week 8:** Rest Week 9: Meet attempts: 565, 610, 630

I follow this up with leg presses for three sets of 8-10 reps and glute/ham raise for three sets of 5-10 reps (hold a weight in your hands if you need more resistance) All sets are done to failure so pick the weight accordingly.

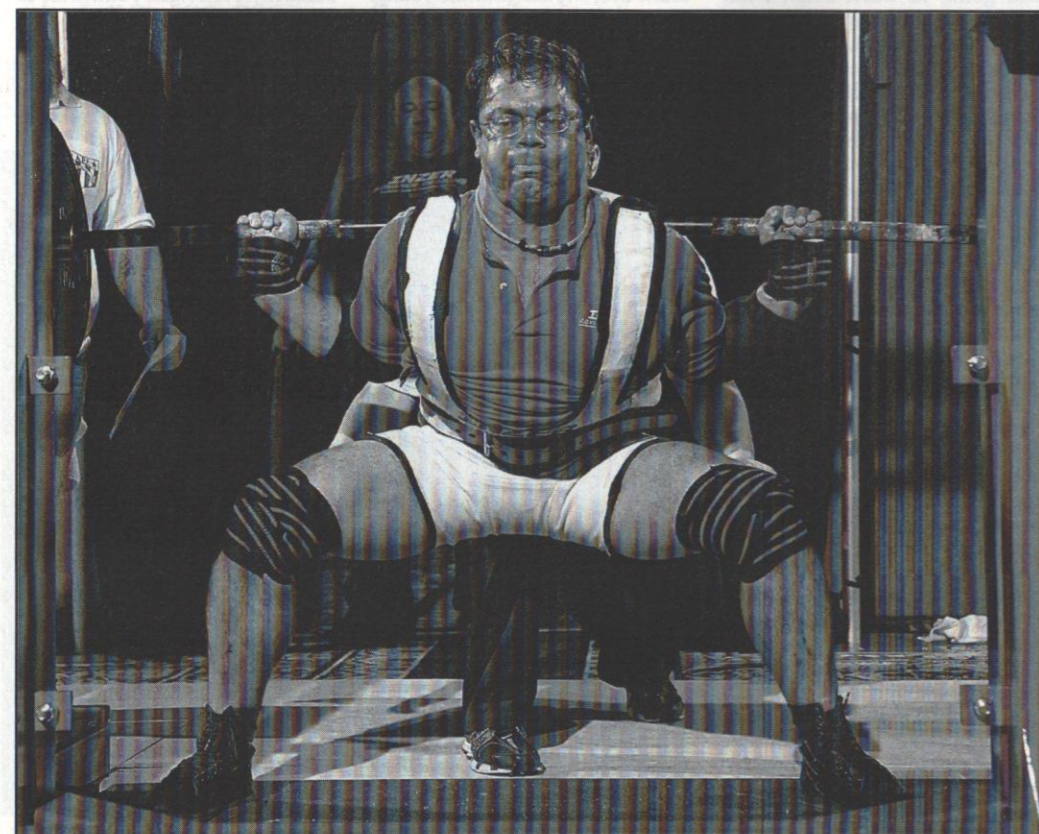
Three days later I do assistance work. I do box squat one inch below parallel using 300-315 with one pair of blue bands for 6 sets of two reps resting one minute between sets. I wear a light poly suit and no wraps for this. I then do my dead lift work (whatever you like) and follow this up with Romanian (stiff leg) deadlifts for 3 sets of 8 reps. All sets are done to failure so adjust the weight accordingly.

In closing, I would like to thank my lifting partners Scott Rowe, Mike Osborne, and Mike Ferlito for their help and support. I want to give a special thank you to Inzer Advance Designs for providing me with great lifting gear and endlessly altering it until I am 100 percent happy.

Anyone who would like questions answered on this routine or any injuries should post the question on [www.fortifiediron.com](http://www.fortifiediron.com) under the powerlifting posting columns. Put it to the attention of Powerdoc.

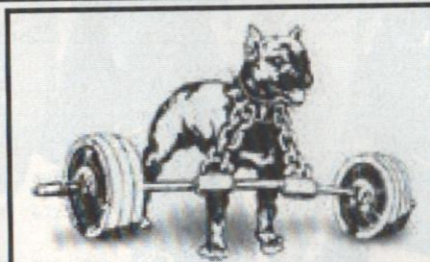
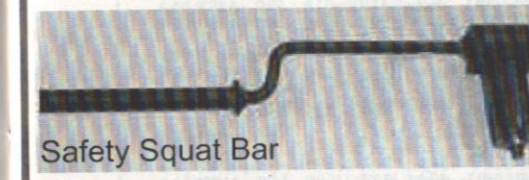
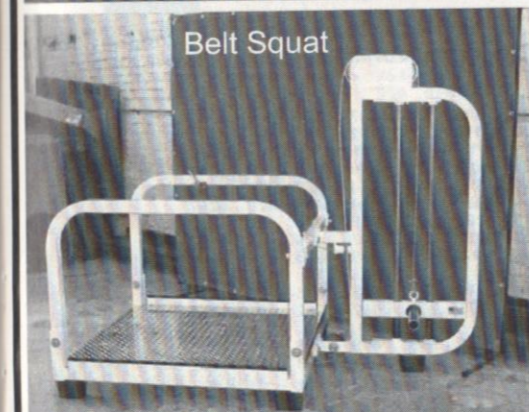
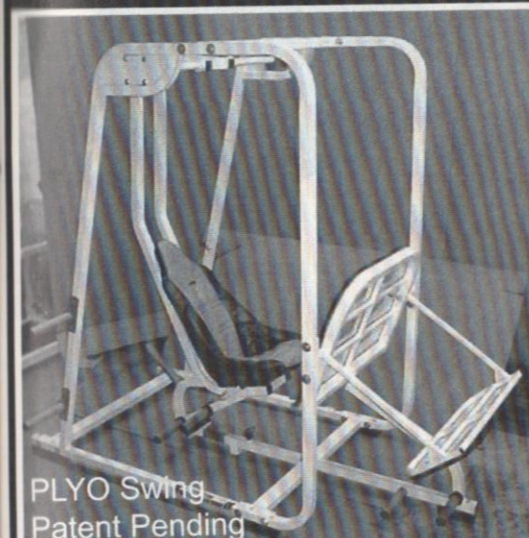
Good luck.

MARK VANALSTYNE  
DC, PT, CSCS



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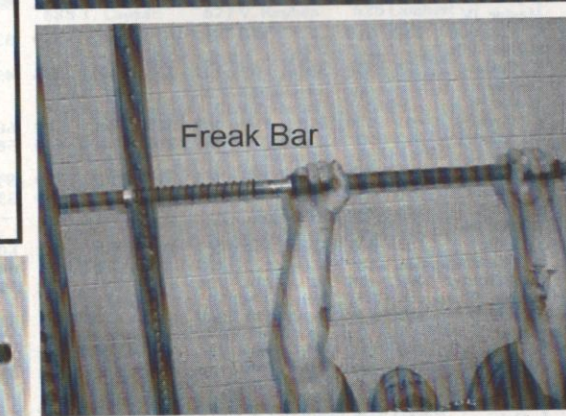
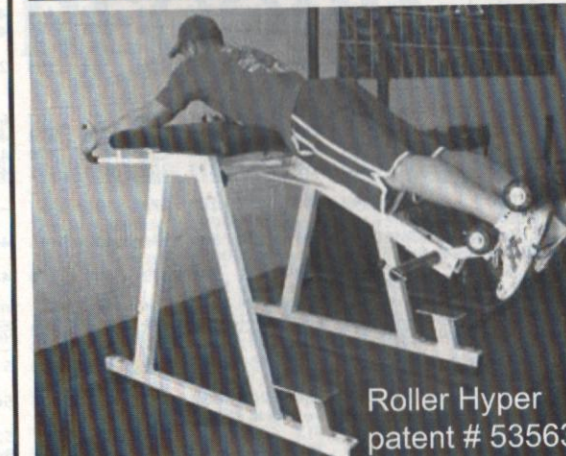
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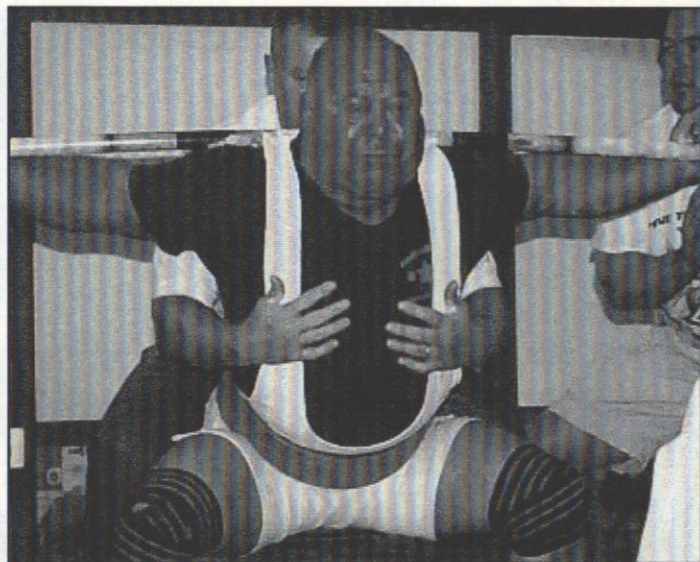
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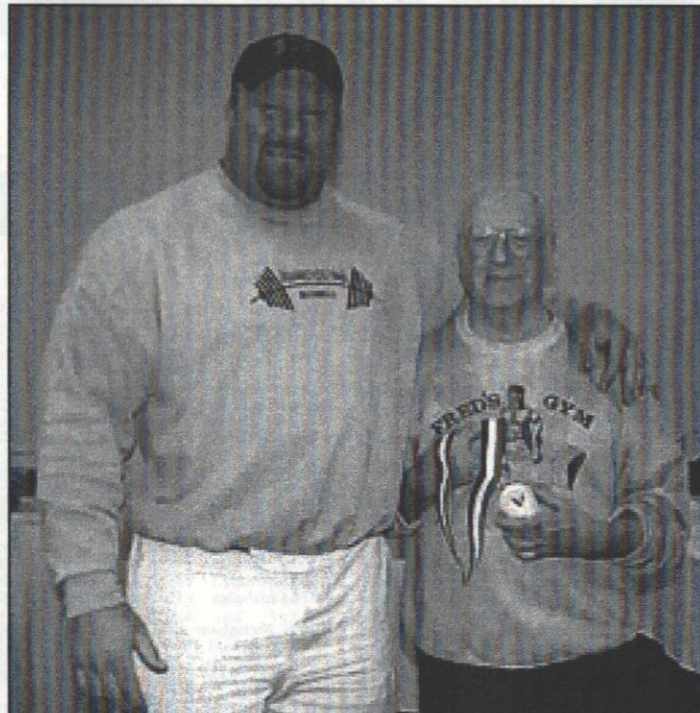
Mike Scott (judge), Scott 'Scoop' DePanfilis (the man behind www.Bodytechusa.com) and Junior Lifter Kristy Scott (165 class: 429 248 424 1102) enjoy the APF Master, Submaster, Junior Nationals



Brian Meek, 60 years of age, 308 lb. class, won Best Master Lifter with 777 529 600 1907. (photographs provided courtesy of Russ Barlow)

APF National Master/Sub/Junior  
12-14 MAY 06 - Saco, ME

BENCH		165 lbs.				
WOMEN??		198 lbs.				
?? lbs.		198 lbs.	374			
Baker	507	T. Frein	374	A. Rozier	551 402 551 1504	
4th-508		220 lbs.		220 lbs.		
		J. Pinckard	518	J. Norman	854 567 700 2122	
		242 lbs.		J. Westleigh	650 413 573 1636	
		308 lbs.				
Submaster		T. Bartolomei	501	C. Murphy	562 319 545 1427	
220 lbs.		K. Williams	468	A. Miller	452 474 452 1378	
M. Ridge	474	275 lbs.		SHW		
275 lbs.		T. Petrino	661	C. Clark	843 540 661 2045	
J. Boutot	523	Master (60-64)		V. Boissiere	760 441 711 1912	
Master (40-44)		308 lbs.		Teen (16-17)		
165 lbs.		B. Meek	529	165 lbs.		
D. Boyington	363	Master (75-79)		Hollenbeck	523 336 474 1334	
220 lbs.		242 lbs.		Master (40-44)		
J. Martin	518	R. Austin	352	165 lbs.		
242 lbs.		SHW		D. Boyington	452 363 402 1218	
E. Hubbs	496	A. Formaro	600	220 lbs.		
275 lbs.				P. George	573 347 556 1477	
J. Harbourn	551			S. Smith	804 496 639 1940	
WOMEN	SQ	DL	TOT	C. Blough	650 474 639 1764	
Junior				242 lbs.		
165 lbs.				M. Taylor	837 639 655 2133	
K. Scott	429	248	424	1102	R. Eriksen	843 540 644 2028
Submaster					R. Lawrence	749 600 551 1901
148 lbs.					B. Yoder	678 562 584 1824
T. Marceau	319	198	319	837	275 lbs.	
SHW					G. Damminga	821 485 628 1934
K. Allen	501	363	501	1367	R. Guyer	694 418 545 1659
Master (40-44)					308 lbs.	
198 lbs.					K. Tillman	1008 507 600 2116
S. Pike	358	220	407	986	Master (45-49)	
Master (50-54)					148 lbs.	
181 lbs.					G. Reichert	534 352 556 1444
J. Stabile	347	137	363	848	165 lbs.	
Master (55-59)					A. Cayer	534 352 589 1477
114 lbs.					181 lbs.	
J. Clough	264	126	303	694	M. Steck	429 319 314 1063
SHW					198 lbs.	
K. Saunders	457	226	391	1074	R. Ingravera	622 385 595 1604
MEN					D. Morong	556 358 600 1515
Guest					T. Frein	573 374 518 1466
Cummings	452	319	402	1174	220 lbs.	
Junior					K. McNeish	700 402 650 1752
132 lbs.					M. Terman	644 363 606 1615
Smith	363	209	380	953	275 lbs.	
165 lbs.					S. Sanders	705 452 655 1813
Grenon	551	363	424	1339	R. Boynton	755 441 600 1797
181 lbs.					308 lbs.	
Diemert Jr.	529	336	490	1356	T. Lane	760 407 644 1813
220 lbs.					M. Israelson	782 507 661 1951
J. Gagne	551	402	529	1482	Master (50-54)	
242 lbs.					220 lbs.	
B. Oertel	837	402	727	1967	M. Shealy	463 352 363 1179
275 lbs.					275 lbs.	
J. McQuaid	843	485	705	2034	J. Anderson	837 501 589 1929
L. Fairbanks	650	369	540	1560	J. King	689 418 573 1681
Submaster					Master (55-59)	

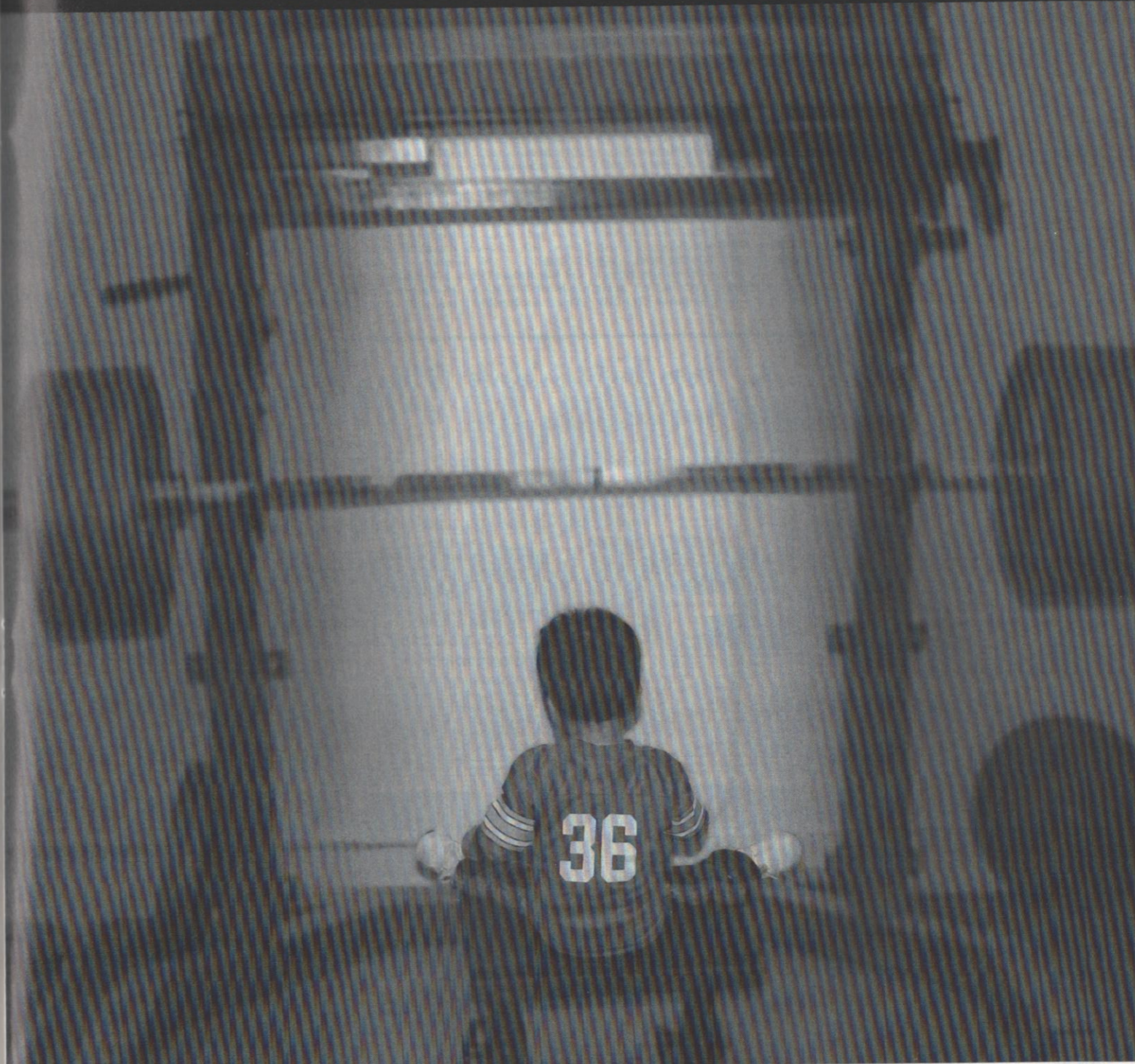


Co-Meet Director Chris Wiers presents 69 year old Fred Glass (who went 385 143 385 for a 914 total) with his 65-69, 148 lb. class award.

148 lbs.					
T. Feight	358	220	352	931	
181 lbs.					
D. Pittman	523	369	314	1206	
V. Aloupis	319	242	463	1025	
220 lbs.					
R. Olinger	551	369	501	1422	
J. Burgard	584	303	545	1433	
Master (60-64)					
220 lbs.					
T. Lancaster	474	402	551	1427	
W. Jordan	407	286	496	1190	
308 lbs.					
B. Meek	777	529	600	1907	
D. Repp	154	154	479	788	
Master (65-69)					
148 lbs.					
F. Glass	385	143	385	915	
198 lbs.					
P. Bennett	352	226	407	986	
Master (75-79)					
242 lbs.					
R. Austin	501	352	352	1207	

This contest took place at the Holiday Inn Express Convention Center. There were 82 lifters representing 22 states. The highlights included: Ethan Baker 508 BP at 220 world record, Joe Norman Best Lifter Submaster, Andrew Hollenbeck Best Lifter Teenage, Kristy Scott Best Lifter Junior Woman, Al Cayer Best Lifter Light Master, Daryl Boyington Best Lifter Master Bench, JoAnne Clough Best Lifter Master Women, and Brian Meek Best Lifter Master and Bench. I would like to thank my table: Norm Guay, Mr. Pike, Mr. Memhl, Kristy Scott, Lynne Barlow, and Chris Wiers. Also, I would like to thank the spotters and loaders: Scott Blanchard, Chris Wiers, Tim Lane, Kyle Davis, Tony Petrino, Rndy Pushad, Ethan Baker, John Pelletier, Cory Decker, and Greg Levasseur. Also, thanks to the judges: Mike Sweeney, Mike Scott, Dr. Tom Sunshine, Fred Glass, and Wayne Pullum. This meet was a lot of fun and a honor to promote. "Stay hardcore." (Thanks to Russ Barlow for providing these results)

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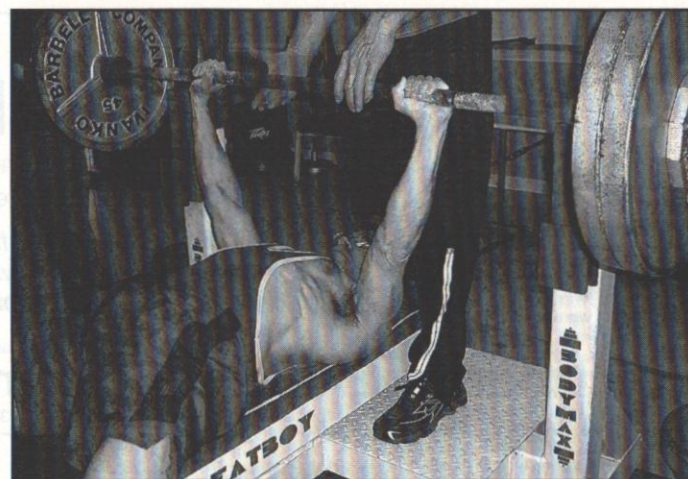




SLP "Lift for the Lord"  
25 MAR 06 - Scottsville, KY

BENCH WOMEN		
Teen (16-17)	A. Carter	525
148 lbs.	4th-550	
C. Foster	J. Centers	480
105*	275 lbs.	
MEN		
Wheel Chair	H. Timbs	670
114 lbs.	308 lbs.	
H. Logsdon	R. Potts	290
225*	RAW	
Novice	Open	
114 lbs.	275 lbs.	
C. Foster	R. Turner	510*
110*	SHW	
M. Harrod	M. Chaney	565*
435	DEADLIFT	
J. Thomas	WOMEN	
430	Teen (16-17)	
Junior	148 lbs.	
181 lbs.	C. Foster	215*
C. Witcher	370	
198 lbs.	MEN	
J. Hernandez	Junior	
260	198 lbs.	
220 lbs.	J. Hernandez	365
W. Pedigo	Master (45-49)	
380	220 lbs.	
Submaster	D. Witty	415
220 lbs.	4th-440*	
E. Bewley	400	
4th-425		
275 lbs.		
B. Harper	460	
Master (40-44)	148 lbs.	
275 lbs.	M. Evans	445*
R. Richey	550	
Master (45-49)	165 lbs.	
305	L. Greer	375*
4th-315	Master (65-69)	
D. Witty	285	
Master (50-54)	Open	
148 lbs.	148 lbs.	
M. Evans	240*	
4th-245*	275 lbs.	
Master (65-69)	J. Carter	655
181 lbs.	275 lbs.	
W. Stinson	220*	
4th-235*	R. Turner	550
Open	SHW	
220 lbs.	M. Chaney	660*
D. Nealy	670	
2-Man	Spencer/Doss	625*

\*=Son Light Power Kentucky state records.  
Best Lifter Bench Press: Dewayne Nealy.



Mark Evans with a state record 245 @ 50-54/148 at the SLP "Lift for the Lord" event. (photograph provided by Dr. Darrell Latch)

Best Lifter Deadlift: Mark Evans. The Son Light Power "Lift for the Lord" Bench Press & Deadlift Championship was held at Victory Hill Church. Thanks once again to Randy Richie and the Omega Force Christian Power Team and Victory Hill Church for hosting this event. In the bench press competition Heath Logsdon broke his own state record at wheel chair/114 with a strong 225, just missing a 230 final attempt. Looks like Heath's bench is finally starting to move! For the teenage women's 16-17/148 class it was first-time lifter Cristin Foster with a new state record of 105. Cory Foster set the state record at novice 114 with a personal best 110 while Mike Harrod won over John Thomas 435 to 430 at 275. In the junior division Cody Witcher took the 181's with 370 while Jon Hernandez won at 198 with his opener of 260. William Pedigo captured the title at 220 with 380 and a near

Dewayne Nealy got an easy 670, missing 710 for his final attempt. Taking the title at 220, Dewayne also won the best lifter award over his training partner, Harley Timbs. At 242 it was Adam Carter for the win with 525, followed by a personal best 550 final attempt. Second place at 242 went to John Centers with 480, who came close with a pr 500 on his final attempt. Harley Timbs finished with 670 at 275, missing the groove at 700 twice. At 308 it was Robert Potts, who finished with 290. In the raw division we had two great open lifters, Ray Turner and Max Chaney. Both set new Kentucky state records, Ray at 275 with 510 and Max at shw with 565. Moving to the deadlift competition, Christin Foster set her second state record of the day at 16-17/148 with a great 215 PR pull. Jon Hernandez got a personal best at junior men/198 with 365. David Witty got his first ever win at 45-49/220 with 415, then followed that up with a new state record 440 fourth attempt pull. Mark Evans set the state record at 50-54/148 with 445, moving up to a new age class. Mark also won at open 148, again setting the state record there and winning the best lifter award as well. Larry Greer broke his own state record at 60-64/165 with 375 while training partner Wayne Stinson got his second record of the day at 65-69/181 with a personal best 275. In the open division it was Joe Carter with his 655 opener at 275 over Ray Turner, who pulled a personal best 550. The biggest pull of the day came from Big Max Chaney who won at shw, setting the state record there with a pr 660. An exhibition 2-man deadlift by Allan Spencer and Tommy Doss set the state record at 40-44/220 with 625. Thanks to Joey for loading and spotting and to Larry Greer and others for helping out. Thanks also to "Carrot Top" for taking pictures, serving as trophy girl and being a "pest" during the meet. Again thanks to Randy Richie and all of the members of the Omega Force Christian Power Team for sponsoring this event. (Results provided to Powerlifting UDS by the courtesy of Dr. Darrell Latch)

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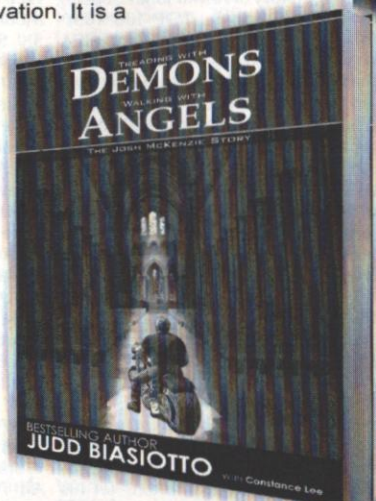
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- 15 JUL, Young's Health Club Outdoor Bench, Mike Young, 319 E. Superior St., Alma, MI 48801, 989-463-8574, mike.young@ispmgt.com
- 15 JUL, WNPFL New Jersey States (Bordenton, NJ) Troy Ford, WNPFL, PO Box 142347, Fayetteville, GA 30214, 678-817-4743, wnpfl@aol.com
- 15 JUL, AAU Larry Garro Powerfest (PL, Ironman, BP, PC - Dumbarton School, 300 Dumbarton Rd., Towson, MD 21212) Brian Washington, Brian@usfb.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,

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**COMING EVENTS**

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

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@pikilup.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  
23 JUL, Old Heritage BP, DL (Oil City,

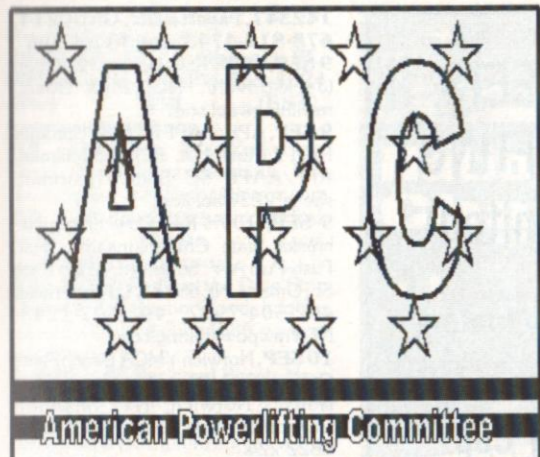
PA - for cerebral palsy) Chris Snyder, 814-676-3750  
23 JUL, SLP Oklahoma Summer Open BP/DL (Sallisaw, OK) SLP, 122 W. Sale, Tuscola, IL 61953, (217) 253-5429, sonlight@netcare-il.com, www.sonlightpower.com  
26 JUL, NASA Tri-State Regional Championships (Special Olympians lift free - Flora, IL) Smitty (618) 662-3413, lesmitty@bsspeedy.com  
29 JUL, WABDL Sun Coast Classic (Jacksonville, FL) Tom Nash, 634 Lady Lake Ln., Jacksonville, FL 32218, 904-705-8826  
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-

**APF/AAPF/WPO Schedule**

- 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, AAPF/APF Summer Heat II
- 9 SEP, APF Gulf Coast Open BP/DL/PL
- 16 SEP, APF/AAPF Midwest Classic
- 16 SEP, APF/AAPF Power Quest
- 16 SEP, APF Hawg Farm Open
- 30 SEP, 1st State Power Frenzy
- 7 OCT, APF New England Open Bench
- 14 OCT, APF/AAPF Mississippi State
- 14 OCT, APF/AAPF Asylum Power
- 18 NOV, AAPF Southern States
- 11 NOV, APF Iron Playground Classic
- NOV, APF Galaxy Gym Invitational
- 2 DEC, APF Pine Tree State Open
- 9,10 DEC, APF Southern States
- 5-7 MAY, APF Submaster, Master, Jr.

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





**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 Powerlifting Championships, Dave Lhota, lhotamfg@shol.com  
**23 SEP, Bartlesville Classic** (Osage Hills H.S., OK) Jim Duree, jduree7086@aol.com, 913-626-1142, www.lenexastrengthandfitness.com  
**23 SEP, USAPL Chuck Peterson** Memorial BP/DL, Sonny Runyon, 3421 W. Armitage Rd., Muncie, IN 47302, Day 765-836-4000, Evening 765-282-2152, powerhouse@aol.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 Northwestern 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, APF/AAPF First State Power** Frenzy (PL/BP/PP/Police/Fire, Raw/Equipped - The Training Center, New Castle, DE) Broderick Chavez, 302-858-7465, isquat700@mchsi.com, www.DE-APF.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@bmsports.com  
**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, AAU New Jersey BP/DL** (Sports University, Fairfield, NJ) Joe Carini, 973-808-1717

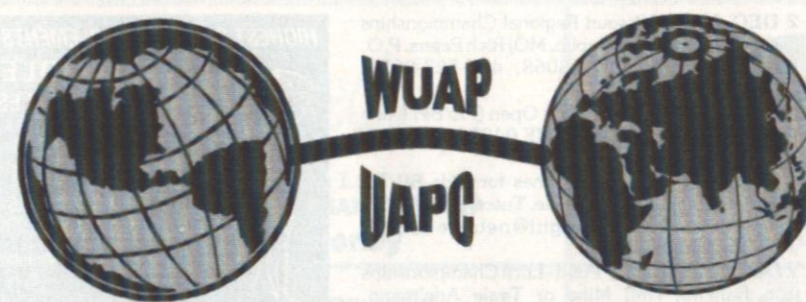
**7 OCT, APF New England** Open Bench Press Championship (Ramada Inn Conference Center, Manchester, NH) Jamie Fellows, Dave Follansbee, c/o USA Bodybuilding.com, 865 Second St., Manchester, NH 03102, 603-626-5489, nhbodybuilding@yahoo.com or www.usabodybuilding.com  
**7 OCT, USPF Central California** Open PL/BP/DL (Modesto, CA) Dave Cummerow & Steve Denison, pwrlftr@msn.com, 661-333-9800  
**7 OCT, NASA Ohio Regional** (PL/BP Only/PS/PP - Springfield, OH) Rich Peters, P.O. Box 735, Noble, OK 73068, 405-527-8513, sqbpd@aol.com  
**7 OCT, IBP Carolina Classic** Powerlifting Championships (Shelby, NC) Keith Payne 336-766-3347, 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, 518-858-7002, candyazz@ironasylumgym.com, www.ironasylumgym.com  
**14 OCT, Iron Chamber Gym BP/DL** (East Canton H.S., Canton, OH) Jeff Beque, 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, APF/AAPF Mississippi State** (PL/BP - Hattiesburg, MS) Joe Ladnier, personalj@bellsouth.net  
**14 OCT, Iron House Push Pull** (Zanesville, OH) Mike 740-704-4747, www.ironhousezanesville.com  
**14 OCT, SLP Oklahoma State BP/DL** (Tulsa, OK) SLP, 122 W. Sale, Tuscola, IL 61953, (217) 253-5429, sonlight@netcare-il.com, www.sonlightpower.com  
**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., Fairmont, WV 26554, 304-376-2432, mcase@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) jmgedney@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** (Chatsworth, CA) Kevin Meske, 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

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 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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**815-347-4393**  
 jsrouse41@aol.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, sqbpd@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, wnfp@aol.com

**28 OCT, 2nd annual Open BP, Scott** Bixler, 11 Longwell Ave., Westminster, MD 21158, 443-789-9452  
**28 OCT (corrected phone number), ADAU 24th Raw "Central PA Open"** (Drug Free - Bigler, PA) Siegel Engraving, 304 Daisy St., Clearfield, PA 16830, 814-765-3214, al@pikitung.com  
**28 OCT, NASA Iowa Regional** Championships (PL/BP Only/PS/PP - Des Moines, IA) Rich Peters, P.O. Box 735, Noble, OK 73068, 405-527-8513, sqbpd@aol.com  
**29 OCT, SLP Southern Illinois** Open BP/DL (Anna, IL) SLP, 122 W. Sale,

**11 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), 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, wnfp@aol.com  
**4 NOV, USA "Raw" Bench Press** Federation Worlds, SLP, 122 W. Sale, Tuscola, IL 61953, (217) 253-5429, sonlight@netcare-il.com, www.sonlightpower.com  
**4 NOV (NEW DATE), NASA Arizona** Regional (PL/BP Only/PS/PP - Mesa, AZ) Rich Peters, P.O. Box 735, Noble, OK 73068, 405-527-8513, sqbpd@aol.com  
**4 NOV, NOVA Raw PL/BP** (Sterling, VA) John James, (703) 475-9885, www.northernvirginiarawpower.com  
**10-12 NOV, WDFPF World PL** Championships and WDFPF Congress (Barry & Marie Crowley, Kinsale, Ireland) jmgedney@wiu.edu  
**11 NOV, APF Iron Playground** Classic, Sam Byrd, www.ironplayground.net, 423-877-1440  
**11 NOV, IBP NC State** Bench Press Championships (Henderson, NC) Keith Payne, 336-766-3347  
**11 NOV, NASA Veteran's Memorial** Meet, Rich Peters, P.O. Box 735, Noble, OK 73068, 405-527-8513, sqbpd@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 State BP/DL** (Hamilton, OH) SLP, 122 W. Sale, Tuscola, IL 61953, (217) 253-5429, sonlight@netcare-il.com,

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.virginiasapl.com  
**OCT, USAPL Florida Collegiate BP & PL and Southeastern USA** Regional BP/PL (Ft. Myers, FL) Robert Keller, 954-790-2249, r\_h\_k@verizon.net, www.geocities.com/floridausapl  
**OCT/NOV, AAU World PL (Virginia)** 804-559-4624 after 7PM (EST), www.ausports.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, 913-626-261142, 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, wnfp@aol.com  
**4 NOV, USA "Raw" Bench Press** Federation Worlds, SLP, 122 W. Sale, Tuscola, IL 61953, (217) 253-5429, sonlight@netcare-il.com, www.sonlightpower.com  
**4 NOV (NEW DATE), NASA Arizona** Regional (PL/BP Only/PS/PP - Mesa, AZ) Rich Peters, P.O. Box 735, Noble, OK 73068, 405-527-8513, sqbpd@aol.com  
**4 NOV, NOVA Raw PL/BP** (Sterling, VA) John James, (703) 475-9885, www.northernvirginiarawpower.com  
**10-12 NOV, WDFPF World PL** Championships and WDFPF Congress (Barry & Marie Crowley, Kinsale, Ireland) jmgedney@wiu.edu  
**11 NOV, APF Iron Playground** Classic, Sam Byrd, www.ironplayground.net, 423-877-1440  
**11 NOV, IBP NC State** Bench Press Championships (Henderson, NC) Keith Payne, 336-766-3347  
**11 NOV, NASA Veteran's Memorial** Meet, Rich Peters, P.O. Box 735, Noble, OK 73068, 405-527-8513, sqbpd@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 State BP/DL** (Hamilton, OH) SLP, 122 W. Sale, Tuscola, IL 61953, (217) 253-5429, sonlight@netcare-il.com,

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 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/AAPC 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/AAPC to notify the state chairperson only and the president of UAPC/AAPC.

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**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.kingsgymohio.com (corrected website address)  
**18 NOV**, AAPF Southern States (Lake City, FL) 386-734-3128, worldpowerlifting.org  
**18 NOV**, 100% Raw World Bench Press Championships (Currituck, 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, wnpf@aol.com  
**19 NOV**, ISS Bench Press Championship, Mike Strom, KAC, 4211 Green Bay Rd., Kenosha, WI 53144, (262) 654-6020, mikesbench@hotmail.com  
**25 NOV**, NASA Kansas Regional Championships (PL/BP Only/PS/PP - Salina, KS) Rich Peters, P.O. Box 735, Noble, OK 73068, 405-527-8513, sqbpd@aol.com  
**25 NOV (New Date)**, SLP Mid-America Open BP/DL (Metropolis, IL) SLP, 122 W. Sale, Tuscola, IL 61953, (217) 253-5429, sonlight@netcare-il.com, www.sonlightpower.com  
**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

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**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, sqbpd@aol.com  
**2 DEC**, APF Pine Tree State Open (PL/BP) Chris Wiers, 14 Fern St., Auburn, ME 04210, 207-777-3393 or 207-212-6453  
**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 Adelmann, 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, sqbpd@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.virginiausapl.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, 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@pikitung.com  
**16 DEC**, NASA Illinois "Christmas" Regional (PL/BP Only/PS/PP - Flora, IL) Rich Peters, P.O. Box 735, Noble, OK 73068, 405-527-8513, sqbpd@aol.com  
**16 DEC**, 9th WNPf Sarge McRay Championships (BP, DL, Ironman, PC - Bordentown, NJ) Troy Ford, WNPf, PO Box 142347, Fayetteville, GA 30214, 678-817-4743, wnpf@aol.com

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**16 DEC**, 100% Raw Bowie-Robinson Memorial Cup (Chicago, IL) Shawn Lyte, rawlifting@bmsports.com  
**16 DEC**, 100% Raw Christmas Classic BP/Curl, John Shifflett, Box 941, Stanardsville, VA 22973, 434-985-3932, valifting@aol.com  
**16,17 DEC**, AAU World BP, DL, PP (Plaza Hotel, Las Vegas, NV) Martin Drake, Box 108, Nuevo, CA 92567, naturalpower@earthlink.net  
**30 DEC (New Date)**, SLP "The Last One" BP/DL, SLP, 122 W. Sale, Tuscola, IL 61953, (217) 253-5429, sonlight@netcare-il.com, www.sonlightpower.com  
**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  
**5-7 MAY**, APF Master, Submaster, Junior Nationals (PL/BP) Russ Barlow, 175 Kennebec Trail, Turner, ME 04282, 207-225-5070 or 207-754-9927  
**MAY '08**, WDFPF European Single Event Championship (Como, Italy) www.wdfpf.cc  
**OCT/NOV '08**, WDFPF Single Event World Championship (Belgium) www.wdfpf.cc

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## 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.

New Engand Raw BP/DL 9 APR 06 - Warwick, RI				
BENCH	242 lbs.			
WOMEN	P. Wagoner	375		
P. Munroe	160	275 lbs.		
MEN	C. Debartolo	515		
Submaster	M. Galante	415		
C. Debartolo	515	DEADLIFT		
M. Town	360	MEN		
S. Garten	300	Teen		
Master	N. Chaprales	610		
Lazzareschi	450	J. Izquierdo	370	
R. Johnson	400	J. Soba	280	
165 lbs.		J. Boulay	360	
S. Garten	300	R. Fitzgerald	260	
181 lbs.		220 lbs.		
C. Worsley	300	McDonough	540	
198 lbs.		275 lbs.		
S. Pheap	365	C. Debartolo	620	
R. Gallagher	350	Submaster		
W. Medeiros	325	C. Debartolo	620	
220 lbs.				
M. Town	360			
A. Meoli	325			
J. Hunt	260			
MEN	SQ	BP	DL	TOT
Teen				
N. Chaprales	550	355	610	1515
J. Nappa	400	245	395	1040
A. Pappas	300	165	350	815
148 lbs.				
T. Roselli	350	280	450	1080
165 lbs.				
K. Kirk	315	245	385	945
198 lbs.				
R. Gallagher	315	350	475	1140
220 lbs.				
F. Perry	450	305	540	1295
R. Hanington	415	300	460	1175
242 lbs.				
J. Gorgone	—	425	650	—
275 lbs.				
S. Massarone	550	405	650	1605

J. Norton	535	370	635	1540
N. Chaprales	550	355	610	1515
Master				
S. Pappas	500	325	575	1400
Best Lifter Bench: Craig Debartolo. Best Lifter Deadlift: Craig Debartolo. Best Lifter Powerlifting: Steve Massarone. I would like to thank my sponsors, Michael A. Tarro Law Associates and Reeves Nutrition.com. My scorekeepers, Ray Roberts and Kelly David. Announcer Mark Diorio. Loaders Norman Paoletto and Mike Brown. Judges, Jean, Russ, and Bob Ducharme. Admission, Ray Maker. And, special thanks to my girl friend, Diane Defalma, for t-shirt and refreshment sales. I would like to thank all the lifters for coming to this years meet. In an era where a lifter's strength and ego is measured by how many squat suits or what type of bench shirt he's wearing, it's nice to see lifters have the guts and confidence to compete raw. Thanks to PL USA for posting these results. (Thanks to Joe Reeves for providing these meet results)				

ISS Big Bench Open 21 MAY 06 - Kenosha, WI				
BENCH	165 lbs.			
MALE	Raw			
Teen (14-16)	B. Troia	295		
114 lbs.	Open			
Raw	Equipped			
P. Rotar	185	181 lbs.		
Equipped	200	M. Strom	555	
P. Rotar	200	242 lbs.		
Teen (16-17)	S. Corbett	—		
181 lbs.				
Equipped				
M. Tucci	310			
Junior				
(Thanks to Michael Strom for the results)				

### RAW POWERLIFTING CLASSIFICATION STANDARDS

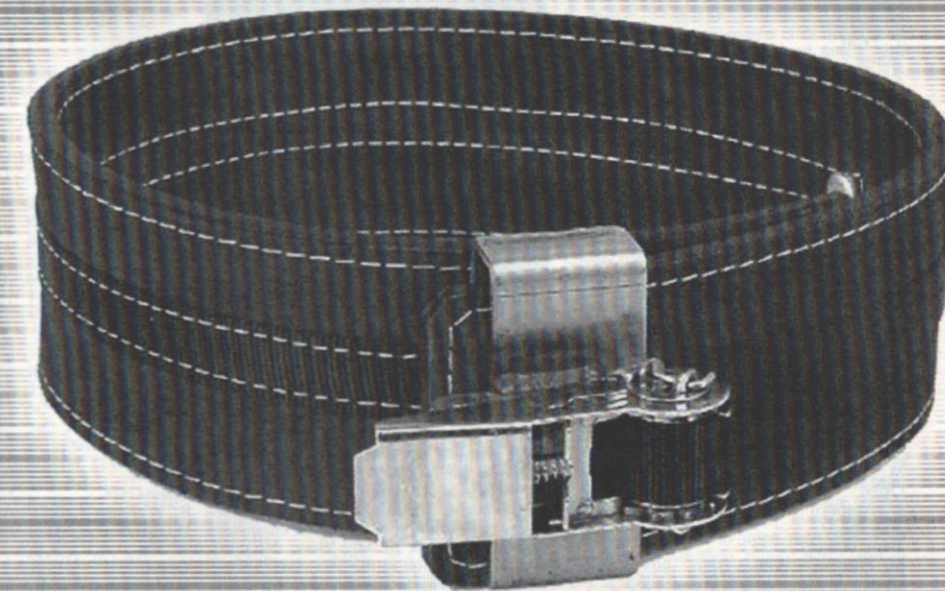
"A step in the right direction for the sport of Powerlifting"

TEAM iXL is proud to announce that as of April 10, 2006 the Classification Standards for RAW Powerlifting developed by its Founder Greg Stott of Sanford, North Carolina; have been endorsed by the following Powerlifting Federations: 100% RAW, AAU and the ADAU. These endorsements will enable lifters, to uniformly measure their Powerlifting development, both RAW & Drug Free! Lifter Classification Standards are not new to the sport of Powerlifting. The standards, which range from Class IV thru Elite, are used to measure a lifter's strength, progress & expertise when performing all three lifts that make up the sport. By adding an athlete's heaviest Squat, Bench and Deadlift together from a sanctioned competition, a Total is achieved. Based on the amount of the Total recorded by an athlete in competition, whether they win that day or not, they will fall into one of (6) different Classifications that are in place for both Men & Women. Up until now, Powerlifting as a sport only had Classification Standards in place for an Equipped Lifter. An Equipped Lifter is one who wears support equipment, wraps, special suits, shirts & briefs when competing. RAW is defined as only wearing a singlet & weight belt. Powerlifting although not an Olympic Sport is more popular worldwide than Olympic Weightlifting, which consists of an athlete performing two overhead lifts (The Snatch & Clean and Jerk) in competition to arrive at a Total. Stott has worked the past three months outside of his organization's normal mission. Which is to; Inform, Motivate & Demonstrate that There are No Limits Drug Free! Stott, a World Champion RAW Powerlifter, has recognized the need of Classification Standards for RAW lifters, since winning his first World Title, back in December of 2000. Stott Says, "Without standards, you never knew how your Total measured up." Stott, during a discussion with Paul Bossi, the President of 100% RAW Powerlifting, was pleased to find out that both men were in agreement, in regards to the Classification Standards being long overdue. Stott told Bossi that he'd been working on many scenarios and tracking different Federation's Totals for months and that's when Bossi asked Stott if he would draft the Classification Standards for his Federation". "I was very confident that if anyone could put together a set of Standards that were both fair and challenging for the RAW lifter, it would be Greg Stott. He is a very talented guy after all. Besides the fact that he's a world class lifter, he's promoted National Events and in 2004 was named our Official of the Year". Bossi said. Stott commented, "at first the idea of coming up with RAW lifter Classifications, was simply a project for the 100% RAW Federation. But once I started putting the numbers together it became clear to me that this project could be a great opportunity to develop a standard that could begin to unify Federations that promote both Drug Free and RAW Competitions worldwide". Stott's first call was to the AAU National Chairman for Powerlifting, Bill DePorter. "When I spoke with Mr. DePorter on the phone, he listened to my proposal very intently. He then commented to me that his Federation had also been working on RAW Classifications and that my idea of a unified set of RAW Classification Standards, was exactly what was needed." The AAU Board of Directors then agreed with Mr. DePorter, adding their endorsement. Mr. Stott's next call was to Alan Siegel, the first promoter of a RAW Competition, as well as being the President of the ADAU, standing for (Anti Drug Athletes United). "There is no doubt, that having a RAW Classification Standard would be a good thing for our sport." Siegel said. The ADAU Board of Directors, later agreed to endorse the Classification Standards as proposed. Mr. Stott said, "I would like to thank Mr. Bossi Mr. DePorter and Mr. Siegel for not only providing tremendous support to TEAM iXL on this project, but for all they're doing to promote RAW, Drug Free Powerlifting Worldwide".

## 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. The new, patented PR Belt™ (POWER-RATCHET BELT™) gives you the freedom of unlimited adjustability and precise fit.

- Unlimited adjustability. Imagine being able to fine-tune your powerlifting belt to the exact feel you want for each set. You can easily calibrate the support of the PR Belt depending on the intensity level of each set, whether it's a warm up, a work set or maxing out. When you change your gear you need a different belt setting. Each layer of gear and clothing you put on or take off requires a slightly different fit of your belt. Easily done with the PR Belt! Wear it however you feel at any time. Holes of a buckle belt might not accommodate but the PR Belt does! The PR Belt gives you the power of selection. Just ratchet it forward or back. It's easy!



### HOW THE PR BELT IS WORN

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.

- It's quick. The PR Belt can be tightened to exact fit in seconds and released instantly with one simple movement.
- Saves your energy. Tightening the PR Belt is absolutely no strain. With the PR Belt there's no need for assistance to get your belt tight.
- Quality. Riveted and lock-stitch sewn with corrosive resistant hi-density nylon. One solid thickness of the finest, select, exclusive leather. TIG-welded apparatus. Finished with top quality, fine suede which provides a non-slip surface.
- Very secure. The belt automatically locks until you manually release it.
- Hand-crafted in the USA. Patent # 5,647,824

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The World Leader in Powerlifting Apparel



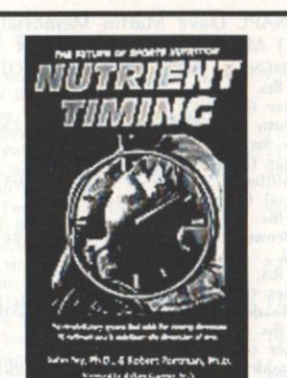


NASA Bigger One  
8 APR 06 - Green Bay, WI

WOMEN	Weight	SQ	BP	DL	TOT
BENCH					
WOMEN					
132 lbs.					
Master Pure					
D. Nehls	135				
148 lbs.					
Open					
B. Meyer	145				
Teen					
G. Moe	135				
MEN					
114 lbs.					
Open					
E. Reynolds	100				
Raw					
Z. Clarke	70				
148 lbs.					
Raw/Master II					
D. Feld	265*				
Master V					
A. Olsen	335*				
T. Aldag	285				
Open					
A. Olsen	335*				
T. Aldag	285				
Raw/Open					
D. Feld	265*				
181 lbs.					
Teen					
T. Moe	250				
198 lbs.					
Open					
A. Mickelson	510*				
Inter					
A. Mickelson	510*				
Teen					
Push Pull					
MEN					
114 lbs.					
Open PS					
Z. Clarke	70	146	216		
Open PI					
Z. Clarke	70	146	216		
Youth					
Z. Clarke	70	146	216		
148 lbs.					
Master II					
B. Harris	210	315	525		
181 lbs.					
Open					
D. Felton	255	565	820		
242 lbs.					
Open					
M. Jacobs	335	525	860		
Powerlifting	SQ	BP	DL	TOT	
WOMEN					
97 lbs.					
Teen					
E. Kutchera	135*	75*	165*	375	
123 lbs.					
Teen					
S. Sitkowitz	205	105	250	560	
198 lbs.					
Submaster Pure					
H. Uhrig	170	115	240	525	
Open					
H. Uhrig	170	115	240	525	
198+ lbs.					
Submaster II					
S. Jackson	300	180	275	755	
MEN					
165 lbs.					
Master I					
J. Wink	430	205	375	1010	
181 lbs.					
Open					
D. Ploetz	350	285	335	970	
Master I					
D. Felton	405	255	565	1225	
Master V					
D. Ploetz	350	285	335	970	
198 lbs.					
Teen					
T. Monahos	480	225	465	1170	
Master II					
T. Conklin	640	300	602	1545	
220 lbs.					
Submaster Pure					
J. Halverson	650	365	650	1665	
Submaster II					

J. Halverson	650	365	650	1665	
242 lbs.					
Open					
B. Mueller	500	350	725*	1575	
Master I					
S. Mandli	275	195	375	845	
Master II					
J. Klarkowski	450				
242 lbs.					
Master III					
J. Jones	400				
Master V					
J. Jones	400				
275 lbs.					
Master II					
R. Sadowski	460	235	510	1195	
308 lbs.					
Master I					
T. Allred	585	485	585	1655	
Open					
T. Allred	585	485	585	1655	
Power Sports	CR	BP	DL	TOT	
WOMEN					
88 lbs.					
Youth					
C. Jackson	35	40	130	205	
MEN					
55 lbs.					
Youth					
M. Jackson	25	50	75	150	
S. Hou-Sey	20	30	55	105	
114 lbs.					
Open					
Z. Clarke	41*	70*	146*	257	
Youth					
Z. Clarke	41*	70*	146*	257	
148 lbs.					
Teen					
J. Anderson	95	140	290	525	
165 lbs.					
High School					
J. Hoy	160	225	435	820	
242 lbs.					
Open					
B. Mueller	—	350	725*	1075	
275 lbs.					
Master II					
M. Jackson	125	230	400	755	
*American Records. The Bigger One					
ended up earning its name by hosting 79					
Entries from Wisconsin and Michigan,					
and beating The Big One's 46 Entries by					
175%. Due to the diligence and hard work					
of the meet staff, the meet started at 10:10					
A.M., and the last deadlift was attempted					
about 5:45 P.M., with the awards cer-					
emony starting about 10 minutes after					
that. There were several American					
Records set, including Tom Conklin's 653					
lbs.(296 kgs.) squat in the master's 2,					
198's, at age 51, and Brian Mueller's raw					
725 lbs.(328.5 kgs.) deadlift in the open					
power sports, 242 lbs. division. Brian's					
deadlift is also a new American Record in					
the open equipped powerlifting division,					
where he had the 4th highest coefficient,					
at 8.2643, wearing only knee wraps in the					
squat. These should be new American					
Records, pending test results. Lifting in					
her first meet, Emily Kutchera, 13, from					
Manitowoc, WI, set all new American					
Records in the ladies teen 97 lbs. Divi-					
sion, with a squat of 135 lbs.(61 kgs.), a					
bench press of 75 lbs.(33.5 kgs.), a deadlift					
of 165 lbs.(75 kgs.), and a total of 375					
lbs.(170 kgs.). Photos of Emily's lifts can					
be seen by going to the meet results					
section of the NASA home page, or by					
clicking on the Bigger One results tab of					
the wisconsinpowerlifting.com web					
page.(Other lifters who competed in this					
meet are welcome to e-mail their digital					
photos, and we will include them on the					
website). Push-Pull American Records					
were set by both Zachary Clarke, age 11,					
and Bill Harris, 51, with respective totals					
of 235 lbs.(106 kgs.) in the mens 114 lbs.					
open, and 525 lbs.(238.5 kgs.) in the 148					
lbs. master's 2 division. Zachary also					
broke all of the 114 lbs. mens open power					
sports records with a curl of 43 lbs.(18.5					
kgs.), a bench press of 75 lbs.(33.5 kgs.),					
a deadlift of 160 lbs.(72.5 kgs.), and a					
total of 278 lbs.(126 kgs.). Lifting in eight					
divisions, Clarke accomplished 14 Wis-					
consin state records. There were also six					

American Records accomplished in the bench only divisions. Andrew Olsen, 42, bench pressed 335 lbs. (151 kgs.) to set new American Records in both the 148 lbs. Open bench, and the 148 lbs. Masters pure (5) bench divisions. Dennis Feld, 57, set an American benchpress record of 265 lbs.(120 kgs.) in the 148 lbs. Masters 2 power sports(raw) benchpress. Jim ray broke his own master's pure (5) power sports (raw) bench press record, with a new successful lift of 485 lbs.(220 kgs.). And, Aaron Mickelson bench pressed 510 lbs. (231 kgs.) to set American Records in both the 198 lbs. open division, and the 198 lbs. intermediate division. (Another reminder to all who set American Records, that an American Record form must be filled out, and reach NASA's national office by March 8th (30 days), or you did not set an American Record. A separate form must be filled out for each American Record. Many thanks go out to Head Referee Jim Ray (WI), 2005 NASA Overall Athlete of the Year David Oyler (IL), Sharon Orange (WI), Wendy Hou-Sey (WI), Job Hou-Sey (WI), and Dale Alsteen (WI), as national referees who judged many flights at this Event. Another large thank you to Craig Bassuener, Marty Becker, David Anderson, and Mike Sprangers, for spotting and loading all day. Finally, a huge thanks to all those who helped load in on Friday night, and load out on Saturday. Unfortunately, we did see 15 division entry bomb-outs, out of the total 79 entries, which is the most we have seen in a Wisconsin NASA meet in many years. We remind people, of course, that this was a sanctioned, drug tested event, and that all six judges were national referees who have passed a national exam on the NASA rules of powerlifting. This was not a "Billy's Backyard Meet," and so high squats, butts off the bench, etc., were red lighted accordingly. We are planning a Championship Classic Bench Press Series, which will hold six open meets in six key Wisconsin cities over the next year, and culminate in a Wisconsin State (closed) bench press meet. So, those who purchased a NASA card at the Bigger One, and had a bad day, will have more opportunities, than ever before, to compete on a strictly judged, drug tested, basis. We also want to extend major credit to Sentry Insurance, and MGL Fitness, for their booth presence and sponsorship of the Bigger One. The staff at The Quality Inn Green Bay was also top notch, and we received many compliments about the accommodations. It is almost certain that we will be having more meets in the future at this venue. Had we reached our goal of 60 Entries by the March 25th deadline, we would have run two platforms during the bench press. In fact, we received so many entries the night before, and the morning of the event, that had we not already constructed the platform, in the position we had it, we probably could have gone to two platforms for the bench press, as we had sufficient weights and loading charts to accomplish this. The April Wisconsin meet has grown so large, that when we have the Huge One, on April 14th, 2007, in Milwaukee, we will have no choice but to go to two platforms for the bench press, and possibly two platforms for the deadlift. Thanks to all the great lifters, the support staff, and their families, who helped make the Bigger One another great NASA powerlifting event. (from Job Hou-Sey)

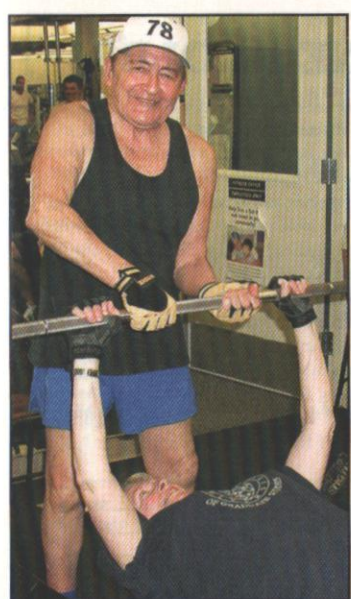


Poor gains? Hit a training plateau? You might not need a new exercise program, and you might not even need to increase your calorie intake. Even if you know a lot about what to eat, you could be missing out on the "i" dimension (as in time) ... like **WHEN** to take in those nutrients. That's what is revealed by two totally credible scientists - John Ivy Ph.D. and Rob Portman Ph.D. in their new book **NUTRIENT TIMING**. Did you know that a "low quality" protein can be more effective in stimulating protein synthesis than a "high quality" protein? This and much, much more is substantiated with scientific certainty (along with extensively detailed nutrition plans) in **NUTRIENT TIMING**, available for \$14.95 plus \$4 S&H from Powerlifting USA, Box 467, Camarillo, CA 93011.

WOMEN	Weight	SQ	BP	DL	TOT
SPO					
97 lbs.					
M. Maddez	45	45	95	140	
132 lbs.					
R. Wilson	—	80	175	255	
165 lbs.					
H. Parker	45	65	145	210	
SHW					
A. Waters	200	170	310	480	
97 lbs.					
M. Pettus	130	70	155	355	

USAPL Alabama State					
8 APR 06 - Talladega, AL					
WOMEN	Weight	SQ	BP	DL	TOT
SPO					
97 lbs.					
M. Maddez	45	45	95	140	
132 lbs.					
R. Wilson	—	80	175	255	
165 lbs.					
H. Parker	45	65	145	210	
SHW					
A. Waters	200	170	310	480	
97 lbs.					
M. Pettus	130	70	155	355	

(Thanks to USAPL for providing results)



Gerry Giordano and Lee Hover pose at the "Give A Kid the Y" Bench Press contest. (photo by courtesy of Anthony Shovlowsky)

4th "Give a Kid the Y"		
22 APR 06 - Mt. Lakes, NJ		
BENCH		
WOMEN		
181 lbs.		
Open		
L. Kowal	105	
Submasters (30-39)		
M. Sturges	90	
Masters (40-59)		
P. Corbitt	90	
Silver (60+)		
L. Hover	70	
MEN		
Teen (16-19)		
B. Glyck	325	
D. RiBaudo	235	
Open		
Wisniewski	205	
T. Sevener	135	
Silver (60+)		
G. Giordano	140	
D. Bamford	90	
R. Bruno	255	
Master (40-59)		
L. Rosati	330	
J. Froton	230	

Wisniewski	205				
C. LaMantia	137				
Junior (16-18)					
181 lbs.					
Open					
A. Coronado	473				
308 lbs.					
R. Castro	622				
308 lbs.					
WOMEN					
SQ	BP	DL	TOT		
Open					
181 lbs.					
A. Hubbard	281	132	314	727	
198 lbs.					
L. Hood	132	154	270	556	
198+ lbs.					
J. Taylor	248	—	237	—	
MEN					
Junior (16-18)					
148 lbs.					
S. Pham	319	203	374	898	
Junior (19-23)					
181 lbs.					
N. Chung	407	220	485	1113	
308 lbs.					
R. Castro	—	429	622	—	
Open					
181 lbs.					
J. Caputo	535	325	600	1461	
A. Coronado	—	275	474	—	
220 lbs.					
P. Hakola	595	424	600	1620	
242 lbs.					
J. Dentice	451	358	523	1333	
308 lbs.					
R. Castro	—	429	622	—	
Master (40-49)					
242 lbs.					
J. Dentice	451	358	523	1333	
220 lbs.					
D. Lewis	468	325	402	1196	
181 lbs.					
S. Creamer	253	253	374	881	
Master (60-69)					
198 lbs.					
WOMEN					
S. Bloom	358	264	303	925	
!American records, *State records. Best					

100% Raw North Carolina  
25 MAR 06 - Jarvisburg, NC

MALE	SQ	BP	DL	TOT
97 lbs.				
Teen (10-11)				
G. Marshall	115	50	135	300
148 lbs.				
Teen (12-13)				
L. Pederson	135	100	200	435
Teen (14-15)				
J. Ross	—	195	365	560
Teen (16-17)				
A. Salton	200	125	285	610
W. Etheridge	190	145	315	650
Teen (18-19)				
D. Priddy	325	185	410	930
165 lbs.				
Teen (16-17)				
Muhammad	225	145	315	350
E. Teabo	275	235	340	850
181 lbs.				
Master (40-44)				
Police/Fire				
T. Pederson	240	240	375	855
Teen (16-17)				
A. Bannerman	305	370	415	1090
4th-DL-425				
Teen (18-19)				
B. Pederson	230	215	330	775
198 lbs.				
R. Beavers	405	225	460	1090
4th-DL-480				
Teen (14-15)				
J. Wheeler	225	185	315	725
Teen (18-19)				
B. Horton	315	215	430	960
220 lbs.				
Open/Master (40-44)				
R. Berry	340	325	34	1005
Teen (16-17)				
B. McElroy	290	200	440	930
242 lbs.				
Teen (14-15)				
D. Biggs	315	185	385	885
275 lbs.				
Open				
R. Page	365	315	405	1085
4th-SQ-405				
Open/Master (40-44)				
R. Biggs	440	380	500	1320
Teen (14-15)				
D. Bateman	—	145	—	145
C. McCoy	—	285	—	285
308 lbs.				
Open/Submaster				
J. Bates	315	255	500	1070
Open/Master (40-44)				
S. Smith	375	275	400	1050
SHW				

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- Increase Mass and Strength in the entire Back, Biceps, Forearms, Hamstrings, Chest and Hip areas unlike any other exercise.
- Place stones in your gym to attract new members.
- Great training for Football, Wrestling, Powerlifting, Bodybuilding, Ultimate Fighting or any type of Heavy Athletic Sport.

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ST120	8" Diameter	apx weight	23lbs.....	\$50.00
ST120	10" Diameter	apx weight	42lbs.....	\$55.00
ST120	12" Diameter	apx weight	72lbs.....	\$59.00
ST140	14" Diameter	apx weight	116lbs.....	\$79.00
ST160	16" Diameter	apx weight	175lbs.....	\$99.00
ST180	18" Diameter	apx weight	240lbs.....	\$109.00
ST200	20" Diameter	apx weight	335lbs.....	\$135.00
ST210	21" Diameter	apx weight	354lbs.....	\$149.00
ST220	22" Diameter	apx weight	400lbs.....	\$169.00
ST210	24" Diameter	apx weight	476lbs.....	\$169.00

Master (40-44)	415	345	435	1195				
B. Thornton								
(Thanks to Paul Bossi for these results)								
NASA Ohio State 15 APR 06 - Springfield, OH								
BENCH Only	132 lbs.							
WOMEN	Teen							
165 lbs.	A. Clements	170						
181 lbs.	Master II							
P. Frock	137	High School						
181 lbs.	Submaster I							
S. Gibson	187	Junior						
Submaster Pure								
S. Gibson	187	198 lbs.						
MEN								
Junior	J. Gonzalez	407						
220 lbs.								
R. Douglas	404	242 lbs.						
Intermediate								
J. Bennett	402	165 lbs.						
Police/Fire								
L. Edwards	363	181 lbs.						
Submaster Pure								
S. Diel	529	R. Burns	341					
J. Knight	402	Master II						
Teen								
McWhorter	363	Open						
275 lbs.								
R. Hix	286	198 lbs.						
Novice								
J. Durkin	308	Intermediate						
PS BENCH								
D. Garish	336	Master II						
336								
D. Vargo	319	PS CURL						
181 lbs.								
D. Garish	336	MEN						
T. Zuspan	286	181 lbs.						
Pure								
D. Garish	336	Master I						
E. Schneider	275	275 lbs.						
181 lbs.								
J. Molkentin	369	Submaster II						
Submaster Pure								
T. Zuspan	286	PS SQUAT						
220 lbs.								
Master I								
L. Roese	297	275 lbs.						
275 lbs.								
Master I								
K. Robbison	446	Master Pure						
446								
BP								
DL								
TOT								

### 100% RAW Powerlifting Federation

Membership Application

LAST NAME: \_\_\_\_\_ FIRST NAME: \_\_\_\_\_ INT. \_\_\_\_\_

STREET ADDRESS: \_\_\_\_\_

CITY / STATE / ZIP: \_\_\_\_\_

AREA CODE / TELEPHONE: \_\_\_\_\_ DATE OF BIRTH: \_\_\_\_\_

AGE: \_\_\_\_\_ SEX: \_\_\_\_\_ E-MAIL ADDRESS: \_\_\_\_\_

**REGISTRATION FEE**

\$25 - ADULTS

\$10 - HIGH SCHOOL

MAKE CHECK PAYABLE TO: 100% RAW  
139 MARLAS WAY, CAMDEN, NC 27921

NOTE: Your 100% RAW Membership Will Expire  
One Year From The Date of Application.

LIFTERS SIGNATURE: \_\_\_\_\_ PARENTS SIGNATURE IF UNDER 18 YRS. OLD \_\_\_\_\_

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

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

[www.RAWPOWERLIFTING.com](http://www.RAWPOWERLIFTING.com)

C. Edwards	132	253	385				
Intermediate							
D. Brown	341	567	909				
Master I							
L. Edwards	363	474	837				
Police/Fire							
L. Edwards	363	474	837				
Submaster Pure							
C. Murray	463	501	964				
Teen							
D. Woodie	303	—	301				
275 lbs.							
Junior							
J. Fricke	402	507	909				
SHW							
Submaster I							
S. Lee	424	402	826				
Powerlifting							
WOMEN							
148 lbs.							
Intermediate							
A. Maddox	270	143	275	688			
148 lbs.							
MEN							
Junior							
A. Pearl	319	192	385	898			
165 lbs.							
Intermediate							
D. Moore	385	314	507	1207			
Junior							
D. Bennett	451	275	446	1173			
Master I							
R. Sears	358	226	352	937			
Master II							
R. Friedman	391	198	413	1003			
McGonagle	380	192	341	914			
Master III							
R. Dodson	341	187	380	909			
Master V							
R. Friedman	391	198	413	1003			
Novice							
D. Moore	385	314	507	1207			
Pure							
J. Murphy	600	463	518	1581			
D. Moore	385	314	507	1207			
181 lbs.							
Submaster I							
J. Murphy	600	463	518	1581			
Teen							
D. Bennett	451	275	446	1173			
181 lbs.							
Junior							
T. Sanders	501	308	474	1284			
198 lbs.							
Junior							
N. Mason	523	385	562	1471			
220 lbs.							
Master II							
J. Bennett	501	297	512	1311			
Master V							
M. Tussing	418	308	451	1179			
Open							
Y. Haq	380	281	529	1190			
Teen							
R. Douglas	143	404	520	1068			
242 lbs.							
Intermediate							
D. Brown	429	341	567	1339			
Master I							
W. Erb	501	325	468	1295			
Submaster Pure							
S. Diel	507	529	507	1543			
275 lbs.							
Master V							
M. Long	440	275	540	1256			
Novice							
A. Soboleski	474	352	523	1350			
SHW							
Submaster Pure							
J. Barrett	501	407	518	1427			
Raw							
165 lbs.							
High School							
B. Wallace	380	264	369				

**WNPFF Youth Nats/American Cup  
12 MAR 06 - Philadelphia, PA**

BENCH		WOMEN	
114 lbs.	70	114 lbs.	185*
(11-12)/Raw		(11-12)/Raw	
Dantzler		Rijos	
165 lbs.		132 lbs.	
(17-19)/Raw		Lifetime/Raw	
Spirtos!	340	Deane!	265*
Police		148 lbs.	
Livolsi	305*	Lifetime/Raw	
181 lbs.		Leis	210
Lifetime		MEN	
Nemow	405*	114 lbs.	
198 lbs.		(11-12)/Raw	
(17-19)/Raw		Dantzler	165
Gregorio	225	148 lbs.	
Lifetime/Raw		(17-19)	
Bachmayer	360	Richardso	480
(45-49)/Raw		181 lbs.	
Bachmayer	360	Nemow!	620*
Carr	265	198 lbs.	
(40-44)/Raw		(17-19)	
T. Bachmayer	270	Space	500
Police/Raw		Lifetime	
T. Bachmayer	270	Open UNL	
Police		Preuninger	455
Bachmayer	360*	(40-44)/Raw	
220 lbs.		Haley	370
Subs/Raw		220 lbs.	
andrus	315	(17-19)/Raw	
(40-44)		Edgar	500
Klazas!	460	242 lbs.	
(45-49)/Raw		(17-19)	
Hicks	300	Haybedian	545
Lifetime/Raw		275 lbs.	
Hicks	300	(45-49)/Raw	
(60-64)/Raw		Vellucci	570
Davis	315	POWERCURL	
242 lbs.		114 lbs.	
(17-19)		Open	
Haybedian	415	Dantzler	35*
Lifetime		198 lbs.	
Bernstein	365	Open	
Lifetime/Raw		Carr!	160
Haye	395	(40-49)	
(40-44)/Raw		Carr	160
Haley	395	Bachmayer	120
(40-44)		Haley	120
Haley	396	SQUAT	
(40 44)		165 lbs.	
Haley	480*	Novice/Raw	
300 lbs.		Geogaras	155 150 225 530
Lifetime/Raw		165 lbs.	
Ramos	480*	(17-19)	
SHW		Richardson!	460* 220* 480* 1160*
(55-59) UNL		(17-19)/Raw	
Grant	350*	Gregorio	225
DEADLIFT		(40-44)/Raw	
Haley	335	Zingone!	325 265 490* 1080
181 lbs.		181 lbs.	
SHW		(13-16)	
(17-19) Unl		Christianson	360* 145* 370* 875*
Pusey	340 205 320 865	(17-19)/Raw	
		Shultz	265 170 340 775
		Lifetime	



**JEFF DEIGAN... Best Lifter at the WNPFF American Cup, with a 635 DL**

(17-19)/Raw	Cohn	250*	130*	270*	650*	Gallagher	430*	270*	555*	1255*
Novice/Raw	Olan	200*	100*	225*	525*	Phillips	365	280	500	1145
(50-54)	Carr					Gallagher	430*	270*	555*	1255*
MEN						198 lbs.				
148 lbs.						(13-16)/Raw				
Haley	120					Levine	260*	165*	335*	760*
SQUAT						(17-19)				
165 lbs.						Novice/Raw				
Haley	480*					Geogaras	155	150	225	530
300 lbs.						165 lbs.				
Lifetime/Raw						(17-19)				
Ramos	480*					Richardson!	460*	220*	480*	1160*
SHW						(17-19)/Raw				
(55-59) UNL						Gregorio	225			
Grant	350*					(40-44)/Raw				
DEADLIFT						Zingone!	325	265	490*	1080
Haley	335					181 lbs.				
181 lbs.						(13-16)				
SHW						Christianson	360*	145*	370*	875*
(17-19) Unl						(17-19)/Raw				
Pusey	340 205 320 865					Shultz	265	170	340	775
						Lifetime				

**World Natural Powerlifting Federation (WNPFF)  
Membership Registration**

LAST NAME \_\_\_\_\_ FIRST NAME \_\_\_\_\_ INT. \_\_\_\_\_

STREET \_\_\_\_\_ ADDRESS \_\_\_\_\_

CITY, \_\_\_\_\_ STATE, \_\_\_\_\_ ZIP \_\_\_\_\_

AREA CODE, TELEPHONE: \_\_\_\_\_ DATE OF BIRTH \_\_\_\_\_

AGE \_\_\_\_\_ SEX \_\_\_\_\_ CHECK ONE: LIFETIME DRUGFREE \_\_\_\_\_ 5 YRS. MIN. \_\_\_\_\_

REGISTRATION FEE  
\$10.00 SPECIAL OLYMPICS  
\$20.00 HIGH SCHOOL  
\$40.00 ADULTS

FILL OUT ENTIRE APPLICATION AND MAIL WITH FEE TO:  
WNPFF, PO BOX 142347, FAYETTEVILLE, GA 30214  
(770) 996-3418

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 WNPFF officials and shall accept the results and will not challenge them in any way. I also agree not to sue the WNPFF 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.

Griffith	300*	175*	425*	920*
Open/Raw				
Diegan!	605	385	635	1625
Junior				
Raikel!	620*	425*	625*	1670*
275 lbs.				
(17-19)/Raw				
Griffiths	375	170	370	915
Junior				
Fritzingier	600*	—	—	—
(45-49)/Raw				
Gisondi	545	380	670*	1595*
Vellucci	475	390*	570	1435
300 lbs.				
(17-19)/Raw				
Hawrylack	325*	185*	400*	910*

**ADFFPF Single Event Nationals  
25 FEB 06 - Wayland, MI**

WOMEN	SQ	BP	DL	TOT
Unequipped				
Open/Master II				
C. Burr	—	154	—	154
MEN				
Unequipped				
123 lbs.				
Open/Master II				
V. Vocum	—	242	325	567
165 lbs.				
Teen II				
J. Smoker	—	—	303	303
181 lbs.				
Open/Master IV				
J. Smoker	—	—	468	468
198 lbs.				
Open/Master I				
J. Jachim	—	314	—	314
220 lbs.				
Open/Master VI				
L. Turner	—	—	308	308
242 lbs.				
Open/Master V				
D. Finley	—	281	—	281
275 lbs.				
J. Brodski	—	297	—	297
Open/Master I				
M. Roman	—	573	—	573
Open/Master II				
B. Bowers	—	407	—	407
Open/Master IV				
G. Krueger	303	264	264	832
320 lbs.				
Open				
J. Harrison	—	330	—	330
Opn/Master II				
Banastewski	—	308	—	308
Open/Master IV				
J. Buchin	—	418	—	418
Equipped				
165 lbs.				
Open/Master II				
R. Frickle	198	214	358	771
181 lbs.				
Open/Master I				
C. Hauser	—	325	—	325
198 lbs.				
Open				
L. Delis	—	314	—	314
Open/Master V				
R. Butko	—	—	490	490
220 lbs.				
Open/Teen II				
D. Baly	—	226	—	226
Open/Master II				
M. LeClair	—	468	—	468
242 lbs.				
Open/Master III				
D. Larence	424	314	402	1140
275 lbs.				
Open/Master I				
H. Lane	—	540	—	540
Open/Master II				
B. Edwards	—	501	—	501

\*=SN Light Power Kentucky state records.  
Best Lifter Bench Press: Harley Timbs. Best Lifter Deadlift: James Robinson. Team Champions: Kentuckiana Power Team. The Son Light Power Hester's Family Fitness Winter Bench Press & Deadlift Championship was held at Hester's. Thanks to owner Kenny Hester for once again hosting this competition. In the bench press event, Heath Logsdon broke his own Kentucky state record at shw with 375. In the teenage men's 13-15 age group, Sean Casey won at 181 with 200, while first timer Charlie Mullenex set the state record at 198 with 185. David Keown, also lifting in his first meet, set the state record at 242 with 275. At 16-17, it was Josh Deacon with 250 at

165 along with 198 winner Ethan Henry who finished with a new state record 325. Also setting a state record for the teenage group was 18-19/220 winner Matthew French who ended with 385. Junior 198 champ Brick Rudolph won with 275, this being his first competition. For the submaster group, it was winner at 220 Anthony Hampton with 325. Moving to the master's division, it was Chris Flowers breaking the state record with at 40-44/148 with 330, while Derik Hackbarth took the 198's with 250. Dale Thompson won at 220 with 435, then came back with a new bench shirt and a successful fourth of 510! This was Dale's first official 500 bench, which also broke the existing state record for that class! Taking the 40-44/shw class was David French, who settled with his opener of 500. But that was a big 500, which broke his old state record of 455! Rick Dickerson won at 220 with 295 while Scott Welham won at 308 with a new state record of 530. Bob Lamb, one of the greatest lighter master lifters in the country, won

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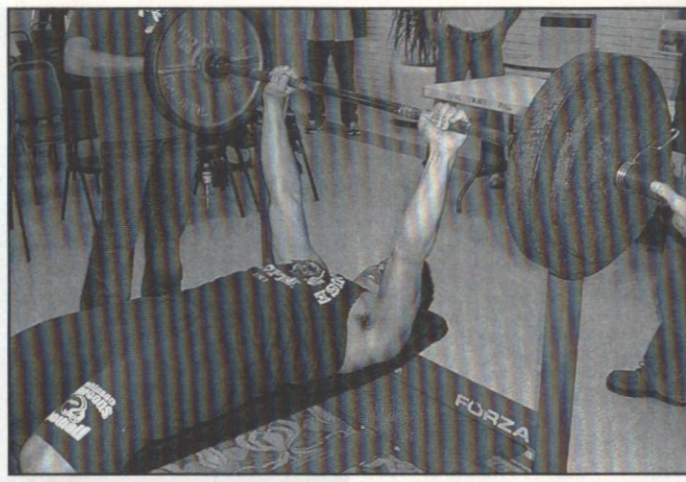
**ADFPF Bill Beckwith Memorial**  
**25 FEB 06 - Wayland, MI**

WOMEN	
BENCH	
198 lbs.	220 lbs.
Equipped	Open/Master I
231!	242 lbs.
Open/Master I	231!
231!	231!
S. Downs	231!
MEN	
BENCH	
220 lbs.	275 lbs.
Equipped	Open/Master VI
226!	220!
D. Baly	220!
WOMEN	
BENCH	
226	259
Joe Buleski	341
Open/Master II	600
J. Perdaris	275!
253!	529
MEN	
BENCH	
176!	297!
202 lbs.	474
J. Kiszalik	474
WOMEN	
BENCH	
220*	154*
220*	308*
Equipped	683*
154 lbs.	181*
Open/Master I	104*
K. Veltamaz	226*
MEN	
BENCH	
407*	292*
407*	507*
T. VanTuinen	1207*
WOMEN	
BENCH	
396	292*
T. Greenman	440*
165 lbs.	1129*
MEN	
501*	341*
501*	584*
Open/Junior	1427*
C. Pedaris	330*
264*	407*
1003*	198*
Open/Master I	214*
R. Fricke	358*
181 lbs.	771*
Open/Master VI	446*
R. Ringewold	220*
198 lbs.	485*
1151*	374
Open	292
J. Richmond	463
1129	292
Open/Master I	264*
R. Rynbrandt	429*
1124*	

Open/Master V			
R. Batko	418*	231*	490*
1140*	220 lbs.		
Open			
E. Reid	490*	352*	600*
J. Jachim	314!	1444*	
Open/Master V			
A. Wenzlaff	446*	231*	534*
1212*	242 lbs.		
J. Brodski	297	Open/Master IV	
Open/Master VI	297	Open/Master IV	
T. Andrews	220!	S. Cohle 429* 358* 501*	
320 lbs.	275 lbs.		
Open/P/F/M			
J. Harrison	330!	Open	
BP	DL	TOT	M. Lee 600* 440* 529*
1570*			
Open/Master IV			
N. Manning	275	226	363
865	*=ADFPF Powerlifting American Records.		
!*=ADFPF Single Event American Records.			
(Thanks to Judith M. Gedney for results)			

**SLP March Madness**  
**11 MAR 06 - Mattoon, IL**

WOMEN	
BENCH	
181 lbs.	175
181 lbs.	181 lbs.
181 lbs.	E. Varney 400*
J. Kincaid	305*
4th-315*	Teen (13-15)
Juniors	
181 lbs.	181 lbs.
D. Mickell	350
4th-365	Submaster
148 lbs.	405*
J. Dinaso	220
242 lbs.	220 lbs.
J. Ewing	450
MEN	
BENCH	
625	365
Raw	Raw
Teen	165 lbs.
Teen	148 lbs.
165 lbs.	A. Rogers 320
165 lbs.	J. Marley 585
J. Patterson	355
Master (40-44)	740
181 lbs.	275 lbs.
V. Traugot	450
MEN	1000
Teen	930
259 lbs.	Submaster
S. Carter	885
181 lbs.	550
W. Stover	550
BENCH	1045
830	1045
WOMEN	830
Open	1025
181 lbs.	1025
C. Golaszek	345
181 lbs.	181 lbs.



Josh Kincaid with his SLP State Record 315 @ 13-15/198 at the March Madness competition held at the Cross County Mall in Mattoon, Illinois. (photo provided by the courtesy of Dr. D. Latch)

with 405, and James Ewing won at 50/54/242 with 450. It was great to see an old EU powerlifter, Jeff Varney and his brother who graduated twenty years ago! Where did those years go? Also thanks to Sandy Ashmore who took some great pictures and served as our trophy girl! And to my sons Joey and D.C. for loading and spotting. See you again back here May 5 for the SLP Cross County Pull! (Thanks to Dr. Darrell Latch for results)

**SPF Tennessee State**  
**1 APR 06 - Gaitinburg, TN**

WOMEN	
BENCH	
181 lbs.	165 lbs.
181 lbs.	165 lbs.
181 lbs.	165 lbs.
D. Ricker	220
259 lbs.	259 lbs.
K. Mackey	500
W. Green	450
R. Moss	525
J. Heard	450
Police/Fire	220 lbs.
J. Johnston	375
MEN	
BENCH	
375	375
W. Stover	375
198 lbs.	198 lbs.
J. Sneed	365
Master (40-44)	165 lbs.
Best Lifter Push Pull Raw: Jason Lawson.	
Best Lifter Push Pull Open: John Fields.	
Best Lifter Raw Bench: Keith Mackey.	
Best Lifters Open Bench Women: Kathy Golaszek.	
Best Lifter Open Bench Men: Bobby Fields.	
The SPF wants to thank the following people for all their help and dedication to the SPF: Head Judge, John	

Bible, Right Judge, Brent Pickett, Left Judge, Jim Pickett, Left Spotter, Nicky Peppers, Right Spotter, Rick Lewis, Announcer, Todd Weller, Record Keeper, Victoria Rodgers. Also, we want to recognize Russell Curtis and Richie Whitmore for all their hard work and dedication. We would not be the great federation we are without all the help and hard work that everyone contributes to the SPF. So, I personally want to thank everyone for a job well done. (Meet results Jesse Rodgers)

**SLP Tennessee Open**  
**4 MAR 06 - Clarksville, TN**

WOMEN	
BENCH	
181 lbs.	275
165 lbs.	242 lbs.
165 lbs.	415
E. Reeves	215*
Master (55-59)	DEADLIFT
148 lbs.	Master (45-49)
F. Taylor	160*
4th-180*	E. Reeves 345*
MEN	
BENCH	
97 lbs.	Novice
97 lbs.	97 lbs.
C. Pearson	70*
4th-80*	C. Pearson 125*
4th-135*	Open
Master (40-44)	275 lbs.
275 lbs.	J. Carter 675



"E" Girl Reeves with a state record 215 BP at 45-49/165 at the SLP Tennessee Open. (photo courtesy of meet director Dr. Darrell Latch)

\*=Son Light Power Tennessee state records. The Son Light Power Tennessee Open Bench Press & Deadlift Championship was held at Extreme Fitness & Aerobics. Thanks to owner Brian Pullen for hosting this event. In the bench press competition, "E" Girl Reeves had a great day starting with a personal best 205. She finished with a new Tennessee state record of 215 for the 45-49/165 class. Another great female master lifter was Fannie Taylor, who won at 55-59/148. Fannie finished with 160 but returned for a new state record 180 fourth. And she was lifting raw! In the teenage men's division first-timer Cody Pearson set the

state record at 13-15/97 with 75, followed by a 80 PR fourth! Greg Taylor broke the state record at 40-44/275 with an easy 500, then passed on a fourth due to shoulder problems. In the open division Carlos Kelly, another first-time competitor, won at 181 with 275. Taking the title at 242 was Chris Johnson with 415. Moving to the deadlift event, "E" Girl Reeves won her second title of the day at 45-49/165, setting also her second state record as well. "E" Girl finished with a strong 345 personal best! Cody Pearson lifted as a guest lifter setting the state record at novice 97 with a 135 personal best! Our final lifter was Joe Carter, who was

nursing a pec injury, so was only able to pull on this day. But Joe ended with a personal best raw lift of 675 and the win at 275! Thanks to my son Joey and the others who helped out. (Dr. Darrell Latch)

**Powerworks Dungeon BP/DL**  
**8 APR 06 -**

WOMEN	
BENCH	
132 lbs.	75
G. Johnson	75
MEN	
BENCH	
198 lbs.	190
S. Baly	190
DEADLIFT	
190	C. Cooper

WOMEN	
BENCH	
275 lbs.	450
D. Currie	450
B. Winchester	385
308 lbs.	308 lbs.
Submaster (33-39)	J. Shell 715
SHW	
BENCH	
650	D. Soppelsa
650	M. Crawford
650	DEADLIFT
WOMEN	
BENCH	
181 lbs.	181 lbs.
181 lbs.	L. Carr 290
Master	Master
280	132 lbs.
J. Smoker	325
C. Houser	325
G. Johnson	140
MEN	
BENCH	
220 lbs.	Teen (15-16)
220 lbs.	181 lbs.
D. Horn	350
G. Oshnock	300
J. Smoker Jr.	305
220 lbs.	Teen (16-17)
J. Johnson	230
J. Kiszalik	165
220 lbs.	SHW
M. Sawyer	325
242 lbs.	242 lbs.
B. Hislop	555
T. Bennett	405
T. Andrews	260
D. Melochia	290
Washington	310
G. Oshnock	500
220 lbs.	220 lbs.
M. Roman	475
M. Sawyer	540
R. Zimmerman	425
275 lbs.	275 lbs.
B. Bowlers	405
G. Roman	580
E. Webster	390
M. Wrapp	410
S. Mahl	325
Open	Open
220 lbs.	220 lbs.
181 lbs.	C. Herrick 685
M. Ryan	350
220 lbs.	242 lbs.
J. Mireles	500
J. Lickfelt	530
275 lbs.	275 lbs.
R. Loece	450
B. Amundsen	630
S. McShane	405
A. McKay	605
J. Breneman	390
C. Herrick	350
M. Garvin	305
D. Forstner	725
T. Carr	585
SHW	
BENCH	
405	405
A. Diaz Jr.	405
Best Lifter Bench: Jamie Shell. Best Lifter	
Deadlift: Chad Herrick. (Thanks to Mark	
Mellinger for providing the meet results)	

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Address \_\_\_\_\_ City \_\_\_\_\_ State \_\_\_\_\_ Zip Code \_\_\_\_\_  
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### APA Baddest Bench in the South 13 MAY 06 - Shreveport, LA

BENCH	Master (60-69)	J. Goussett	260!
MEN	J. Cassels	260!	
132 lbs.	Open		
Open			
J. Enoch	265!		
181 lbs.			
Master (40-49)	Junior (20-23)		
R. Snell	R. DeLaughter	335!	
245!	Submaster (33-39)		
220 lbs.	J. Goussett	—	
Open	Master (60-69)		
S. Ishee	L. Spiller	200!	
505!			
J. Morson	500		
275 lbs.			
C. Millett	465		
	C. Beal	475	
J. Steen	—		
Submaster (33-39)	308 lbs.		
R. Davis	405		
Master (50-59)	Teen (16-17)		
B. Bryant	D. Clawson	330	
425!	4th-350!		

Blount, Rand McClure, Ben Larson, Dr. Clawson, and everyone who helped make this meet a success. We will be back in Shreveport next year to put on an even bigger full meet and hope to see everyone there! (courtesy Ryan Cidzik, State Chair)

### USA Raw BP Federation Nationals 12 FEB 06 - Tuscola, IL

BENCH	4th-350*
MEN	Junior
Novice	220 lbs.
198 lbs.	R. Gendron 430*
C. Wingerter	290
220 lbs.	4th-440*
D. Swan	360
Teen (13-15)	Submaster
242 lbs.	181 lbs.
M. Redmann	275
Teen (16-17)	M. York 335
165 lbs.	220 lbs.
M. Pivanka	255
4th-260	B. Hutchinson 300
198 lbs.	Master (40-49)
B. Rodgers	240
275 lbs.	308 lbs.
C. Linville	275
Teen (18-19)	P. Linville 415*
165 lbs.	Police/Fire
P. Burduss	340*
Open	Submaster
	198 lbs.
	C. Barth 355*
	Open
	220 lbs.
	N. Wingerter 300

\*USA Raw Bench Press Federation national records. Best Lifter Lightweight: Paul Burduss. Best Lifter Heavyweight: Ryan Gendron. The USA Raw Bench Press Federation Winter Nationals was held at Son Light Power Gym. Thanks to my son Joey for his help organizing this event, and to Benny Hutchinson and Ryan Gendron for helping out. In the novice men's division, it was Cory Wingerter for the win at 198 with 290, while first time competitor David Swan won at 220 with 360. Mike Redmann took the 13-15/242 class with 275, while Matt Pivanka won at 16-17/165 with 255. A fourth with a 260 personal best was also good. Also at 16-17 was 198 winner Ben Rodgers, making just his opener of 240. Chris Linville won at 275 with 275. Breaking his own national record at 18-19/165 was Paul Burduss, who finished with 340. Paul then returned to the platform to nail a great 350. This at a 160 bwt! Best lifter lightweight! In the junior division, best heavyweight lifter Ryan Gendron had a



Ben Rodgers, Mike Redmann, and Matt Pivanka at the USA Raw Bench Press Federation Winter Nationals. (photo Dr. Darrell Latch)

great day, finishing with a personal best 430, followed by a 440 national record fourth at 220. At submaster 181, it was Michael York with 335 while Benny Hutchinson took the 220's with 300. Paul Linville broke the national record at 40-49/308 with 415 while Chuck Barth did the same at police & fire/submaster 198 with 355. Our final competitor was Nick Wingerter, who won at open 220 with 300. Thanks again to all the competitors and spectators who came to support this event. (Thanks to Dr. Darrell Latch for results)

### 31st USPF State Powerlifting 25 MAR 06 - S. Charleston, W VA

BENCH	Master (65-69)	J. Brydee	396
MALE	K. Samples	231	
165 lbs.	Submaster		
Teen (16-17)	181 lbs.		
A. Phillips	242		

BENCH	Master (65-69)	K. Samples	231		
MALE	Submaster				
181 lbs.					
Teen (16-17)					
J. Vili??	336				
SHW					
Master (40-44)					
T. Goudy	413				
DEADLIFT					
FEMALE					
148 lbs.					
Collegiate					
Master (60-64)					
E. Purer	192				
MALE					
114 lbs.					
Teen (13-14)					
C. Kelley	159				
132 lbs.					
Submaster					
B. Kelley	330				
Master					
B. Kelley	330				
148 lbs.					
Teen (16-17)					
C. Jarrett	297				
Teen (18-19)					
J. Pauley	402				
165 lbs.					
Teen (16-17)					
L. Tribble	358				
181 lbs.					
Collegiate					
J. Irving	418				
220 lbs.					
FEMALE					
SHW					
Teen (14-15)					
K. Morris	77	99	203	380	
MALE					
148 lbs.					
Teen (16-17)					
C. Jarrett	203	176	297	677	
Teen (18-19)					

great day, finishing with a personal best 430, followed by a 440 national record fourth at 220. At submaster 181, it was Michael York with 335 while Benny Hutchinson took the 220's with 300. Paul Linville broke the national record at 40-49/308 with 415 while Chuck Barth did the same at police & fire/submaster 198 with 355. Our final competitor was Nick Wingerter, who won at open 220 with 300. Thanks again to all the competitors and spectators who came to support this event. (Thanks to Dr. Darrell Latch for results)

Master (40-44)					
L. Duncan	286				
198 lbs.					
Open					
E. ??	358				
Master (55-59)					
B. Samples	297				
220 lbs.					
Open					
Law/Fire					
M. Niell??	330				
Open					
J. Jones	395				
242 lbs.					
Open					
C. Cook	479				
J. Payne	330				
Submaster					
R. Harb??	551				
Master (40-44)					
M. Graham	418				
R. Perkins	402				
Master (45-49)					
M. Mod??	490				
275 lbs.					
Opn					
J. Haury??	518				
N. Fran??	303				
308 lbs.					
Teen (16-17)					
C. Jarrett	203				
Teen (18-19)					
J. Pauley	259				
SHW					
Master (40-44)					
T. Goudy	413				
DEADLIFT					
FEMALE					
148 lbs.					
Collegiate					
Master (60-64)					
J. Irving	358				
220 lbs.					
Teen (16-17)					
J. Schoolcraft	402				
Master (50-54)					
Law/Fire					
J. Rubenstein	451				
220 lbs.					
Master (55-59)					
D. Hall	402				
308 lbs.					
Teen (16-17)					
J. Villers	402				
Master (40-44)					
J. Simone	589				
SHW					
Teen (18-19)					
J. Johnson	457				

APF 1st South Dakota State 18 MAR 06 - Yankton, SD					
BENCH	Submaster (33-39)	T. Young	430		
WOMEN	275 lbs.				
181 lbs.					
N. Thomas	195				
MALE	J. Law	475			
181 lbs.	Master (45-49)				
Submaster (33-39)	K. McKnight	375			
J. Jones	350				
242 lbs.					
WOMEN					
Open					
181 lbs.					
N. Thomas	225	195	255	675	
MALE					
Open					
181 lbs.					
M. Poss	500	390	515	1405	
220 lbs.					
J. Ehlert	700	275	550	1525	
242 lbs.					
B. Leisinger	725	515	680	1920	
275 lbs.					
A. Carlquist	750	605	650	2005	
J. Law	500	475	565	1540	
Best Female Overall Lifter and Bencher of the Meet: Naqia Thomas. Best Male Overall Lifter of the Meet: Anthony Carlquist. Best South Dakota Male Overall Lifter of the Meet: Brad Leisinger. Best Male Overall Bencher of the Meet: Thomas Young. (results courtesy Joshua Law, APF Chair)					

J. Pauley	259	209	402	870					
165 lbs.									
Teen (16-17)									
L. Tribble	259	203	358	821					
Teen (18-19)									
G. Ballenger	132	248	374	755					
181 lbs.									
Teen (16-17)									
B. Snodgrass	314	259	451	1025					
Collegiate									
J. Irving	358	303	418	1080					
Junior									
J. Scott	451	352	451	1262					
J. Riffe	451	314	440	1212					
Master (40-44)									
H. Raffie	451	314	440	1212					
Master (50-54)									
T. Ballenger	303	220	336	859					
198 lbs.									
Teen (14-15)									
B. Fax	319	342	440	1003					
Junior									
B. Brown	55	462	402	920					
Master (50-54)									
T. King	573	363	567	1507					
220 lbs.									
Teen (16-17)									
J. Schoolcraft	402	336	424	1162					
Master (45-49)									
M. Richards	451	330	507	1289					
Master (50-54)									
Law/Fire									
J. Rubenstein	451	303	518	1273					
Master (55-59)									
D. Hall	402	292	418	1113					
242 lbs.									
Master (60-64)									
C. Stanley	578	341	628	1548					
275 lbs.									
Teen (16-17)									
J. Young	242	259	352	854					
Junior									
S. Modesitt	617	518	666	1802					
Senior									
J. Compton	655	496	650	1802					
308 lbs.									
Master (40-44)									
J. Simone	589	479	655	1725					
Teen (16-17)									
J. Villers	402	336	501	1240					
SHW									
Teen (18-19)									
J. Johnson	457	341	523	1322					
Thank you to all our fine competitors, and congratulations on some very fine lifting. Thanks also to all our helpers, judges, spotters, and loaders. Special thanks to all the Holley Strength System members for helping to run another very successful contest. Also, we would like to again thank S&E Bolzout in Nitro, West Virginia for their sponsorship. Your efforts help support the many fine athletic programs at South Charleston High School. We very much appreciate all you do. (Thanks to John Messenger for providing the results)									



Brock Daniels (above) and Katie Mae Sanber (below) competing at the APA Sacramento Open. (photographs APA President Scott Taylor)



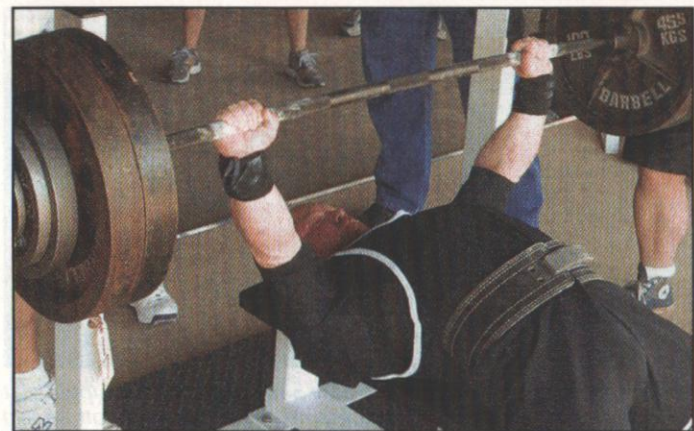
### APA Sacramento Open 22 APR 06 - Sacramento, CA

BENCH	Drug Free									
WOMEN	275 lbs.									
105 lbs.	J. Turanski!	185								
C. Fujisaki	170									
M. Watts	135									
C. Crowell	—									
MALE										
Teen (13-15)										
J. Laija Jr.!	245									
S. Lagris	140									
Junior										
N. Luiz	330									
Submaster										
J. Laija	470									
W. Alex	500									
Master I										
S. Humer	425									
J. Hunter	365									
Master III										
M. Bonifield	335									
D. Faler	300									

M. Wild!	500	34	600	1440
M. Klint	350	305	455	1110
M. Stumpf	415</			

### ADFPF Qualifier 6 MAY 06 - Macomb, IL

BENCH	WOMEN	Teen II	270*
Unequipped	B. Henry	Master IV	407
198 lbs.	J. Buchin	DEADLIFT	
Open		WOMEN	
Police/Fire/Military	C. Martin	170*	
Equipped	275 lbs.	Master II	
275 lbs.	C. Cozine	435	
Open		MEN	
Police/Fire/Military	C. Martin	192*	
Equipped	275 lbs.	Master II	
275 lbs.	C. Cozine	451*	
Open		Teen II	
Police/Fire/Military		B. Henry	253
Equipped	275 lbs.	Master IV	
275 lbs.	J. Buchin	440	
Open			
Police/Fire/Military	L. Waller	143*	93*
Equipped		170*	407*
165 lbs.			
Teen II			
Master	T. Freckleton	330*	303*
181 lbs.		319*	953*
Junior			
R. Woodward	341*	264*	446*
198 lbs.		1052*	
Master IV			
D. Wynn	319*	264*	308*
Equipped		892*	
165 lbs.			
Open			
C. Sidors	424	253	424
198 lbs.			1102!
Open			
Police/Fire/Military	B. Cannon	573*	402*
Equipped		496	1471!
242 lbs.			
Master III			
J. Valpatic	440	308	518
1267!			



Brantley Waites got a 555 BP @ 198 to win Best Bench at the APF Heavy Iron meet. (photos provided by Meet Director Will Millman)

### APF Heavy Iron Meet 15 APR 06 - Charleston, SC

BENCH	WOMEN	181 lbs.	250
Master	B. Roby	250	
132 lbs.			
Open	J. Ontal	465	
E. Knight	370	460	
181 lbs.	Junior/Teen		
Master	B. Williams	—	
R. Sutton	270	275 lbs.	
B. Milner	225	Open	
198 lbs.	D. Ricafrente	375	
Open			
WOMEN			
Master	W. Burnett	160	280
105 lbs.		440	
MEN			
Guest			
R. Hubbs	75	145	220
Junior/Teen			
220 lbs.			
C. Hitchman	265	380	645
D. Glover	325	565	890
275 lbs.			
D. Johnson	330	565	895
Open			
165 lbs.			
J. Tetreault	225	345	570
C. Winsley	225	345	570
242 lbs.			
B. Rogers	500	620	1120
275 lbs.			
W. Hancock	505	540	1045
C. Williams	455	480	935
308 lbs.			
C. Justice	—	—	—
Master			
198 lbs.			
T. Walters	145	370	515
242 lbs.			
S. Hines	390	580	970
S. Ramsay	340	340	340

a new PR with a determined pull of 145 lbs. Going 6x6 he had a great day. The crowd loved him! Up next was master lifter Tom Walters. At 68 years young, he shows no sign of slowing down. Opening with a smooth 120 lb. bench, he moved up to 145 for his second, but smartly, he passed on his third attempt, mindful of his recovering shoulder. His deadlift was another story. After a 320 lb. opener, he called for a new SC State record attempt of 370 lbs., and blasted it up smooth and strong. It was a good lift, earning him a first place plaque and a new State record in MM 198 (60-69). And here comes Wanda. From Horseshoe, NC, and at 54 years old, she is currently the #3 ranked women's powerlifter in the U.S. at 97 lbs. Recovering from extensive shoulder surgery her weight has "ballooned" up to 104 lbs., moving her up to WM 105. She benched a cautious 160 lbs. and deadlifted a big 280 lbs., just 10 lbs. shy of her American record. She is the most determined and strongest little lady that we have ever seen. She won the first place WM 105 plaque. Bill Milner was in bench only, and at 75 years young he pushed up a solid 220 lbs. for his opener. He went up to 225 for his second attempt, but not quite able to lock it out. Again at 225, bam! Good lift! A new PR for Bill and a first place in MM 181 (70-79). Chris Winsley, a first time competitor from the USMC in Jacksonville, NC, was next. Probably a little anxious, he dropped his first attempt with 225 but the spotters were right there. Another shot at it earned him 3 white lights, which is a good lift! In an attempt to set a new PR, he called for 250 lbs., which proved to be too much today. Jason and company were right there to "take it". His first attempt at the deadlift was an easy 295. Up to 325 lbs. for another good lift. A third attempt with 345 lbs. was strong and solid, being good again! A perfect DL day for Chris. He totaled 570 lbs. in MO 165 where he had the same pound total as Josh Tetreault, but won first place because of his lighter body weight. Josh Tetreault, also a first time lifter with us from Waites Fitness in Lexington was next. His first attempt bench at 225 was the best he could get today. He deadlifted 315 and then pulled a big 345 for his total of 570 lbs. for second place in MO 165. Good job for his first competition! Another first time lifter in J/T 220, Chad Hitchman from Stratford High School in Goose Creek was up next. With his "coach" always nearby he was ready to compete. His opening bench press of 250 lbs. was a smooth, good lift. Up to 265 on his next attempt was also good! Feeling strong, he called for 285, but was stopped after a good effort take it! He deadlifted an easy 340 for his opener. Up to 380 for his second attempt good lift. He then called for 450 lbs. for his final attempt, a little too big of a jump up. He gave it his best shot but no go. He had a good day for his first meet and was second in his category. Good job, "coach". Ron Sutton, who has lifted with us three times in bench

only, was next. Looking for his first 300 lb. bench, he opened with a slow, strong 270 lbs. for a good lift! Up to 300 lbs., no good. Again with 300 "take it". A great effort and a new PR he'll get it next time. He still earned a first place award in MM 181. Our next lifter was Scot Ramsay from Mt. Pleasant Aerobics and Fitness, one of our sponsors. He was competing for the first time in MM 242. He opened with a successful 315 lb. bench and then up to 340 for his second attempt, which earned him 3 white lites and a new PR great lift! An attempt with 365 needed the spotters help, but it looks like he hurt his shoulder. A 315 lb. deadlift, although a good lift, helped Scot decide that he did, in fact, injure his shoulder. He bowed out of the meet, but we hope to see more of him. Next was upcoming super lifter Doug Glover. At 18 years old, in J/T 220, he is getting bigger and stronger each time we see him. He lives in Charleston and trains at Steel City Gym. A high school wrestling champion he now concentrates on Powerlifting. His opening bench of 315 was good and solid. The second attempt with 325 was a good lift and set a new SC State record. He was stopped after a super effort with 350 lbs. on his third attempt. His deadlift is his best lift. A first attempt with 525 was just a warm-up. His second attempt, with 560 was a little sloppy and he got 2 red lites, but he came roaring back for his third attempt with 565 and made it! Setting another new SC State record by over 100 lbs! He did a great job and earned a first place in his category. Next was David Johnson, from Hilton Head and at 17 years old, sported a full beard. He is getting to be a "Big Boy", weighing in at 266 lbs. After two shaky attempts he bench pressed 330 lbs. to break "Beefs" long standing state record of 325 lbs. Three solid deadlifts of 430, 475, and 500 lbs. brought the crowd to its feet. They loved this big "Grizzly Adams". He earned first place in J/T 275. We took a short break between flites, which gave me the opportunity to recognize our hard working team and our loyal sponsors. Starting the second flite, "Little Superman" Eric Knight hit the platform running we all know that this 132 lb. man can really bench press big. He is the current American record holder of 420 lbs. at 148. He's here today to set a new American record at 132. Opening up with 340 lbs. it looked like he could "rep" it, and it was a good lift! The American record is already his, but that doesn't stop this fierce competitor. Up to 360 for his second attempt, again 3 white lites! Up another notch to 370 lbs. good lift! Going 3x3, he is truly "Little Superman" with first place MO 132. Stewart Hines, one of our biggest supporters from Hilton Head Island in MM 242, opened with a "too easy" 370 lb. good lift. Up to 390 for another good lift on his second attempt, he passed on his third attempt in the bench. His first deadlift with 540 was smooth and easy. Next try at 565, oh yeah! It was a good lift. A third attempt up to 580 lbs. was a great strong lift for 3 white lites. I tossed him a beer and he bellowed, "Hell yeah! A good day for Stewart and first place in his category. Then it was Master lifter, Doug Ricafrente, looking to establish a SC State record in MM 275 (60-69) bench press only. His opening lift at 375 lbs. was good enough to do it! Two more attempts with 390 needed the help of the spotters. Doug did what he came for; a new state record for this 60 yr old lifter and first place in MM 275. Congratulations. John Ontal, also in bench only, from Atlanta GA, in MO 242, opened with a good solid 415 lbs. lift. Up to a big 465 for his next attempt BAM! Great lift. A try at 480 was a little too much take it, take it. His double body weight bench earned him a first place plaque. The next lifter was Corey Williams from here in Summerville. The "Vanilla Gorilla" weighed in at 259 lbs. and lifted in MO 275. He opened with 425 lbs. and made it look easy. Up to 455 for his next attempt, and again a good lift! His third attempt with a big 505 was his attempt for the state record, but not today. His opening deadlift of 405 looked easy and good. Next attempt with 455, which was also good. Up to 480 for his final pull



BRYCE ROGERS with his 620 pound deadlift at 242 he used to win Best Lifter honors at the Heritage Rally/APF Heavy Iron competition.

and 3 white lites good lift. He totaled 935 and second place in MO 275. Killer Williams, looking big and strong, was our next lifter. This is Killer's fourth time lifting with us and he is always a treat. His pro-wrestling antics are a real crowd pleaser. He opened with solid 430 lb. bench. Moving cautiously up to 440 again, yet still a good lift! He calls for 460 lbs. to establish a new PR, and makes it no question, good job! He went 3 x 3 and second place in MM 242. Another first

time competitor from Charlotte, NC, was "Big" Will Hancock in MO 275. He opened with a 455 bench and moved right up to a smooth, strong 505 lb. lift. A third attempt with 530 was a little too much. His first deadlift of 540 lbs. was good, but two attempts with 605 just would not go. He totaled 1045 lbs., the second highest of the meet and earned him first place in his division. Next up was "Big Daddy" Eric Hubbs. At 242 lbs. he is a super bench presser. Always looking for a new record,

he opened with 495 lbs. and blasted it up for a good first attempt. His next 2 attempts with 515 just would not lock out. So close. Good try. He earned first place in MM 242 (40-49). Bryce Rogers USMC, a first time lifter from Jacksonville, NC, is going to be a hell of a competitor. At 226 lbs. he is solid as a rock. A little sloppy with his first bench attempt of 500 lbs. no good. One more time, bam! A good solid lift! A third attempt with 525 not quite able to lock it out and got red lites. An opening deadlift of 500 lbs. flew up to shouts of, "put some weight on that bar". And, that he did up to 575, which he made strong and solid. Up again, he calls for a big 620 lb. attempt, which he pulls and pulls bam! Good lift! Bryce totaled 1120 lbs. to earn first place in MO 242 and "Best Lifter" of the meet in his first meet! Wow! Coach Brantley Waites from Waites Fitness in Lexington has been one of our biggest supporters. He and his lifters have competed on most of our meets and always placed well. But, today was "Brantley's Day". We've been ready for him to show it to us and this time he did! Weighing on at a solid 194 lbs, he lifted in bench only MO 198 where he destroyed all competition. Opening with 530 lbs. he pushed it up, slow and steady for a good lift. His call for 555 lbs. got everyone to their feet, the crowd, the lifters, and everyone within sight of the platform. I announced the attempt as his try at 2.86x bodyweight. Bam! Up strong and solid good lift! Looking for even more, possibly 3x bodyweight, he called for 575 lbs. but, not today. His 555 lb. bench earned him first place in MO 198 and "Best Bench Press" of the meet. Great job, coach! The last lifter of the meet was "Big" Chad Justice. Lifting in MO 308, he came to lift big. Never one to sneak up on it, he opened with an amazing 660 lbs., the biggest attempt of the meet. With "Big" Tex handing off, he's got it, but can't control the weight take it! Another try with 660, no good can't get into his groove. A third attempt, this time with 675 and wow! Down and up but can't lock it out so close. good try. You'll get it next time. What a great meet! Special thanks to the Heritage Motorcycle Rally, Charleston Fitness equipment, The Line X girls,

and Atlanta Bread Co. Always thanks to Marge and our great team. (Results Will Millman, APF/AAPF SC State Chairman)

### USAPL Albany Strength 13 MAY 06 - Albany, NY

BENCH	165 lbs.	390
MEN	C. Parody	181 lbs.
132 lbs.	V. Zndri	—
A. Zehr	385	220 lbs.
148 lbs.		
R. Caruson	275	R. Brunk
T. Albano	425	475
WOMEN	SQ	BP
DL	TOT	
114 lbs.		
T. Ward	210	95
148 lbs.		265
S. Hernstandt	125	85
D. Leitman	300	165
355		820
MEN		
Open		
132 lbs.		
D. Maier	320	160
365		845
165 lbs.		
Hollowberg	455	340
K. Buddle	445	215
J. Duprey	325	275
B. Fortino	—	—
181 lbs.		
M. Scanantz	430	250
K. Turi	415	300
D. Johnson	305	270
405		980
198 lbs.		
A. Yvars	625	360
A. Scolaro	500	365
I. Fernandez	500	365
W. Allen	400	265
S. Leary	435	255
500		1190
R. Hanson	565	365
F. Ball	510	455
C. Solonya	530	355
M. Burns	450	315
425		1595
J. Williams	630	365
J. Singer	225	135
190		550

Thank you to our many helpers: Announcer James Basale, scorekeeper Rick Cancelino, our platform crew of Don Lefevre, Big Bad Don, Everett and Little Johnnie did great. Thanks to Ref's Geoff Plante and Dale. (Thanks to John Payette for these results)

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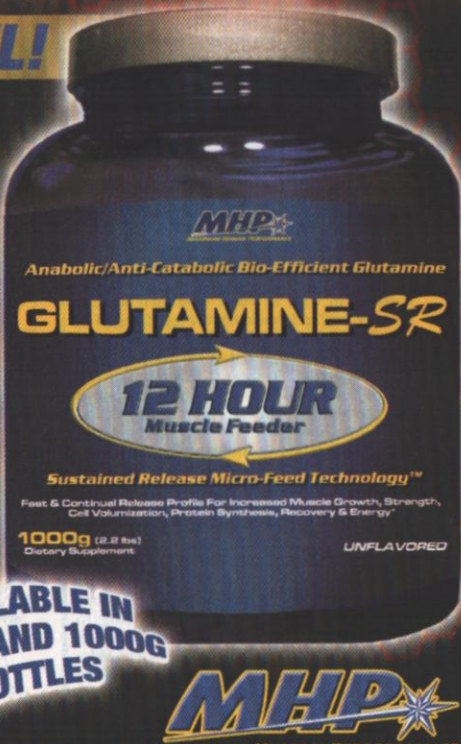
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USAPL Indiana State  
10 DEC 05 - Fishers, IN

WOMEN	SQ	BP	DL	TOT
A. McGuire	275	137	259	672
<b>MEN</b>				
114 lbs.				
I. Smith	99	159	187	446
L. Zielinski	99	104	165	369
123 lbs.				
S. Meadows	—	—	—	—
132 lbs.				
C. Ferree	380	255	413	1047
148 lbs.				
M. Buck	451	308	457	1218
R. Horn	385	237	330	953
165 lbs.				
E. Nickson	600	424	639	1664
B. Stancombe	380	303	380	1063
J. Buck	198	248	275	722
181 lbs.				
T. Sanders	—	—	—	—
198 lbs.				
J. Bales	501	314	501	1317
M. Lawrence	479	314	457	1251
J. Ellis	407	237	451	1096
220 lbs.				
W. Literal	606	391	584	1581
J. Shoopman	523	363	633	1521
A. Willis	463	275	501	1240
L. Wall	418	303	402	1124
M. Hinders	—	—	—	—
M. Johnson	—	—	—	—
242 lbs.				
P. Schafer	518	380	551	1449
J. Valpatic	424	281	529	1234
M. Mills	—	—	—	—
275 lbs.				
K. Hutchinson	—	—	—	—
J. Dibert	523	—	573	—
275+ lbs.				
R. Bee	705	341	578	1625
J. Gilpin	523	—	—	—

The 2005 USA Powerlifting Indiana State Championships were held at University High School in Carmel, Indiana. University is a nearly brand new school, and the facility was really top notch for a state level meet. IPF Cat II Referee Cathy Marksteiner, Julia Ricks (wife of Mr. David Ricks), and myself sat as the referees for the meet, and it's always a pleasure to work with such true professionals. We had two 114 lbs. lifters in the lightest weight class, one being a teenager and the second a guest lifter. Logan Zielinski, at the ripe old age of 12, demonstrated some excellent technique on all his lifts and great composure on the platform. It really is great seeing kids at this age learning to reform the lifts with proper technique, and just having a good time. In the teenage division, Ian Thomas Smith also had a great showing, despite some initial issues with the pound to kil conversions. Ian demonstrated flawless technique (especially in the deadlift), and really just needs more platform experience before he starts to top into his strength potential. Perhaps the coolest things about this class was watching Dave Ricks, an IPF open world champion, help coach these young lifters. Many of us remarked on how they probably had no clue that the guy helping them out and giving them pointers was, and still is, one of the best lifters in the world. In the 123 lbs. class, we had the ageless competitor Sam Meadows. However, Sam had a rough day and didn't get any squats passed by the judges. I'm sure it won't take Sam long to recover and get back on the platform. The 132 lbs. class had Chris Ferree, who is an up and coming lifter out of the Iron Pit Gym in Bloomington, Indiana. Chris was a solid 7-9 day on the day, only missing one squat and one deadlift. At the ripe age of 20, I'm sure Chris will only continue to get better as he gets more training and competition under his belt. We had two lifters in the 148 lbs. class, both coming from New Castle, Indiana to compete. Ross Horn was the first, and he's a very strong teenager. Ross went 7-9 on the day, and showed great proficiency in the squat, where he finished with a solid 175 kgs. (386 lbs.). I firmly believe that once he gets a little more experience in tight gear, Ross is going to be a very fine lifter. The second lifter in the 148 lbs. class was Mr. Mike Buck. Mike has been in the sport of powerlifting since the age of 12, and with the enthusiasm he brings to the sport at age 35, you'd have

thought he just started lifting last year! Mike lifted very well, taking first place in the open division. As well, at the end of the meet, Mike was named the new USA Powerlifting State chair for the state of Indiana. We had three lifters in the 165 lbs. class, ranging from the relative newcomer to the seasoned veteran. Leading off was Ben Stancombe, yet another product of the Iron Pit Gym, and he lifted quite well. In typical "Pit" fashion, Ben only missed two lifts the entire day and showed great presence at the tender age of 15. Much like Horn, I believe that Stancombe has many great meets ahead of him in the future. In the 165 open class, we had nationally ranked Erick Nickson. I firmly believe that if it weren't for multi-time world champion Wade Hooper, Erick would have won multiple national championships by this time. I'm sure it's got to be tough going up against an IPF gold medalist every time you attend a national event! Regardless, Erick had a great day, and finished off very strong with a final deadlift of 640 lbs. However, he gave us all a scare by going to his third bench press, before

getting a successful lift. Erick went 60-424-640 for a 1664 total, and 538 Wilks coefficient. Needless to say, Erick blew away the competition in taking the lifter award as well. Our final lifter in the 165 lbs. class competed in the master-V division. Jimmy Buck, at 64 years young, had a very successful meet. Jimmy went 7-9 on the day, and really proved that age is just a number with his 327.5 kgs. (722 lbs.) total. Alyssa McGuire was our only female competitor for the day. However, Alyssa was quite strong for a teenage girl in her weight class and has tons of potential. Alyssa went 6-9 on the day, with her best lift being a 275 lbs. squat. Our only male in the 181 lbs. class was Tyson Sanders from Ada, Ohio. Tyson demonstrated amazing strength and power in the squat. Unfortunately, his depth was not adequate on his attempts this day and he didn't get a lift passed. The 198 lbs. class was quite competitive. Mike Lawrence and Jason Bales both hailed from the prestigious Ball State University powerlifting program, and both had very successful days. Mike has actually moved up from the 148 lbs. weight class since last

year, and his improved leverages really showed. Mike is relatively new to the powerlifting game, so as his technique and leverages come around, I'm sure he'll perform even better in future competitions. Jason had a great day as well, and finished up with what I believe was his first 500+ lbs. Nice work Bales! Joe Ellis rounded out the 198 lbs. class with a 1096 total. Joe took a huge jump from 451 lbs. to 567 lbs. on his second and third deadlift attempts, but it proved to be too much for him on this day. The 220 lbs. class was by far the most competitive overall, with six lifters rounding out the class. Our first competitor was teenage Lucas Wall. Lucas had an excellent day, going 9-9 in front of some tough judging. Lucas finished up with a 1124 lbs. total, and has plenty of room for improvement as he ages and his body matures. Next up was Mr. Aaron Willis. If I'm not mistaken, Aaron performed all his lifts raw and has a very powerful physique. Aaron had some technique and form issues throughout the day, which caused him to go 3-9 overall. However, it only takes one from each lift to post a total, and Aaron did just that. I'm

sure he'll be stronger and more confident in future meets. Wayne Literal had an excellent day, and demonstrated the proficiency that you can only get from world level experience. Wayne went 606-390-583 for a 1579 total and first place in the 220 lbs. open category. One of the more humorous comments for the day came from one of my spotters who remarked, "he doesn't look like it, but that kid is strong!". It was great seeing Jason Shoopman back on the platform. Jason had a rough day a few years ago at the men's national, and he really is a very strong guy. Jason pulled the second best deadlift in the meet, second only to Nickson, at 632 lbs., but it wasn't enough to take first place away from Literal. Much like Nickson's bench, it took Jason all three attempts to get a deadlift passed. Mike Hinders was our one bench only entrant in the 220 lbs. class. Mike is a very strong guy, but has some issues getting a lift passed. It took him three tries, but he finally got his opening attempt of 402 lbs. passed, which gave him first place in the masters-I bench only division. Mark Johnson rounded out the class and couldn't get his opening

attempt of 501 lbs. on the squat passed. We had three lifters in the 220 lbs. class. Pat Schafer lifted in the junior class and hails from Ball State University. Marty Mills competed in the bench only division, and John Valpatic competed in the masters-III division. Pat struggled in both the squat and bench where he needed all three attempts to get a lift passed. However, Pat is a very young and raw lifter. Once he gets more training and competition under his belt he'll be just fine. Marty, like many of the competitors, appeared to have some bench shirt issues and struggled to get an attempt past. However, while it took three tries, Marty finished with a solid 1335 and appeared to have a lot of strength left. If he can iron out a few of the kinks, these numbers should get him close to a spot on the world bench team. Finally, John Valpatic performed very well, only missing two lifts throughout the course of the meet. John has a very calm and focused approach to lifting, and it shows with the fact that he very rarely seems to miss attempts. John finished with a 1234 lbs. total and first overall in the masters-III division. Joe

Dibert had a rough day from the start, only making his second squat attempt after missing it on his opener. While Joe has a very strong bench press, he couldn't quite put it together on this day and missed all three attempts. Kevin Hutchinson competed in the bench only division, but he too had some bench shirt issues and couldn't get a lift passed with his 507 lbs. opener. Joe Gilpin from BSU gave us all a scare as his first squat attempt cued him over and looked to roll up on his neck. Joe got his opener passed on his third attempt, but failed to get a bench press passed by the judges. Hopefully, Joe will bounce back and have a great showing at Collegiate Nationals next year. Randy Bee was the final competitor, and he was just a few lifts away from a huge day. Randy missed a 771 lbs. squat twice, as well as a 501 bench press twice. As well, Randy came in very light, only weighing around 280 lbs. At the young age of 28, once he decided to either cut down to 275 or fill and be a true super heavy, Randy could be a very competitive lifter in the years to come. Finally, it would be rude not to mention our top notch staff that helped us

put on the meet. Anyone that has ever directed a meet knows that it's truly a labor of love, as not only can it be time consuming, but it's just flat out a lot of hard work. Dane Lewis, Justin Shrock, Steve Kouimanis, Matt Wenning, Mike Dodd, Craig Rasmussen, and a guy I only know as Chris, did an amazing job of spotting and loading. We did not have one single bar hit the platform, and they were also lightning quick in the loading which really expedited the meet overall. As well, our scorer's table staff was great as well. Joe Marksteiner and Justin Ware ran the meet tracking software, while Bethany and Jessica Robertson took the attempts and kept track for the paper scoring. All in all, the meet was a huge success and I hope to hold more meets at the high school in the future. For their generous support, I plan to start a weight room fund for the high school, with all the extra proceeds from future competitions being put towards upgrading and keeping their weight room up to date. Thanks to everyone who was involved, and I hope to see all of you, and a few more, back next year! (Thanks to Mike Robertson for the results)

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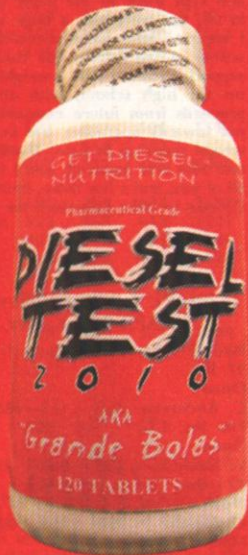
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WOMEN	SQ	BP	DL	TOT
97 lbs.				
Open				
C. Anderson	260	165	315	740
105 lbs.				
Open				
V. Baldwin	225	90	250	565
123 lbs.				
Open				
C. Quinby	260	160	285	705
Master (40-49)				
J. Mach	240	110	260	610
132 lbs.				
Master (40-49)				
J. Drenth	260	140	320	720
123 lbs.				
Open				
Z. Mach	280	125	305	710
148 lbs.				
Open				
P. Wang	500	350	425	1275
165 lbs.				
Novice				
A. Cooper	370	195	445	1010
Open				
K. Kowarsch	465	380	475	1320
Master (40-49)				
J. Gardner	400	250	455	1105
181 lbs.				
Novice				
C. Levar	365	270	455	1090
D. Levar	405	220	430	1055
Master (40-49)				
J. Ford	400	305	430	1135
198 lbs.				
Open				
S. Timonen	650	370	580	1600
C. Nelson	550	450	500	1500
Merchlewitz	545	410	500	1455
S. Black	525	365	550	1440
R. Lislegard	400	455	480	1335
M. Jamrozek	330	165	405	900
Master (40-49)				
R. Hennigar	405	390	420	1215
M. Braun	340	270	400	1010
T. Snyder	325	200	425	950
220 lbs.				
Master (40-49)				
D. Priebe	415	290	470	1175
Master (50+)				
H. aggenmille	145	310	145	455
242 lbs.				
Novice				
A. Weber	550	345	550	1445
Open				
G. Jensen	455	275	425	1155
Master (50+)				
J. Milnes	415	280	475	1170
Open				
J. Harvey	425	450	460	1335
275 lbs.				
Open				
C. Doyle	630	435	600	1665
Coordinator: Steve Johnson. (from USAPL)				

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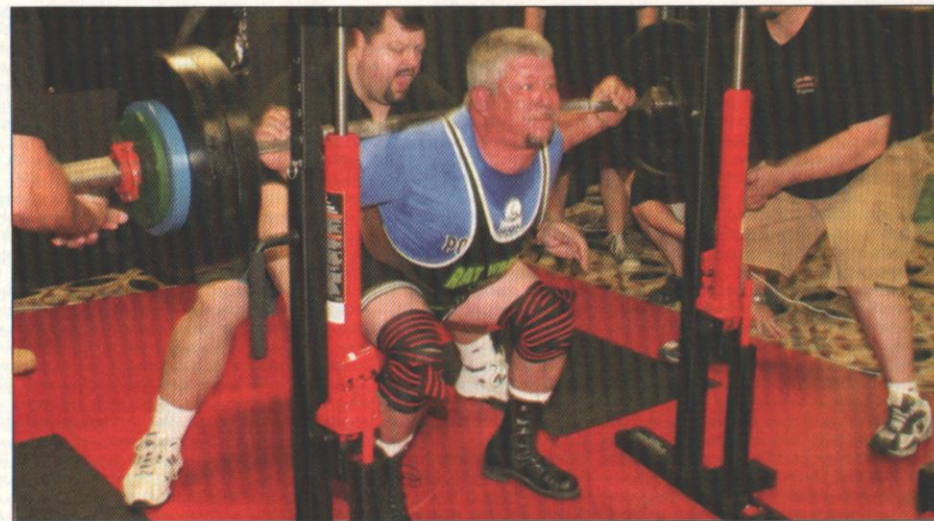
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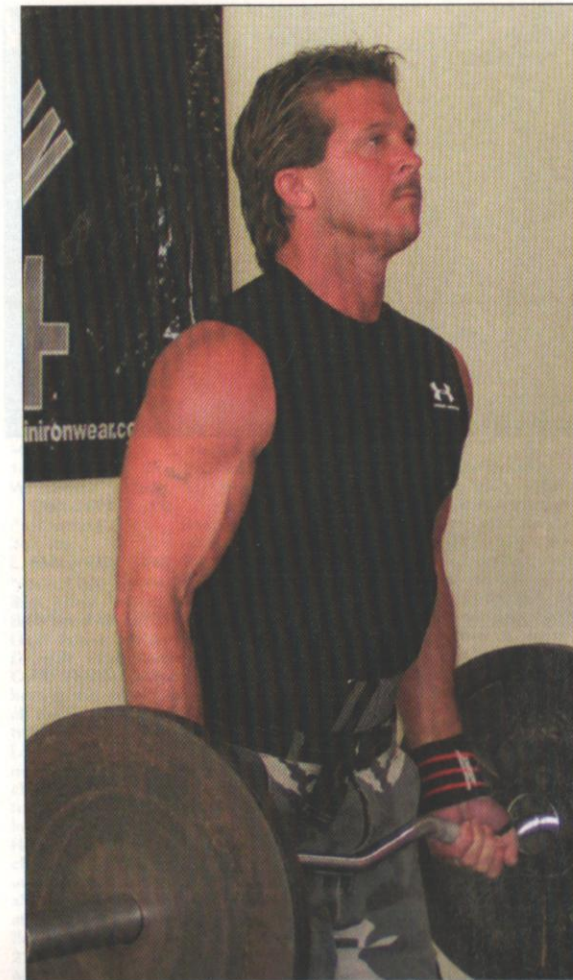
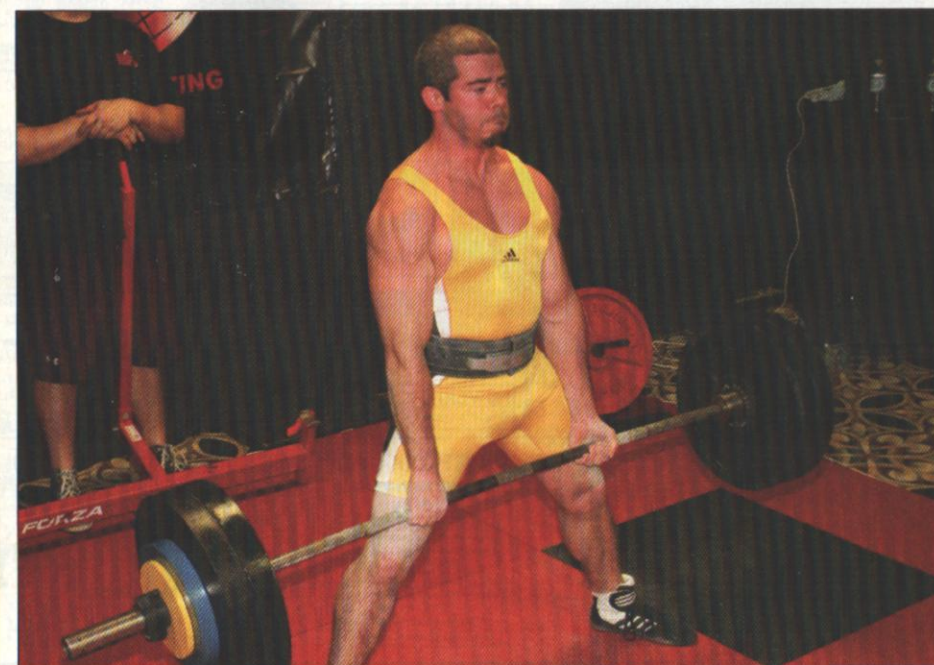
**IBP South Carolina State  
13 MAY 06 - Easley, SC**

BENCH	308 lbs.				
MALE	198 lbs.				
Master (40-44)	T. McVicker	575			
148 lbs.	308+ lbs.				
R. Wess	275				
181 lbs.	Open				
Master (45-49)	M. Neal	675			
R. DeMArchis	270				
Master (55-59)	181 lbs.				
B. Goddell	250				
220 lbs.	W. Brothers	300			
Police/Fire	Intermediate				
T. Isbell	475				
Master (45-49)	198 lbs.				
G. Reynolds	360				
Master (60-64)	K. Harmon	340			
C. Patterson	275				
FEMALE	Intermediate				
132 lbs.	M. Anderson	245			
Master (40-44)	132 lbs.				
P. Burnette	220	170	265	655	
MALE					
132 lbs.	Open				
S. Warren	285	265	400	950	
Open	4th-DL-410				
148 lbs.					
Teen (14-15)					
D. Phipps	220	125	300	645	
165 lbs.					
Teen (18-19)					
D. Wilcox	400	275	475	1150	
Open					
D. Wilcox	400	275	475	150	

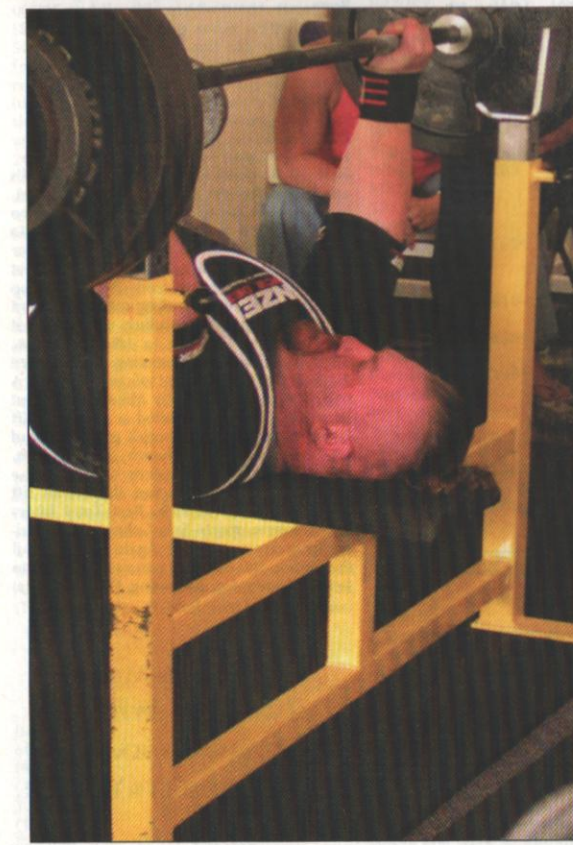
**Randy McMillan**  
went 510 300 450  
1260 in the 242 lb.  
Submaster class at  
the IBP South  
Carolina State  
Championships.

(photographs  
provided by Meet  
Director Keith  
Payne)

**Sam Carringer** got  
a fourth attempt  
deadlift of 510  
pounds in the 198  
lb. open division at  
the IBP South  
Carolina State  
meet. (below)



Above ... **Jay Middleton** curls and **Keith Helm** (below) benches at the APA Peace River Open. (Taylor photos).



**APA Peace River Open  
28 APR 06 - Bartow, FL**

BENCH					
MEN					
Teen (13-15)					
R. Taylor	130				
Teen (18-19)					
J. Banda	225				
Junior					
J. Hicks	325				
(50-59)	Open				
T. Gainer	430				
L. Ford	405				
E. Fitzpatrick	355				
(60-69)	SHW				
Churchman	410				
Open	165 lbs.				
J. Middleton	295				
Open/Drug Tested	275 lbs.				
T. Gainer	430				
Open	SHW				
K. Helm	450				
WOMEN					
Master I					
V. Williams	91				
Master II					
R. Friedman	60				
Push Pull					
MEN					
Teen (13-15)					
R. Taylor	130	175	305		
WOMEN					
Submaster					
A. Silk	225	135	295	655	
MEN					
Subteen					
B. Silk	165	95	185	445	
J. Sundry	135	70	135	330	
Teen (13-15)					
R. Dodds	275	135	290	700	
J. Fowler	225	175	360	760	
Teen (16-17)					
L. Kieft	340	225	430	995	

The Peace River Open was a well organized event and was a lot of fun. Several teenagers participated and it was nice to see some new faces coming into the sport. Judging the event were Mike Witmer, Christi Witmer, Tom O'Donnell, Jenn Rotsinger, and Scott Taylor. Spotting was excellent and judging was very consistent. Special thanks to all who helped run this event and a special thanks to Bartow Fitness Center for hosting the event. (Thanks to Scott Taylor, APA, for results)

**APF Utah Open  
1 APR 06 - Willard, UT**

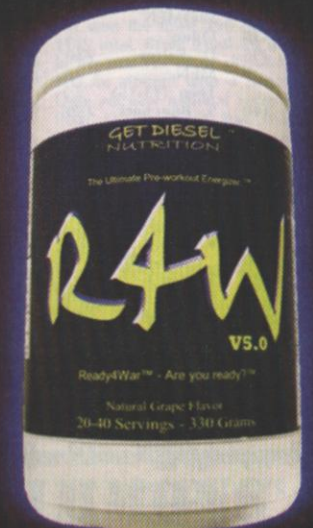
BENCH					
114 lbs.					
H. Miller	165				
WOMEN					
Master III (50-54)					
114 lbs.					
H. Miller	165				
MEN					
Open					
132 lbs.					
N. Lenhart	275				
165 lbs.					
J. Anest	369				
Teen (18-19)					
132 lbs.					
N. Lenhart	275				
WOMEN					
Open					
132 lbs.					
L. Hofheins	259	137	308	705	
181 lbs.					
K. Bates	—	198	—	198	
198+ lbs.					
H. Gibson	303	214	264	518	
MEN					
Submaster					
132 lbs.					
L. Hofheins	259	137	308	507	
Open					
181 lbs.					
A. Stephens	507	369	551	1427	

Best BP Women: H. Miller. Best BP Teen: N. Lenhart. Best BP Open: J. Anest. Best PL Master: C. Rogers. Best Lifter PL Women: L. Hofheins. Best Lifter PL Open: A. Stephens. (results from David Edmondson)

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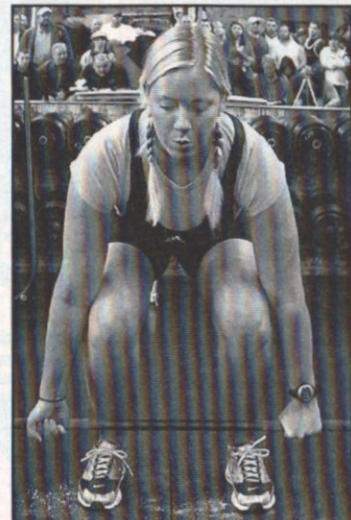
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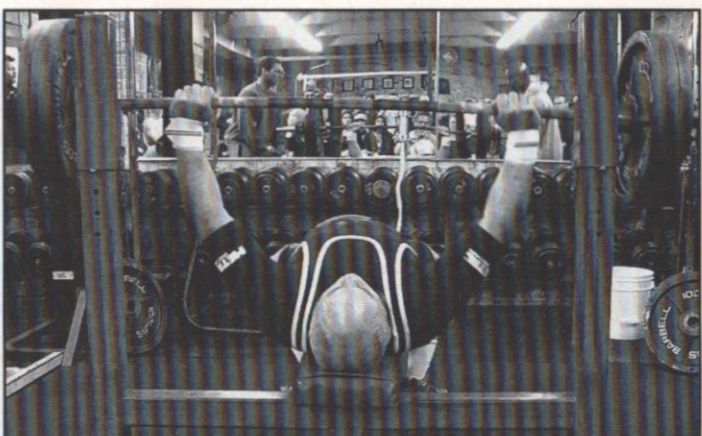
**APA Northeast Regionals**  
8 APR 06 - Wallingford, CT

BENCH	P. Julianelle	130
WOMEN	Teen (18-19)	
Submaster	R. Glissman	145
M. LaCoste	Junior	
T. Doherty	135	170
MEN	D. Anneser	
Teen (18-19)	Submaster	
R. Glissman	M. Peters	160
M. Bishop	4th-175*	160
Junior	L. Clark	160
M. Marzik	450	165
P. Mahoney	295	4th-175*
C. Clifford	375	Mioduszewski
D. Anneser	400	Master II
Submaster	S. Grossman	155
B. Swanson	445	R. Jackson
C. Byrnes	340	4th-135*
Master I	Master III	
A. Bonola	390	A. Colonis
W. Johnston	375	4th-125*
A. Perkins	370	Open
Mioduszewski	290	220 lbs.
Master II	M. Peters	160
S. Lee	525*	4th-175
R. Huber	370	275 lbs.
B. Paoletti	440	W. Murphy
J. Jacques	325	DEADLIFT
Master III	R. Cote	430
R. Cote	430	Open
A. Colonis	295	D. Sallee
Open	148 lbs.	Teen (13-15)
C. Byrnes	340	S. Buecheri
181 lbs.	450!	Teen (18-19)
M. Marzik	370	J. Fuller
R. Huber	370	D. Slivka
M. Limbaugh	310	Junior
198 lbs.	445	Wasniewski
B. Swanson	220 lbs.	Submaster
220 lbs.	S. Allsup	605
J. McDonald	310	4th-630!
D. Dube	295	Master I
SHW	440	J. Dugas
B. Paoletti	440	D. Cospito
CURL	Master II	330!
WOMEN	R. Jackson	380
Open	Master III	500!
M. LaCoste	65	C. Ryan
4th-70*	Open	165 lbs.
MEN	165 lbs.	T. Gilbert
Teen (16-17)	175	181 lbs.
D. Anneser	125	J. Marcotte
P. Connors	115*	220 lbs.
4th-132*	A. Abbot	485
D. Gagne	115*	BP
MEN	BP	DL
Teen (13-15)	220	275
J. Cameron	400	445
Teen (16-17)	230	465
D. Anneser	400	845
P. Julianelle	230	465
Submater	410	540
M. Peters		950

**DANA SALLEE (below) and ROLAND COTE** were participants in the APA Northeast Regionals (photos provided by the courtesy of APA President Scott Taylor)



I know of, off the top of my head, but many more records were broken and will be updated by the respective chair persons in charge of the records. I would especially like to also thank Donna Slaga, Chris Byrnes, Roland Cote, David Cospito, and many others for all the assistance they provided. Judging was outstanding, spotting was excellent, and the quality of lifting was also great. It was a pleasure running this event and a good time was had by all. We look forward to the next event to be held at Metal Health Gym. (Thanks to Scott Taylor, APA President, for results)



I know of, off the top of my head, but many more records were broken and will be updated by the respective chair persons in charge of the records. I would especially like to also thank Donna Slaga, Chris Byrnes, Roland Cote, David Cospito, and many others for all the assistance they provided. Judging was outstanding, spotting was excellent, and the quality of lifting was also great. It was a pleasure running this event and a good time was had by all. We look forward to the next event to be held at Metal Health Gym. (Thanks to Scott Taylor, APA President, for results)

**Bartlesville Push-Pull**  
6 MAY 06 - Bartlesville, OK

BENCH	214 lbs.		
MEN	Submaster II		
148 lbs.	T. Tucker	347	
Master III	219 lbs.		
G. McGuire	209	Junior	
154 lbs.	S. Augen	281	
Master I	232 lbs.		
J. Phillips	303	Submaster	
Pure	R. Storment	281	
J. Phillips	303	DEADLIFT	
189 lbs.	MEN		
Submaster Pure	148 lbs.		
E. Colman	352	Master III	
G. McGuire	330	BP	
DL	TOT		
Power Sports	76 lbs.		
76 lbs.	Teen		
60	137	198	
R. Bean	148 lbs.		
267 lbs.	Master III		
198	330	529	
G. McGuire			

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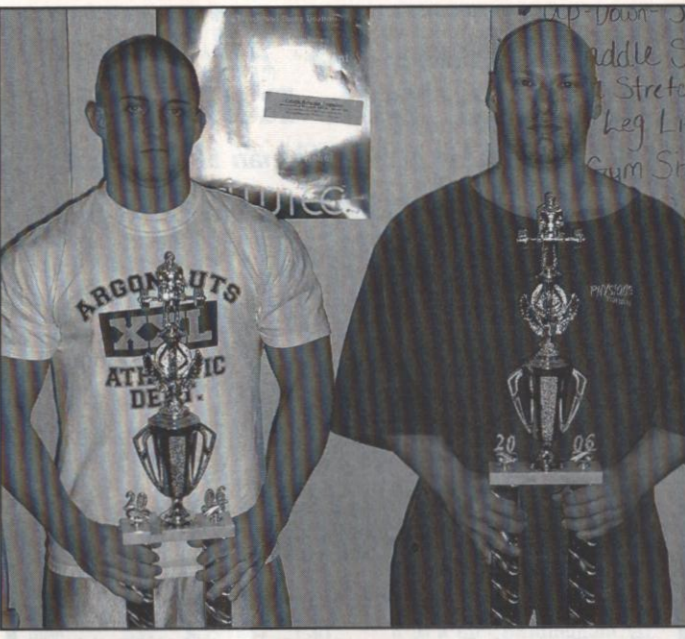
**SLP Mason Dixon Open**  
25 FEB 06 - Metropolis, IL

BENCH	Open		
MEN	220 lbs.		
Wheel Chair	P. Hester	360	
114 lbs.	242 lbs.		
H. Logsdon	220*	J. Lawson	465
Teen (13-15)	275 lbs.		
SHW	N. Ball	475	
D. Kennedy	205*	4th-500	
Teen (16-17)	DEADLIFT		
132 lbs.	MEN		
T. Crain	215	Novice	
Junior	198 lbs.		
220 lbs.	C. Karnes	500	
J. Smith	450	4th-510	
Master (55-59)	Teen (13-15)		
308 lbs.	SHW		
B. Adams	425*	D. Kennedy	280*
4th-435*	Teen (16-17)	132 lbs.	
Master (60-64)	T. Crain	225	
165 lbs.	195	4th-245	
L. Greer	Master (60-64)	165 lbs.	
Master (65-69)	L. Greer	340	
181 lbs.	4th-215	4th-360	
W. Stinson	205	Master (65-69)	
4th-215	242 lbs.	181 lbs.	
Police/Fire	500	W. Stinson	275

\*Son Light Power Illinois state records. Best Lifter Bench Press: Lloyd Edwards. Best Lifter Deadlift: Chase Karnes. The Son Light Power Mason-Dixon Bench Press & Deadlift Championship was held at Thor's Gym. Thanks to owner Lila Linquist for hosting this event, and to Butch Adams for all the work he did to promote the competition. In the bench press event, Heath Logsdon had his best meet to date with a new personal and state record at wheel chair/114 with his 220 final attempt. A fourth with 225 came within inches of locking out as well! Keep up the good work Heath! For the 13-15 teenage men's shw class it was David Kennedy breaking his own state record with 205. Travis Crain also got a new PR with his 215 final attempt at 16-17/132. James Smith had a good day, finishing with a personal best 450 at junior 220. In the master men's classes, Butch Adams broke his own state record at 55-59/308 with his 425 third and 435 fourth attempts. Larry Greer won at 60-64/165 with 195 while training partner Wayne Stinson got a new pr with his fourth attempt of 215 and the title at 65-69/181. Best lifter Lloyd Edwards had to settle with his easy 500 opener after 625 and 635 never quite found the groove. Lloyd holds the state record there with 620, so 650 is well within his grasp! For the open men's class first time competitor Patrick Hester finished with 360 at 220 while Joey Lawson won at 242 with his 465 opener. In the 275 class Nick Ball, another first-timer, lifted raw and finished with a 475 third, followed by a great 500 fourth attempt. Not too shabby! In the deadlift competition Chase Karnes won at novice men/198, finishing with 500. A fourth with a personal best 510 was also good. Weighing in at 190, this also gave Chase the best lifter award for the competition! David Kennedy won again at 13-15/shw, upping his state record there to 280. Travis Crain matched his previous best of 225 with his final attempt, but came back strong with 245 for a great fourth pull! Larry Greer won at 60-64/165 with 340, followed by a solid 360 fourth. Then at 65-69/181 it was Wayne Stinson with a new personal best 275 for the win there. Thanks to my son Joey for all his help, to Butch and Larry Greer who helped out and to the crowd who came to support the lifters. Also a big thank you to Bethany Creason for taking some great pics and to nine year old Alex Karnes for serving as our trophy girl. (Thanks to Dr. Darrell Latch for results)

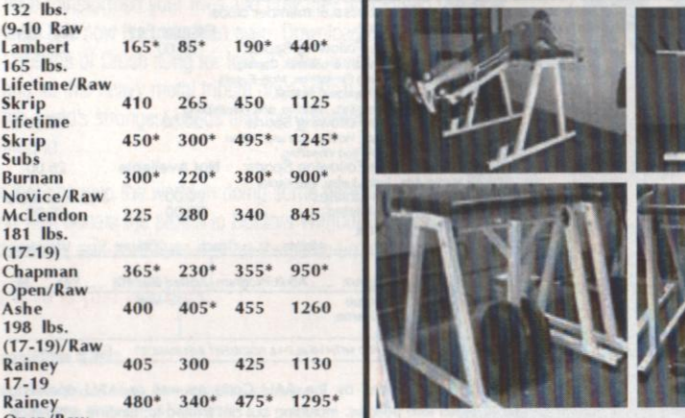
**WNPF GA Single Lift Nationals**  
8 APR 06 - Atlanta, GA

BENCH	(13-16)		
60 lbs.	Sosebee	205*	
(9-10)	(40-44)		
Chatham	45	Whiddon	270*
132 lbs.	Novice		
(13-16)	Paige	350*	
Gordon	165*	181 lbs.	



Best Lifters at the SLP Mason-Dixon Open were Chase Karnes and Lloyd Edwards. (photo provided by the courtesy of Dr. Darrell Latch)

Open/Raw	Cawley	600*	
ashe	Open Unl		
405	Cawley	650*	
Subs/Raw	Lifetime Unl		
McCurley	230	Cawley	650*
198 lbs.	(40-44) Unl		
(17-19)/Raw	295	Cawley	650*
Ray	220 lbs.	DEADLIFT	
(40-44)	165 lbs.		
Chatham	485*	Open/Raw	
(13-16)	Farrell	350	
Dixon	350*	181 lbs.	
300 lbs.	Open/Raw		
Open/Raw	Ashe	455	
Cawley	515	220 lbs.	
Lifetime/Raw	(40-44)		
Cawley	515*	Robertson	500
(40-44)/Raw	515*	275 lbs.	
Cawley	600*	Lifetime/Raw	615
Open	600*	POWERCURL	
(40-44)	600*	165 lbs.	
Powerlifting	SQ	BP	DL
WOMEN			TOT
165 lbs.	Whitten	205	150
Whitten	205	150	225
132 lbs.	580		
(9-10 Raw	165*	85*	190*
Lambert	165 lbs.		440*
165 lbs.	Lifetime/Raw		
(17-19)	410	265	450
Skrip	450*	300*	495*
Lifetime	450*	300*	495*
Skrip	450*	300*	495*
Subs	300*	220*	380*
Burnam	300*	220*	380*
Novice/Raw	225	280	340
McLendon	181 lbs.		
(17-19)	365*	230*	355*
Chapman	365*	230*	355*
Open/Raw	400	405*	455
Ashe	400	405*	455
198 lbs.	405	300	425
(17-19)/Raw	480*	340*	475*
Rainey	480*	340*	475*
17-19	410	315	420
Rainey	410	315	420
Open/Raw	280*	290*	380*
Klimowicz	280*	290*	380*
220 lbs.			950*
(17-19)			
Olge			
242 lbs.			
Lifetime/Raw			
Troup	350	225	500
350	225	500	1075



single ply divisions, and he won the best lifter award in the full power meet. He brought a team from Warner Robbins. All of his teammates were supportive, and they all lifted well. Thanks Shawn. Burnam lifted in the subs and set new national single ply records. McLendon lifted in his first meet and hit a 280 lb. bench press. Charlie Paige is a pure raw lifter, meaning he is very strong but very inexperienced. He wore the old single ply Inzer and hit a 350 bench and missed 370. He could have done 350 and 370 without a shirt on. Charles Whiddon hasn't lifted in almost 10 years, but he made his comeback and hit a 270 bench in the 165 40-44 division. Sosebee hit 205 in the 165 lb. class and a new SP national record. Farrell hit 350 lbs. and jumped to 405, missing it twice. Robert Ashe made all three squats and he has a new name (deep squatter) he was almost on the floor with all of his squats, with just a belt on. He also benched 405 pounds to set a new national record. Mark McCurley the only team member from the Cleveland team Endunamoo benched a personal record of 230 lbs. Josh Ray lifted in his first event and benched 295 lbs. Kevin Rainey lifted well in both the raw and equipped teenage divisions. Kevin went 10 for 12 in attempts. Jeff won the open 198 raw division with a 1145 total. Brent Chatham hit a 485 bench. In the masters 40-44 division. He missed a 500 lb. attempt with a single ply shirt on. Ogle set new national records in all of his lifts. Austin Dixon has really improved from last year. He also set a new national record in the teenage 220 class with a 350 bench. David Robertson and Chad Braden both won their classes in the deadlift only division. Joey Troup started off shaky in the squats where he fell backwards, but our spotters saved him. Then he came back on his last squat attempt to nail 350, and he went on to total 1075. Buddy Cawley lifted in the raw, single ply and unlimited divisions and set new records in all three classes. Buddy is the first lifter to ever go six for six ever in a WNPF meet. He started with 515 lbs., 600, 610, 625, 640 and ended up with 650 lbs. We hope to see all of you in July at the USA meet in Atlanta. (WNPF)

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100% Raw Battle of the Border  
8 APR 06 - Currituck, NC

BENCH	Master (60-64)	
MALE	G. Holzmilller 235	
66 lbs.	Novice	
Youth (9-10)	J. Payne 175	
J. Mims 65	Open/Submaster	
114 lbs.	Police/Fire/Law	
Teen (12-13)	A. Smith 290	
X. Escala 90	Teen (14-15)	
Teen (12-13)	J. Carlson 125	
N. Jones 115	B. Landcaster 150	
4th-120	220 lbs.	
132 lbs.	Open/Master (40-44)	
Open/Master (70-74)	R. Berry 325	
B. Swain 175	Teen (18-19)	
148 lbs.	J. Barber 160	
Open	242 lbs.	
M. Perry 285	Open/Master (45-49)	
Teen (14-15)	R. Cameron 415	
J. Ross 185	Open/Master (50-54)	
Teen (16-17)	G. Russell 385	
W. Etheridge 155	Open/Submaster	
165 lbs.	S. Deuel 320	
Open/Submaster	Teen (14-15)	
M. Mason 275	B. Keens 125	
181 lbs.	275 lbs.	
Open/Junior	Open/(30-34)	
M. Franklin 295	D. Owens 425	
Open/Submaster	Open	
A. Bannerman 380	B. Jones 545	
198 lbs.	Teen (18-19)	
Junior	C. Betts 240	
C. Vogt 295		

100% Raw North American BP  
29 APR 06 - Stanardsville, VA

BENCH	D. Graves 235	
MALE	198 lbs.	
132 lbs.	(18-19)	
(16-17)	C. Campbell 275	
W. Smith 210	J. Peachey 275	
148 lbs.	4th-280	
(12-13)	Open/(40-44)	
R. Barnes, Jr 110	J. Shifflett 310	
165 lbs.	220 lbs.	
(18-19)	(40-44)	
A. Crider 335	D. Smith 390	
(20-24)	242 lbs.	
D. Sands 310	(30-34)	
181 lbs.	R. Barnes Sr. 365	
(8-9)	(50-54)	
W. Turner 65	F. Leech 370	
(40-44)	Supers	
T. Comfort 275	Police/Fire	
(60-64)	M. Turner 340	

(thanks to John Shifflett for these results)

## A Tribute to A Living Legend: Don Reinhoudt

as told by AAU NYS Chairman Steve Rogers



lbs. Don has been inducted into seven Hall of Fames, including the Powerlifting Hall of Fame, and the Buffalo Sports Hall of Fame. Don is currently the Chairman for the Youth Bureau of Chautauque County. He is still amazing kids by blowing up hot water bottles,

On April 29th, 2006 AAU NYS declared it to be Don Reinhoudt Day. It was great to honor a living legend. Don is a great human being as well as one of the best powerlifters and World Strongest Man champions of all time. He has held 51 world records during his career, including a best raw total of 2420 lbs. In 1975 he won the AAU Nationals with a total of 2243. Best squat 1000 lbs., best bench of 626 lbs., and best deadlift of 904 lbs. He has the best car lift of 2550 lbs. and Mack truck pull of 20,000 lbs. He also did a teeth lift at the Niagara Falls Convention Center of 550 lbs., log lift 350 lbs., and dumbbell press of 200

ripping license plates in half, and hammering nails with his fists. On April 29, 2006 all the AAU lifters loved meeting Don. He signed autographs all day, took pictures with the lifters, and stayed three hours after the meet just to talk with everyone. What an honor to give Don Reinhoudt a day to remember forever, for him to receive a lifetime achievement plaque, and to be the center of attention again, 25 years after his retirement. It is an honor to have him as a friend.

Don Reinhoudt, you are one of the best people anybody could meet. April 29, 2006 will go down in the books forever. Don Reinhoudt is a true champion and legend.

AAU NY State/Big Dawg  
29 APR 06 - Clyde, NY

BENCH Only	308 lbs.	
MALE	(40-44)/Life	
220 lbs.	S. Rogers 505*	
(45-49)	DEADLIFT Only	
D. Herbst 355	MALE	
Life	198 lbs.	
M. Arcarisi 260	(35-39)	
242 lbs.	B. Clark 625*	
(45-49)/Life	(35-39)/Life	
W. Carroll 395	B. Clark 625*	
275 lbs.	275 lbs.	
(40-44)/Raw	(40-44)/Raw	
R. Murray 430	M. Brown 570	
Ironman	BP DL TOT	
MALE		
148 lbs.		
(12-13)/Raw		
N. Carroll 160*	250*	410*
198 lbs.		
(60-64)		
V. Peterson 290*	480*	770*
220 lbs.		
(14-15)		
T. Carroll 240	405*	645
Open/Raw		
C. Mineo —	475	475
275 lbs.		
Open		
A. Glover 370	470	840

\*=State Records. !=American Records. The AAU Big Dawg Bench Press/Deadlift Record Breakers & Don Reinhoudt Day was held at Donselaar's Partyhouse. Our attendance was down, but the lifting was great as always. Nick "Tahoe" Carroll, in the 148/12-13 class, had a state record bench of 160 lbs. and state record deadlift of 250 lbs., and what a muscular body he has. His big brother, TC "Hooligan" Carroll, in the 220/14-15 Equipment, had a 240 lbs. bench and a state record deadlift of 405 lbs. Their dad, Wayne Carroll, in the 242/45-49 Lifetime Equipment, got a 395 lbs. bench, just missing his record with a 405 lbs. completed attempt, but was re-lighted. Good job Carroll family. Vince "Vip" Peters, in the 198/60-64 Equipment, got a 290 lbs. State record bench and a 480 lbs. state record deadlift. Alan Glover in the 275 lbs. class Equipment got a 370 lbs. bench and a 470 lbs. deadlift. Not bad for his first meet. Dave Herbst in the 220/45-49, had a strong 355 lbs. bench. You had more in you my friend. Mike Arcarisi, 220 lbs. Lifetime, with a 260 lbs. bench press just 6 weeks after major knee surgery did 310 lbs. in February. Chris Mineo, in the 220 lbs. raw lifted a 475 lbs. deadlift got 545 but hitched it. You will get it next time Chris. Mike Brown in the 275/40-44 did a 570 lbs. deadlift, and Bill Clark in the 198/35-39 Lifetime got a State and American record of 620 lbs. Great job Bill. My training partner and great friend RL Murray, in the 275/40-44 raw class, lifted a 430 lbs. bench. RL you are still a great bencher. I have seen it all: 518 lbs. in a single ply Inzer blast shirt. 500 lbs. raw 2 or 3 times. You mean so much to me and I would not be where I am today without you. Finally, Steve the Big Dawg Rogers with 505 lbs. bench State and American record in the 308/40-44 Lifetime Equipment class. What an honor to do that in front of Don Reinhoudt, someone I idolize and a powerlifting legend of all time. NYS AAU proclaimed April 29, 2006 to honor a living powerlifting legend and Worlds Strongest Man winner 1978-79. It was the 31st anniversary of his 1975 AAU Senior Nationals win with a 2243 total. Don spent all day with us taking pictures and signing autographs and telling stories about his career. He was so interested in all the lifters, it was just phenomenal. It was a day that we will all remember and he plans to come back in October. The day ended with Don receiving a plaque for his lifetime achievements and his endless work with the youth. Don Reinhoudt is a true living legend. I would like to thank all the guys, Rich Molisani, Terry Stafford, Jason Stafford, RL Murray, Brett Wells, and Pete Hurd for their help in setting up and tearing down. My National officials, RL Murray, Rich Molisani, Jason Stafford, and Terry Stafford for the great judging of the State and American records. To my wife Michelle, you are part of the reason these meets go



Steve Rogers with his new State and American 308#, 40-44 record bench press of 505 at the AAU Big Dawg Record Breakers

so smoothly and congrats on becoming a referee. I love you. See you on October 28, 2006 for the 9th Annual Fred Rogers/Paul Smart Classic. (Thanks to Steve Rogers, AAU NYS Chairman, for results)

AAPF/APF Southwest  
23 MAR 06 - Las Vegas, NV

BENCH	J. Wilson 391	
FEMALE	220 lbs.	
Master (40-44)	R. Morris 474	
148 lbs.	G. Hayes 474	
M. Sprango 192	242 lbs.	
Master (45-49)	E. White 529	
165 lbs.	Master (45-49)	
I. Ciesielski 159	181 lbs.	
Master (50-54)	B. Beckett 275	
123 lbs.	Open	
S. Lucchesi 198	198 lbs.	
MALE	J. Wilson 391	
Junior (20-23)	R. Ridenour 275	
242 lbs.	220 lbs.	
A. Topchi 529	R. Morris 474	
Master (40-44)	242 lbs.	
198 lbs.	J. Beachmeier 578	

E. White 529	P. Collard 578	165 lbs.								
Submaster (35-39)	308 lbs.	C. Varela 451	308	474	1234	242 lbs.	Raw			
181 lbs.	D. Marr 622	C. Souza 314	259	424	997	B. Tindull 500	MEN			
F. Camargo 275	Teen (18-19)	181 lbs.				Submaster	242 lbs.			
220 lbs.	242 lbs.	L. Sprango 429	336	463	1229	SHW	I. Childers 550			
K. Morris 440	D. Flindt 363	198 lbs.				K. Crump 470	Open			
275 lbs.	FEMALE	J. Williams 611	424	551	1587	Master (40-44)	Master (50-54)			
181 lbs.	SQ BP DL TOT	220 lbs.				242 lbs.	181 lbs.			
Master (45-49)		T. Pigeon 573	457	562	1592	T. VanHorne 405	T. VanHorne 405			
181 lbs.		D. Miranda 584	385	578	1548	Master (45-49)	Master (45-49)			
A. Razor 347	231	242 lbs.				242 lbs.	B. Tindull 500			
Master (50-54)	303	M. Baeta 551	440	507	1499	DEADLIFT	DEADLIFT			
123 lbs.	881	275 lbs.				Raw	BP DL TOT			
S. Lucchesi 264	198	C. Field-Eaton 859	496	727	2083	MALE				
148 lbs.	766	E. McLaughlin 749	551	650	1951	Teen				
L. Silbert 407	270	308 lbs.				148 lbs.				
R. Spencer 336	132	J. Bolger 749	562	650	1962	T. Hawkins Jr. 195	300	495		
132 lbs.	777	B. Meek 749	556	600	1907	Junior				
B. Reardon 242	115	Submaster (35-39)				242 lbs.				
148 lbs.	578	181 lbs.				S. Proctor 300	425	725		
L. Silbert 407	270	F. Camargo 418	275	446	1140	MEN				
Submaster (35-39)	677	Teen (16-17)				165 lbs.				
165 lbs.		220 lbs.				D. Wells 240	315	555		
K. Wolff 203	137	S. Field-Eaton 463	198	451	1113	242 lbs.				
MALE	600	Teen (18-19)				I. Childers 405	550	955		
Master (40-44)		165 lbs.				Open				
308 lbs.		C. Field-Eaton 402	303	451	1157	WOMEN				
G. Payne 755	429	(Thanks to Tim Daley for the meet results)				181 lbs.				
220 lbs.	1824					A. Williams 105	270	375		
R. Harris 551	435					MALE				
220 lbs.	1504					Teen				
K. Bush 633	303					148 lbs.				
242 lbs.	644					P. Duke 315	450	765		
M. Baeta 551	440					MEN				
Master (55-59)	1499					198 lbs.				
J. Razor 440	325					R. Lewis 500	640	1140		
Master (60-64)	1168					J. Caiola 220	4th-BP-660			
308 lbs.						Master (55-59)				
B. Meek 749	556					259 lbs.				
Master (65-69)	1951					J. Peranich 225	D. Purcell 340	375	405	780
181 lbs.						198 lbs.	259 lbs.			
R. Ridenour 275	501					308 lbs.	J. Tummins 300	270	450	720
220 lbs.	281					A. Klinner 300	Open			
Open/Guest	1234					275 lbs.	275 lbs.			
242 lbs.						181 lbs.	B. Pickett 580	450	585	1035
R. Morris 474	705					N. Matson 250	SHW	500	640	1140
242 lbs.	1642					242 lbs.	K. Crump 470	4th	660	
B. Clark 705	407					I. Childers 405	Police/Fire	(Thanks to Jesse Rodgers for these results)		

SPF Southern BP/DL  
8 APR 06 - Birmingham, AL

BENCH	Master (50-54)	
Raw	198 lbs.	
MALE	J. Caiola 220	
Teen	Master (55-59)	
165 lbs.	259 lbs.	
J. Peranich 225	D. Purcell 340	
198 lbs.	Master (65-69)	
D. Perkins 255	259 lbs.	
J. Tummins 300	A. Klinner 300	
MALE	275 lbs.	
181 lbs.	B. Pickett 580	
N. Matson 250	SHW	
242 lbs.	K. Crump 470	
I. Childers 405	Police/Fire	

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

ASSOCIATION OFFICE COPY

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

ANNUAL MEMBERSHIP DUES		Regular Fee	"AB" Fee
Youth Athlete	10.00	12.00	
Coach	12.00	14.00	
Volunteer or Official	12.00	Not Available	
Adult Athletes in the Following Sports:	10.00	12.00	
Aerobics, Badminton, Baton Twirling, Bowling, Canoe, Cross Country, Diving, Fencing, Golf, Jump Rope, Physical Fitness, Physical Challenge, Racquetball, Rowing, Sailing, Squash, Swimming, Table Tennis, Tennis, Track & Field, and Volleyball			
Adult Athletes in the Following Sports:	20.00	25.00	
Baseball, Biathlon, Basketball, Broomball, Cycling, Kayak, Gymnastics, Modern Pentathlon, Multi-Events (Decathlon, Pentathlon), Physique, Softball, Surfing, Trampoline & Tumbling, Traction, and Weightlifting			
Adult Athletes in the Following Sports:	Not Available	25.00	
Field Hockey, Flag Football, Hockey (Ice and Roller), Rugby, Soccer, Water Polo and Wrestling			
Adult Athletes in the Following Sports:	20.00	Not Available	
Chinese Martial Arts, Judo, Jujitsu, and Karate			
Adult Tae Kwon Do Athletes	20.00	Not Available	
Adult Powerlifting Athletes	30.00	35.00	

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

SPORT CODE  
ASSOCIATION CODE

MEMBERSHIP CATEGORY: ONE: Athlete \_\_\_ Coach \_\_\_ Official \_\_\_ Volunteer \_\_\_

CHECK ONE: Youth Program \_\_\_ Adult Program \_\_\_ Added Benefit \_\_\_ Yes \_\_\_ No

Club No.: \_\_\_ Club Name: \_\_\_ E-Mail: \_\_\_

THE AMATEUR ATHLETIC UNION OF THE UNITED STATES, INC.

Date of Birth: \_\_\_ Age: \_\_\_ Sex:  Male  Female Application Date: \_\_\_ Social Security Number: \_\_\_

First: \_\_\_ Middle: \_\_\_ Last: \_\_\_

Address: \_\_\_\_\_

City: \_\_\_ State: \_\_\_ Zip Code: \_\_\_

County: \_\_\_ Phone (With Area Code): \_\_\_\_\_

Member's Signature: \_\_\_\_\_

Parent/Guardian Signature: \_\_\_\_\_

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

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



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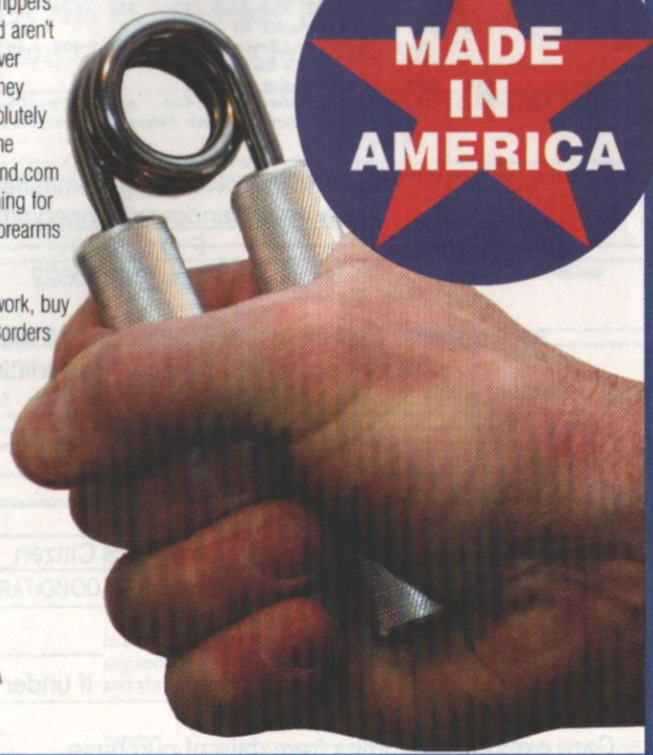
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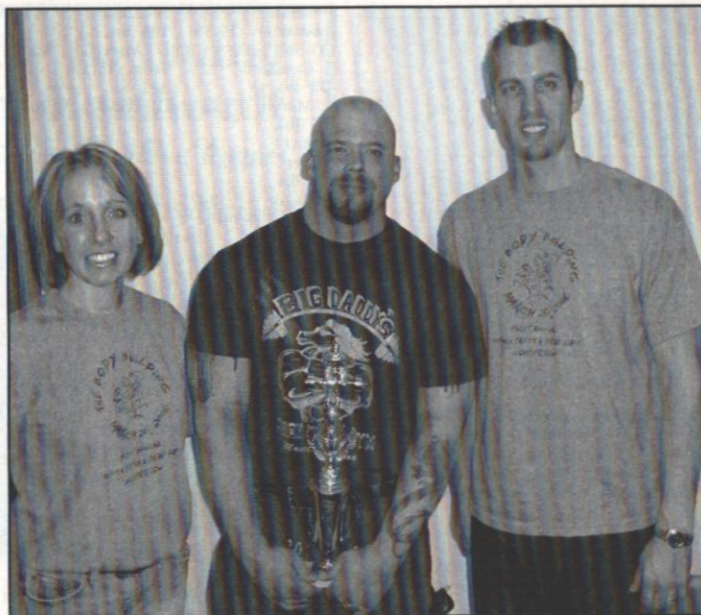
\*S&H: \$6.00 for one in the US; US\$9.00 in Canada; US\$13.00 for all others; for more shipping information, please go to How to Order at [www.ironmind.com](http://www.ironmind.com). CA customers, please add 7.375% sales tax.



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NASA Colorado State				114 lbs.			
29 APR 06 - Denver, CO				Junior			
BENCH Only	165 lbs.			J. Hood	55	88	137 281
WOMEN	Master I			123 lbs.			
114 lbs.	K. Kaiser	270		Submaster Pure			
Pure	198 lbs.			132 lbs.			
H. Patel	195			High School			
Submaster Pure	R. Warren	325		C. Hood	55	132	226 413
H. Patel	195			165 lbs.			
123 lbs.	Master III			Intermediate			
Master I	P. Glaviano	242		C. Claunch	132	281	435 848
K. Hughes	192			Master I			
Master V	Master I			K. Kaiser	154	270	369 793
148 lbs.	C. Hundley	347		198 lbs.			
Master V	Master II			Junior			
M. Hetzel	N. Miller	391		M. Jarrett	170	358	551 1080
SHW	PS CURL			Master III			
Master II	WOMEN			J. Lynn Jr.	132	231	281 644
A. McTighe	148 lbs.			Open			
MEN	Master V			M. Jarrett	170	358	551 1080
181 lbs.	M. Hetzel	82		220 lbs.			
Master I	181 lbs.			Open			
T. Cencich	Master I			M. Baca	165	358	534 1058
Master V	L. Hintz	60		242 lbs.			
T. Trujillo	Open			Intermediate			
Open	L. Hintz	60		D. Heldic	176	314	— 490
T. Cencich	L. Hintz	60		Pure			
Submaster I	L. Hintz	60		Intermediate			
S. Trujillo	SHW			Z. Dillion	143	391	485 1019
242 lbs.	Master II			Master III			
Master II	A. McTighe	68		D. Riethmann	115	253	440 810
N. Miller	MEN			Powerlifting			
275 lbs.	165 lbs.			WOMEN			
Master I	Master I			132 lbs.			
T. Severino	K. Kaiser	154		High School			
Open	242 lbs.			L. Allen	110	110	198 474
J. Lynn III	Master II			MEN			
Police/Fire	N. Miller	126		148 lbs.			
D. Springfield	PS DEADLIFT			High School			
529	K. Murphy	181	181	K. Murphy	181	181	275 672
Submaster II	165 lbs.			Pure			
J. Lynn III	Master I			B. Sato	275	275	463 1190
SHW	K. Kaiser	369		165 lbs.			
Master II	242 lbs.			High School			
K. Paintner	Master I			R. Theisen	226	226	407 964
PS BENCH	C. Hundley	440		181 lbs.			
WOMEN	Master V			Novice			
123 lbs.	C. Hundley	407		D. Peterson	209	209	363 975
High School				T. Gillmore	275	275	413 1047
T. Baldwin				Submaster Pure			
MEN				D. Peterson	209	209	363 975
Push Pull				198 lbs.			
123 lbs.				High School			
Submaster Pure				R. Morgan	237	237	374 914
J. Hood				Master I			
148 lbs.				R. Byars	374	374	496 1311
High School				Open			
B. Donahue				R. Byars	374	374	496 1311
220 lbs.				220 lbs.			
High School				Master I			
M. Schnitzler				T. Campbell	352	352	600 1455
275 lbs.				Master III			
Master I				P. Glaviano	242	242	402 1058
T. Severino				275 lbs.			
Power Sports CR				Master I			
MEN				T. Severino	440	440	529 1521



Best Deadlifter at the SLP Body Building Open was Jesse Pryor, flanked by Body Building owners Ginny and Neil Schadt.

SLP the Body Building Open  
26 MAR 06 - Van Wert, OH

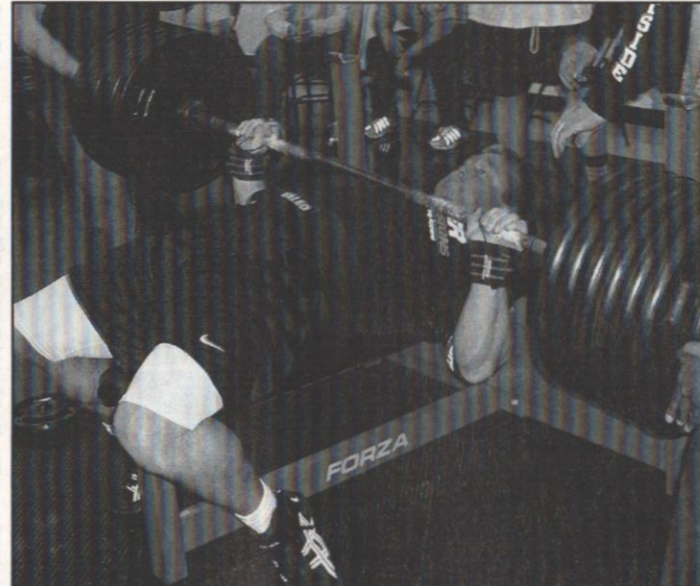
BENCH				181 lbs.			
Master (45-49)	M. Svabik	315		Junior			
181 lbs.				SHW			
K. Brookhart	145*			K. Argabright	550*		
Master (55-59)	4th-575*			275 lbs.			
132 lbs.	Master (40-44)			R. Kirby	450		
M. Hampton	55*			4th-475			
165 lbs.	220 lbs.			RAW			
M. Harmon	105			Open			
Novice	242 lbs.			220 lbs.			
123 lbs.	T. Albert	325		J. VanDyke	350*		
C. Thomas	100*			275 lbs.			
4th-105*	R. Manns	575		S. Fields	405		
198 lbs.	242 lbs.			DEADLIFT			
C. Clark	315*			WOMEN			
Teen (13-15)	275 lbs.			Master (55-59)			
105 lbs.	D. Goble	440*		165 lbs.			
S. Wilcoxon	120*			R. James	360		
132 lbs.	SHW			4th-220*			
J. Mobley	160*			D. Stuck Sr.	450*		
220 lbs.	Police/Fire			181 lbs.			
D. Wade	260			B. Bartels	335		
Teen (16-17)	220 lbs.			Open			
D. Stuck Jr.	400*			181 lbs.			
Teen (18-19)				D. Mengers	—		

\*=Son Light Power Ohio state records. Best Lifter Bench Press: Roger Manns. Best Lifter Deadlift: Jesse Prior. The Son Light Power The Body Building Open Bench Press & Deadlift Championship was held at The Body Building. Thanks to Neil and Ginny Schadt for sponsoring this event. In the bench press competition, it was Kathy Brookhart for the win at 45-49/181 with a new Ohio state record of 145. This was Kathy's second official meet. Mary Hampton set the state record at 55-59/132 with 55 while Marianne Harmon won at 165 with 105. Marianne holds the state record there with 110. For the novice men's division it was Cody Thomas with 100 at 123. Cody followed that with a successful fourth of 105, both of which were new state records. Also at novice was 198 winner Chad Clark who set the state record there with 315. For the teenage 13-15 age division Slayde Wilcoxon broke the state record at 105 with 120 while Jonathon Mobley did the same at 132 with 160. Derek Wade won at 220 with 260. Dave Stuck broke the state record at 16-17/220 with a great 400 final attempt while Matt Svabik won at 18-19/181 with his 315 opener. Junior shw winner Kevin Argabright was impressive, finishing with 550, before his PR fourth state record 575! In the master men's 40-44 division John Thomas took the 220's with a new state record of 450 while Todd Albert won at 242 with 325. Best lifter Roger Manns won at 275 with an easy 575 opener, after his shirt blew with 600 on his second attempt. Nick Perez took the 50-54/242 class with a solid 375 while Dan Goble broke the state record at 275 with 440. Second place at 50-54/275 went to Reese James, who finished with his opener

of 360. Big Dave Stuck broke the state record at shw with an easy 450. For the junior & fire division it was 181 winner Brian Bartels with 335. Lifting in the open 198 class, Danny Meng injured his pec with his opener of 375, and dropped from the competition. At 220 it was Aaron Benson with 450 for the win over Jesse Prior, who finished with 425. Aaron followed his third attempt with a solid fourth of 470. Tom Salyers got a big 530 with his win at 242. At 275 it was Randy Kirby with 450, then 475 for his fourth. In the raw division Jesse Van Dyke won at 220 with a new state record of 350 while Steve Field won at 275 with 405. In the deadlift competition Marianne Harmon broke her own state record at 55-59/165 with her fourth attempt pull of 220. Steve Field set the record at novice 275 with 525 while Dave Stuck, Jr. set the mark at 16-17/220 with 500. Ryan Walls got a big 500 pull at junior 242 along with Jesse Pryor, who got the biggest lift of the day with 545. This also earned Jesse the best lifter award for the deadlift competition. Thanks to my son Joey and to Body Building staff members Eric and Marcus for their help loading and spotting. See you all again this fall (September 24)! (Thanks to Dr. Darrell Latch for results)

USAPL Wisconsin State  
28 JAN 06 - Racine, WI

BENCH				242 lbs.			
MALE	T. Dierks	336		L. Al-Ghamdi	270		
148 lbs.	L. Malcomson	132		319 lbs.			
L. Al-Ghamdi	270			F. Jones	297		
165 lbs.				319+ lbs.			
M. Brixius	264			J. Ray	446		
M. Tucci	231			M. Hodge	—		
220 lbs.				M. Becker	435		
M. Becker	435			C. Staeven	385		
C. Staeven	385			J. Bierman	374		
J. Bierman	374			BP			
FEMALE	SQ			BP			
132 lbs.				DL			
T. Dillely	270	148	259	TOT			
148 lbs.							
A. Egerson	209	110	236	556			
Master							
148 lbs.							
P. Hopp	203	137	253	595			
Open							
148 lbs.							
S. Langer	225	126	292	644			
Junior/Collegiate							
114 lbs.							
A. Cutts	165	88	214	468			
123 lbs.							
A. VanBoxtel	220	165	275	661			
132 lbs.							
A. Tsillis	236	137	259	633			
A. Mewes	236	110	275	622			
148 lbs.							
K. Goniu	203	126	225	556			
165 lbs.							
S. Manning	275	137	314	727			
B. Thompson	236	137	270	644			
198+ lbs.							
A. Wilfer	236	170	286	694			
High School							
105 lbs.							
S. Hohensee	148	77	203	429			
B. Rodriguez	110	71	165	347			
114 lbs.							
K. Sullwold	236	121	275	633			
123 lbs.							
L. Harrison	132	88	214	435			
181 lbs.							
A. Robbins	176	77	214	468			
198+ lbs.							
K. Tjarks	292	165	286	744			
MALE							
123 lbs.							
C. Williams	330	192	380	903			
148 lbs.							
Schwalbach	407	281	501	1190			
L. Al-Ghamdi	374	270	396	1041			
J. Bell	330	225	451	1008			
A. Phillips	485	303	—	788			
165 lbs.							
M. Steinmetz	518	319	529	1366			
R. Johnston	468	281	462	1212			
P. Castillo	374	242	402	1019			
181 lbs.							
P. Nees	512	319	501	1333			
P. Paulsen	380	303	501	1184			



Roger Manns ripped his shirt with this 600 lb. attempt in the 40-44/275s at the Body Building Open. be used. (photos Dr. Darrell Latch)

M. Schmeizle	451	253	446	1151	J. Betzinger	666	385	600	1653	M. Ziesdorf	518	203	402	1124
Rosenbutter	352	286	446	1085	M. Becker	501	435	501	1438	319+ lbs.				
198 lbs.					A. Chromy	440	275	518	1234	T. VanNote	501	264	501	1267
D. Walsh	611	321	584	1517	242 lbs.					Open				
B. Farral	573	352	529	1455	P. Diamond	562	479	655	1697	181 lbs.				
D. Labrie	562	352	540	1455	B. Luedtke	639	385	628	1653	L. Kirchner	551	—	—	551
T. Schultz	485	325	501	1311	T. Dierks	556	336	518	1410	G. Jones	655	468	639	1763
N. Northam	529	—	—	529	275 lbs.					P. Green	412	324	418	1156
K. Bevars	402	—	—	832	S. Schoen	677	496	727	1901	D. Young	—	330	578	909
242 lbs.					G. Kiriaki	622	407	628	1658	220 lbs.				

**SLP Brickyard Open**  
18 FEB 06 - Milwaukee, WI

BENCH	J. Langer	405
MEN	DEADLIFT	
Junior	MEN	
165 lbs.	Junior	
M. Lanigan	300	165 lbs.
4th-305	K. Koch	285
Master (40-44)	275 lbs.	
181 lbs.	R. Spidell	365*
G. Medrek	330	Submaster
198 lbs.	SHW	
Domagalski	435	E. Ratzmann
4th-440	600*	Master (40-44)
242 lbs.	242 lbs.	
T. Bauer	415*	T. Bauer
4th-425*	510	Master (45-49)
Master (45-49)	198 lbs.	
198 lbs.	D. Lemus	550
R. Vivier	315	220 lbs.
G. Koch	240	S. Coogan
220 lbs.	275 lbs.	500
J. Cozza	560*	J. Dyke
242 lbs.	600*	Master (50-54)
R. Tupper	455*	198 lbs.
R. Hanson	390	T. Glenbin
275 lbs.	630*	Master (55-59)
J. Geiger	430*	198 lbs.
Master (50-54)	485*	T. Schetter
220 lbs.	242 lbs.	
R. Gronowski	330*	G. Williams
Master (55-59)	605*	R. Sadowski
275 lbs.	510	Police/Fire
P. Meyer	315*	275 lbs.
Open	M. Geiger	740*
181 lbs.	Open	
M. Strom	520*	220 lbs.
S. Hill	280	L. Beede
220 lbs.	635	242 lbs.
L. Beede	450	B. Woods
4th-465	570	R. Martinez
242 lbs.	560	4th-570
D. Walker	615	
4th-630*		
275 lbs.		

\*=Son Light Power Wisconsin state record. Best Lifter Bench Press: Dave Walker. Best Lifter Deadlift: Mike Geiger. The Son Light Power Brickyard Open Bench Press & Deadlift Championship was held at Brickyard Gym. Thanks to owner Kenny Weber for hosting this event! In the bench press competition it was Matt Lanigan for the win at junior 165 with 300. A fourth with 305 was also good. In the master men's 40-44 age group George Medrek won at 181 with 330 while Alan Domagalski took the 198's with 435, followed by a solid 440 fourth. Tony Bauer broke his own Wisconsin state record at 242 with his 415 third and 425 fourth attempts! For the master 45-49 age division



**The Backyard Gym Team ... at the SLP Brickyard Open in Milwaukee, Wisconsin.** (photograph provided by Meet Director D. Latch)

Robert Vivier won at 198 with 315 over Gary Koch, who finished with a personal best 240. Joe Cozza, who worked hard organizing this event, broke his own state record at 220 with 560, then gave 600 a good ride on a fourth! Robert Tupper broke the state record at 242 with 455 in his win over Robert Hanson. Robert finished with a personal best 390, just missing 400 near the lockout. Jim Geiger moved up to the 275 class where he set the state record with 430. Ray Gronowski broke his state record at 50-54/220 with 330, though he did come close with a final attempt of 350. Philip Meyer yelled his way into a victory at 55-59/275, finishing there with a new state record of 315. In the open division Mike Strom broke the state record at 181 with 520, taking the win over Scott Hill, who finished with 280. Lowell Beede had a great day at 220, getting all new PR's with each attempt and finishing with a great 465 fourth attempt! Dave Walker had some problems getting started, but finished strong, making his opener of 615. A fourth with a new state record of 630 went well with the best lifter award he also earned. Taking the win at 275 was Jim Langer with 405. In the deadlift event Keith Koch got a new personal best 285 at junior 165. Also at junior was 275 winner Randy Spidell, who set a new state record there with 365. Eric

Ratzmann pulled a strong 600 state record at submaster shw while Tony Bauer pulled a new PR at 40-44/242 with 510. At 45-49 David Lemus had a tough day, settling with just his 550 opener and the win at 198. Stuart Coogan also had some problems at 220, making just his opener of 500. Jan Dyke got a great 600 pull at 275, setting the state record with his win. Then at 50-54/198 it was Tom Glenbin, one of the great master pullers, dropping down from 220. Just as strong as ever, though, Tom pulled an easy 630 state record for the win. Tom Schetter set the state record at 55-59/198 with 485 while another great master puller, George Williams, won at 242. George, who moved up to 242, weighing just over 220, broke the state record there by eighty five pounds! Richard Sadowski was second at 242 with 510. In the police & fire division, 275 winner Mike Geiger pulled a great 740 state record! Also taking the best lifter award for the competition, Mike weighed in at 260! In the open division it was Lowell Beede with another personal best, finishing with 635 @ 220. In a close one at 242, Blaine Woods won out over Ramon Martinez 570 to 560. Both pulling fourths, Blaine came within inches of locking out 600, while Ramon got a new PR of 570! Thanks to my son Joey for loading and spotting and running the platform and to

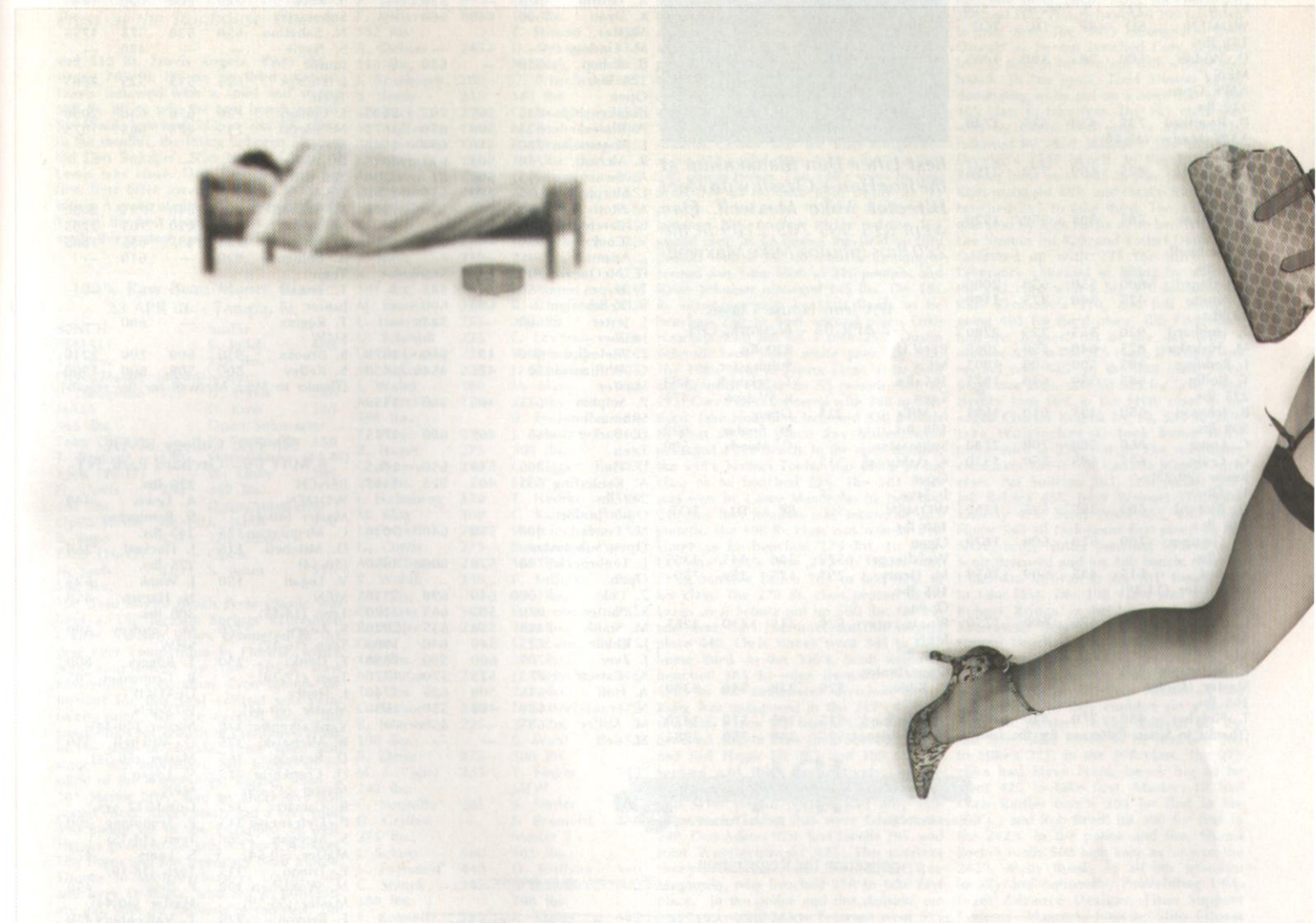
Keith Koch and Bob Vivier for helping out. Thanks also to ten year old Leah Pinkowsky for serving as trophy girl. See you all again next year! (Results by Dr. D. Latch)

**USAPL "No Frills"**  
29 APR 06 - Plainwell, MI

BENCH	Master VI			
MEN	R. Soffredine	430		
165 lbs.	275+ lbs.			
Master III	Teen III	430		
G. Gutrie	J. Cannon			
Open	Open			
M. Ruelan	J. Glanz	425		
242 lbs.				
Open				
B. Lipinski		545		
275 lbs.				
WOMEN	SQ	BP	DL	TOT
97 lbs.				
Teen I				
K. Miller	275	150	275	700
148 lbs.				
Master II				
C. Burr	215	160	300	675
198+ lbs.				
Junior				
E. Dame	175	75	225	575
MEN				
132 lbs.				
Teen III				
O. Brown	365	225	465	1055
165 lbs.				
Junior				
C. Pedaris	340	245	405	990
181 lbs.				
Teen I				
D. Gustinis	360	195	370	925
198 lbs.				
Teen I				
T. Teague	395	195	360	925
Open				
P. Post	386	265	435	1085
Master II				
J. Pedaris	225	290	255	770
Master III				
G. Huey	455	—	405	—
220 lbs.				
Teen II				
S. Edwards	450	35	465	1265
Open				
M. Poirier	520	405	550	1475
Master II				
D. Burr	250	225	375	850
242 lbs.				
Open				
B. Hislop	—	415	500	—
275 lbs.				
Junior				
B. Kovach	715	—	—	—

(Thanks to USAPL for providing results)

# Will not leave you in the morning.



**BACK ISSUE OF THE MONTH**

The August 1997 issue of Powerlifting USA had Bernie Gagne and his daughter Vickie, on the cover, out at Venice Beach. Inside we had an interview with Vickie, the first woman to deadlift 500 lbs. Next up, we had "The Power and Use of Color for Powerlifters" by John Inzer. Another interview was Jim Rouse, who held the IPF World Record in the bench press at 165 from back in 1980. Under the training heading was "How to Bench Press 500 Easy", by Louie Simmons. Doug Daniels talked about the Five Keys to Powerlifting Success, and Herb Glossbrenner reviewed the 18th Senior Nationals, promoted by Larry Pacifico, in Dayton, Ohio. Champions there included



Chuck Dunbar, Lamar Gant, Claude Handsor, Jay Rosciglione, Rickey Dale Crain, Mike Bridges, Walter Thomas, Jim Cash, Dave Schneider, John Gamble, and Wayne Bouvier. Herb also went through the Top 25 All-Time Champions in ADFPA competition. Number one was the great Bull Stewart. Second was Shawn Cain. Third was Benemerito. Thousand pound squatter, Mark Pasillo, was interviewed by Marty Gallagher. Herb also chronicled the champions of the APF Senior Nationals from 1986 through 1997. Mario Torres related the charitable acts of Tom Ciola, National Health Products, in his Over The Rainbow, the Essene Project, in Belize. Saul Shockett was interviewed by Pat Cuntrera. We had a picture of Mike Mastrean squatting 750 to win the 198 lb. class at the AAU Senior Nationals, in Erie,

Pennsylvania. Among our meet reports we have an interesting shot of Jerry Capello pulling 650, as a masters lifter, in the Region 8 finals. Of course, he's gone on to deadlift 150 lbs. more recently. On our Top 100 list for the 123 lb. class, Dave Buterbaugh led in the squat with 551 and the bench press at 363, while Dave Weiss was first in the deadlift at 513, and Ernesto Milian had a #1 total ranking with 1245. Elsewhere on the list, Laura Jeffrey, daughter of Dave Jeffrey, was 91st in the squat with 286. Alex Galant was 95th in the bench press at 198. Laura Denmon was 75th in the deadlift with 341, and, Ellen Chailllet was 57th in the total with 850. You can see the synopses of dozens of other available back issues of Powerlifting USA in our listings on pages 48-51 of this edition of Powerlifting USA. Remember, there are special price breaks if you buy multiple issues.

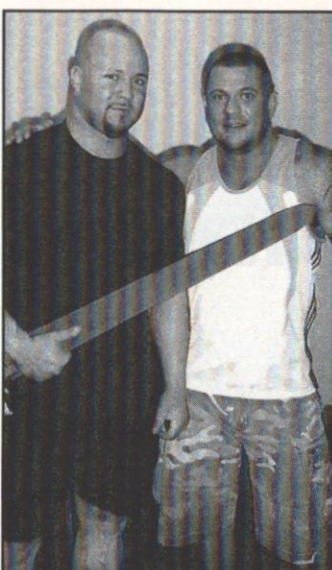
**Introducing The New EFS Power Belts**

Like a trusted friend EFS Power Belts will not let you down. It will never miss a heavy training session or make excuses. It is built for success and ready for yours. Visit [elitefts.com](http://elitefts.com) or call 1.888.854.8806.



**APF Midwest Open**  
8 APR 06 - Kansas City, KS

BENCH	220 lbs.				
MEN	N. Simon	550			
Teen (16-17)	T. Luke	500			
220 lbs.	242 lbs.				
J. Lybarger	285	J. Burnett	410		
242 lbs.		R. Brigg			
P. Brennan	310	275 lbs.			
AAPF Teen (14-15)	D. Gross	565			
220 lbs.	SHW				
N. Falcon	330	D. Dickey	640		
AAPF Teen (16-17)	C. Hurd				
181 lbs.	Teen (18-19)				
B. Smith	305	220 lbs.			
242 lbs.	D. Marlow	320			
M. Wegener	350	Submaster (33-39)			
Open	275 lbs.				
181 lbs.	C. Wellman				
M. Davis		Master (40-44)			
198 lbs.	220 lbs.				
L. Lacy	525	B. Stevens	500		
181 lbs.	WOMEN	SQ	BP	DL	TOT
D. Widdis	600	305	500	1405	
MEN					
AAPF Open	220 lbs.				
B. Beanland	735	430	575	1740	
AAPF Master (45-49)					
K. Ufford	825	600	770	2195	
Open	165 lbs.				
A. Caslow	585	385	550	1520	
181 lbs.					
J. Cantwell					
220 lbs.					
J. Griggs	800	550	650	2000	
R. Smith	425	340	425	1190	
242 lbs.					
T. Hubbard	920	555	725	2200	
M. Hairston	875	640	550	2065	
J. Redding	805	500	600	1905	
T. Bollig	685	550	640	1875	
275 lbs.					
B. Johnson	650	435	610	1695	
308 lbs.					
C. Lowe	860	580	700	2140	
C. Craig	635	145	550	1330	
Junior (20-23)	16 5lbs.				
D. Binford	500	355	525	1380	
198 lbs.					
N. Gentges	700	570	600	1870	
242 lbs.					
A. Best	615	435	600	1650	
Submaster (33-39)	165 lbs.				
242 lbs.	Open				
J. Heisinger	675	475	600	1750	
Master (40-44)	148 lbs.				
R. Villarante	365	225	325	915	
Master (45-49)	165 lbs.				
T. Fletcher	480	270	440	1190	
165 lbs.	Open/Junior				
(Thanks to Susan Patterson for the results)	K. Kildow	520	320	540	1380
	Open				
	M. Muchack	575	385	510	1470
	N. Samblanet	505	340	550	1395



**Best Lifter Dan Blankenship at the IronHouse Classic with Meet Director Mike Maxwell. Dan went 835 565 705 2105 in the 220 Pros (photos Mike Maxwell)**

**IPA Iron House Classic**  
1-2 APR 06 - Newark, OH

BENCH	220 lbs.				
MEN	Submaster	600			
165 lbs.	T. Schmidt	475			
Teen	J. Watson				
J. Mills	335				
198 lbs.	Open				
Submaster	M. Senter	620			
A. Ashbrook	315	C. Moody	500		
Open					
J. Frye	655				
WOMEN	SQ	BP	DL	TOT	
148 lbs.					
Weisberger	570	340	445	1355	
M. Henry	295	175	280	750	
165 lbs.	Open/Junior				
Open	K. Kildow	520	320	540	1380
Finest-curry	520	315	430	1265	
MEN					
165 lbs.	Open				
Open/Junior					
M. Muchack	575	385	510	1470	
N. Samblanet	505	340	550	1395	



**Application for Registration**

Office use only, do not complete

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

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

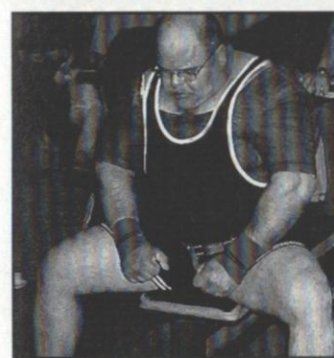
Registration Fee: Adult \$30 - High School and Special Olympics \$25

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

Teen	T. Cleland	470	360	500	1330
	C. Chaney	555	300	450	1305
	T. Lucas	480	280	460	1220
	181 lbs.				
Open	R. Maynard	650	450	450	1550
	J. Roney	600	325	590	1515
	F. Boldt				
Master	R. Hamsher	520	345	500	1365
198 lbs.					
Open/Junior	W. Mills	605	455	505	1565
Master	J. Bandy	575	265	520	1360
	D. Buyan	625	475	530	1630
	A. Cuilitari	550	440	560	1575
	A. Cress	510	390	545	1445
	D. Adamson	535	305	525	1365
	A. Griffin	675		550	
	K. Dean	600	440	600	
Master	M. Lindsay				
	B. Bishop	750		650	
220 lbs.					
Open	Blankenship	835	565	705	2105
	P. Biales	825	500	650	1975
	J. Augenstein	780	510	650	1940
	R. McNutt	710	500	615	1825
	A. Swauger	615	600	57	1790
	J. Murphy	685	420	655	1760
	A. Stotts	450	280	550	1310
	B. Berchtold	445			
	V. Cook	860		625	
	J. Adams				
	D. McQueen	730	135	565	
	T. Hypes	750		545	
	B. Kelley		600	600	
	J. Jester	600		525	
Junior	E. Melodini	600	45	550	1675
	C. Williamson	525	475	4540	1450
Master	P. Sutphin	625	365	560	1550
Submaster	D. Barker	65	465	600	1715
Teen	D. Hoff	805	510	650	1965
	A. Keiderling	535	405	525	1465
242 lbs.					
Open/Junior	M. Lewis	900	550	640	2030
Open/Submaster	J. Tenbroeck	740	520	600	1860
Open	Z. Cole	1000	640	690	2330
	S. Nutter	870	585	665	2120
	M. Smith	815	550	655	2020
	J. Riddle	725	540	640	1905
	J. Zver	700	600	590	1890
	A. Gatson	675	525	570	1770
	A. Hoff	615	500	625	1740
	N. Fraas	680	400	550	1630
	M. Miller	635		450	
	M. Bell				
Submaster	E. Clark	720	560	525	1805
	M. Warne	525	470	530	1525
Master	D. Havrilesko	650	500	575	1725
	D. Schumaker	505	340	465	1310
Teen	L. Walker	505	360	555	1420
	J. Kratz	500	325	500	1325
275 lbs.					
Open	J. Ritchie	875	660	665	2200
	D. Hollis	780	610	680	2070
	J. Snyder	800	465	640	1905
	M. Lonigar	730	500	575	1805
	L. Camboni	700	420	575	1805
	J. Pavlek	650	475	535	1660
	D. Lemmel	600	460	545	1605
	T. Forby		555	550	
	E. Weaver				
Open/Submaster	S. Rock	725	500	620	1845
Submaster	N. Sabatino	650	530	575	1755
	S. Nagle			480	
Junior	J. Luczyk	625	515	525	1665
Teen	J. Conkey	720	650	630	2000
	M. Bartos	715	475	685	1875
Master	D. Wilson				
308 lbs.					
Open	M. Wilson	1025	640	735	2400
	M. Schott	850	650	705	2205
	C. Sumner	755	495	635	1885
	A. Bolognoe	920		610	
Teen	T. Tewell				
Junior	T. Rogers			600	
SHW	S. Brooks	910	600	700	2210
	S. Kelley	800	500	600	1900
(Thanks to Mike Maxwell for the results)					

**5th Erie College BP/DL**  
6 MAY 06 - Orchard Park, NY

BENCH	220 lbs.				
WOMEN	A. Lewis	440			
Master (40-44)	B. Remington				
242 lbs.	C. Mequiggan	175			
D. Mitchell	115	J. Hackett	360		
(50-54)	275 lbs.				
V. Logan	150	J. Wnuk	525		
MEN	N. Harvey	450			
308 lbs.					
Teen (14-15)	S. Leary	270	M. Coudrey	400	
SHW	E. Denk	250	T. Rogers	800	
Teen (16-17)	R. Groneman	705			
DEADLIFT	I. Henry				
Master (40-44)	VanValkenburg	340	Master (40-44)		
B. Michalski	375	D. Mitchell	240		
D. Beaudoin	365	Master (50-54)			
D. Cronkrite	325	V. Logan	265		
Master (45-49)					
R. Camarre	325	Guest/(12 yrs.)			
P. DeFrancisco	315	P. Tronolone	200		
S. Meegan	280	Teen (14-15)			
Master (50-54)	S. Leary	475			
P. Trusso	315	Teen (18-19)			
M. Wohleben	300	P. Bess	450		
Master (55-59)	Master (40-44)				
F. Kenyon	220	T. Valkenburg	450		
Master (60-64)	Master (50-59)				
B. Warner	220	D. Swingle	490		
Master (65-69)	Master (60-65)				
A. Gajkowski	185	B. Warner	360		
Submaster					
J. Gheverez	430	Open			
M. Burke	360	181 lbs.			
Open	S. Nowacki	530			
165 lbs.	P. Pugh	460			
E. Carter	315	N. Gibson	400		
181 lbs.	A. Lewis	600			
S. Scapelliti	355	T. Bess	405		
M. Woheben	305	242 lbs.			
J. Baes	255	J. Hackett	515		
N. Gibson	215	275 lbs.			
198 lbs.	N. Harvey	610			
J. Shanklin	390	J. Wnuk	550		
E. Carter	335				
Best Lifter Bench: Travis Rogers. Best Lifter Deadlift: Don Swingle. This years contest had 37 bench and 16 deadlift contestants. The special part of the bench press was between 360 lb. Ryan Groneman					



**Spence McKimmie got a new Masters World Record 580 Bench Press at the Ironhouse Classic.**

and 318 lb. Travis Rogers. Ryan did a strong 705 lb. lift on his third attempt. Travis followed with a solid and strong 800 lb. lift to win the best bench award. Joe Wnuk benched 525 to win his class. In the deadlift, the lifting between 59 year old Don Swingle, Stan Nowacki, and Al Lewis was close. Don Swingle won his first best lifter award after 40 years of lifting. A group of nine lifters from Lockport Y won the best team. Thanks to all that made this contest a success. (Chuck Wuest)

**100% Raw Beau Moore Classic**  
23 APR 06 - Tampa, FL

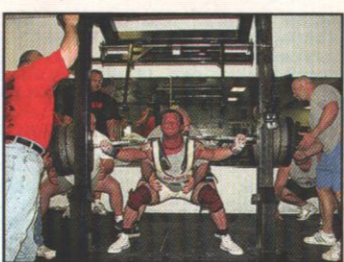
BENCH	Junior				
FEMALE	S. Judah	405			
123 lbs.	220 lbs.				
Open/Master (40-44)	Junior				
J. Tomasello	120	D. Davis	280		
165 lbs.	D. Kroh	305			
MALE	Open/Submaster				
Teen (14-15)	P. Tomasello	350			
T. Benbow	190	Open/Master (40-44)			
Teen (16-17)	W. Tinny	305			
D. Davis	250	242 lbs.			
181 lbs.	Open/Submaster	450			
Open/Master (40-44)	K. Burns	450			
R. Rupe	430	275 lbs.			
Teen (16-17)	Open				
N. Kroh	210	S. Jones	315		
198 lbs.					

The Beau Moore Bench Press Classic was held at The Jackson Springs Recreation Center. Twelve lifters competed in the first ever competition in Florida, which was sanctioned by the 100% Raw Powerlifting Federation. Even though the turnout for this first contest was relatively small, we are excited about the possibilities for growth of raw powerlifting in the state of Florida. There were also some very impressive lifts turned in by some of the competitors. Rodney Rupe, a 181 Master lifter, had an impressive 430 pound effort. Kevin Burns had a very solid 450 pound lift in the 242 open as well. Thanks go out to the judges Chuck Hodupp, Tim Burns and the legendary Beau Moore. Thanks to spotters/loaders David Lyle and Jerry Orihuea, who did an outstanding job, with no misleads or mishaps. The table and announcing was handled by Cris and Kathleen Bentley. We anticipate this being the beginning of many Raw and Drug Free meets in the state. (Thanks to Directors Beau Moore and Bill Beekley

**8th Wisconsin's Best Bench Press**  
1 APR 06 - Independence, WI

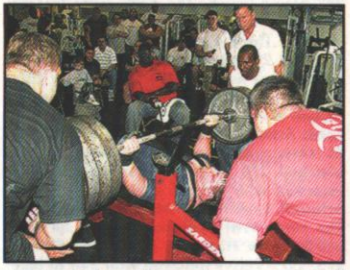
BENCH	SHW				
FEMALE	L. Taylor	155			
Raw	Shirt Division				
148 lbs.	Teen				
J. Freagon	95	148 lbs.			
J. McCabe	95	B. Holzern	135		
Open	Open				
114 lbs.	114 lbs.				
J. Olson	150	B. Brown	115		
123 lbs.	123 lbs.				
Katzenberger	95	R. Frank	200		
148 lbs.	Submaster				
P. Miller	135	SHW			

APA Maine BP/SC		Open		Open	
20 MAY 06 - Newport, ME		M. Clevette		G. Mele	
BENCH		130!		Master (45-49)	
WOMEN		SHW		G. Mele	
123 lbs.		198 lbs.		110	
(16-17)		(16-17)		110	
S. Mueller 140		B. Shephard 195		World Records. Best Lifter Women: Kristy Scott. Best Lifter Men: Mike Bazinet. (Thanks to Jane Stork for these results)	
148 lbs.		Submaster (33-39)		APF/AAPF Delaware Power	
(13-15)		M. Bazinet 375		29 APR 06 - New Castle, DE	
R. Kaplan 135		Master (60-64)		BENCH	
165 lbs.		F. Manzie 285		AAPF	
(16-17)		J. Cronin 210		Junior	
T. Campbell 185		220 lbs.		220 lbs.	
181 lbs.		Open		Raw	
Junior (20-23)		S. St. Peter 395		J. Kerr 305	
K. Scott 250		W. Skillings 355		APF	
4th-260		(13-15)		Open	
198 lbs.		S. White 325!		198 lbs.	
(18-19)		4th-335		J. Talarico 405	
K. Kalidro 145		C. O'Donald 250		Master I	
4th-150		(16-17)		275 lbs.	
UNL		A. Moore 255		Raw	
Open		A. Leiser —		275 lbs.	
K. Campbell —		Submaster (33-39)		S. Kuzma 525	
Master (40-44)		M. Guernsey 325		Police/Fire	
K. Campbell —		Master (45-49)		Master I	
MEN		W. Skillings 355		242 lbs.	
114 lbs.		308 lbs.		J. Ciritella 395	
Special Olympics		Master (45-49)		APF	
(16-17)		R. O'Donald 300		Open	
R. Jabar 105		Submaster (33-39)		198 lbs.	
4th-115		G. Guernsey 375		Raw	
148 lbs.		SHW		181 lbs.	
(16-17)		Open		220 lbs.	
B. Lane 175		A. Petrino —		C. Webb 385	
(18-19)		Submaster (33-39)		505	
D. Neal —		G. Guernsey 425		890	
A. Hebert 265		Master (45-49)		Pull Only	
165 lbs.		A. Petrino —		Open	
(18-19)		STRICT CURL		275 lbs.	
C. Murray 300		MEN		N. Mazan —	
Open		242 lbs.		WOMEN	
M. St. Laurent 350!		Open		AAPF	
4th-355		D. Robertson 125		Teen (16-17)	
Master (60-64)		220 lbs.		114 lbs.	
M. St. Laurent 350!		Master (45-49)		M. Muscara 185	
4th-355		W. Skillings 125		115	
181 lbs.		308 lbs.		225	
				525	
				Raw	



Brad Vargason set a new all time total record at the Delaware Classic with 855 625 750 2230 at 181. (photographs courtesy of K. Baird)

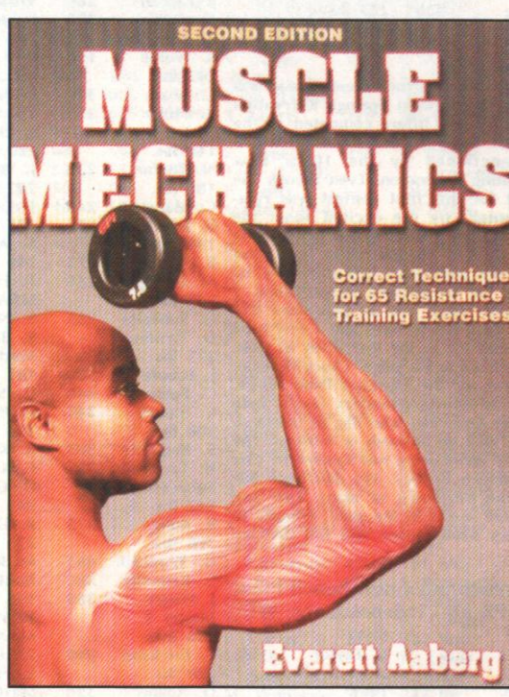
	BP	DL	TOT
J. Ciritella	395		
308 lbs.			
M. Gerard	560		
Master II			
242 lbs.			
Raw			
J. Dibble	520		
APF			
Open			
198 lbs.			
J. Talarico	405		
Master I			
275 lbs.			
Raw			
S. Kuzma	525		
Police/Fire			
Master I			
242 lbs.			
J. Ciritella	395		
APF			
Open			
198 lbs.			
F. Henry	385	510	895
Master II			
Raw			
181 lbs.			
C. Webb	385	505	890
Pull Only			
Open			
275 lbs.			
N. Mazan	—	—	705
WOMEN	SQ	BP	DL
AAPF			
Teen (16-17)			
114 lbs.			
M. Muscara	185	115	225
525			
Raw			



R. Scott Yard bench pressed 775 lbs. in the 275 lb. class at the AAPF/APF Delaware Classic meet.

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

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



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

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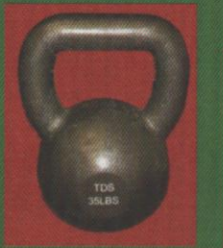
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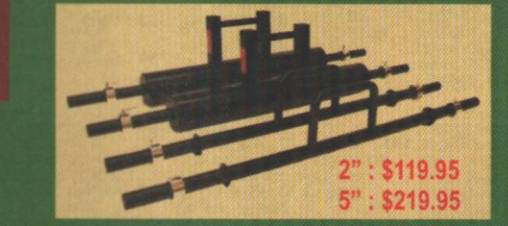
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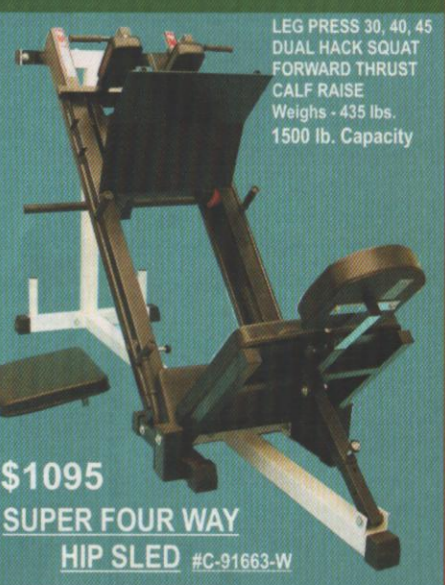


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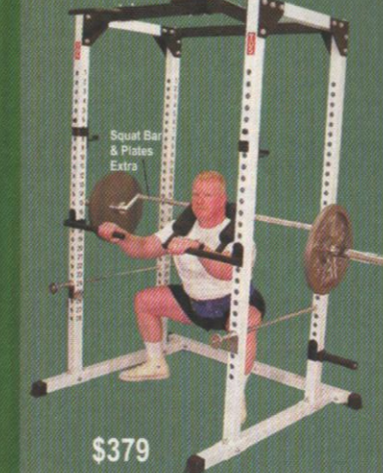


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### PASSINGS

**MARK KODYA**, perhaps one of the greatest fans of the sport that Powerlifting has ever known, who was making a career of his passion through his Ph.D. studies, recently passed away, apparently from complications surrounding kidney disease. Always one of the first to call the offices of PL USA, in our early years, when we got back from one of the major meets, more recently he had written articles for the magazine on various IPA championships. According to his internet friend from Germany, Thomas Klose, "The World of Strength has lost a great person"

**DAVID COLEMAN**, 54, of Jacksonville, FL. A Viet Nam veteran who, until recently, officiated and competed in many USPF, APF, and AAPF meets in the Florida area, he had long suffered the effects of a gunshot wound sustained in the line of duty as law enforcement officer.



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Class	Novice	Submaster	Pure	PS BENCH	PS CURL	PS DEADLIFT
<b>BENCH</b>	J. Baldwin 325					
<b>MEN</b>	181 lbs. Master III C. Lynn 281	220 lbs. Junior A. Cantu 457	198 lbs. Master II G. Elliot 209			
	501 C. Washburn	303 P. Castillo 242	424 A. Shields 424			
	380 G. Alvarado	275 lbs. Master II J. Baldwin 325	424 A. Shields 424			
	380 G. Alvarado	275 lbs. Master I N. Eddins 308	435 N. Eddins 308			
	407 R. Samarron	617 SHW R. James 424	600 Power Sports 424	1025 WOMEN 198 lbs. High School C. Samarron 49	104	259 413
	110 A. Samarron 55	77 Youth J. Samarron 38	55 J. Samarron 38	181 lbs. Teen M. Samarron 71	104	275 451
	242 A. Samarron 55	77 Youth J. Samarron 38	55 J. Samarron 38	181 lbs. Master I B. Flores 154	347	440 942
	242 A. Samarron 55	77 Youth J. Samarron 38	55 J. Samarron 38	181 lbs. Submaster I J. Reeder 115	297	391 804
	242 A. Samarron 55	77 Youth J. Samarron 38	55 J. Samarron 38	181 lbs. Powerlifting J. Reeder 115	297	391 804
	242 A. Samarron 55	77 Youth J. Samarron 38	55 J. Samarron 38	181 lbs. WOMEN 132 lbs. Intermediate J. Rim 292	137	286 716
	242 A. Samarron 55	77 Youth J. Samarron 38	55 J. Samarron 38	181 lbs. Intermediate D. James 281	148	314 744
	242 A. Samarron 55	77 Youth J. Samarron 38	55 J. Samarron 38	181 lbs. Junior S. Bennett 363	154	402 920

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Class	Pure	MEN	165 lbs. Intermediate	Master I	Master II	Open	Submaster Pure	Raw
M. Pollock 352	176	363	892					
446 B. Warren	281	490	1218	352	209	402	964	369
330 M. Stroud	170	369	870	474	330	479	1284	187
187 J. Martinez	242	413	843	369	308	424	1102	264
264 G. Lynn	281	336	881	523	314	518	1355	523
523 A. Vasquez	314	518	1355	380	270	501	1151	518
518 R. Michelotti	270	501	1151	518	418	556	1493	507
507 K. Parker	418	556	1493	666	363	628	1659	666
666 S. Pincock	363	628	1659	666	363	628	1659	540
540 K. Lambert	413	319	457	1190	666	363	628	1659
666 S. Pincock	363	628	1659	540	380	457	1377	600
600 G. Garcia	275	440	1317	639	424	589	1653	534
534 J. May	424	589	1653	650	407	617	1675	650
650 R. Samarron	407	617	1675	551	424	600	1576	341
341 R. James	424	600	1576	231	115	192	540	231
231 E. Cyranoski	341	220	358	920	231	115	192	231
231 C. Fowler	231	115	192	540				

(Thanks to Rich Peters for these results)

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# TOP 100

For standard 275 lb./125 Kg. USA lifters in results received from MAY05 through APR/06

SQUAT	BENCH	DEADLIFT	TOTAL
1 1118 Vogelwohl, C., 3/4/06	845 Crawford, B., 6/25/05	832 Stafford, J., 10/30/05	2562 Vogelwohl, C., 3/4/06
2 1107 Bartley, M., 3/4/06	805 Putnam, R., 2/12/06	810 Lawson, J., 6/4/05	2562 Bartley, M., 3/4/06
3 1080 Bailey, C., 4/1/06	782 Grandick, J., 3/4/06	810 Griffin, M., 11/5/05	2540 Grandick, J., 3/4/06
4 1041 Basson, O., 3/4/06	775 Yard, R., 4/29/06	810 Vogelwohl, C., 3/4/06	2502 Stafford, J., 10/30/05
5 1019 Grandick, J., 3/4/06	770 Coulter, M., 8/29/05	800 Lowe, G., 10/22/05	2452 Basson, O., 3/4/06
6 1019 Gillman, K., 8/27/05	755 Womack, M., 7/23/05	778 Holloway, P., 11/19/05	2400 Bailey, C., 4/1/06
7 1008 Filly, C., 12/4/05	744 Bartley, M., 3/4/06	771 Gullledge, K., 6/4/05	2353 Allocco, M., 6/4/05
8 1003 Allocco, M., 6/4/05	738 Stafford, J., 3/4/06	766 Cardella, T., 5/8/05	2336 Story, P., 12/4/05
9 1000 Cole, Z., 4/2/06	730 Burns, S., 6/25/05	766 Story, P., 12/4/05	2330 Cole, Z., 4/2/06
10 950 Wenning, M., 11/30/05	730 Gullledge, D., 9/17/05	760 Camlin, M., 10/23/05	2320 Smith, S., 2/19/06
11 948 Story, P., 12/4/05	727 Wilson, A., 2/4/06	755 Smith, S., 2/19/06	2309 Hudak, Z., 6/4/05
12 948 Stafford, J., 3/4/06	722 Stewart, J., 7/23/05	750 Mazan, N., 2/18/06	2248 Fay, C., 12/4/05
13 935 Poremba, J., 12/17/05	716 Carpenter, B., 2/4/06	749 Courtney, A., 9/18/05	2237 Myers, J., 10/30/05
14 931 Mount, S., 6/4/05	715 Zemmin, J., 8/6/05	749 Grandick, J., 10/30/05	2221 Mount, S., 6/4/05
15 925 Woods, S., 6/4/05	705 Peshek, J., 7/16/05	746 Bruner, T., 11/19/05	2230 Burns, S., 11/12/05
16 920 Estevez, L., 12/4/05	705 Harrison, T., 8/21/05	745 Bailey, C., 4/1/06	2221 Gullledge, K., 6/4/05
17 909 Myers, J., 10/30/05	705 Harris, P., 2/4/06	744 Hudak, Z., 6/4/05	2210 Poremba, J., 12/17/05
18 905 Roberts, A., 12/3/05	700 Baker, A., 7/17/05	740 Geiger, M., 2/18/06	2120 Jacobs, J., 4/1/06
19 905 Jacobs, J., 4/1/06	700 Knight, M., 8/7/05	735 Barabas, W., 2/25/06	2204 Cardella, T., 5/8/05
20 903 Hudak, Z., 6/4/05	700 Steltenkamp, J., 11/13/05	733 Hodges, J., 10/8/05	2200 Ritchie, J., 4/2/06
21 903 Griffin, M., 11/5/05	700 Gibson, T., 3/19/06	730 Vaughn, T., 2/25/06	2182 Lawson, J., 6/4/05
22 903 Irby, T., 4/9/06	690 Lade, S., 12/10/05	727 Cole, Z., 6/4/05	2182 Irby, T., 4/9/06
23 900 Lowe, G., 10/22/05	688 Lane, H., 9/18/05	727 Myers, J., 10/30/05	2175 Tilman, K., 8/27/05
24 900 Burns, S., 11/12/05	683 Bowman, D., 9/10/05	727 Schoen, S., 1/28/06	2175 Wenning, M., 11/30/05
25 892 Smith, S., 2/19/06	683 Basson, O., 3/4/06	727 Basson, O., 3/4/06	2165 Griffin, M., 11/5/05
26 887 Castile, C., 7/10/05	680 Timbs, H., 2/11/06	727 Field-Eaton, C., 3/23/06	2150 Lade, S., 12/10/05
27 881 Moretto, N., 12/4/05	675 Vickery, S., 11/12/05	725 Hollis, D., 7/17/05	2149 Estevez, L., 12/4/05
28 875 Ritchie, J., 4/2/06	675 Rogers, T., 12/10/05	725 Sargent, H., 12/17/05	2138 Castile, C., 7/10/05
29 870 Gullledge, K., 6/4/05	670 Welch, S., 2/19/06	725 Ball, N., 4/29/06	2135 Mlynarcik, P., 12/3/05
30 865 Vaughn, T., 2/25/06	672 Erickson, J., 7/23/05	722 Faulkner, W., 11/19/05	2130 Chilla, C., 11/30/05
31 865 Richards, S., 3/11/06	670 James, A., 7/23/05	716 Baehr, A., 5/14/05	2130 Roberts, A., 12/3/05
32 859 McDaniel, M., 11/5/05	666 Rhoades, C., 6/18/05	716 Klein, R., 7/16/05	2130 Vaughn, T., 2/25/06
33 859 Field-Eaton, C., 3/23/06	662 Millrany, K., 2/4/06	716 Lawson, M., 12/4/05	2125 Matney, B., 11/13/05
34 854 Morse, C., 5/14/05	661 Hudak, Z., 6/4/05	711 Culnan, S., 5/8/05	2125 Steltenkamp, J., 11/13/05
35 850 Matney, B., 11/13/05	661 Mount, S., 6/4/05	710 Manning, S., 7/17/05	2115 Hollis, D., 7/17/05
36 850 Bonnevill, G., 11/13/05	661 Delaval, M., 7/23/05	710 Carter, J., 9/10/05	2110 Sargent, H., 12/17/05
37 850 Chilla, C., 11/30/05	661 Hunter, G., 9/17/05	710 Pritchett, J., 11/19/05	2105 Ransbottom, J., 8/14/05
38 848 Saldierma, E., 5/8/05	660 Primeau, P., 9/10/05	710 Chilla, C., 11/30/05	2101 Manning, S., 7/17/05
39 845 Floyd, J., 12/17/05	660 Welch, D., 3/25/06	710 Andrews, P., 1/14/06	2088 Saldierma, E., 5/8/05
40 830 Mlynarcik, P., 12/3/05	660 Ritchie, J., 4/2/06	710 Bartley, M., 3/4/06	2088 Camlin, M., 10/23/05
41 830 Lade, S., 12/10/05	655 Snyder, J., 1/21/06	705 Castile, C., 7/10/05	2083 Field-Eaton, C., 3/23/06
42 830 Nash, T., 3/18/06	655 Rydson, R., 4/1/06	705 Perkins, R., 8/6/05	2061 Woods, S., 6/4/05
43 826 Cardella, T., 5/8/05	650 Allocco, M., 6/4/05	705 Ransbottom, J., 8/14/05	2055 Kahle, R., 7/9/05
44 826 Ransbottom, J., 8/14/05	650 Hahn, K., 6/4/05	705 Bowman, T., 9/10/05	2055 Zemmin, J., 8/6/05
45 826 Burgess, S., 9/24/05	650 Popovich, C., 9/17/05	705 Holata, M., 11/5/05	2055 Schott, M., 11/13/05
46 820 Sargent, H., 12/17/05	650 Lewis, J., 12/10/05	705 Capps, J., 11/19/05	2050 Harrison, T., 7/9/05
47 815 Hollis, D., 7/17/05	650 Conkey, J., 4/2/06	705 Mlynarcik, P., 12/3/05	2044 Culnan, S., 5/8/05
48 815 Stewart, K., 12/3/05	645 Wright, E., 12/10/05	705 Jacobs, J., 4/1/06	2044 Richards, S., 3/11/06
49 810 Lawson, J., 6/4/05	644 Laskowski, J., 11/18/05	701 Bartos, M., 2/18/06	2040 Bonneville, G., 11/13/05
50 800 Susco, P., 5/22/05			
51 805 Manning, S., 7/17/05	644 Hoekstra, S., 3/25/06	700 Vickery, S., 7/9/05	2039 Swank, M., 6/4/05
52 805 Dammringa, G., 4/1/06	640 Cole, Z., 6/4/05	700 Schott, M., 11/13/05	2030 Stewart, K., 12/3/05
53 804 Anderson, M., 5/8/05	639 Senese, C., 2/4/06	700 Bert, A., 11/19/05	2028 Thomas, K., 9/10/05
54 804 McQuaid, J., 6/4/05	635 Weaver, G., 3/25/06	700 Poremba, J., 12/17/05	2022 Ward, S., 5/8/05
55 804 Harrison, T., 7/9/05	633 Ludlam, R., 9/17/05	700 Wheel, D., 2/11/06	2010 Barabas, W., 2/25/06
56 804 Thomas, K., 9/10/05	633 Vogelwohl, C., 3/4/06	699 Allocco, M., 6/4/05	2006 Burgess, S., 9/24/05
57 804 Slate, R., 9/10/05	630 Smith, J., 9/10/05	699 Jurkoski, G., 12/4/05	2006 Moretto, N., 12/4/05
58 804 Camlin, M., 10/23/05	630 Schott, M., 11/13/05	694 Thomas, K., 9/10/05	2006 Wagner, G., 3/4/06
59 800 Sopelsa, D., 8/6/05	628 Myers, J., 6/4/05	694 Hendrix, D., 10/10/05	2005 Carlquist, A., 3/18/06
60 800 Robinson, J., 11/12/05	628 Estevez, L., 12/4/05	690 Billott, D., 3/25/06	2005 Dammringa, G., 4/1/06
61 800 Steltenkamp, D., 11/13/05	625 Hicks, A., 6/12/05	688 Ward, S., 5/8/05	2005 Rigdon, R., 4/1/06
62 800 Snyder, J., 4/2/06	625 Barnett, R., 6/25/05	688 Kahle, R., 7/9/05	2000 Slate, R., 9/10/05
63 799 Mistic, L., 5/14/05	625 Luster, J., 7/10/05	685 Reynolds, B., 8/17/05	2000 McDaniel, M., 11/5/05
64 799 Wagner, G., 3/4/06	625 Valentine, R., 8/13/05	685 Sellers, K., 12/3/05	2000 Seath, J., 12/3/05
65 788 Swank, M., 6/4/05	625 Wenning, M., 11/30/05	685 Dammringa, G., 4/1/06	2000 Floyd, J., 12/17/05
66 584 Kahle, R., 7/9/05	625 Matney, B., 11/13/05	683 Davis, B., 11/19/05	2000 Conkey, J., 4/2/06
67 782 Stuchiner, M., 12/4/05	625 Roberts, A., 12/3/05	677 McQuaid, J., 6/4/05	1973 Morse, C., 5/14/05
68 782 Gregg, R., 12/4/05	625 Klingner, B., 12/3/05	677 O'Donnell, T., 9/24/05	1973 McKee, B., 7/31/05
69 780 Seath, J., 12/3/05	622 Holloway, P., 11/18/05	677 Ryder, 10/10/05	1955 Mazan, N., 2/18/06
70 777 Culnan, S., 5/8/05	622 Story, P., 12/4/05	675 Beers, D., 1/21/06	1951 McQuaid, J., 6/4/05
71 777 Anderson, J., 5/14/05	620 Goode, J., 9/11/05	672 Denison, S., 6/11/05	1951 Holata, M., 11/5/05
72			

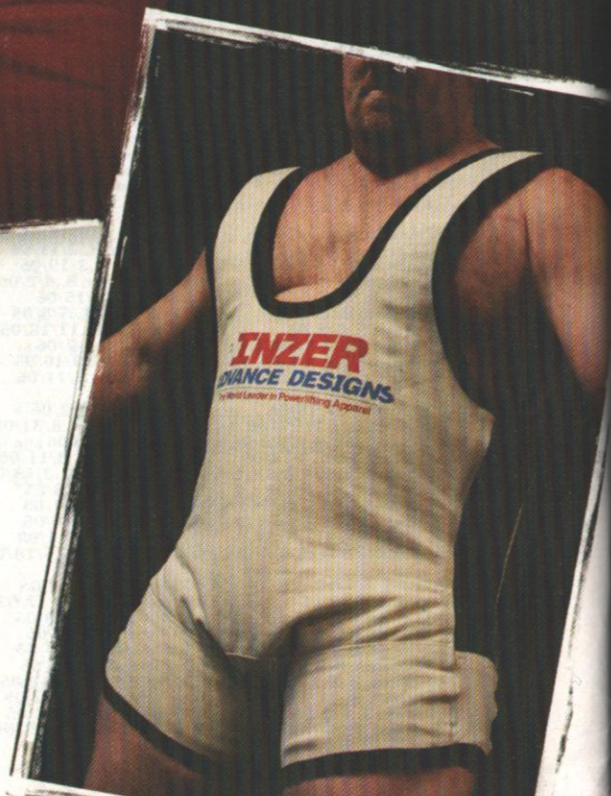
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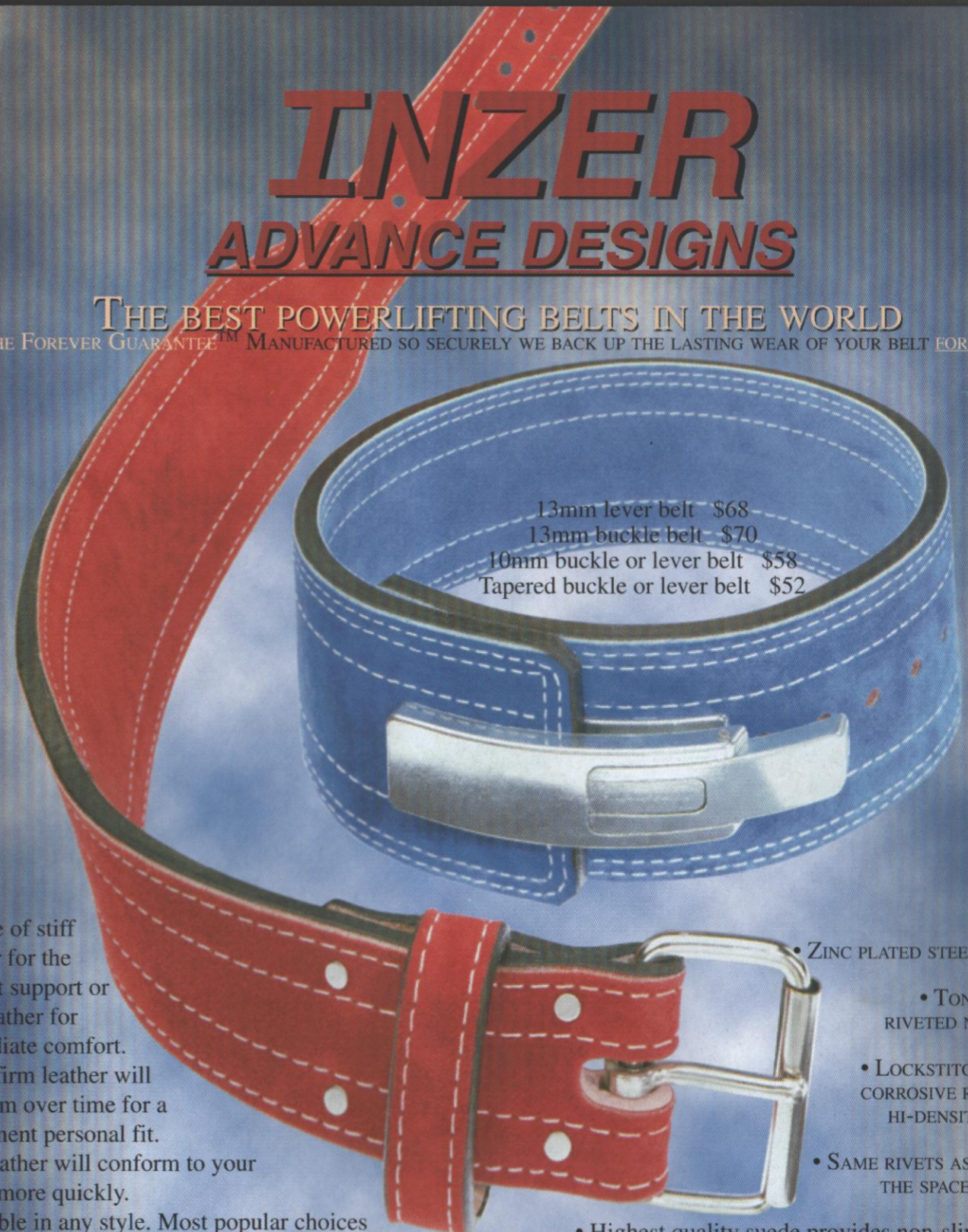
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# INZER

## ADVANCE DESIGNS

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 BRADDED. HIGH COMPRESSION RIVETED. WILL NEVER COME LOOSE.
- New, closer prong holes for more choice in precise fitting.

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WE MAKE POWER GEAR A SCIENCE

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