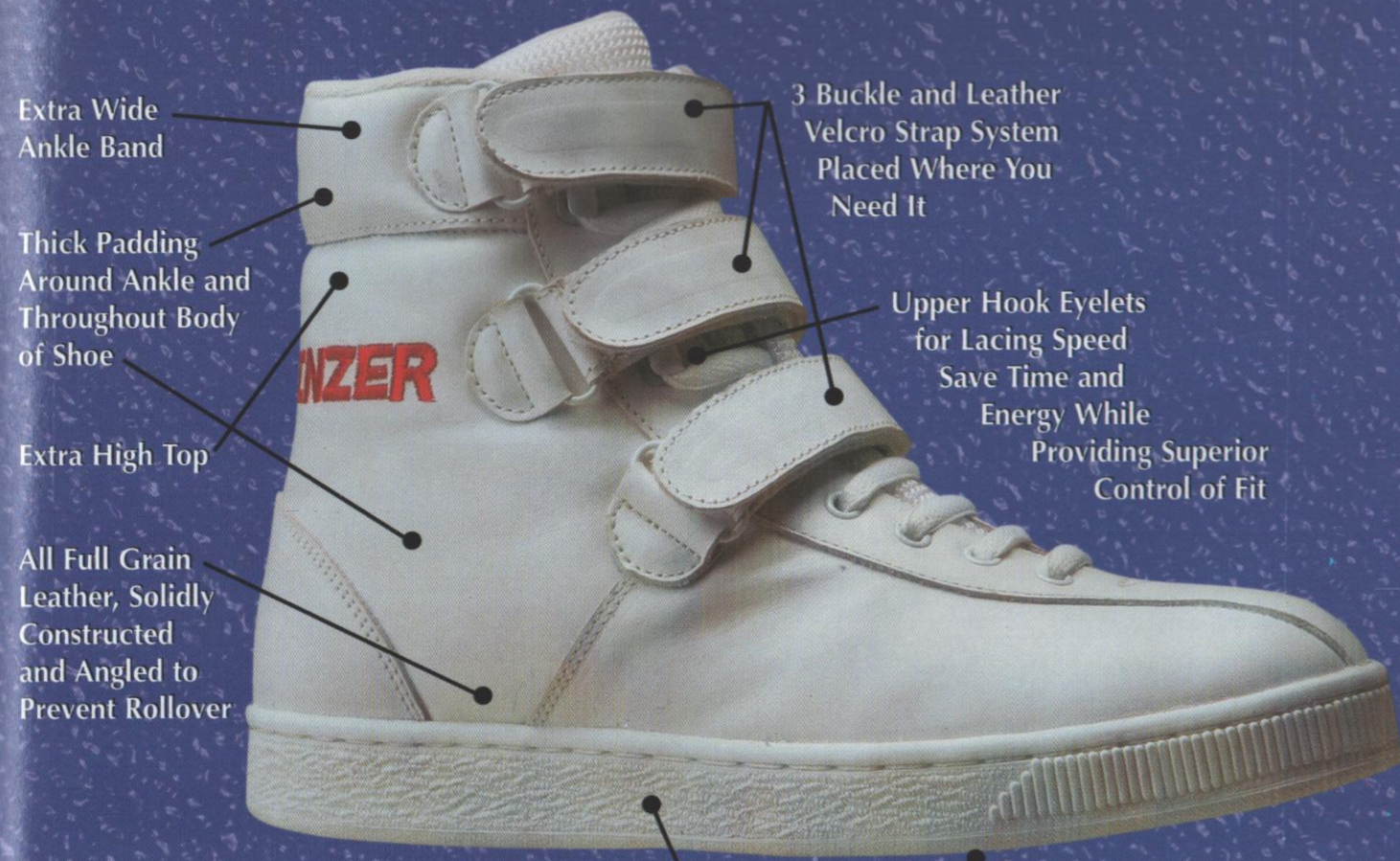


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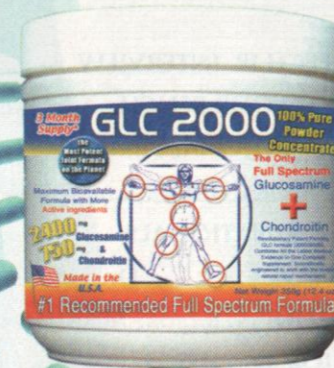
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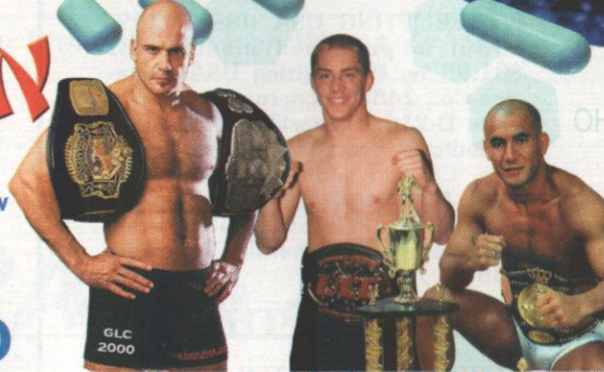


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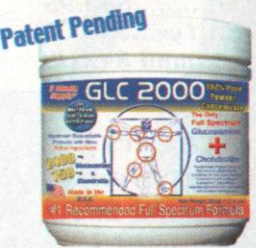
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ON THE COVER ... *Scott Weech with the biggest raw squat ever (courtesy Stott), Ed Coan at the USPF Sr. Nationals (courtesy McCase), and Sam Byrd with the biggest squat in 198 # class history at the APF Georgia State Meet (Ken Overby)*

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## Becca Swanson Benches 551 ... All Time World Record



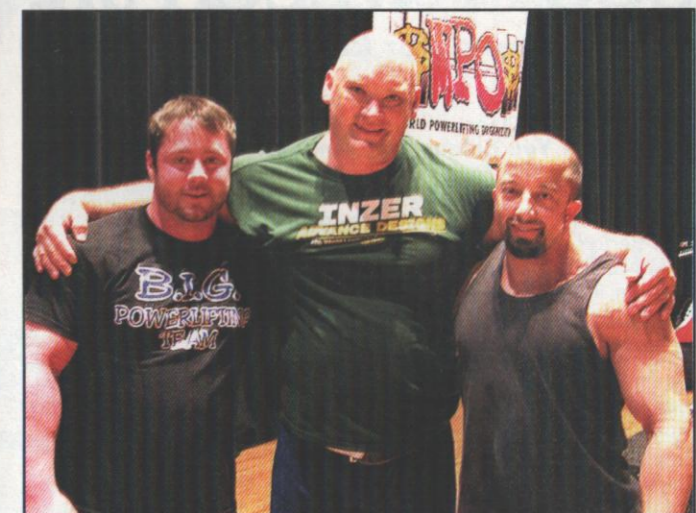
Debbie Kruck was Becca Swanson's first hardbody inspiration, and being invited to her show in Florida was like coming full circle for Becca, who made benches of 507, 534, 545, and 551 on a fourth attempt, weighing 241, for yet another set of all time world records. (thanks to Becca Swanson for providing this photograph)

APF Police/Fire BP Exhibition  
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FEMALE	1st	2nd	3rd	TOT
148 lbs.				
J. Hieatt	143	154	170	154
242 lbs.				
B. Swanson	507	534	545	551
4th-551				

B. Schwab	518	573	600	573
181 lbs.				
B. Heck	595	617	631	631
242 lbs.				
R. Jones	589	622	661	622
J. Anzani	385	440	457	457
275 lbs.				
C. Tallman	688	716	733	716
R. Gregg	479	490	490	490
308 lbs.				
J. Hoskinson	661	705	705	661
A. Manske	485	496	—	496

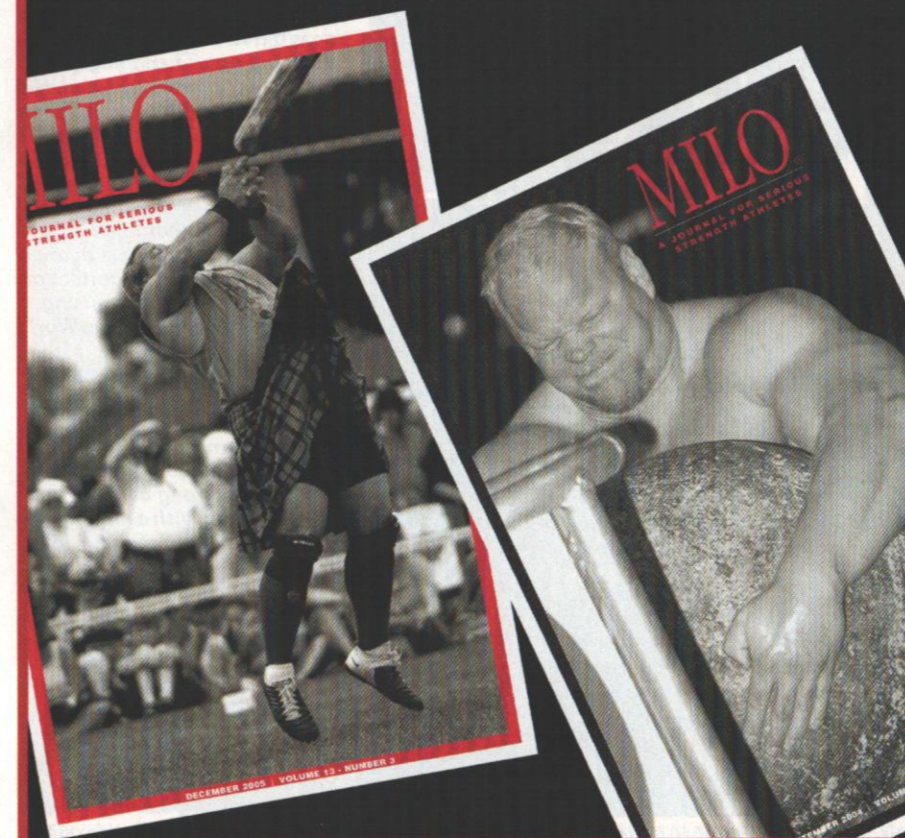
(Thanks to Pamela Clayton for providing these meet results to Powerlifting USA)



Brad Heck (631 BP @ 181), Chip Tallman (716 BP @ 255), and Brian Schwab (573 BP @ 165). Photo by Cathy Tallman, who notes that Chip has been lifting since 1985, and recently did a USAPL meet, learning the rules on the fly, and hit a 600 in a loose shirt!

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# INTERVIEW

## SCOTT WEECH JR.

as interviewed for PL USA by Greg Stott

**Age:** 21 **Height:** 6'2" **Weight:** 300 lbs. **Weight Class:** 308 lb. **Federations You Belong To:** 100% RAW & APF:

**GS:** First off, congratulations on your performance at the 100% RAW Nationals, setting four World Records, including a huge 825 lb. Squat, the heaviest Squat ever done in a sanctioned RAW competition!

**SW:** Thanks Greg.

**GS:** For readers who may be learning about you for the first time, fill everyone in on how long you've been lifting as well as what got you started in Powerlifting?

**SW:** Well, I have been lifting weights since I was about seven years old. I started getting really serious when I was in eighth grade. My first competitions were in high school. In Florida high schools, we do bench and clean & jerk. I won a state championship during my junior year, when I

benched 420 and cleaned 350. My senior year I broke my wrist, and was not able to compete in high school lifting. While I was in a cast I had to come up with some creative ways to stay strong. Some of the easiest exercises for me to do with a cast on were squat and deadlift, so you can see how I transitioned into Powerlifting.

**GS:** What were your friends' & family's reaction to your huge squat and total?

**SW:** Everyone was really excited. My Dad was at the meet taking photos.

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

**SW:** I like the squat because it involves a lot of different muscles, so it is easy to keep a lot of variety in my squat workouts. It is easy for me to go up in weight with my squats, so I guess that's why I

enjoy doing them.

**GS:** What have you added or dropped from your training routine, that looking back helped you hit the big numbers in all three lifts on August 12<sup>th</sup> in Orlando?

**SW:** Perhaps the most important thing would be a lot of raw deep squatting. I believe that when I squat raw and deep, my squat and deadlift go up together. The movements are very similar.

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

**SW:** It depends if the meet is raw or with equipment. For a raw meet I train the same

almost all the way to the meet. Maybe the last few weeks I will cut some of the volume. If I am doing an equipment meet I tend to have a 6-8 week training cycle

**"Well, I know it sounds extreme, but I would like to eventually Squat 1000 pounds raw. By the World Championships in December, I would like to Squat 900, Bench 550 and Deadlift 800 lbs."**

specifically for that meet.

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

**SW:** Again it really depends if it is a raw meet or not, but since my last meet was raw, here is how I prepared. The first thing I would do is 6-8 sets of squats (including warming up). Then I might do 3 sets of leg presses, followed by 3 sets of front squats. Next, I'll do 3-6 sets of exercises specifically targeting the hamstrings. To finish I might do some heavy sled pulls. That may seem like a lot of volume, but that's what has always worked for me. I figure if it's working, why change it? Scott deadlifted 750 lbs. setting a Junior & Open 308 lb Class World Record

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

**SW:** I mostly work out with my Dad (his name is Scott also), and it should be noted, for the record, he's really strong as well, but I also work out with a large group of lifters: Scotty, Scott, John, Jack, Roy, Joe, Jeff, and from time to time others as well.

**GS:** Scott, 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?

**SW:** It just makes sense. Steroids take a bad toll on your body, no matter what anyone says. If you stay clean and work hard you can

achieve your goals. I want to be around to see my kids (that is, future kids) grow up.

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

**SW:** Really not many, I have been taking a new type of protein from BioPharm, and from time to time I take a little creatine. (Scott Benched 505 lbs. on his way to setting a World Record Total of 2040 lbs.)

**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 TOTAL over a Ton, 100% RAW?

**SW:** Well, I am not on a really strict diet. I try to eat a lot of protein, and I try to limit my fats and sugars as much as possible. I like to eat just about anything that won't eat me first!

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

**SW:** Well, I know it sounds extreme, but I would like to eventually Squat 1000 pounds raw. By the World Championships in December, I would like to Squat 900, Bench 550 and Deadlift 800 lbs.

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

**SW:** To continue to grow, and attract more young lifters to our sport.

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

**SW:** It is a very large part of my life, and it is what most people know me for.

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

**SW:** Yes, because it is a great sport. We just need to unite and make our presence known. Now, whether or not this ever happens, I do not know.

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

**SW:** Train hard, seek out experienced lifters, and stay clean!

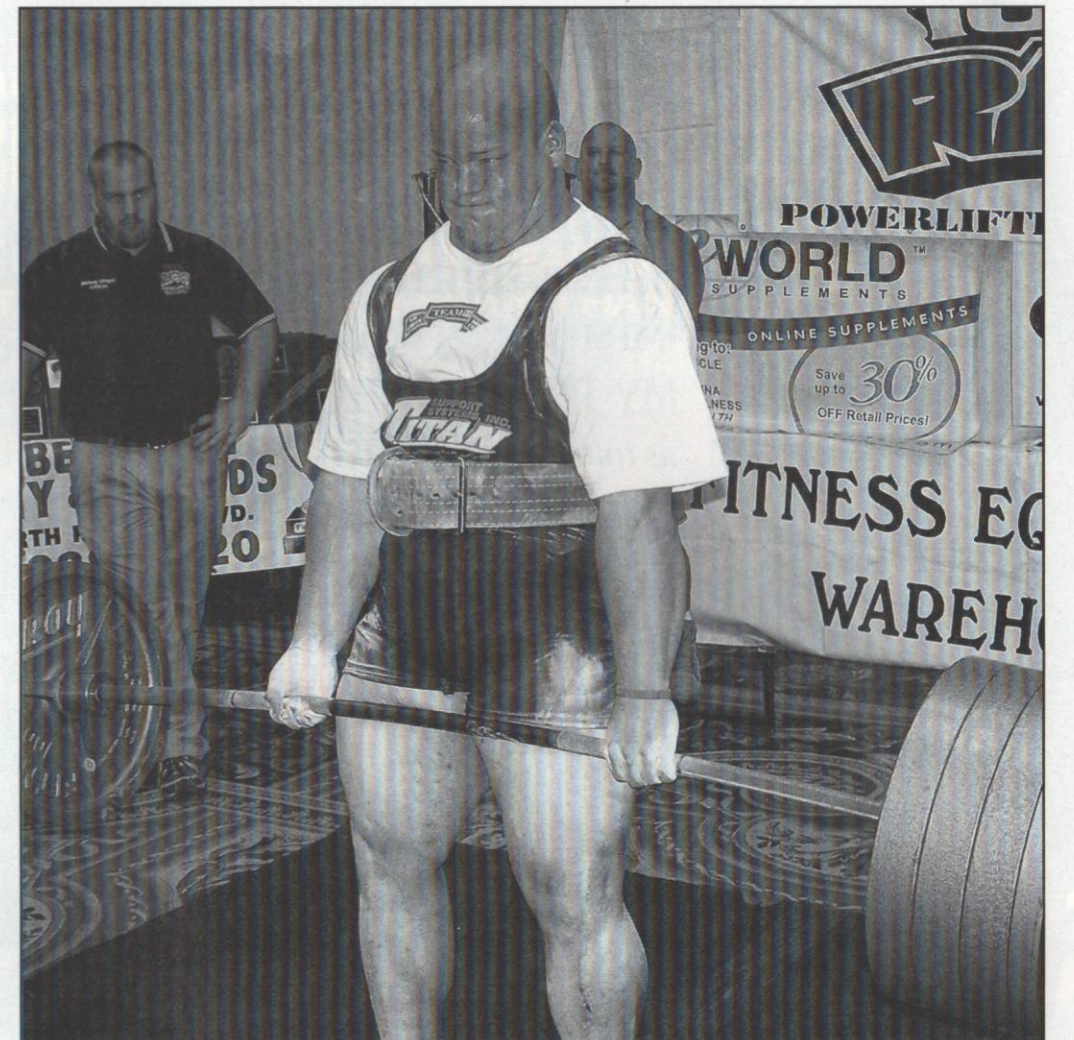
**GS:** Any final comments you'd like to make or people you'd like to thank?

**SW:** I would like to thank you Greg and TEAM iXL for all of your support. I would like to thank my beautiful wife Julie for putting up with me. That's right folks, she is a keeper. A big thanks to my family and especially my parents. Everyone from Deb's Gym in Lakeland Florida, Thank you! I would like to thank Ken Anderson and Titan for their support as well. Most importantly I would like to thank the Lord Jesus Christ for giving me my strength.

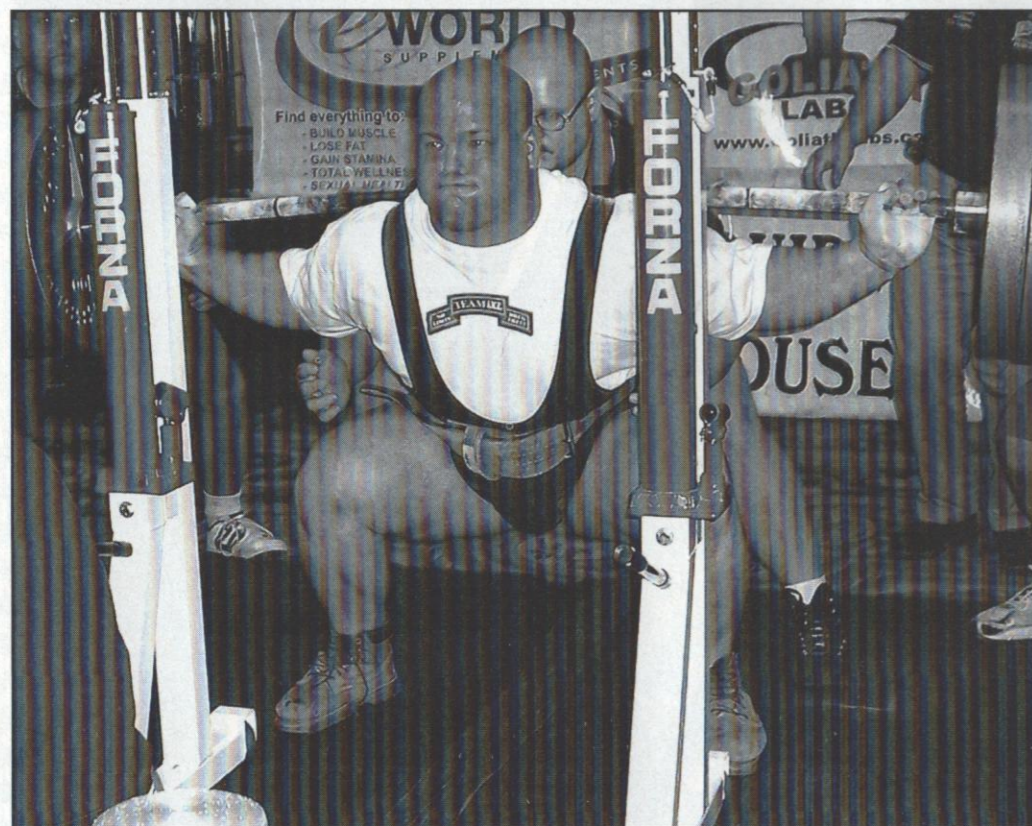
**GS:** Scott, by you being so grounded and strong at such a young age, you're in a fantastic position to not only help Powerlifting grow mainstream, but more importantly, become a role model for youth involved in sports worldwide.

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 Scott & other TEAM iXL SuperStars visit: [www.TEAMiXL.com](http://www.TEAMiXL.com)

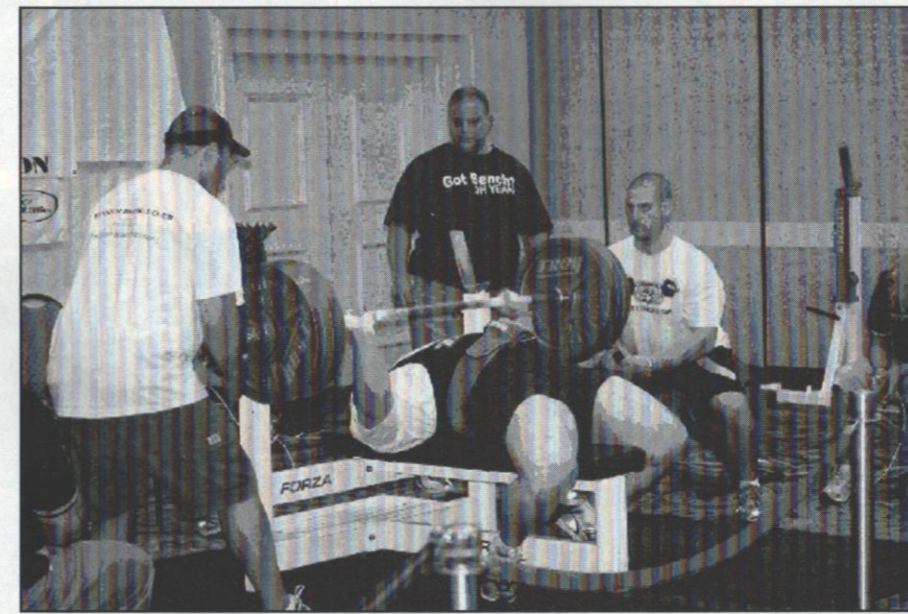
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Scott deadlifting 750 pounds at the Raw Nationals. (squat and deadlift photos courtesy of Paul Bossi)



Scott Weech squatting 825 raw at the 100% Raw Nationals, the highest recorded in raw competition.



Scott is Strong All Around ... he benched 505 at the 100% Raw Nationals. (courtesy Stott)

The human body is like a machine. For it to last long, it has to be tuned properly. This has to be done with the utmost care and effort. The purpose of this report is to put you at your goal of increasing your bench press through a variety of exercises. To do this, you must work HARD and be willing to push yourself to failure on each set. With this routine your strength will improve each week, with your peak at the end of the 8th week.

Here are some basic guidelines for you to follow:

#### EAT A WELL BALANCED MEAL DURING THE 8 WEEKS

Do not diet to lose weight during this routine. A thin person should concentrate on foods high in proteins and carbohydrates as much as possible. This will put inches of muscle on all parts of your body. Make sure to take all the vitamins & minerals you need to stay healthy.

#### GET PLENTY OF REST AND SLEEP

Get a minimum of 7-8 hours of sleep each night. Rest gives the body time to rebuild muscle fibers and replenish its energy by converting complex carbohydrates into glucose, which creates glycogen, the main source of energy for the body.

#### KEEP A HAPPY OPTIMISTIC ATTITUDE

Stress can cause fatigue, which leads to lack of energy. Start your workout with a positive attitude, knowing within a short time you will see great results. Do not do any exercises other than what is on the workout schedule for the day's routine.

What follows is the workout that I have developed & used for the last twelve years. I have developed this workout through trial and error; from tips I have picked up over the years. In 1994 I was in a dire need of a new training program, as after one year of hard, dedicated workouts, I went backwards in my bench press by 20 pounds. That was the straw that broke the camel's back... I needed something new! The first 2 weeks I used this routine; my bench went back up 20 lbs. and I felt great. After six weeks, my bench was up 50 lbs. My best-equipped bench press is 585 lbs. @ a body weight of 214 lbs. My best RAW Bench to date is 515 lbs. done at the 2005 100% RAW World Bench Press Championships. I have named this routine the REVERSE PYRAMID METHOD.

This routine is designed for the lifter to utilize their full power & strength, before fatigue and burnout occurs during their workout. The body uses ATP & Glycogen as its main source of energy when under extreme stress from heavy lifting or sprinting. There are many variables that come into play when a person goes into the gym to work out that can affect their training for the day - things such as stress, what you ate last night, how hard your work day was, the temperature outside, relationship problems, and the amount of sleep you got are just a few of the variables. These variables can cause you to lose repetitions during your workout and, falsely, make you feel like you are getting weaker. With this REVERSE

# WORKOUT OF THE MONTH

## IMPROVING YOUR BENCH USING MY REVERSE PYRAMID METHOD as told by to Powerlifting USA by Paul Bossi



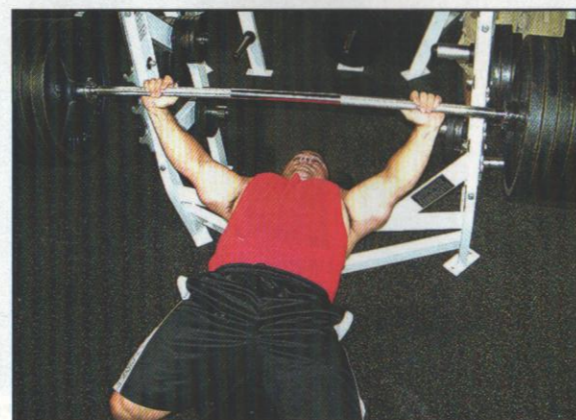
**PYRAMID METHOD** these variables will not affect you because your body has enough glycogen & ATP stored to do 1 set of 3 repetitions.

The reason I say 1 set of 3, is because a set of 3 repetitions will keep your training near your max weight without overtraining. In a good powerlifting routine you only need to do each bodypart once a week. When working out heavy, resting your body is important. To increase your strength during different exercises, you'll perform 6-10 repetitions

You do not want to take off too much time so that the muscles begin to atrophy. Guys that try to max each week will overtrain and begin to go backwards. This routine is for the **DRUG FREE LIFTER** who wants to make gains the old fashioned way. This workout is a 3 day on - 4 day off routine. This will allow your body the time it needs to rest & recover as well as replenish its ATP & Glycogen levels for your next workout. When doing this routine remember that when you hit 11 reps with a weight, increase the weight on your next workout. When I do my one triple (1x3) each week at the beginning of my workout,

I will only increase the weight if 3 reps at that weight are easy and I can get 4 reps.

This routine is for the lifter who understands that gains are made over a period of time, not overnight. Yes, you will hit sticking points, but remember this takes time and dedication, so just keep



fighting through it. You will not overtrain with this routine and you will always stay strong and ready to compete. Good luck and let me know how you do with this workout.

#### MONDAY (CHEST)

**Bench** (Warm-ups) "what ever you need to do to warm up"; Set 1 (1x3) Reps Max weight: 3 reps your limit & if you get 4 reps you'll move up; Set 2 (8x10) Reps "When you get 11 Reps Move up (5-10lbs); Set 3 (8x10) Reps "When you get 11 Reps Move up (5-10lbs); Set 4 (8x10) Reps "When you get 11 Reps Move up (5-10lbs); Set 5 (8x10) Pauses Have your partner give you the press signal after bar is motionless.

**Incline:** 3 - Sets of (8x10) Reps "When you get 11 Reps Move up (5-10lbs)  
**Decline.**

#### Tuesday (Back & Biceps)

**Bicep:** 4 - Sets (8x10) Reps Curls Inside EZ curl Bar; 4 - Sets (8x10) Reps Curls Inside EZ curl Bar; 3 - Sets (8x10) Double Bicep Pull Down; 2 - Sets Pull-ups MAX OUT.

**Back:** 3 - Sets (8x10) Lat Pull Down; 3 - Sets (8x10) Reps Low Row; 3 - Sets (8x10) Bent over rows; 3 - Sets of (8x10) Reps "When you get 11 Reps Move up (5-10lbs).

#### Wednesday (Shoulders & Triceps)

**Shoulder Press:** 4 - Sets (8x10) Reps; **Forward Lateral Raises:** 3 - Sets (10x12) Reps; **Reverse Cable Extensions:** 3 - Sets (10x12) Reps; **Close Grip Bench:** 4 - Sets (8x10) Reps; **French Curls** 3 - Sets (8x10) Reps; **Triceps Extensions:** 4 - Sets (8x10) Reps; **Dips:** 2 Sets of Max.

Paul Bossi, is the President of the 100% RAW Powerlifting Federation. To contact Paul or to find out more information on RAW Competitions being held in your area visit: [www.RawPowerlifting.com](http://www.RawPowerlifting.com)

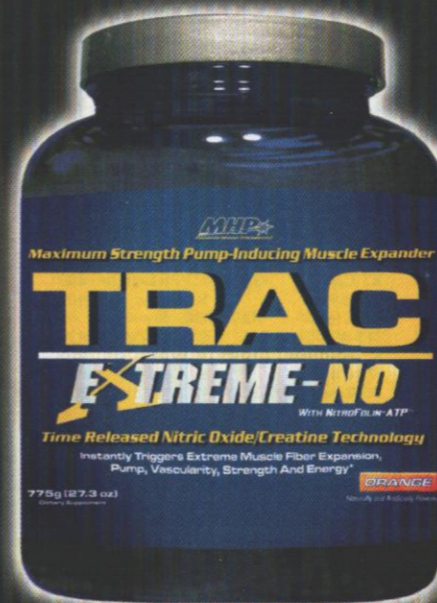
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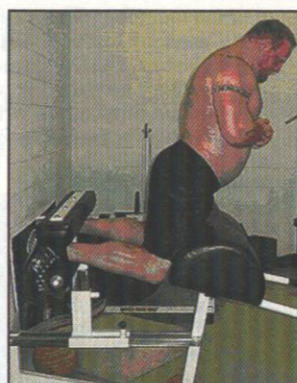
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Here at Westside Barbell much of our emphasis is placed on the Posterior chain. The posterior chain is the muscle groups located on the rear of the body. These muscles include but are not limited to the Spinal Erectors, Glutes, Hamstrings, and Calves. The Posterior chain holds most of the cards to becoming strong and improving in athletic performance. Almost all of our assistance work and much of our maximal work is directed in making this area of the body stronger and more dominate.

# WESTSIDE

## The Training of the Posterior Chain as told by Westside Barbell's Matt R. Wenning M.S.



80% of the population suffers from lower back pain and problems, but many lifters live their entire lives without this issue. Weightlifters, by doing many hours of training, and proper assistance exercises develop protective musculature around the spine, learn how to breathe when straining, and have extraordinary posture (1). In the old USSR, the strongest lifters were always building up the hamstrings, lower back, and glutes to make strides in their lifting and safely handle high volumes of work. Many of their manuals talk about 250 leg curls or back extensions per day. In any sport you may be in, these muscles make or break your progress, longevity, and overall ability.

For training youths in any sport, all postural deficiencies must be corrected before strenuous training can begin (2). The statement holds true for anyone since most of our daily activities in the western world revolve around sitting at a desk or computer all day. If training begins before these issues are corrected, then progress will be short lived and injury is certain. Even at the advanced level, training these muscles is top priority. Listed below are the main exercises that Westside Barbell uses to get to the top, and will help anyone regardless of goals, or training status. We usually do 2-4 of these exercises in a lower body workout. This consists of 50% of our total assistance volume for our 2 lower body workouts. We also use these exercises in our mini workouts as well.

### 1. Reverse hyperextension

The reverse hyper extension is a key component to Westside's success. This machine is important because it provides massive gains in lower back strength, posture and glute activation with no vertical compression. In fact the machine provides the reverse, traction. This is a key ingredient to keeping your back healthy (1). Many Chiropractors are catching on to the reverse hyper and using them with great success. The machine is fairly simple to use and should be owned by every gym. All athletes can benefit from this machine. When compared to the Romanian deadlift, the reverse hyper extension had 2 to 1 back activation in favor of the reverse hyper, but with no vertical compression on the spine. This means more volume with less detrimental effects.



### 2. Sled dragging



Sled dragging is very important to the posterior chain as well. Many here at Westside drag a sled 2 times or more per week. One QB from a D-1 school in Missouri shaved 3/10ths of a second off his 40 time just pulling the sled.

Kellum Davis now linemen for the Arizona Cardinals trained with us for 5 weeks, at the end of the 5 weeks his vertical jump increased 4 inches, his broad jump by a foot, and his weight went up by 12lbs. He pulled a sled regularly in his regimen with us. Josh Fry graduated senior from Columbus Ohio, now at Morehead State ran a 4.45- 40 yard dash in May and a 4.27- 40 at the end of the summer before leaving for school. Almost all of their accessory work at maximal work revolved around these muscle groups. The stronger the posterior chain means the more force that can be applied in lifting, sprinting, jumping etc.

This exercise can be done when you're injured. We have had many lifters and athletes that could pull a sled after surgery or injury and still make great strides in strength and performance. This also places no vertical compression on the spine and builds the hip musculature. It is also great for GPP work and develops muscular endurance for that last pull in a meet or the last play on the field.

This device (upper right photo) is a huge priority at the gym.

They not only develop glutes, hamstrings and calves, but teach them to work as an integral unit. Isolation work is just that, isolation, but sport requires us to use everything at our disposal to get the work done (2). Many coaches train these muscles in isolation only, especially in HIT schools. Remember that muscular performance requires muscles to work together, not separately. If you want a big pull, or a big vertical jump, then you must work on one of these machines.

### 3. Good Mornings

Good mornings are a huge strength builder at the gym. As good mornings go up in strength, so should pulling, squatting and sport ability. When good mornings are done correctly, this exercise will develop the entire posterior chain. No special equipment needed, just a bar, a rack, some weight, and a large set of kahunas. Many of our strongest lifters can do well over 600lbs. Strong backs make strong athletes. We do these for our max effort work, and assistance work depending on what we need.

### 4. Band leg curls

Many different leg curls from many different angles are done as well. Bands are used for resistance as they are opposite of most cam type machines found in normal gyms. They get harder the further they are pulled. Cam type machines get easier the further they go. You want to work the muscle at its weakest angle for performance. Machines built with cams are for shaping, not strength. Go for 100+ reps in a workout at the end for a few months and see the progress.

A few key points to remember is to hit your lagging areas at their weakest points, train your assistance work hard, and change your assistance work regularly. Progress is sure to come with a creative, open mind. Almost everyone's weakest links can be found at the posterior chain. Your back hamstrings and glutes can never be strong enough, unless you're satisfied with your present ability.

Matt Wenning

REFERENCES: 1) V. ZATSIORSKY, SCIENCE AND PRACTICE OF STRENGTH TRAINING 1995.  
2) T. KURTZ, SCIENCE OF SPORTS TRAINING 2001.

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### Stops Testosterone to Estrogen Conversion

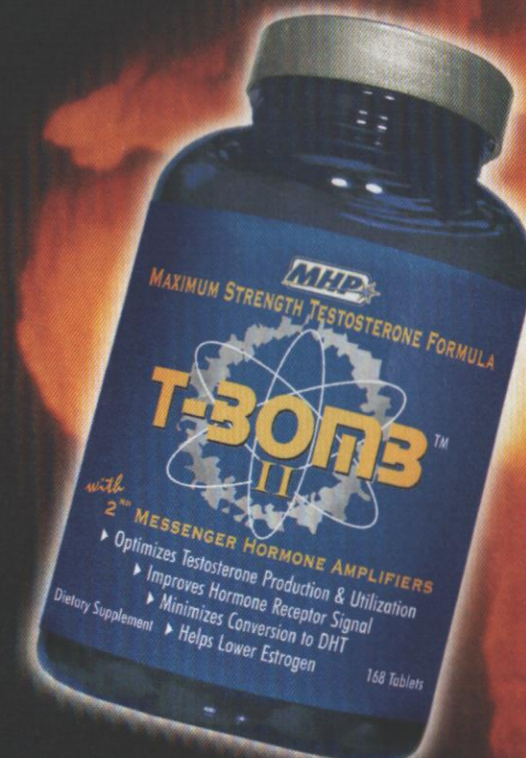
Unfortunately, not all testosterone remains as testosterone once it's produced. The "aromatase" enzyme in the body converts some of your testosterone into the female hormone estrogen, which is responsible for many negative side effects, including the accumulation of body fat, water retention, "bitch tits" and poor sexual performance. Anti-Aromatase inhibitors found in T-BOMB II eliminate the conversion of testosterone to estrogen—a main concern for powerlifters and a tremendous triumph for MHP R&D formulators.

### Blocks Estrogen Receptors

Stage 2 of T-BOMB II's "estrogen assault" uses estrogen-blocking compounds to clog the receptors, assuring that estrogen does not attach to the receptor and exert any of its estrogenic effects. With T-BOMB II's two-stage assault, testosterone, and only testosterone, dominates your hormonal composition.

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Testosterone can also convert into a hormone known as DHT, which is responsible for the negative side effects such as—baldness and acne. T-BOMB II provides your body with the critical nutrients to minimize and block this conversion. Additionally, minimizing DHT, which normally competes with Testosterone for the androgen receptor, leaves even more receptors open for Testosterone to latch onto.



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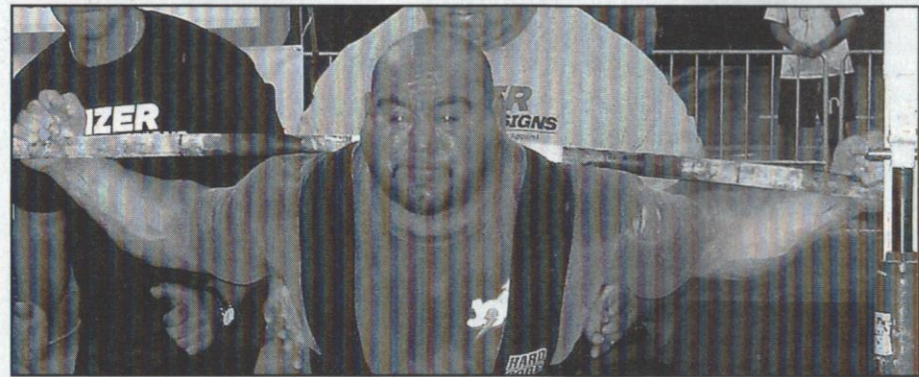




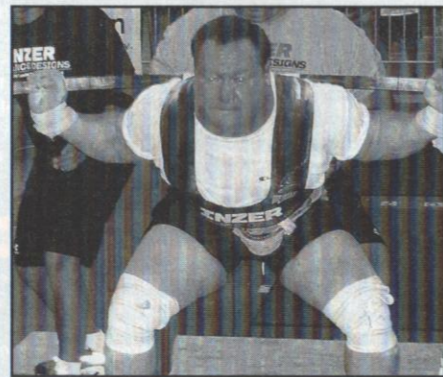
# U.S.P.F. SENIOR NATIONALS



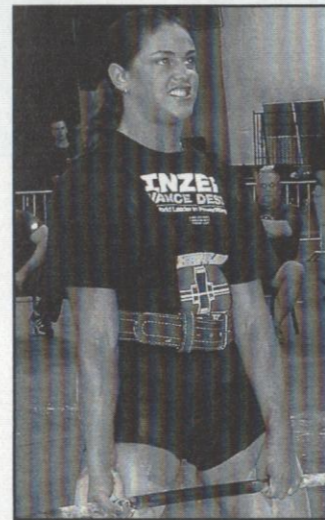
**JEFF PESHEK** ... took the \$2500 prize for the Biggest Bench Press of the Meet. (photographs by Chuck Venturella courtesy of Matt McCasie)



**SCOTT SMITH** ... had the biggest successful squat of the meet, with a 903 lb. lift in the 275s, and **ED COAN** totaled 2193 in the 242s.

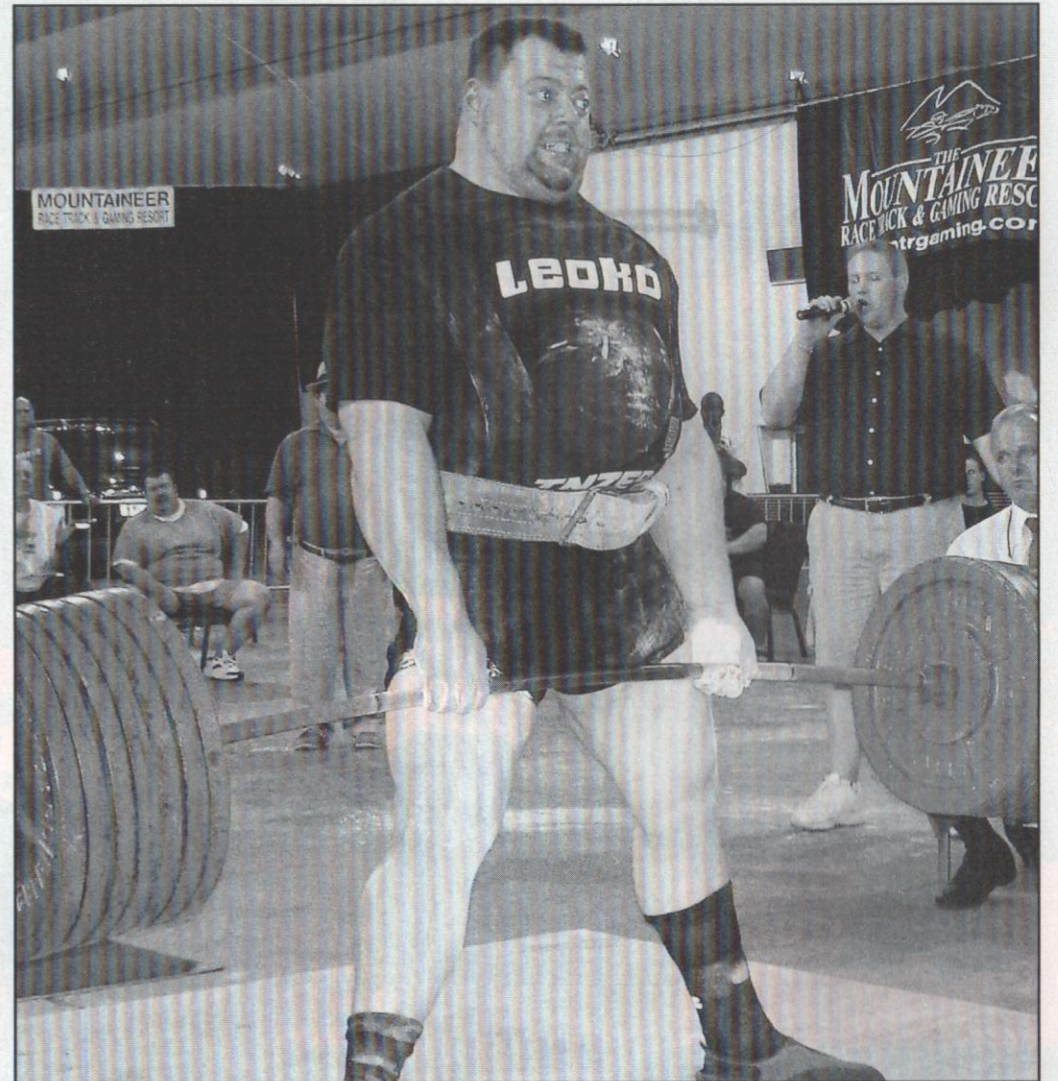


USPF Sr./Multi-Nationals 19 AUG 06 - Chester, WV		275 lbs.	198 lbs.	242 lbs.	275 lbs.	220 lbs.	L. Stinson	479
BENCH	A. Harman	369	Lazzareschi	540	J. Harman	352	A. Harman	523
FEMALE	275 lbs.		Junior (20-23)	308 lbs.	275 lbs.		M. Bess	429
Master (70-79)	Lazzareschi	540	275 lbs.	B. McKee	—	A. Courtney	Master (40-49)	181 lbs.
148 lbs.	308 lbs.		J. Compton	507	Master (60-69)	308 lbs.	L. Pierce	314 165 297 777
E. Purre	71	J. Peshek	—	Master (40-49)	165 lbs.	B. Siders	815	MALE
MALE	308+ lbs.	220 lbs.		L. Muscedere	198 lbs.	Junior (20-23)	220 lbs.	Junior (13-15)
Open	B. Siders	380	220	G. Hayes	380	198 lbs.	114 lbs.	114 lbs.
165 lbs.	Submaster (35-39)	242 lbs.		M. Modesitt	501	DEADLIFT	C. Sias	385
R. Sinicropi	275	181 lbs.		R. Perkins	374	FEMALE	Master (50-59)	198 lbs.
181 lbs.	B. Masello	523	275 lbs.	Lazzareschi	540	148 lbs.	J. Harman	474
B. Masello	523	Police/Fire		308 lbs.	MALE	242 lbs.	Submaster (35-39)	474
198 lbs.	198 lbs.			J. Peshek	744	Open	A. Leach	534
S. Cook	—	S. Cook	—	D. Smiley	474	165 lbs.	242 lbs.	242 lbs.
198 lbs.	242 lbs.			R. Harbert	—	Master (50-59)	R. Sinicropi	479
S. Cook	—	242 lbs.				Police/Fire	275 lbs.	275 lbs.
242 lbs.							275 lbs.	275 lbs.



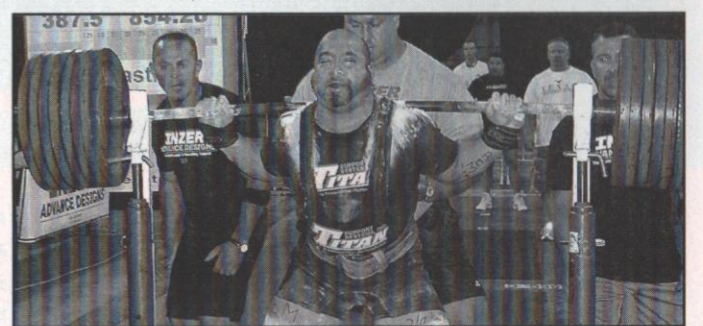
**JESSICA PORTER** - Best Female

181 lbs.	B. Snodgrass	286	264	429	981
198 lbs.	J. Bailey	451	352	451	1256
275 lbs.	M. Bartos	—	—	—	—
Junior (20-23)	148 lbs.				
K. Sofka	352	187	385	925	
181 lbs.	M. Muchek	485	242	507	1234
242 lbs.	D. Westfall	501	402	529	1433
275 lbs.	M. White	573	418	507	1499
M. Bess	—	—	—	—	—
Open	181 lbs.				
B. Benedix	573	374	551	1499	
220 lbs.	M. Mastrean	854	501	711	2066
242 lbs.	E. Coan	859	523	810	2193
E. Steiner	749	501	650	1901	
J. Work	633	468	534	1636	
Boczcowski	584	407	518	1510	



**BRIAN SIDERS** ... had trouble in the bench with 771, but came back in the deadlift to win the \$2500.

275 lbs.	S. Smith	903	617	661	2182
Frankovitch	451	418	451	1322	
T. Cochran	429	369	501	1300	
Police/Fire	—	—	—	—	
275 lbs.	M. Bess	—	—	—	
Open	308 lbs.				
B. McKee	—	—	—	—	
308+ lbs.	J. Hewes	534	385	551	1471
Master (40-49)	181 lbs.				
B. Benedix	573	374	551	1499	
220 lbs.	M. Richards	457	341	529	1328
242 lbs.	R. Cooper	—	—	—	
Master (50-59)	308 lbs.				
B. McKee	—	—	—	—	
308+ lbs.	R. Knicely	—	—	—	
Master (60-69)	242 lbs.				
C. Stanley	573	363	606	1543	



**MIKE MASTREAN** ... posted a nice 854 squat and a win at 220 lbs.



**JASON WORK** ... goes to work.

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IPF Viking V-Type Sqtr

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Marc Bartley -2562 lb total

Brian Schwab -1836 lb total

Travis Mash -2414 lb total

Donnie Thompson -2606 lb total

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Users who were deadlifting 315lbs 5X jumped to 350lbs 8X!

Users who were squatting 225lbs 3X jumped to 275lbs 6X!

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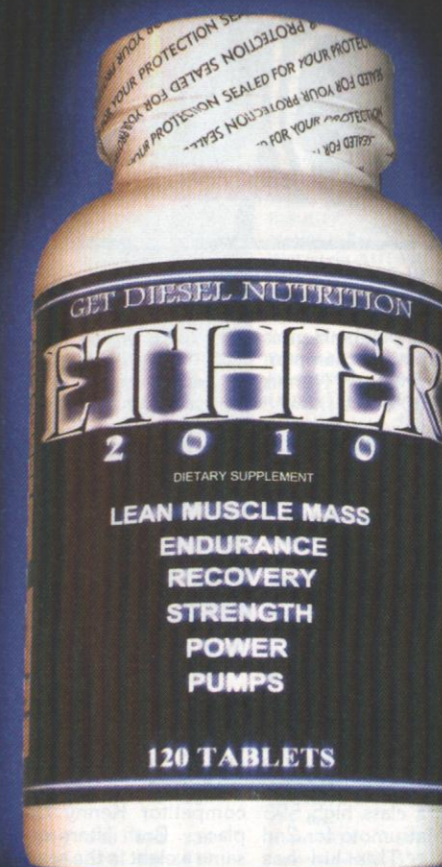
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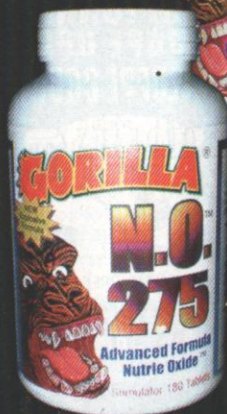
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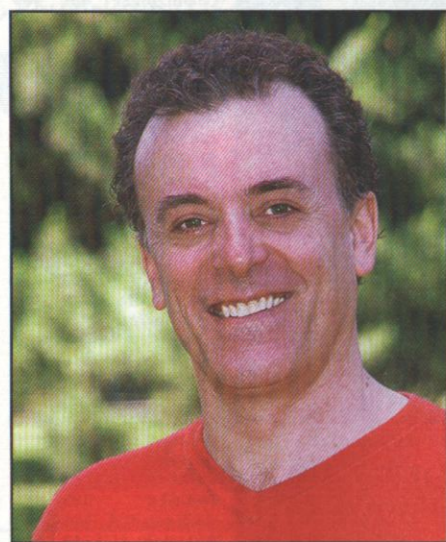
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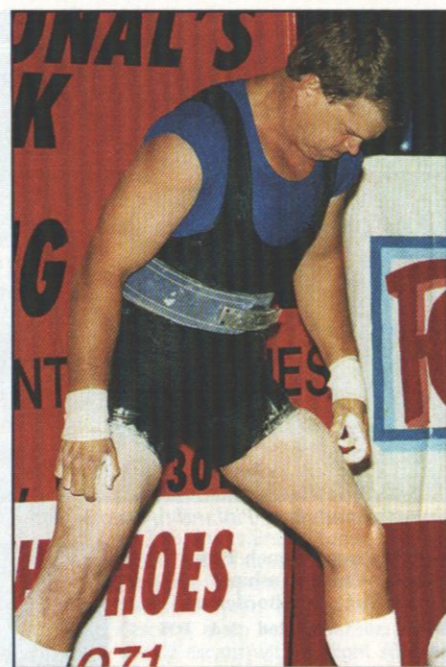
**POWER STUFF**



ISSA (the International Sports Sciences Association), the Santa Barbara, California-based fitness education provider that certifies personal fitness trainers (since 1988) recently appointed **Adrian Hutber** (above) Vice President of Program and Product Development. Formerly the Director of the Human Kinetics Health and Fitness Education Division (1999-2005), he has a PhD in Exercise Physiology and is a Senior Instructor for the American Karate-Do Shotokai organization. According to Dr. Sal Arria, CEO of ISSA, "His commitment to excellence in fitness not only in his professional life, but also in his personal life, makes him the ideal individual to be responsible for the development of quality fitness programs and products for our members."



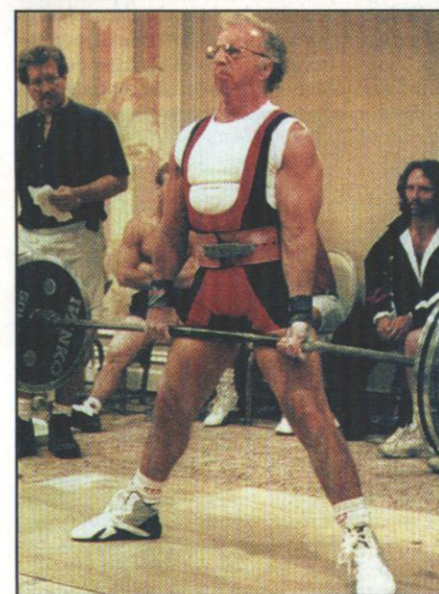
**John Morrow** has been awarded an official citation in the Guinness Book of World Records in the category of the most pushup done on the back of the hands in one minute ... a total of 123. This feat was achieved on May 5, 2006 after the 40th day of a fast, at the age of 54. Mr. Morrow, who was inducted into the USA Martial Arts Hall of Fame in May of 2005, is a sixth degree black belt. He currently directs the Morrow Academy Of Martial Arts in Moline, Illinois (309-764-1929)



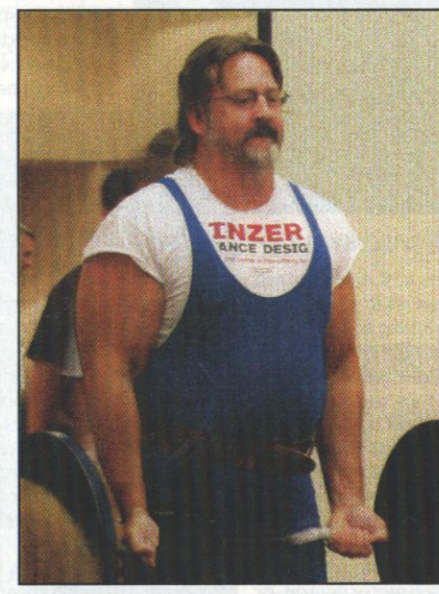
**Any Century Club Members Out There? ... Ted Butler** started powerlifting over 20 years ago. He did his 100th meet on 6/8/05. Those first 100 events consisted of 56 full power meets, 15 push/pull, 18 deadlift and 11 bench meets. During that time, he has won 2 International Law Enforcement Games, 2 WABDL Worlds, the USAPL National Masters, WNPf World Deadlift, and 25 total Alabama State Championship meets. At 50 plus, he has made the PL USA TOP 100 at 198 and the TOP 20 for the Masters. He will be 60 years old in a few months, and is working on his 2nd 100 meets, and would like to hear from other "Century Club" members (usapwrlifter@yahoo.com)



**The 2006 Hardcore Barbell Team of Lewiston, Maine.** "As a gym owner, promoter, powerlifter, trainer, and mentor of athletes for the past 25 years, I have personally come in contact with thousands of powerlifters, none of which makes me more proud to be associated with than this team: (front row, left to right) Ethan Baker (508 BP, AAPF @ 198), Randy Pushard, Scott Blanchard (2050 @ 220), John Pelletier (677 SQ @ 181), Andy Daignault, Kyle Davis (Jr., 655 529633 1775 @ 242), back row (left to right): Steve Cote (Master, 45-49, 771 SQ @ 220), Tony Petrino (Master, 45-49, 705 WR BP @ 308), Chris Wiers (766 BP & 832 DL, largest push-pull total (1598) total all time @ 308), Russ Barlow (The Boss), Tim Lane (Master, 45-49, AWPC WR 760 SQ @ 308), Cory Nickerson, and missing Elite lifters Rob Trundy, Greg Brochu, Kathy Saunders, and Lynne Barlow" STAY HARDCORE, Russ Barlow. (thanks to Russ for the photograph and information)



**Richard Gidcumb**, currently 69 years of age, has won a total of 20 different World Powerlifting Championship titles since starting his competitive lifting career in September of 1996. His best lifts in competition include a 365 lb. squat, a 253 lb. bench press, and a 407 lb. deadlift, all in the 148 lb. class. During his lifting career, he has competed in 15 different states as well as Canada, and in 9 different organizations (I.P.A., A.P.A., A.P.F., A.A.U., W.A.B.D.L., S.L.P., U.S.A.P.L., N.A.S.A., and the Senior Olympics). While he trains 10-15 hours per week at his full home gym, in Silverwood, Michigan, during the past five years, he and his wife have found the time to hike the Grand Canyon, follow the Inca Trail to Machu Pichu in Peru, and travel to the bottom of a volcano in the Caribbean.



**Eddie Akins**, seen above while competing in the NASA Grand National Championships, held July 22nd in Pickwick, Tennessee. (this photograph provided to PL USA by Lori Akins)

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# POWER - RESEARCH

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

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

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

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

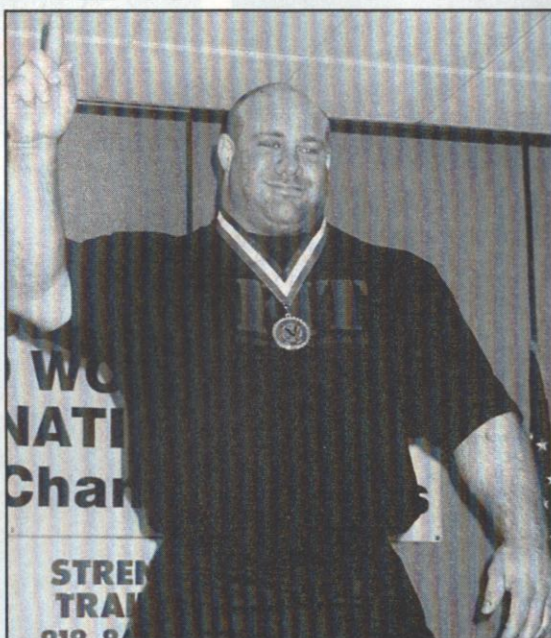
2) When the electrical impulse reaches the end of the motor neuron, the neurotransmitter acetylcholine is released and travels across the gap to the surface of the muscle membrane.

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

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

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

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



Scot Mendelson is a big endorser of BodyQUICK

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

Timothy Ferris, 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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## LOUIE SIMMONS' PRESENTS

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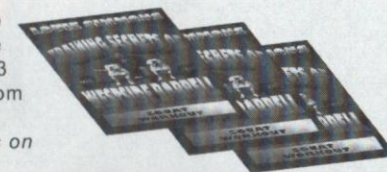
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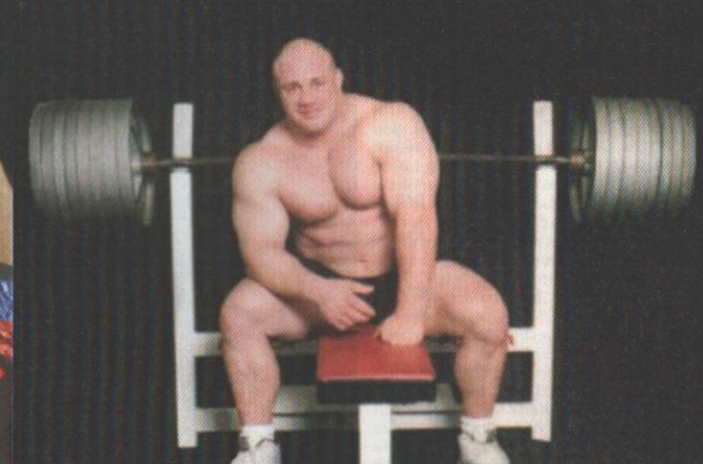
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**Q:** I have heard from some of your clients that you are really big on them eating avocado. A couple told me you have them eating at least 1-2 avocados every day. Why is that? I thought they weren't good for you because they are high in fat. I would like to know how they could be implemented into a nutrition plan because eating them straight would be pretty boring. Let's hear some of those secrets and give us some of your favorite recipes too.  
Suzy "Power Mama" Michaels

**A:** I like avocados a lot, not only in the nutrition plans of my athletes, but I also eat them daily. For most people avocado is eaten with a salad or in guacamole, but that's not the only way. Let's take a look at some of the different benefits avocados can offer you.

**Health Benefits of Avocados**

- Avocados are high in oleic acid, which is also prevalent in olive oil.
- Oleic acid can help lower your bad or LDL cholesterol levels and with the way most lifters eat junk food you all better be listening!
- Eating avocados can also help increase your good or HDL cholesterol.
- One study showed that in only 7 days of eating avocados, the subject's HDL cholesterol increased by an amazing 11% and they had a noticeable drop in their LDL cholesterol.
- All you Power Vixens out there

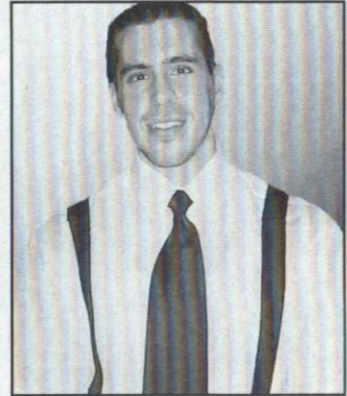
# NUTRITION

## Power Nutrition Q & A

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

you should also be paying attention. High levels of oleic acid can help prevent breast cancer.

- Avocados contain the highest amount of Lutein of any fruit
- Lutein is a potent antioxidant that helps fight free radical damage
- Eating avocados can actually help you lower your blood pressure. I bet you didn't know that!
- This is due to the fact that avocados are high in potassium. Most lifters usually take in way too much sodium and way too little potassium which causes an electrolyte imbalance
- Avocados are also very high in Folate, an important nutrient in maintaining a healthy heart.
- One cup of Avocado contains almost 25% of your daily needs for Folate intake!
- Numerous studies have shown that consuming a diet rich in Folate can have a dramatic effect in reducing your chances for a heart



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

attack and a stroke.

- This is important for lifters since the majority, in my opinion, do not take care of their cardiovascular health. This is why we see the symptoms of heart disease in so many lifters and also the high number of heart attacks that plague members of our sport.

- Eating avocados can also be good for prostate health. You older lifters or "Pharmaceutically Enhanced" lifters out there should take note.
- Studies have shown that those that eat a lot of avocado have less chance of getting prostate cancer.
- This is due to the fact that the key nutrients in avocados can help inhibit prostate cancer cell growth.
- What makes this more interesting is the fact that it inhibited both androgen independent cancer cells and androgen dependent cells as well.
- What amazed researchers is the fact that when they exposed prostate cancer cells to Lutein alone it did not produce the results that they were looking for. This is because Lutein alone did not prevent cancer cell replication and growth as they thought it would.
- Researchers then realized that Lutein was not the sole champion in this war on cancer but the complete matrix of tocopherols and carotenoids in avocado was needed for its synergistic effect to eradicate prostate cancer cells.
- Another key to this puzzle was also revealed. Researchers realized that the high amount of monounsaturated fat in avocado plays a key role in this anti-cancer synergy.
- They also discovered that Carotenoids are fat soluble. For the layman, this means fat must be

present to make sure that the carotenoids will be properly absorbed into the bloodstream with efficiency

- What makes researchers excited is that avocado contains all of these very important nutrients and their transport systems all in one complete package.
- If that is not enough for you to start eating them, then I don't know what is.
- One of the best ways to consume your avocado is in salads. This will not only taste good but there is another very important reason why you should do this.
- When you consume carotenoid rich foods like vegetables it is better to take them in with a healthy form of fat.
- This is because carotenoids are fat soluble so by taking them in with a nice amount of monounsaturated fat like which is present in avocados it may actually increase the bioavailability and absorption of these nutrients.
- Studies have shown that by eating avocados with your salads that contain different vegetables an actually increase the absorption of key carotenoids like Lycopene, Beta- Carotene, Alpha Carotene, Lutein and more
- This means that you will be able to better absorb the nutrients that your body needs to keep you healthy just by simply adding some avocado to all your salads

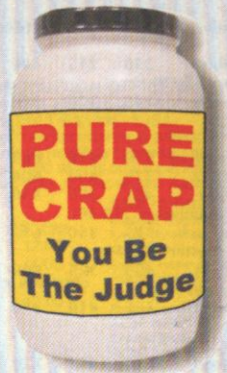
**SEE I TOLD YOU THEY WERE GOOD!**

Avocados are among the healthiest foods on the planet. I eat at least one avocado every day. I can see all the whiners out there talking about how it just doesn't taste good. Or you will complain how it's one of those impractical foods that you really can't take advantage of eating daily. I will prove you all wrong. I decided to include some of my favorite avocado recipes for all of you to enjoy. What good is it to talk about all the health benefits, only to leave you hanging when it comes to implementation? If I did that I am sure that 90% of you will just read the article, and then yell over to your wife how you should be eating more of them because they are good for you. That will be just about all you will do unless you have a game plan to make them part of your plan. With the recipes I have included below there will be no reason why you can't start eating them. There may be some of you out there that don't like the taste, but I just love it. They not only speed up fat loss through their positive affect on your thyroid, but they also help reduce carb cravings when on a low carb diet. They have made low carb dieting a much easier chore and without them there is a night and day difference. Try some of these recipes. You won't be disappointed, as they are all very good!

(continued on page 30)

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

# 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 only technology of this kind, the *Phenom* will provide you with incredible power of 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.

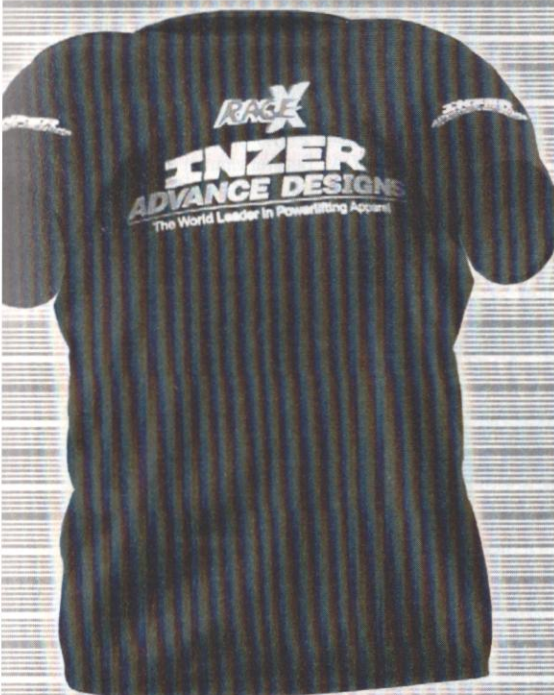
- Made from the exclusive *HardCore* material which will provide you with the most incredible rebound power available in the powerlifting world. *HardCore* material is also up to 40% heavier than the closest poly fabric on the market being used for powerlifting gear.

- Since the *Phenom* is made from the *HardCore* material, you will also experience many more performance benefits. The *Phenom* will keep it's 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.

# 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.

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# STARTIN' OUT

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dedicated to the  
beginning lifter

## BENCH PRESS VARIATIONS

as told to Powerlifting USA by Doug Daniels

When choosing assistance exercises for the bench press the goal is to choose ones that provide the highest positive transfer of strength to the bench itself. The best way to accomplish that is to choose exercises that are the most similar to the bench, yet still provide different stimulus to the muscle groups involved. The slick thing about this is that it can be achieved by simply utilizing variations on the standard bench press. Additionally, these variations do not require any equipment other than a normal flat bench and a power bar. These variations are the result of simply changing grip width on the bar, elbow position, bar path or range of movement.

The first variation of the bench involves altering your grip width on the bar. Varying grip width emphasizes different upper body muscle groups for specific goals. The most common competition bench grip is slightly wider than shoulder width. This emphasizes the pecs, delts and triceps equally, more or less. Simply widening your grip shifts more emphasis to the pecs and away from the triceps. Before going too wide all at once, I suggest widening your grip one inch on each side every 2-3 weeks. This will allow your muscles and tendons to become accustomed to a wider grip and develop the required flexibility. Going too wide too quickly could result in injuries such as pulls and strains, so increase gradually. You may develop some pec soreness after the first few workouts due to the new stress placed upon that muscle group. I suggest using a little less weight at first, as you may not possess sufficient pectoral strength, initially, to use the same weights as with the wider grip. Decrease the weight by 20% from your normal width grip bench. Eventually you will surpass your old narrower grip poundage. By adding more involvement from the larger and potentially stronger pectorals, you now are using more available muscle power to bench, rather than relying on the smaller triceps to carry the load.

Narrowing your bench grip is also an option. A narrower grip emphasizes your triceps while lessening involvement of the pecs. Unfortunately, many lifters use too narrow of a grip with some going as far (or as close) as touching their hands together in the middle of the bar — not smart. Gripping any narrower than shoulder width grip does not work the triceps any better than shoulder width. Second, this narrow of a grip can be painful on the wrists and shoulders. Finally, you have less control of the bar and can easily lose it, risking injury. A shoulder width grip is a win-win choice that allows maximum tricep work, greater comfort and safety. Oh yeah, more weight can be used for greater results and ego stroking!

Varying elbow position is the next method of bench variation. Positioning your elbows out at right angles from the body shifts more involvement to the pecs. On the flip

side, positioning your elbows close to the body shifts the involvement away from the pecs and towards the delts and triceps.

Bar path can also be varied. For this article bar path is defined as where the bar hits on the chest. During a normal bench, the bar would hit the chest near the nipple area, which is the position of best leverage and power. By varying where the bar hits the chest, different parts of the pectorals can be stressed. Many lifters rely on the incline bench press to work their upper pecs. Similar results can be achieved by lowering the bar higher on the chest, toward the shoulders during a regular bench press. As with increasing grip width, don't go too high on the chest or heavy too quickly. Work into the weight gradually. Again, there may be some initial soreness due to the different stimulus on the pecs. I'll repeat the warning of not going too high on the chest. Some lifters lower the bar to the neck, which, of course, can be dangerous if they lose the lift. Always use a spotter while doing any bench presses no matter what variation. The opposite effect is gained when hitting the bar lower on the chest, more towards the waist. This variation impacts the lower pecs, like decline benches. Both of these variations can be performed on a regular bench, eliminating the need for an incline and/or a decline bench.

The final variation is based on range of movement. This means limiting the range of movement to less than a full bench press. Pressing from the chest to 1/2 to 2/3 of the way up keeps tension on the pecs and builds power off the chest. Pressing from 1/2 to 2/3 of the way down to lockout switches the work to the triceps. The final range variation is pressing in the middle of the movement. That distributes the load equally to all the muscle groups while providing continuous tension.

You can combine a few of these variations and develop a bench workout that can fit whatever your goals are. For example, a lifter needing more pec power would work wide grip benches with elbows out. For a final pump set, he would do partials from the bottom using the same grip and elbow position. For added variety, some sets could be performed high or low on the chest. Adding close grip benches half way down with elbows close to the body develops tricep power.

The standard bench press is still your best bet for increased power in the lift itself. But by simply varying grip width, bar path, elbow position or range of movement, the standard bench press can be tailored to fit your individual needs without requiring additional equipment or gym space. Since all these variations are hybrid bench presses, the positive strength transfer to your competition bench will be high. As with any assistance exercises, do not to go overboard and perform too many extra sets. Sometimes choices can be too simple.

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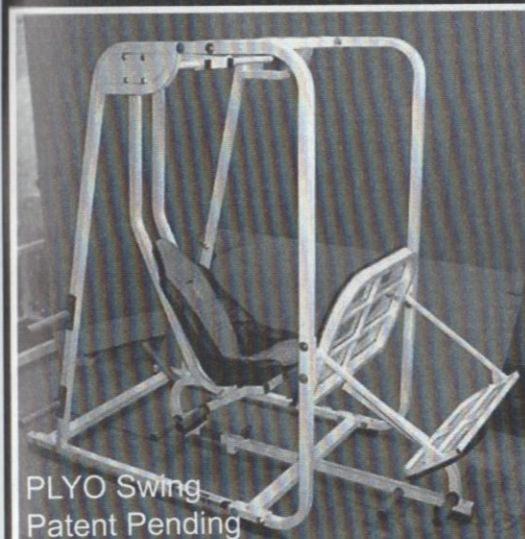
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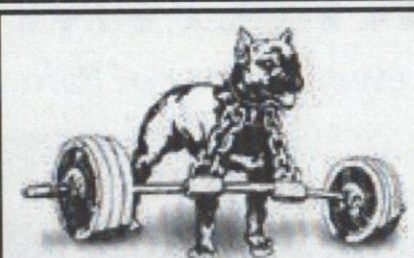
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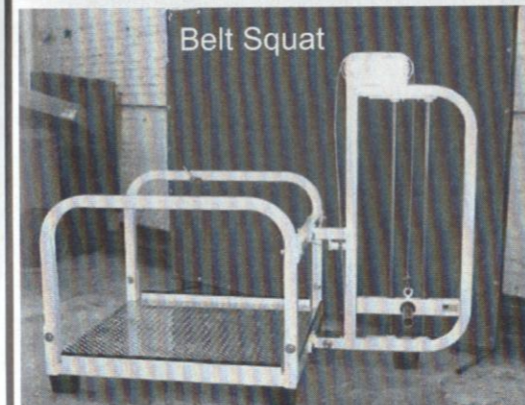


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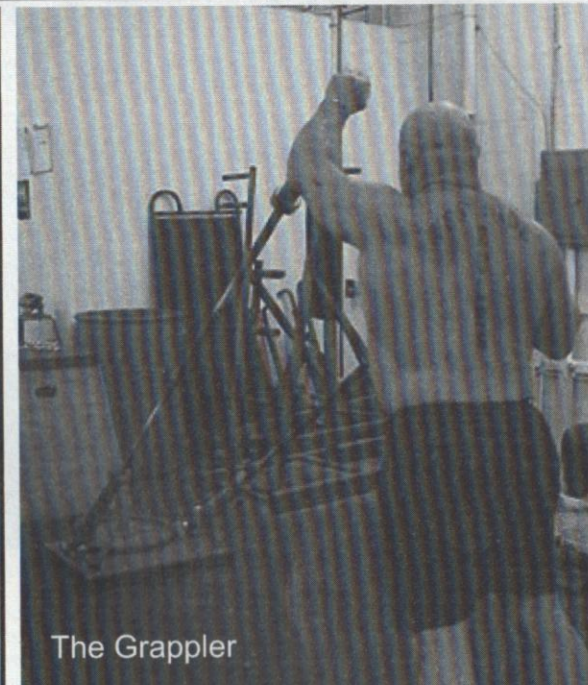
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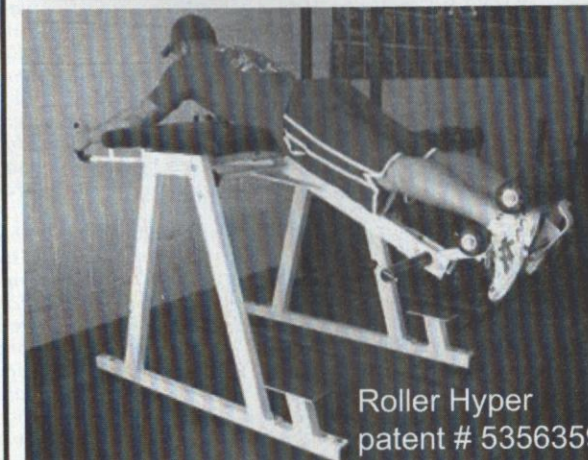
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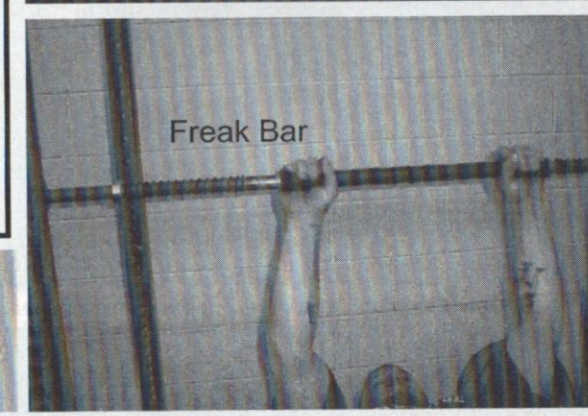
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# HARD CORE GYM #58 IRON SPORT GYM

as told to PLUSA by Rick Brewer, House of Pain

Last month, Halloween came early; we saw a horrible thing. We saw a nekkid guy lifting at Spartan Gym. At least he was alone in the gym – so no one else was offended. We also went to prison – mainly to answer fan mail, but we also sent a free picture to Mr. Snogden. But now, back to the mainstream world of HardCore Gyms that have more than 1 member! Pennsylvania is the home of some of the strongest people I know – so it's fitting that Jeff Fiss brings info on another PA gym. I'll let him talk:

"If you're looking for the gym that has it all, look no further. Iron Sport Gym, located in Glenolden, Pennsylvania right on Route 13 is the premier strength athlete facility in the Southeastern region of Pennsylvania.

Strength athletes from all over the country come to this cathedral of iron to train like warriors in their ultimate quest for immortality in the iron game. Powerlifting, Olympic weightlifting, Strongman, and Highland games are the mainstay at Iron Sport Gym.

Founded by professional Strongman and Highland Games competitor Steve Pulcinella, and brother Joe Pulcinella, Iron Sport Gym started out as a 1600 sq. ft. facility which opened in August of 1995. It was a gym that was a "key" club, being that everyone who was a member, had their own key. They would be able to train at any given time of day, any day of the week. The facility was considered to be an underground gym, for not many people were aware that Iron Sport Gym had existed. The building had no external signs to advertise the location or its very existence. In the springtime, the garage doors were opened and pedestrians passing by were able to peer inside and see some of the intense training therein. As Iron Sport Gym's popularity grew, so did the membership base at the facility. Strength athletes would travel many miles to train for an upcoming event or competition season.

The inventory of the original Iron Sport Gym was admirable. This facility included two power racks, two flat benches, one incline, seated press rack, lat/low row machine, leg press, a platform, bumper plates, leg extension, leg curl, standing calf raise, a dip station, and all York plates, bars and dumbbells. Over time, many pieces of strongman equipment were being home manufactured by members of the gym. These individuals were able to construct farmers walk weights, a wooden log made from a telephone pole, a pulling harness made of a fire hose, and a natural granite boulder for use as an Atlas stone.

In May of 1999, Steve and Joe purchased a new 7200 square foot facility located in Glenolden, PA. This is the current residency of the facility. Pictures of famous strength athletes from around the globe cover the lobby walls of the gym. Many of the pieces of equipment from the original Iron Sport Gym are included. New equipment in the gym includes: Additional plates/barbells, DBs up to 160, Atlas Stones up to 400 lbs, 880 lb.



Inside the new and spectacularly equipped Iron Sport Gym facility.

tractor tire, 2 lifting logs, various farmer's walk equipment, the Yolk, Viking Press, throwing hammers, stones, and weights, kegs, reverse hyper, glute ham raise, Olympic bumper plates and 4 certified Olympic bars, heavy duty Forza bench, bands/chains, weight releasers, jump strength platform, and dragging sleds. Iron Sport's most recent addition includes another Olympic weightlifting platform and 200 more kilos of Olympic bumper plates from Werk-San barbell company. This gym has EVERYTHING a strength athlete would need. It is iron heaven.

Iron Sport does have its share of strength athletes. Aside from owner Steve Pulcinella with his professional Strongman and Highland games background, Doug Kirby and brothers Kirk and Kevin Nowack, both who are all professional strongmen, make Iron Sport their home during the work week. Pro Strongman Reggie Barton and Walt Gogola also formerly trained at Iron Sport Gym. Mike Barcelone and Jeff Fiss are the backbone of the powerlifters in the gym that rally the other guys to get out and compete in USAPL meets. Long time member Ben Cangelosi has given raw powerlifting a new name, having totaled 1930lbs at 297lbs, with only the use of a power belt. IPF world champion bench press machine Tony Succarotte has also trained at Iron Sport regularly. Many other athletes of various levels come in to learn the tricks of the trade of strongman and highland games as well.

Iron Sport Gym is also the facility that the World Wrestling Entertainment superstars come to train when they are in Philadelphia for a show on any given week. Superstars that have been in include Kane, Hardcore Holly, Christian, Edge, Chuck Palumbo, Chyna, Stacey Keebler, Stone Cold Steve Austin and even Vince and Stephanie McMahon. It is certainly a sight to see when they are all in the gym at one time. Perfect if you are a fan of professional wrestling.

There is plenty of activity happening daily at the facility. Iron Sport Gym holds a special event called "Total Night" two to three times a year. It is their in-house powerlifting meet. Any type of powerlifting gear is allowed, since the lifters can compete either raw or equipped. Past judges at Iron Sport's Total

Nights include 1005 lb. bench press king Gene Rychlak, and 11-time USAPL PA state Superheavyweight Champion Niko Hulslander. Total night has raised money for various charities in the past including the Delaware Special Olympics. Just recently, Iron Sport Gym has been making \$20 contributions to the American Cancer Society for every membership they sell. Iron Sport has also hosted a powerlifting/strongman event called "Strength Fest" which included events such as the raw bench press, 18 inch deadlift, power clean, and the IronMind rolling thunder grip test. All a mix of powerlifting, Olympic weightlifting, and Strongman. These events, although held on Friday nights, small and unadvertised, really produce some good lifting and exciting times.

Whether it be training for an upcoming meet, or just to get in shape for beach season, Iron Sport Gym has something for everybody. As a matter of fact, many of the gym members are not competitive athletes, rather people just wanting to lose weight, tone up, and increase overall health. The underlying culture in the gym will always be geared toward the athletes, but everyone who is a member of the gym is looked upon no different than anybody else. Many of the people

there are close friends that hang out on Friday night after a hard training session. This is what makes this awesome gym a very motivational and fun place to train. Be sure to check out the official Iron Sport Gym website at <http://www.ironport.com> or email Steve Pulcinella: [steve@ironport.com](mailto:steve@ironport.com). We would love it if you stopped by and check it out. You won't be disappointed."

Thanks to Jeff Fiss! It was good to go from the 'Halloween Hell' of Spartan Gym (with the nekkid lifter) to this 'Iron Heaven.' We see a wide variety of gyms – from all over the country – and they have a lot of different ideas about what makes a great gym. One of the consistent things I've noticed is the fact that they are true to whatever their vision of excellence is. This is the key to success.

Pearl Buck said it like this; "the secret of joy in work is contained in one word – excellence. To know how to do something well is to enjoy it." H. Jackson Browne Jr. said; "Strive for excellence, not perfection." Sometimes it is difficult to strive for excellence in things which are painful – like heavy-duty weight-training. It is easy to say that we'll struggle for excellence until we get to the last set of squats, or have to work out when we're sick. Then we start to falter mentally.

The key to success, then, is to love excellence even when it is hard work. Love it even when we're sick, or tired. Even when we're distracted, or in pain. Aristotle said; "to enjoy the things we ought and to hate the things we ought has the greatest bearing on excellence of character." Well said.

Next month, we travel way South to an unlikely home of a Hard-Core lifting crew. And we talk to a guy who affectionately describes himself as a 'champion as\*hole.' You've gotta love his honesty!

Until then; lift heavy, eat big, sleep long. And please, please, PLEASE train with your clothes on. (We prefer that you wear HOUSE OF PAIN clothes, but we'll settle for anything!)

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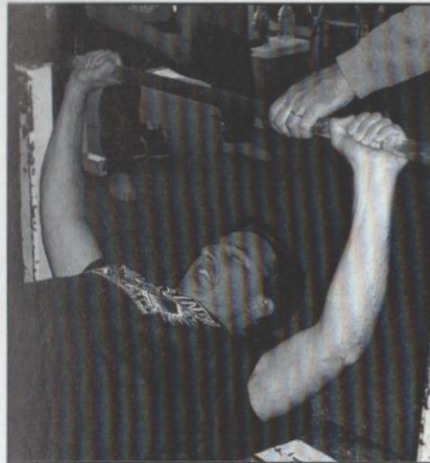
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Special Olympian Steve Currey with his state record bench press at the SLP Primetime Fitness event held in Kentucky.

Barnes, another great bencher, failed to get in a good lift at 242 with his new Rage-X, and bowed out of the competition. In the deadlift competition Ryan Theele won his second title of the day at 16-17/308 with a new state record 350, followed with a solid 360 fourth. Brad Kemper broke the state record at 40-44/165 with 500. Great day of lifting, Brad! Mark Evans won at 50-54/148, along with the open/148 class, finishing with 435. This was good enough for the best lifter award, something Mark is so often used to winning. A great master lifter! Also in the open division was 165 winner Wes Kemp. Wes finished with his opener of 405 after missing his last two attempts with what would have been a new state record of 485. At

220 open was Mike Cox who finished with 600, then returned with a successful personal best fourth of 625. Training partner William Beach also looked strong at open 275, taking that class with 640, after just missing a state record attempt of 665. Both lifters have greatly improved their form and strength. Good job! Our final lifter was first timer Larry Slucher who broke the state record at novice 165 with 425 then 450. Thanks to my son Joey for loading and spotting, Chris Magnuson and other who helped out. Also to Becca Tingle for taking pictures and serving as our trophy girl. See you all again next year! (Meet results by Dr. Darrell Latch)

SLP Ultimate Body Fitness  
15 APR 06 - Chicago, IL

Table with columns for BENCH, MALE, Novice, D. Castillo, Teen (13-15), 123 lbs., J. Fusner, 235; Police/Fire, Open, Teen (18-19), 220 lbs., L. Knitter, 350, W. Tolson, 280, 4th-300, Junior, 148 lbs., W. Eid, 295, Submaster, 148 lbs., P. VanHorn, 280, 198 lbs., R. Fletcher, 315, Master (50-54), 242 lbs., J. Willoughby, 255, 4th-260, Police/Fire, Submaster, 165 lbs., D. Moreci, 350\*, Police/Fire, Open, 198 lbs., L. Elster, 325\*, 275 lbs., A. Kennedy, 330\*

SLP Primetime Fitness  
9 APR 06 - Crestwood, KY

Table with columns for BENCH, MALE, Special Olympics, 220 lbs., S. Currey, 210\*, Teen (13-15), 105 lbs., D. French, 90\*, Teen (16-17), 308 lbs., R. Theele, 205\*, Submaster, 275 lbs., J. Kathman, 450, Master (40-44), 165 lbs., B. Kemper, 340, 275 lbs., J. Parks, 530, Master (50-54), 148 lbs., M. Evans, 240, Open, 198 lbs., J. Figg, 390, 4th-415, 220 lbs., C. Poore, 510, M. Brown, 460, 4th-475, 242 lbs., W. Beach, 640

\*=Son Light Power Kentucky state records. Best Lifter Bench: Clint Poore. Best Lifter Deadlift: Mark Evans. The Son Light Power Primetime Fitness Bench Press & Deadlift Championship was held at the gym in Crestwood, Kentucky. Thanks to owner Lewis Oliveras for once again hosting this event. In the bench press competition Steven Currey broke his own state record at special Olympics/220 with a new personal best 210! Lifting in his first meet was 13-15/105 winner David French, who finished with a new state record 90. Another first-timer was Ryan Theele, who won at 16-17/308, breaking the state record there with 205. In the submaster division it was Joe Kathman, lifting with his new Phenom shirt. Joe finished with a personal best 450, but came close with a 475 final attempt with his win at 275. In the master men's 40-44 division, 165 winner Brad Kemper got a new personal best 340. At 275 it was Jeff Parks with just his opener of 530, having some problems with his shirt. Mark Evans looked strong at 50-54/148, finishing with a solid 240. Mark also set the state record for the open raw division. In the open division Jason Figg had a great day at 198, making 390 before a personal best 415 fourth attempt! At 220 it was best lifter Clint Poore with 510. This was Clint's first best lifter award, and a well deserved one! Matt Brown, who continues to improve with each new competition, finished second to Clint at 220, but hit a new personal best 475 fourth attempt! Allen

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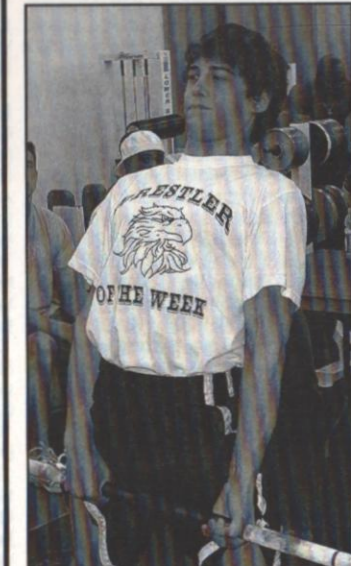
J. Willoughby 415\* H. South 550 Master (50-54) 242 lbs. M. Peterson 315 Teen (18-19) 220 lbs. A. White 455\* L. Knitter 350 275 lbs. T. Harrison 705\* W. Tolson 280 Open 181 lbs. T. Gentry 455 198 lbs. Roca-Dawson 390 J. Mitre 275 220 lbs. C. Wingeter 300 J. Fusner 385 C. Wingeter 455 Master (40-44) 275 lbs. J. Willoughby 505



Big Robert Vick with his SLP State Record 750 BP @ open SHW at the Ultimate Body Fitness Open. (photos courtesy of Dr. D. Latch)

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Nico Silvestri with his SLP State Record 285 DL @ 13-15/123 at the Ultimate Body Fitness Open













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**Richard Schoenberger**



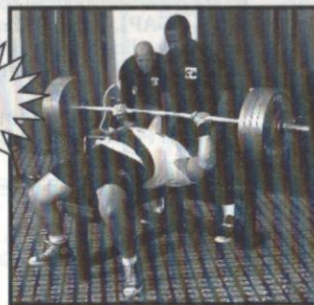
Dr. Arnold Nerenberg  
Chairman & Co-founder  
World Champion

Location:	The CT Classic Competition	Registration
RADISSON HOTEL 7320 Greenleaf Ave. Whittier, CA 90602 562.945.8511 <i>*Special rates for WLOP members \$79.00/Night</i>	All Wt. Classes • All Ages • Trophies Awarded Elite, Masters, Amateurs, Youth Entry Fee: \$40.00 Per Event • Membership Fee: \$25.00 Make checks payable to: WLOP 7238 S. Painter Ave. • Whittier, CA 90602 562.693.8005 www.worldlegionofpower.com	Check In: 9:00 am Weigh In: 9:30 am Competition Starts: 10:30 am
<b>Bench Press</b>	<b>T-Bar Strongman Pull</b>	<b>Strict Curl</b>



Set World, National & State Records

\*NO BENCH-PRESS SHIRT  
\*SINGLETT PREFERRED



### STREET PHYSIQUE - A new body-building contest



How powerful do you look on the Street? How powerful is your presence?

- No body-building poses • No oils or padding • Drug Free
- Fully dressed (Pants or shorts, tank top or short sleeved shirt)

"Power Presence" is determined from contestants' appearance of strength and attitude after they walk up to a microphone, state their name and where they're from. Trophies and titles awarded for "World's Most Powerful Street Physique."  
It is our intention to constructively impact society physically, emotionally and spiritually for at least 1,000 years.

- The CT Classic Bench Press Competition • Sanctioned by The World Legion of Power -

Name: \_\_\_\_\_ Phone # \_\_\_\_\_ Age: \_\_\_\_\_ Weight: \_\_\_\_\_

Address: \_\_\_\_\_ City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

I know that my participation in World Legion of Power activities is potentially hazardous and can cause bodily injury or death. I assume all risk for any injury resulting from my involvement in WLOP sport activities.

Email: \_\_\_\_\_

I'm competing in:  Bench Press (\$40.00)  Street Physique (\$40.00)

X \_\_\_\_\_ Date: \_\_\_\_\_

T-Bar Pull (\$40.00)  Strict Curl (\$40.00)

(Participants Signature (Parent/Guardian Signature if participant is under 18 years old)

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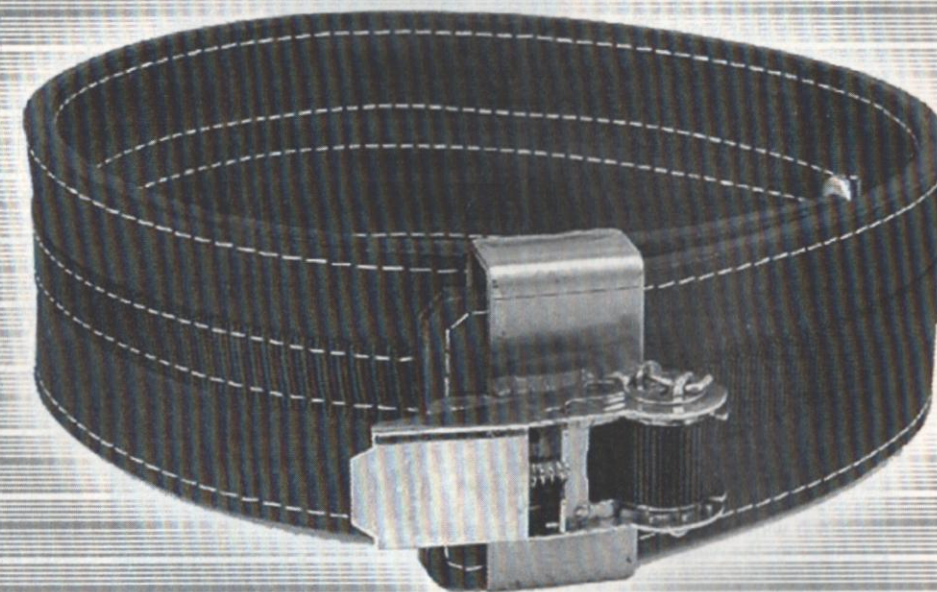
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### HOW THE PR BELT IS WORN

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.

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

• Hand-crafted in the USA. Patent # 5,647,824

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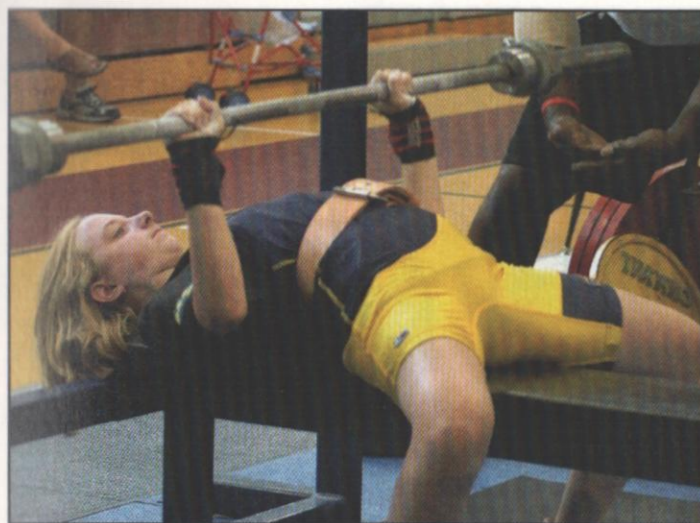
# INZER

## ADVANCE DESIGNS

The World Leader in Powerlifting Apparel

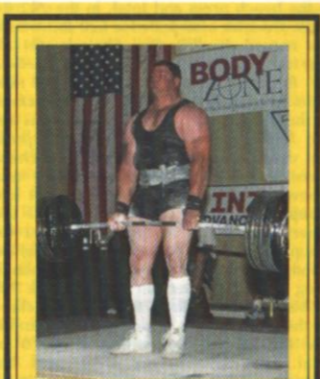






Sarah Welch is 12 years old and competed in the 105 lb. class, representing Ohio at the Jr. Olympics and went 143 66 148 358.

along with a dedicated and hard working team of individuals from all parts of the country made the Powerlifting competition at the 2006 AAU Junior Olympic Games run like a well oiled machine. Even though Jill Meads was officially recognized as this year's Meet Director, Judy and Steve were by her side all the time doing their parts equally as they have so many times in the past. Jill said it best to me: "It doesn't really matter who is the meet director in name. We all work as a team". That team also includes a host of people that make up the staff. The staff includes AAU officials from throughout the country, a group of volunteers from Virginia and North Carolina and two hard working and very efficient groups of spotters/loaders from Project Lift out of Henderson, North Carolina and Henrico Fire Department out of Richmond, Virginia. The Virginia Powerlifting Association Directors truly believe that "The lifters come first". Many lifters from all over the country have said they feel like their #1 when they come to a meet put on by the Virginia Powerlifting Association. This year's competition included 92 competitors from 11 states including five very strong teams. The two platform event was held in Portsmouth, Virginia, on July 29 and 30 with athletes up to 13 years old lifting on Saturday and lifters age 14-23 lifting on Sunday. There was one full flight of 19 girls that lifted on Sunday. The rest of the lifters were male and ranged from 8 years old to 23 years old. Anthony McCloskey from Pennsylvania, lifting in the Teen 14-15 Year Old Division, had the biggest individual lift of the event with a 262.5 Kilogram Deadlift and the highest overall Three-lift total with 672.5 Kilograms. Many awards and medals were issued at this year's event. The first award given this year was the Joel Ferrell Outstanding Performance Memorial Award. The Joel Ferrell Award provides a opportunity to recognize young athletes for athletic ability, sportsmanship, academic achievement and community involvement. This award is presented each year at the AAU Junior Olympic Games to an athlete from each sport that has demonstrated outstanding potential. Connie Yost, age 17 of Millersville, PA, was the 2006 recipient representing the sport of Powerlifting. The team awards were next. 5th place went to USA Powersports from Mills, PA. Zeke Wilson is their coach. 4th place went to Project Lift from Henderson, NC. Will Hawkins is their coach. 3rd place went to Manpower White Team from Accoville, WV. Carmel Hughes is their coach. 2nd place went to Penn Manor from Millersville, PA. Russ McDonnell is their coach. 1st place went to Manpower Blue from Accoville, WV. Carmel Hughes is their coach. Actually Penn Manor from Millersville, PA, tied for first place with Manpower Blue from Accoville, WV. Each team member placed first in their competition. To break the tie, officials had to use the team's total body weight as the deciding factor. The Manpower Blue Team weight-in a few pounds lighter the Penn Manner Team so they were officially recognized as the first place team. (Thanks to Roger Ernst for providing this report)



**SPECTACULAR DEADLIFT TRAINING DVD... 2 time IPF World Champion Brad Gillingham lays out the program that has produced over 40 competitive deadlifts of 800 lbs. or better.. PLUS.. the "5x5" squat program that lets you move both lifts up at the same time! \$25.95 plus \$6.00 shipping and handling (\$31.95 total) to Powerlifting USA, Box 467, Camarillo, CA 93011 or call 1-800-448-7693 to use Visa or MasterCard.**

**Kumite Classic**

27 MAY 06 - Monroeville, PA

Unequipped	SHW		
181 lbs.	A. Shaffer	535	
J. Williams	405	Open	
220 lbs.		165 lbs.	
J. Fiori	425	J. Middleton	275
242 lbs.		220 lbs.	
V. Pippard	445	S. Hartlaub	550
J. Oplor	385	242 lbs.	
275 lbs.		R. Capozzollo	620
R. Hennings	405	275 lbs.	
308 lbs.		S. Yard	800
A. Grass	235		

I'd like to thank all the competitors who competed. Also I'd like to thank Carl Seeker, Buster Godden, and Dan Kovacs, who judged the meet. Thanks to Terrance Givens for his assistance, and thanks to the people who spotted and loaded. I'm sorry I didn't get your names. I truly appreciate your help, especially when people who said they were going to help, but bailed on me. And, especially thanks to my beautiful fiance, Ame! Without her, I'd be pulling out my hair due to all the twists and turns I went through to get this meet going. See you all next year at Kumite 2007. (Thanks to Gene Rychlak for providing these meet results)

(continued from page 27)

her father, former National Champion Frank Schlofer, to balanced lifts of 160, 85, and 210, for 455 for first in the 16-17 123s. Trisha Tshudy, of Annville, PA, put on a terrific show of raw strength to set four age ARs with lifts of 190, 110, and 255, for 555 and first in the 12-13 132s. Trisha also made a 270 deadlift for another age AR on a fourth attempt! Erin Signor, of Jonestown, PA, a pleasant young lady, unfortunately had an off day and went out on the benches. She'll be back! Catherine Morrison, of Lancaster, PA, looked good for more with a seven for nine day to finish with 160, 95, and 220, for 475 and first in the 50-54 148s. Amy Marberger, of Millersville, PA, also looked good for more with an eight for nine day to finish with 160, 105 and 205 for 470 and first in the 35-39 165s. Accomplished lifter Tammy Bukousky, of Dubois, PA, was a bit off of her recent bests but still had the highest lifts of any of the women with 225, 185, and 385 for 795 and first in the Open SHW. Young Matt Kyler, of Clearfield, PA, started off the men's flight by lifting uncontested in the 18-19 132s. He came through with a seven for nine day to finish with lifts of 280, 135, and 355 for 770 and first place. Matt is headed to the military academy at West Point, NY. Good luck, Matt! Beefing up to the 148s from his usual weight class of 132 paid off for young Mike Kulms with the extra strength he needed to set six American Records! Mike set Open and Junior ARs with a 550 squat, 330 bench, and 1265 total, along with his 385 deadlift! Great show, Mike! Accomplished lifter Joe Martucci, of Erie, PA, was a bit off of his usual lifts, but still took second with a solid 375 squat along with a 235 bench and a 425 deadlift for 1035. Ramon Cruz, of Camp Springs, PA, put on a great performance in winning the Open 1655 with a 45-49 age AR squat of 480. He added a solid 290 bench and 500 deadlift for another age AR 1270 total. Young Jason Stazer, of Erie, PA, continues to make progress at each ADAU meet with an eight for nine performance missing only a third attempt 530 dead to end with 415, 250, 515 for 1180 and second place. Relative newcomer Michael Trapani of Brooklyn, NY, also went eight for nine to post solid lifts of 395, 240, and 500, for 1135 and third place. I predict a great future in ADAU raw Powerlifting for Michael who, incidentally, is coached by former IPF World Champion Ellen Stein. Arguably the most entertaining class of the contest was the Open 181 pounders. Elite lifters Joe Braca, Don Teeter, and Lennie Stires, along with young Adam Hersperger, all out in a terrific battle that was not decided until literally the second to the last lift. Don of Pittsburgh, PA, out squatted Joe 510 to 480 to take a 30 pound lead. Joe only made up five pounds in the bench doing 330 to Don's 325. Then, the fireworks began! Don opened with a conservative 540, went to 575, and then sat back. Joe started his deadlift clinic with a solid 600 pound opener and then made an awesome 630 on his second. Don called for 605 on his third that would force Joe to make 635 to win. Don ripped it off the floor and it looked like it was going to go but he lost balance backward on a terrific effort!



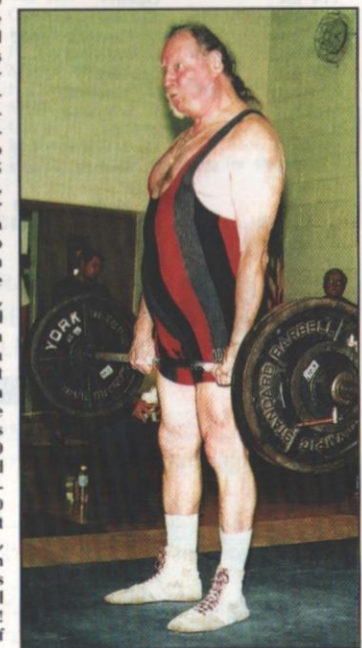
Day Two Best Lifter Dan Corridean (1770 @ 319) receives his award.

With the pressure off, Joe missed at 640. Experienced Powerlifter and former Mr. Lehigh Valley Bodybuilding Champion Lennie Stires of Bath, PA, was a bit off his usual lifts in the squat and dead but did make a strong 50-54 age AR bench of 335. His total of 1280 was enough to hold off up and coming 23 year old Adam Hersperger, of Wynnewood, PA, and a medical student at Penn, who also was off from his recent bests with lifts of 420, 315, and 525 for 1260. Not to be outdone, Joe Oregia set three 60-64 age ARs with a 255 bench, 505 dead, and 1130 total! Way to go, fellows, great show! Ryan Massey of Brandywine, MD, provided a very entertaining display of raw power to win the Open 198s with solid lifts of 500, 375, and 575 for 1450. An exuberant Sam Volo of Auburn, NY, made some terrific poundage choices to finish with 500, 305, and 500, for 1305 to edge out Chris Contakos of Johnstown, PA, who hit 470, 300, and 530 for 1300. Don Kulms of Whitehall, PA, President of the Twin City Powerlifting Club, was one of two father son tandems along with the Caldwells. Don was a bit disappointed with his lifting but really went above and beyond in setting up and supporting this event as well as coaching Mike to victory on Saturday! Don still made 415, 280, and 440 for 1135 and fourth in the Open. Young Ben Royer of Boyertown, PA, and veteran Lenny Creatura of Wolcott, CT, provided the fireworks in a hotly contested 220 pound class. Lenny took the lead in the squat with 560 to Ben's 550 but Ben made a 400 bench to Len's 375 to take a fifteen pound lead at subtotal. Ben's awesome deadlift ability sealed the deal as he made a terrific 600 on his second to post an excellent winning total of 1550 while Lenny made a 555 dead for his second place 1490. Len's bench is a 45-49 age AR. Young Brian Ramage of Stroudsburg, PA, had an off day for him but still hit nice lifts of 450, 325, and 540 for 1315 and third place. Shawn Bray of Arnville, PA, was actually 35 pounds ahead of Brian at subtotal due in large part to a 375 bench but all he could pull was 455 for a 1265 total and fourth place. Veteran Steve Caldwell of Mays Landing, NJ, returned to the lifting platform after a long hiatus and showed off his prowess in the deadlift with a 560 pound lift to set an AR in the 50-54 age group. Steve's son Coby made solid lifts of 300, 175, and 400 for 875 to win the 16-17 220s. This was one of two father-son duos along with Don and Mike Kulms. Nice to see! Congratulations, Steve and welcome back! Weighing in at only 225 pounds, the explosive Brian Keener of Seven Valleys, PA, came through for the win in another tight contest in the Open 242s



Joe Oregia pulled 505 @ 181 lbs. 60-64

the test. These were Howard Asch, Tammy Bukousky, Michael Christian, Daniel Corridean, Lenny Creatura, Brian Faenza, Ryan Massey, Jill Nezir, Ben Royer, Len Stires, and Samuel Volo. The close competition was also evidenced in the team title! Joe's Gym of Erie, PA, coached by the irrepressible Joe Oregia and the Downtown Weightlifting Club, coached by Al Siegel, tied for first place! The Twin City Power lifting Team took third place despite a number of members opting to work the meet instead of lift, just edging out Lennie Stires Paragon Powerlifting team. Full results of this and other ADAU meets along with the upcoming meet schedule and American Records are at www.pikitup.com. I would like to thank the following for making this meet possible. The Suburban North Family YMCA for donating their facilities. The Twin City Powerlifting Club, "strength and health enthusiasts since the 1920s!" for running the meet. All of the judges who worked tirelessly for two full days: International Referees Al and Brenda Siegel and Joe Oregia, National Referees Bugs Bayer and Jay Siegel, and State referees, Chris Border, Kevin Prosser, Jason Stazer, Greg Yeager, and Adam Hersperger (who took his National Category test). Our sponsors, Dr. Helen Rizzotto of C.A.R.E. Chiropractic, Don Kuhns of Massage Therapy, Cathy Theodorou of Nutritional Technologies, Al Swerchuk of Monster Muscle, Louise Tusak of the Bethlehem Special Olympics, and John Shubert of Ruder Screen Printing. Special thanks to Siegel Engraving for the excellent awards! Our efforts raised over two thousand dollars for the YMCA's Youth Scholarship Fund and for the Twin City Powerlifting club's efforts to raise awareness of drug free lifting. And, finally, to all the lifters who decided to enter our contest and put themselves on the line in front of judges and hundreds of spectators to show everyone what true, drug-tested and raw powerlifters can do. I am proud of you! (Thanks to Nicholas Theodorou for results)



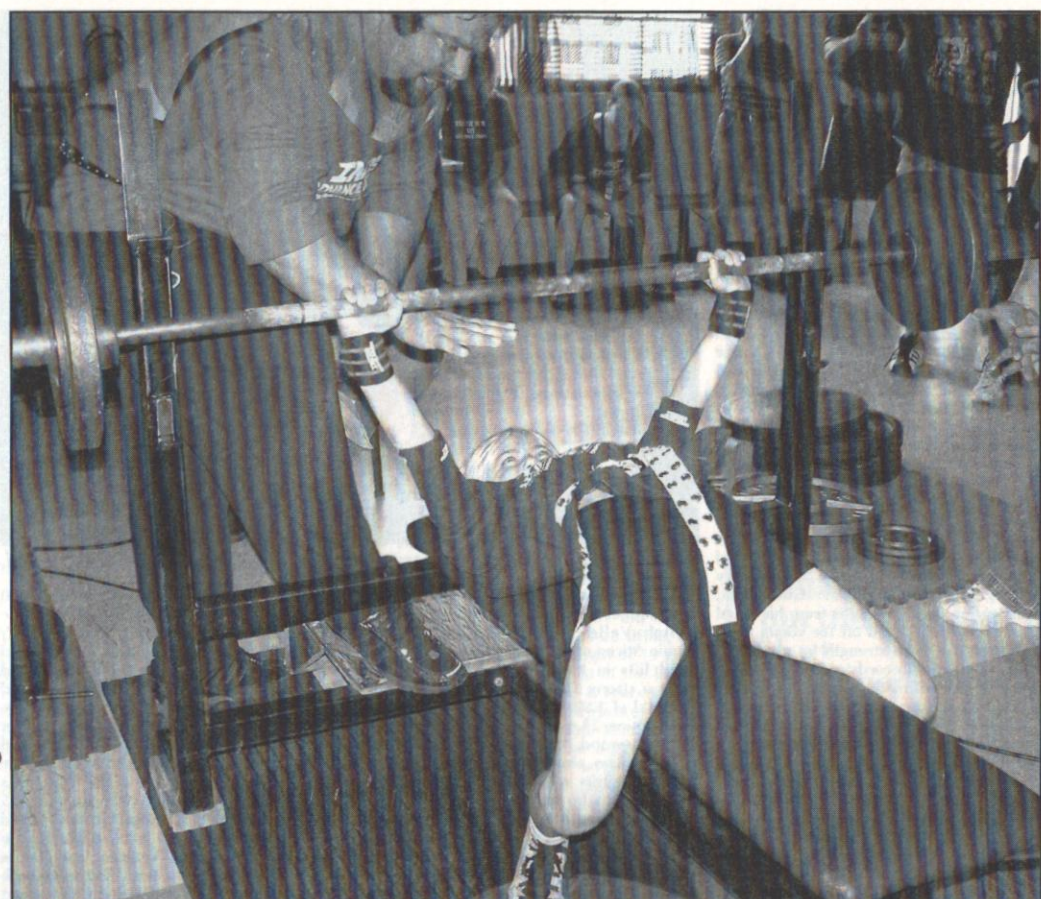
Al Siegel was pretty proud of his day at the ADAU Nationals - 8 for 8 - for the first time in 26 years competing in the 242 pound class, to establish all new ADAU records, at age 68, only five months after open heart surgery. He also received a plaque from Nick Theodorou for 25 years of dedicated service to the sport of drug tested powerlifting. Is Al the first master to win 20 National Titles?

**WANNA BIGGER BENCH?  
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**Beast of the Chrome & Steel**  
8 JUL 06 - Youngsville, PA

<b>BENCH</b>	Open	
<b>WOMEN</b>	S. Lewis	605
65 lbs.	B. Yonker	390
10 yrs old	<b>DEADLIFT</b>	
K. McCaslin	100	
123 lbs.	<b>WOMEN</b>	
Open	123 lbs.	
J. Ochoa	160	
148 lbs.	Open	
Open	J. Furniss	320
J. Furniss	210	
<b>MEN</b>	165 lbs.	
165 lbs.	Teen (16-17)	
Teen (16-17)	Z. Wagner	465
Z. Wagner	280	
181 lbs.	181 lbs.	
Teen (18-19)	Teen (18-19)	
M. Dings	315	
198 lbs.	M. Dings	485
Teen (16-17)	D. Swingle	465
198 lbs.	198 lbs.	
I. Zimmerman	240	
Teen (18-19)	Teen (16-17)	
C. Deering - 270	I. Zimmerman	240
<b>Submaster</b>	Teen (18-19)	
D. Wray	C. Deering	270
220 lbs.	<b>Submaster</b>	
Open	K. Dean	535
D. Barker	470	
J. Handy	400	
Masters	Open	
B. Shaffer	360	
308 lbs.	Masters	
Masters	B. Cormack	450
B. Cormack	380	
Masters Raw	SHW	
B. Godden	375	
SHW	B. Yonker	645
	S. Lewis	615



**Kerrigan 'LITTLE EVIL' McCaslin** got that 100 pound bench press that she has been chasing ever since the Arnold Classic, following a last minute decision to enter the Beast of Chrome and Steel meet. She is spotted there by her Dad, Zane McCaslin, and her Mom, Sandi McCaslin, provided this photograph

**USAPL Badger Open**  
24 JUN 06 - Neenah, WI

<b>BENCH</b>	181 lbs.
<b>FEMALE</b>	M. Tuci
105 lbs.	J. Farrell
J. Vandervoort	99
114 lbs.	M. Brixius
J. Kingsley	126
165 lbs.	B. Cardoza
J. Hrabak	148
198 lbs.	D. Potempa
K. Hagen	275
<b>MALE</b>	M. Gunville
Raw	S. Schnasse
SHW	275 lbs.
J. Ray	474
Teen	M. Mazanet
165 lbs.	M. Zenisek
G. Kuehn	297
B. Sakowski	242
<b>FEMALE</b>	SQ
Division I	BP
105 lbs.	DL
A. Schillinger	237

J. Vandervoort	237	99	336	606	K. Bluell	330	126	319	777	A. Korslin	226	137	242	606
M. Williams	248	137	253	639	J. Hrabak	297	148	308	755	E. Waltermann	336	220	325	881
B. Carlson	248	93	275	617	L. Knaack	—	—	—	—	K. Bluell	330	126	319	777
K. Bradley	—	88	187	275	Dembrowski	259	104	270	633	A. Sharpless	341	110	319	771
A. VanBoxtel	253	159	308	722	Division II	105 lbs.				J. Hrabak	297	148	308	755
A. VanBoxtel	253	159	308	722	105 lbs.					B. Thompson	281	170	303	755
S. Murphy	203	121	231	556	A. Schillinger	237	121	308	666	Masters	105 lbs.			
A. Lenke	209	88	297	540	123 lbs.					S. Whiting	176	110	220	507
K. Banister	203	99	237	540	132 lbs.					J. Kingsley	214	126	248	589
A. Sharpless	341	110	319	771	T. Dilley	270	154	275	700	J. Mach	259	115	270	644



**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

J. Peterson	578	352	584	1515
S. Lade	804	683	666	2155
T. Leopold	451	363	474	1289
J. Maonahos	402	253	402	1058
M. Saunders	600	424	606	1631

(Thanks to USAPL for providing results)

**Norfolk Senior Meet**  
2 APR 06 - Norfolk, MA

<b>MALE</b>	SQ	BP	DL	TOT
148 lbs.				
H. Santiago	490	260	475	1225
A. Rodriguez	425*	230*	475*	1135*
181 lbs.				
J. Montanez	465*	265*	550*	1280*
L. Stanley	455*	280*	475*	1210*
198 lbs.				
J. Jarmacz	525*	265	535*	1325*
C. Williams	450	280	425	1155
220 lbs.				
A. Delacruz	600	330	525	1455
J. Bou	515*	325*	505	1335*
R. Larkin	365	255	465	1085
242 lbs.				
S. Benoit	635*	405*	570*	1610*
A. Johnson	565	300	455	1320
R. Allard	515*	275*	500	1290*

4th-BP-435!  
\*Personal Bests. !Raw Lift. Best Lifter Lightweight: H. Santiago. Most Improved: A. Rodriguez. Best Lifter Middleweight: J. Jarmacz. Best Lifter Heavyweight: S. Benoit. Best Lifter Master I: A. Johnson. Best Lifter Master V: K. Junier. All Time Record: K. Junier 4th bench press. Head Judge: Guest, Dennis Montembault. Side Judges: John Keegan, Robert Fortini, and Robert Bianchi. Top Three Squats: S. Benoit, A. Delacruz, and A. Johnson. Top Three Benches: K. Junier, S. Benoit, and J. Bou. Top Three Deadlifts: S. Benoit, J. Montanez, and J. Jarmacz. Top Three Totals: S. Benoit, A. Delacruz, and J. Bou. I want to first thank our esteemed guest, Dennis Montembault, for his continued support. Dennis has been coming here for five years now, putting up with all the nonsense he is forced to endure when he comes within our walls. Next, I want to thank our other judges: Fortini and Bianchi. Side spotters: Soucy and Gus. And thanks to all of you who gave their time in setting up for the meet, and breaking down at the end. There's more to a meet than just lifters! Like most of our meets, this one was quite exciting, and most lifters had personal best lifts. Santiago took his weight class once again, although he had to battle through injuries to even make it to meet day. The big surprise in the 148 class was Rodriguez. You have to remember, he's a marathon runner, but if he continues to advance the way he is, he could be battling for first really soon. Rodriguez was the most improves lifter from the September Novice Meet. The 181 class was filled with new lifters, one being a first time competitor, Montanez. Stanley gained over twenty pounds to leave the 165 class and give himself a good chance to compete in the 181s, but it was Montanez edging him out with his monster deadlift 550, the second biggest of the day. Stanley has made some great improvements, and he should be a formidable adversary in that class. Jarmacz had a phenomenal day in the 198 class, breaking the 500 barrier in the squat, and he broke 1300 in the total by 25 lbs. Although Williams was competing, he hadn't trained. Then again, that's how he received the nickname Renegade. Honestly, all he did was sets of ten, bodybuilding and caesthetics. Delacruz walked away with the 220s title with help from his 600 lb. squat, but it wasn't his strongest meet by far. Bou, on the other hand, had three personal bests. I hope to see continued progress. Larkin came in last, but he did the meet as a favor, so we would have a full field. Thank you! Allard had his best meet with three personal bests, breaking 500 in the squat, and Johnson, being an ever present figure at Gur meets, competed for himself. It was Benoit who was the star of that field, though, beating his closest competitor by

290 lbs., and he broke a No Assistance Gear Record total with 1610. He also had 4 personal bests. Junior broke the All Time Bench Record in 308 with 435 at 160. I look forward to the July Bench Bash! Thank you Brian Peixoto for all that you do. (Meet results provided by John Keegan)

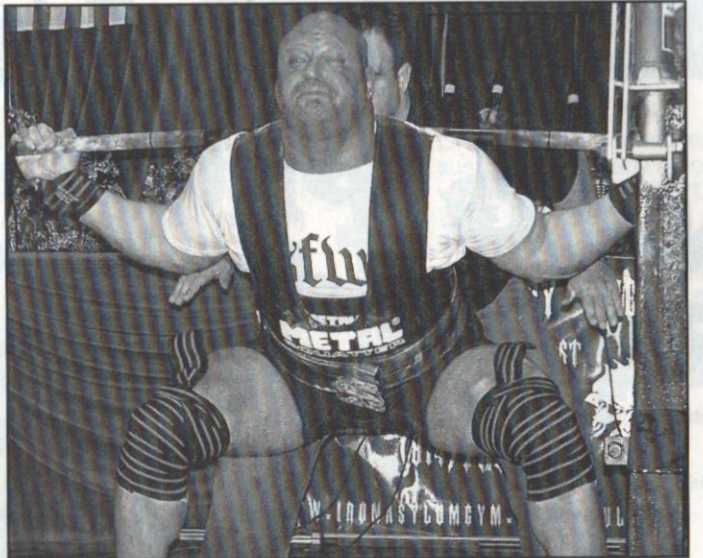
**Blackstone's Gym Powermeet**  
11 JUN 06 - W. Lafayette, OH

<b>BENCH</b>	Teen (13-15)	
220 lbs.	under 98 lbs.	
T. Anderson	—	
Master	M. Blackstone95	
198 lbs.	Teen (13-15)	
T. Wylor	405	
Open	C. Dreler	350
181 lbs.	Open	
T. Sasuer	285	
275 lbs.	J. Blackstone	450
A. Hicks	615	

**DEADLIFT**  
Thanks to our judges: Ralph, Dave Lement, and Gerry Griffith. Thanks to our announcer, Ruban Dreher, and for our trophies, Crazy Aies. (Results John and Kayleen Blackstone, Meet Directors)

**APF/AAPF Iron Asylum Imperium**  
20 MAY 06 - Tribes Hill, NY

<b>BENCH Only</b>	Open	
<b>WOMEN</b>	S. Burns	700
181 lbs.	J. Farina	600
Open	P. Mlarcik	585
K. Goliszek	—	
308 lbs.	D. Durkee	505
<b>MEN</b>	Submaster	
148 lbs.	P. Porcelli	515
Open	Master (50-54)	
J. Ceklovsky	—	
Teen (13-15)/Raw	B. Godden	510
M. Thompson	225	
165 lbs.	Master (50-54)/Raw	
Open	V. Vardine	—
R. Hillyard	375	
181 lbs.	DEADLIFT Only	
Open	MEN	
J. Kilts	—	
242 lbs.	M. Ferlito	515
Open	275 lbs.	
B. Fields	—	
275 lbs.	J. Farina	465
<b>Ironman</b>	BP	DL
<b>WOMEN</b>	TOT	
148 lbs.		



**Matt Rhodes**, who totaled 2180 in the 308 lb. class at the APF Iron Asylum Imperium Meet. (photograph provided by Sandi McCaslin)

Open				181 lbs.
J. Furniss	230	305	535	Teen (18-19)/Raw
D. Lynch	425	550	1265	198 lbs.
Open				D. Petrillo
C. Rodgers	360	450	810	J. Sefelt
242 lbs.				665
Open				400
M. Ferlito	—	—	—	600
Open/Raw				1665
J. Bronk	540	300	590	1430
B. Henderson	260	400	660	242 lbs.
Open				Submaster
J. Farina	600	465	1065	R. Tonini
Open/Raw				755
M. Cole	330	530	860	475
SHW				575
Open				1805
J. Toranzo	780	600	1380	Submaster
MEN	SQ	BP	DL	J. Ziobro
165 lbs.				525
Open				285
C. Rodgers	—	—	—	500
Teen (18-19)				1310
J. Nolan	645	370	515	1510
				Open
				M. Rhodes
				880
				550
				750
				2180
				H. Sargent
				805
				570
				750
				2125
				Master (40-44)
				H. Sargent
				805
				570
				750
				2125
				SHW
				Open
				J. Toranzo
				—
				—

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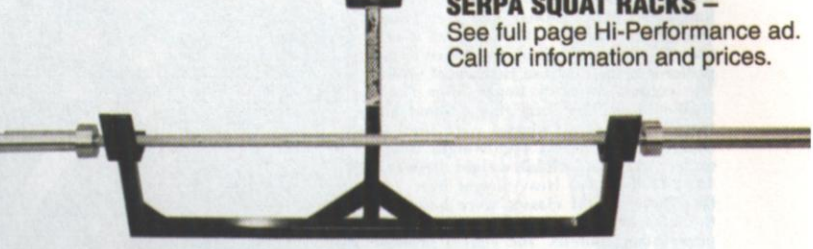
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(Kirk Karwoski, 771 lb. deadlift)

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AMMONIA CAPS: Box of 10	<b>\$4.00</b>
SPEED COLLARS:	<b>\$36.50</b>
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TRAINING BELTS:	
4 x 2 1/2"	<b>\$32.95</b>
4 x 4"	<b>\$34.95</b>
USAPL T's: 3 color logo	<b>\$15.00</b>

SUIT SLIP ONS: get into suits easier! give weight	<b>19.95</b>
BRIEFS: Titan quality and performance	<b>25.00</b>
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LIFTING STRAPS: 1.5", 2" (leather)	<b>Call</b>
TRICEP ROPE: Great for cable work	<b>19.50</b>
ADIDAS DEADLIFT SHOES: Gummed rubber soled	<b>59.00</b>
TITAN T-SHIRTS (up to 3XL):	<b>\$8.75; TANK TOPS (up to XL) 8.75</b>
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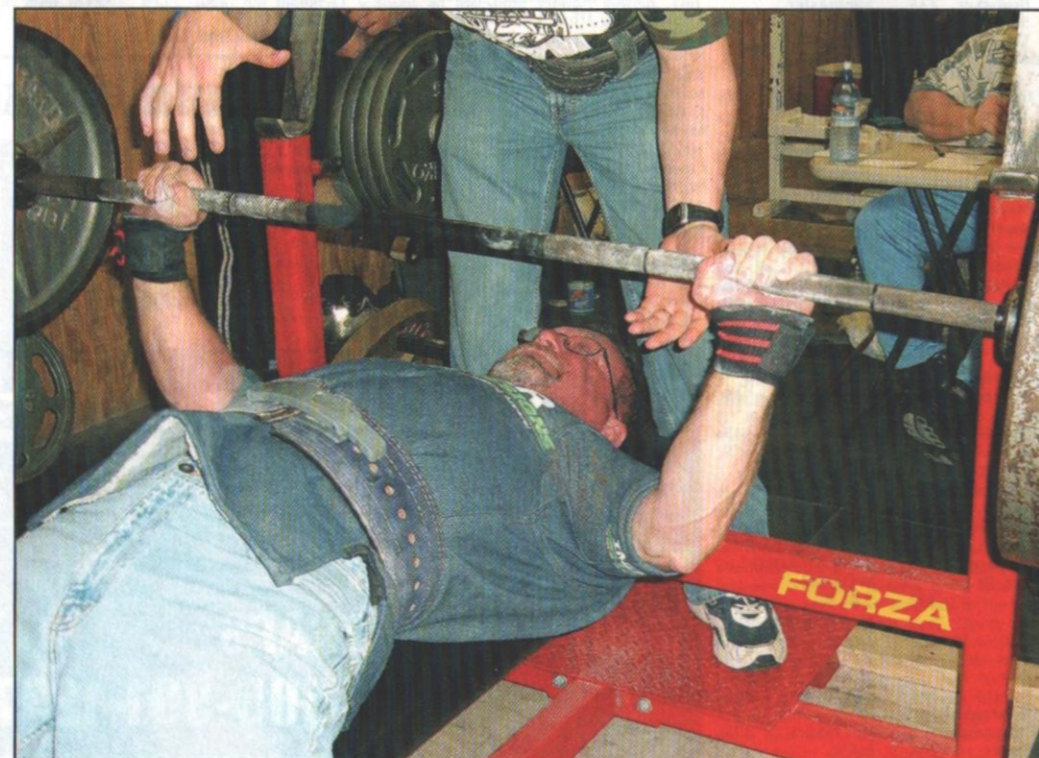
SLP National Best Lifters: Luke Edwards, Martin Montgomery, and Ed Clark (left to right)

Halverson for loading and spotting. Before the actual bench press event we had three squatters who were attempting SLP national records in the powerlifting event. For the 13-15 age group, it was first-time competitor Jacob Duncan, who finished with a 510 record attempt, failing out of the hole. Also bombing was open 220 lifter Dustin Minks, who failed to find his depth with 800. The only lifter with a successful squat was Dave Newman, who finished with a new national record 550 for the 45-49/198 class. In the bench press competition it was Sam Chapala for the win at special olympic 198, setting the national record there with his 290 final attempt, which was also a new personal mark for Sam. Taking the platform next was 40-44/181 women's winner, Cyndi Crossland. Weighing in at the 181 limit, Cyndi finished with a new personal and national record bench of 360! For the teenage men's 13-15 age group it was twelve year old Logan Zielinski at 97, setting the national record there with 120. At 165 it was Jacob Duncan with 200. Kale Minnaert won at 18-19/198 with a personal best 365. Moving to the master's division Chris Flowers won at 40-44/148 with 335 while James Robinson dropped down to the 220 class for the win with 400. Dave Newman took the 45-49/198 class with an easy 440. Darris Sparks successfully defended his title at 50-54/181, finishing with a new national and personal best 375. On a final attempt Darris came within a quarter of an inch of locking out his first 400! Dan Goble broke the national record at 198 with 440, followed by a stronger 450 fourth attempt! Also at 198, but in the raw division was Steve Vollmer, who finished with a national record 315 fourth, after his 305 third attempt. Tom Chapala won at 60-64/275 with 340, while Wayne Stinson took the 65-69/181 class with a personal best 240. In the open division it was Dustin Minks with 420 at 220. A fourth with 450 was also good. Best lifter Ed Clark won at 242, tying the existing national record there with 625. A shaky liftoff was the only thing which kept Ed from making his final attempt with 650. Jason Leonhardt got a new personal best 525 opener at shw, then just missed 600 for his final attempt. (Big Sissy!) In all fairness, though, Jason has come a long way in the past year, and if he can just keep his mind focused and listen to Darris

SLP National BP/DL  
29 APR 06 - Tuscola, IL

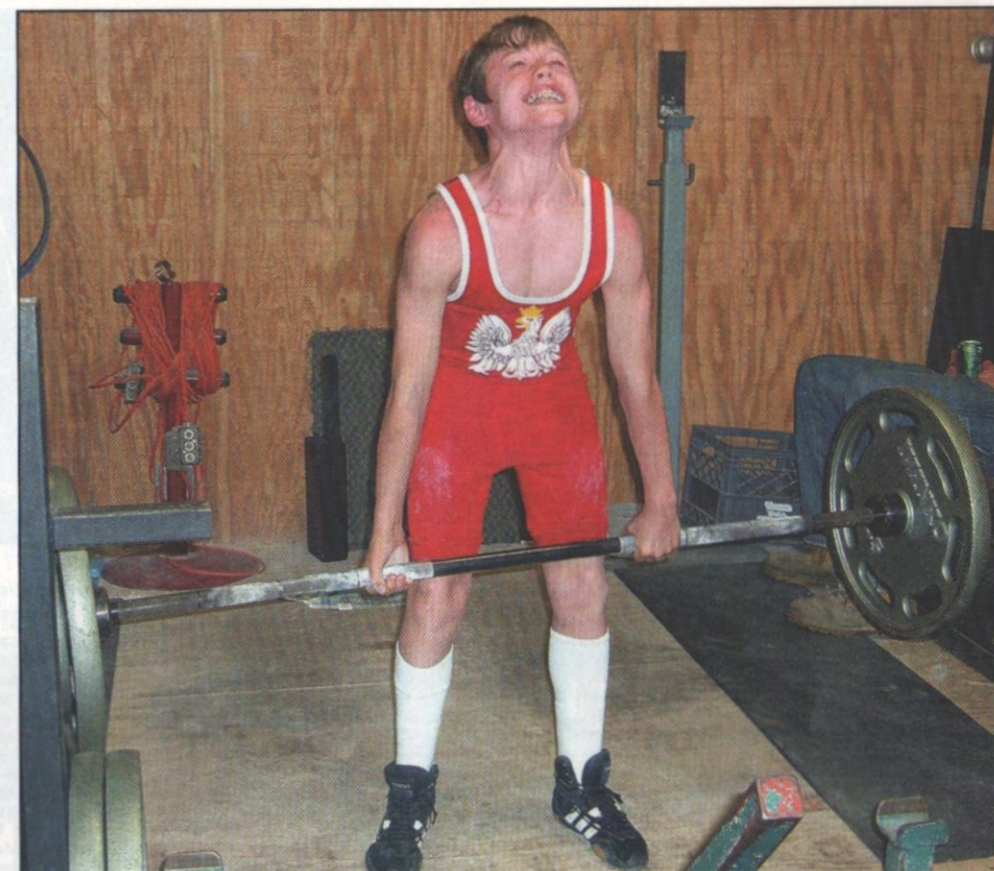
BENCH	242 lbs.	4th-DL-380
MALE	E. Clark 625*	198 lbs.
Special Olympic	SHW	D. Newman 550*
198 lbs.	J. Leonhardt 525	440
S. Chapala 290*	DEADLIFT	510
FEMALE	FEMALE	1510
Master (40-44)	Master (50-54)	
181 lbs.	220 lbs.	
C. Crossland 360*	M. Vincent 290*	
Teen (13-15)	MALE	
97 lbs.	Special Olympic	
L. Zielinski 120*	198 lbs.	
165 lbs.	S. Chapala 295*	
J. Duncan 200	Teen (13-15)	
Teen (18-19)	97 lbs.	
198 lbs.	L. Zielinski 200*	
K. Minnaert 365	165 lbs.	
Junior	J. Duncan 365	
132 lbs.	4th-380*	
D. Maes 210	Master (40-44)	
Master (40-44)	198 lbs.	
148 lbs.	S. Mocilan 575*	
C. Flowers 335	4th-605*	
220 lbs.	220 lbs.	
J. Robinson 400	J. Robinson 650*	
Master (45-49)	MALE	
198 lbs.	Master (45-49)	
D. Newman 440	181 lbs.	
Master (50-54)	M. Raya 550*	
181 lbs.	198 lbs.	
D. Sparks 375*	D. Newman 510	
198 lbs.	Master (50-54)	
D. Goble 440*	S. Vollmer 500	
4th-450*	Master (60-64)	
S. Vollmer 305*	165 lbs.	
4th-315*	Montgomery 485	
Master (60-64)	181 lbs.	
275 lbs.	L. Greer 365*	
T. Chapala 340	Master (65-69)	
Master (65-69)	181 lbs.	
181 lbs.	W. Stinson 275	
W. Stinson 240	Open	
Open	220 lbs.	
220 lbs.	D. Minks —	
D. Minks 420	242 lbs.	
4th-450	L. Edwards 740	
MALE	SQ	
Teen (13-15)	BP	
165 lbs.	DL	
J. Duncan —	TOT	
	200	365

\*=Son Light Power national records. Best Lifter Open: Luke Edwards. Best Lifter Master: Martin Montgomery. Best Lifter Bench: Ed Clark. The Son Light Power National Bench Press & Deadlift Championship was held at Son Light Power Gym. Thanks to my wife Susie and Linda Middleton, both of whom are SLP national and past APF national judges, for officiating the event and to my son D.C. and Phil



Dave Newman with a 440 @ 45-49/198 at the SLP Nationals. (photos courtesy of Dr. Darrell Latch)

Sparks and the boys from Samson's Gym in Hamilton, Ohio, and with a whole lot of luck, the kid just might get that 600, and a lot more! But you know what they say, "You can take the sissy out of the boy, but you'll always still be a Sissy Boy!?" In the deadlift competition Sam Chapala set his second national record of the day with an easy 295 pull. A fourth with a personal best 320 just moved out of the groove on Sam. Marggie Vincent broke the existing national record at 50-54/220 with a personal best 290. A final pull with 309 stalled halfway up. Logan Zielinski got a personal best 200 pull at 13-15/97, which was also a new national mark there. Then at 165 it was Jacob Duncan with a solid 365, followed by a national record 380 at 165! Steve Mocilan broke the national mark at 40-44/198 with 575, then came back with a personal best 605 for the title. James Robinson pulled a great 650 at 220 for the win and national record there. Mike Raya dropped down to 181 at 45-49 to set the national record at 550. Dave Newman won again at 45-49/198 with his easy opener of 510. For the 50-54 age group it was Steve Vollmer with 500 for the win there. Martin Montgomery won at 60-64/165 with a great 485 pull. We tried to talk him into a national record 510 final pull, but he just couldn't seem to get his head into it. But still, 485 at a 165 bodyweight and sixty three years of age is not too shabby! Larry Greer broke the national record at 65-69/181 with 365 while training partner Wayne Stinson won at 65-69/181 with 275. In the open division Dustin Minks had some problems at 220, failing with 600 three times. At 242 it was another story, though, with Big Luke Edwards in total control! Opening with 705 and moving to an easier 740 second, Luke went straight for the big one, 800. Coming within just the last few inches, Luke almost joined the elite! Next time! Martin Montgomery won the best lifter award among the master lifters while Luke Edwards won among the open lifters. Thanks to all the lifters, helpers and spectators. See you all again next year! (Results by Dr. Darrell Latch)



Logan Zielinski with his national record 200 DL @ 13-15/97 lbs. in the SLP National Championships

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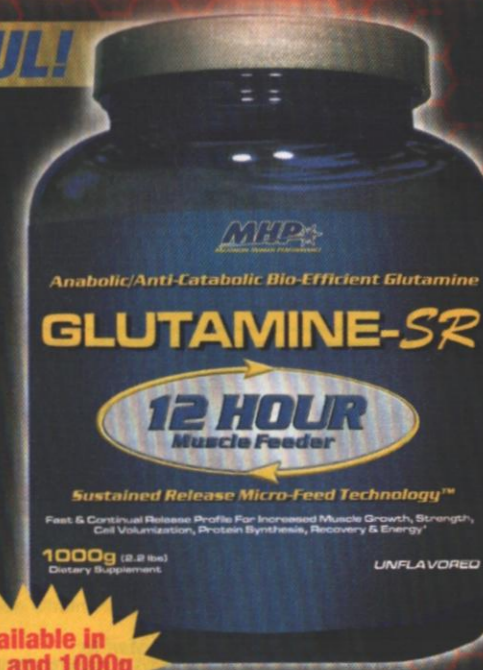
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**USPF Venice Push Pull  
5 AUG 06 - Venice, CA**

FEMALE	BP	DL	TOT
Open 148 lbs.			
M. Sparango Junior (19-23) 148 lbs.	209	325	534
S. Wheeler Master (40-49) 114 lbs.	82	192	275
B. Aerts 148 lbs.	99	165	264
M. Sparango 198 lbs.	209	325	534
A. Martinez! Master (50-59) 114 lbs.	308	529	837
S. Mann MALE Junior(16-18) 165 lbs.	104	176	281
T. Adams 181 lbs.	286	325	611
J. Gordon M. Matthews 242 lbs.	203	358	562
R. Ford Junior (19-23) 275 lbs.	354	418	773
C. Collins! 308+ lbs.	286	396	683
O. Russell Open 165 lbs.	424	435	859
L. Lichtle 181 lbs.	253	314	567
L. Sparango P. Davis 198 lbs.	363	463	826
S. Levy! K. Downey B. Haske A. Fregoso G. Jyo 220 lbs.	192	451	644
S. Aubuchon M. Tronske D. Johnson M. Brown 242 lbs.	435	573	1008
D. Muro R. Harper R. Costa J. Dentice T. Harris	292	507	799
	214	451	666
	220	325	545
	402	622	1025
	418	567	986
	330	429	760
	281	402	683
	429	694	1124
	363	683	1047
	451	518	970
	374	540	914
	424	463	887



Sheldon Levy bench pressed 435 and deadlifted 573 to win the 198 pound division at the USPF Venice Beach Push-Pull competition.

E. Deforest	501	—	—	A. Newman	237	319	556
R. Girard	—	—	—	R. Simon	226	352	578
M. Bell!	600	705	1306	B. Meek!	534	617	1151
B. Meek	534	617	1151				
M. Bell	418	501	920				
E. Laporte	374	523	898				
A. Aerts	418	402	821				
308 lbs.							
R. Silva	402	507	909				
Master (40-49)							
M. Tronske	418	567	986				
J. Dentice	374	540	914				
D. Hester	407	468	876				
J. Avigliano	374	578	953				
M. Menslage	363	529	892				
Master (50-59)							
R. Harper	363	683	1047				
R. Stevens	402	446	848				
4th-DL-462							
A. Aerts	418	402	821				
S. Brown	485	—	—				
Master (60+)							
L. Lichtle	253	314	567				

deadlift, Angela Martinez, 198 Open, 529 deadlift, Angela Martinez, 198 Master 40-44, 529 deadlift, Bonnie Aerts, 114 Master 45-49, 165 lb. deadlift, Mark Matthews, 181 Junior 16-17, 418 deadlift, O'Neil Russell, 308+ Junior 20-23, 435 deadlift, Spencer Levy, 198 Master 40-44, 573 deadlift, Shea Aubuchon, 220 Submaster, 622 deadlift, David Muro, 242 Submaster, 694 deadlift, Roland Stevens, 242 Master 55-59, 462 deadlift, Brian Meek, 275 Master 60-64, 617 deadlift, Richard Simon, 181 Master 75-79, 352 deadlift. American Single Lift Bench Records set: Angela Martinez, 198 Open, 308 bench, Angela Martinez, 198 Master 40-44, 308 bench, Bonnie Aerts, 114 Master 45-49, 99 lb. bench, Mark Matthews, 181 Junior 16-17, 354 bench, Chase Collins, 275 Junior 18-19, 507 bench, Brian Meek, 275 Master 60-64, 534 bench, Richard Simon, 181 Master 75-79, 225 bench. American Single Lift Deadlift Records set: Angela Martinez, 198 Open, 529 deadlift, Angela Martinez, 198 Master 40-44, 529 deadlift, Monica Sparango, 148 Master 40-44, 325 lb. deadlift, Bonnie Aerts, 114 Master 45-49, 165 lb. deadlift, Chase Collins, 275 Junior 18-19, 507 deadlift, Raymond Harper, 242 Master 55-59, 683 deadlift, Brian Meek, 275 Master 60-64, 617 deadlift, Richard Simon, 181 Master 75-79, 352 deadlift. Thanks to all of our valuable help at the meet: Chuck LaMantia, National Referee and Announcer, Jack Hughes, International Referee, Gordon Santee, International Referee, Kevin Meskow, National Referee Steve Denison, National Referee, Lisa Wheeler, National Referee, David Foster, State Referee, Bill Ennis, International Referee, Danny McDermott, State Referee. Spotter/Loaders: Venice Beach Staff. (Results by Steve Denison)

**100% Raw Currituck Open  
3 JUN 06 - Currituck, NC**

FEMALE	198 lbs.	242 lbs.
Junior 123 lbs.	190	242
Open 148 lbs.	176	242
C. Grant	176	242
Open 165 lbs.		
C. Buczynski	209	242
Junior 97 lbs.	551	551
Youth (10-11) R. Pickett	132	485
Junior 114 lbs.		
Teen (11-12) Q. Thomas	253	738
4th-264 132 lbs.		
Open/Submaster 132 lbs.		
K. Mallory	892	892
Open/Junior 148 lbs.		
Teen (14-15) D. Priddy	429	738
Teen (16-17) J. Ross	485	584
T. Sadler	584	606
J. Manuel	396	595
Junior 181 lbs.		
Open/Sub/P/F/L M. Franklin	661	716
Teen (14-15) A. Smith	639	1102
181 lbs. Master (40-44) B. Lancaster	341	650
(Thanks to Paul Bossi for these results)		



Outstanding Lifters at the Maple Street YMCA Open in Omaha, Nebraska: clockwise from back row - T. Horton, A. Zagurski, H. Boateng, E. Mwaja, V. Tran, M. Cole. (thanks to John Jones for photo)

Maple Street YMCA Open 3 JUN 06 - Omaha, NE		198 lbs.	242 lbs.	
BENCH WOMEN				
165 lbs.				
H. Boateng	190	242	355	
Open 123 lbs.				
V. Tran	305	335	425	
181 lbs.				
G. Wallace	285	335	415	
198 lbs.				
M. Cole	385	415	520	
220 lbs. D. Nesbitt	370	415	520	
Novice 198 lbs.				
A. Fisher	285	425	520	
Push Pull 165 lbs.				
J. Delgado	205	430	635	
Novice 198 lbs.				
C. Freichs	305	500	805	
UNL B. Miner				
WOMEN	SQ	BP	DL	TOT
123 lbs.				
E. Mwaja	190	90	240	520
MEN 198 lbs.				
J. Isenhardt	480	385	520	1385
275 lbs.				
C. Kumm	455	325	500	1280
Novice 220 lbs.				
A. Zagurski	450	345	470	1265
308 lbs. D. Graves	500	300	365	1165
Master II 220 lbs.				
C. Toney	380	275	500	1155
Outstanding Lifter Squat: C. Toney. Outstanding Lifter Bench: V. Tran and M. Cole. Outstanding Lifter Deadlift: T. Horton. (Thanks to John Jones for the meet results)				
Kansas City Push Pull 26 JUN 06 - Kansas City, KS				
BENCH 220 lbs.				
MEN 198 lbs.				
J. Hammond	369	385	385	
Master I D. Hoag	380			
Power Sports 165 lbs.				
MEN 198 lbs.				
D. Willard	159	275	435	
Push-Pull 165 lbs.				
MEN 165 lbs.				
D. Willard	159	275	435	

B. Marselus	314	451	766	
Submaster II J. Nicholes	440	463	903	
242 lbs. Submaster II T. Meeker	479	523	1003	
275 lbs. Submaster II J. Channy	—	512	512	
Unequipped 181 lbs. Teen B. Smith	308	474	782	
Pure B. Smith	308	474	782	
198 lbs. Submaster I E. Collman	352	308	661	
165 lbs. Master Pure D. Willard	159	275	435	
220 lbs. Teen K. Schempp	248	451	700	
275 lbs. Master II D. Linstrom	303	440	744	
Inter				
B. Mann	391	—	391	
Police K. Mitchell	—	600	600	
(thanks to Jim Duree for the meet results)				
<b>USAPL NJ States 5 NOV 05 - Rockaway, NJ</b>				
MEN	SQ	BP	DL	TOT
Raw/Formula D. Hartobey	440	275	529	1223
T. Jones	336	264	451	1052
P. Zingone	314	248	446	1008
Out of State/Formula A. Scolaro	490	363	545	1399
R. Cutting	501	363	600	1466
J. Montero	440	314	556	1311
M. Washer	496	429	628	1554
T. Price	485	380	534	1399
J. Hundley	231	303	363	898
F. D'Angelo	—	—	—	—
Masters/Formula M. Washer	496	429	628	1554
K. Lair	347	380	474	1201
P. Rooney	330	242	418	992
M. Donnelly	308	226	385	920
R. Cassidy	358	314	446	1118
D. Chewenak	286	198	407	892
D. Burke	—	—	—	—
J. Jacobs	—	—	—	—
G. Haley	—	—	—	—
(these divisions did not appear when we published these results earlier in PL USA)				



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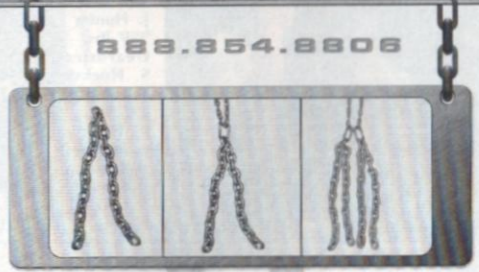
Last Name		First Name		Initial	Renewal	Current Card # (if Renewal)	
					Y N		
Street Address						Club Name	
City		State		Zip	Area Code/Telephone		
Current USPF Classification		Referee Status		Current High School		Special Olympian	
Elite Master I	II	III	IV	IPP	Cat. 1	Cat. 2	Nat. State
Y	N				Y	N	Y N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

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<table border="1"> <thead> <tr> <th>BANDS</th> <th></th> <th>COST/ONE BAND*</th> </tr> </thead> <tbody> <tr> <td>Mini (1/2" wide, assorted colors)</td> <td></td> <td>\$10.00</td> </tr> <tr> <td>Light (1-1/8" wide, Purple)</td> <td></td> <td>\$20.00</td> </tr> <tr> <td>Average (1-3/4" wide, Green)</td> <td></td> <td>\$25.00</td> </tr> <tr> <td>Strong (2-1/2" wide, Blue)</td> <td></td> <td>\$30.00</td> </tr> <tr> <td>Jump Stretch Regular Platform</td> <td></td> <td>\$155.00</td> </tr> <tr> <td>Jump Stretch Sumo Platform</td> <td></td> <td>\$255.00</td> </tr> </tbody> </table>			BANDS		COST/ONE BAND*	Mini (1/2" wide, assorted colors)		\$10.00	Light (1-1/8" wide, Purple)		\$20.00	Average (1-3/4" wide, Green)		\$25.00	Strong (2-1/2" wide, Blue)		\$30.00	Jump Stretch Regular Platform		\$155.00	Jump Stretch Sumo Platform		\$255.00	<table border="1"> <tbody> <tr> <td>5/8 CHAINS:</td> <td>(2) 5/8in chains</td> <td>\$85.00*</td> </tr> <tr> <td>Complete Set:</td> <td>(2)chains, (1)helper chain, (1)oval snap hook</td> <td>\$105.00*</td> </tr> <tr> <td>5-Station Chain Pack:</td> <td>(5)complete sets (10)extra 5/8 chains</td> <td>\$815.00*</td> </tr> </tbody> </table>			5/8 CHAINS:	(2) 5/8in chains	\$85.00*	Complete Set:	(2)chains, (1)helper chain, (1)oval snap hook	\$105.00*	5-Station Chain Pack:	(5)complete sets (10)extra 5/8 chains	\$815.00*
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13 year old Shelby O'Brien and 71 year old Darrel Sidwell at the SLP Cross County Pull BP/DL championships in Mattoon, IL.

242 lbs. College D. Kuck Master I P. Cannon Open K. Mayer R. Falkowski C. Rice SHW Master I T. Leone Open W. Likens T. Mendenhall S. Mendenhall Teen II A. King DEADLIFT WOMEN 114 lbs. Master I P. Beno 132 lbs. Master I L. Hilliard 148 lbs.	Master I K. Zur 165 lbs. Master I A. Tressler MEN 132 lbs. C. Williams 148 lbs. Teen III S. Roscoe 165 lbs. Master I S. Steele 1014 Teen II R. Gomez 1102 W. Winchester 970 Z. Pressley 595 Teen III M. Cedeno 892 181 lbs. Master I D. Noebe 1014 Teen II Z. Miller 1113 Teen III N. Schneider 981 148 lbs.	P. Natalizio 694 198 lbs. Master II G. Saxon 1058 Master III D. Yanoscik 948 Open D. Pagonis 1113 Raw Tucciarone 970 Teen II I. Zimmerman 970 Teen III K. McKain 859 220 lbs. College A. Harrod 1212 1212 A. King 937 Best Lifter Women Bench: Anastassia Tressler, Best Lifter Men Bench: Joe Smith, Ruben Gomez, and Kevin Mayer. Best Lifter Women Deadlift: Anastassia Tressler, Best Lifter Men Deadlift: Ruben Gomez, and Abraham Harrod. (USAPL)	Open E. Ortega 1190 Raw S. Spinelli 970 242 lbs. College D. Kuck 937 Novice R. Falkowski 275 lbs. Junior C. Rice 1157 SHW W. Likens 1344 Senior Master (31+) R. Harris 374 297 440 1113 Teen (16-19) S. Thomas 297 297 440 1036 165 lbs. Master (26-30) D. Marlene 352 341 694 S. Zimmerman 407 352 672 1432 Open (20-25) T. Zielski 407 352 473 1432 Master (26-30) M. Shomper 207 286 462 749 Senior Master (31+) A. Lilly 220 176 286 683 Teen (16-19) T. Jones 297 187 440 925	Teen (16-19) G. Blakely 297 198 518 1014 I. Smith 209 143 275 628 132 lbs. Open (20-25) C. Jackson 275 275 330 881 148 lbs. Master (26-30) K. Martinez 209 385 595 C. Kelly 198 374 573 Open (20-25) K. Corbin 330 275 529 1135 R. Thereault 286 253 352 892 W. Wolfe 154 187 242 584 Senior Master (31+) R. Turner 540 319 694 1554 Teen (16-19) S. Bolthouse 220 374 385 981 FEMALE 123 lbs. B. Joseph 385 286 385 2369 198 lbs. Master (26-30) S. Grooms 793 650 925 2369 Senior Master (31+) J. Salter 352 297 551 1201 220 lbs. Master (26-30) R. Hutchinson 363 266 518 1168 M. Rohrer 363 266 518 1168 Open (20-25) J. Robertson 440 319 551 1311 D. Hartle 319 319 319 A. Martinez 496 396 694 1587 Senior Master (31+) M. Meadows 496 396 694 1587 242 lbs. Master (26-30) Michael 661 771 771 2204 275 lbs. Master (26-30) C. Mayo 1113 562 1212 2888 Teen (16-19) T. Britton 253 242 396 892 308 lbs. Senior Master (31+) R. Turner 540 319 694 1554 FEMALE 123 lbs. Master (26-30) C. Sicot 143 319 462 148 lbs. Master (26-30) C. Connors 231 198 319 749 165 lbs. Teen (16-19) J. Thacker 242 176 374 793 (Thanks to Phillip Battle for these results)
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SLP Cross County Pull  
6 MAY 06 - Mattoon, IL

BENCH  
FEMALE  
Teen (13-15)  
123 lbs.  
S. O'Brien 110\*

DEADLIFT  
MALE  
Master (70-74)  
181 lbs.  
D. Sidwell 315\*

\*=Son Light Power Illinois state records.  
The twenty second annual Son Light Power Cross County Pull Bench Press & Deadlift Championship was held at the Cross County Mall in Mattoon, Illinois. This year, though, we had a very disappointing turnout of only two lifters! In the bench press event first-time competitor Shelby O'Brien showed plenty of potential, taking the 13-15/123 class with a new state record of 110. A final attempt with 115 stopped about halfway up, but a good beginning for the raw lifter! For the deadlift competition it was seventy one year old Darrel Sidwell, moving up to the 181 class. Here Darrel set a new Illinois state record of 315 for the 70-74/181 division. A fourth with 325 was just a little too much on this day. Thanks to my son Joey and grandson Daniel for setting up and judging/loading the meet. Be back here June 11 for the USA Raw Bench Press Federation Summer Nationals! (D. Latch)

USAPL Peter Lanzi Memorial IV  
3 JUN 06 - Cleveland, OH

BENCH WOMEN 114 lbs. Master III B. Morris Master I P. Beno Raw P. Beno 132 lbs. Master I L. Hilliard 148 lbs. Master I K. Zur 165 lbs. Master I A. Tressler 551 MEN 132 lbs. Master I J. Helms Teen I C. Williams 148 lbs. Master I M. Scribner J. Freecorn Open J. Smith Teen III S. Roscoe 165 lbs. Master I S. Steele Open	793 Teen II Z. Pressley 540 Teen III M. Cedeno 496 181 lbs. Master I D. Noebe 760 Teen II M. Dings 661 Z. Miller 628 Teen III N. Schneider 551 198 lbs. Master I J. Wrabel 859 Master II G. Saxon 562 Master III D. Yanoscik 639 Novice P. Green Teen I T. Strosline 1146 R. Croa 981 D. Paonis 881 P. Green 220 lbs. Open S. Spinelli 1135 E. Ortega 859 J. Ballanca 760 Police/Military/Fire C. Perdue 870 Raw C. Perdue 870
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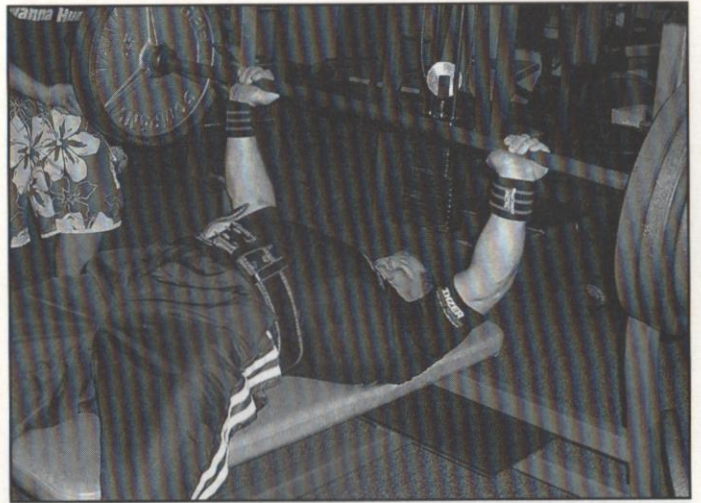
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M. Rohrer 363 266 518 1168	Open (20-25)	J. Robertson 440 319 551 1311
D. Hartle 319 319 319	A. Martinez 496 396 694 1587	Senior Master (31+)
M. Meadows 496 396 694 1587	242 lbs.	Master (26-30)
Michael 661 771 771 2204	275 lbs.	Master (26-30)
C. Mayo 1113 562 1212 2888	Teen (16-19)	T. Britton 253 242 396 892
308 lbs.	Senior Master (31+)	R. Turner 540 319 694 1554
FEMALE	123 lbs.	Master (26-30)
C. Sicot 143 319 462	148 lbs.	Master (26-30)
C. Connors 231 198 319 749	165 lbs.	Teen (16-19)
J. Thacker 242 176 374 793	(Thanks to Phillip Battle for these results)	



Mark Mason's PR 310 @ submaster/198 at the SLP Muscle & More.

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SLP Muscles & More Classic  
7 MAY 06 - Kennett, MO

BENCH 198 lbs. M. Mason 310

MALE 220 lbs. T. Crossen 430

Novice 315\* RAW

198 lbs. T. Crossen 430

114 lbs. 181 lbs. Open

Reisenbichler 150\* J. Sanders 300\*

132 lbs. 275 lbs.

L. Hobeck 190\* W. Sanders 405\*

Submaster

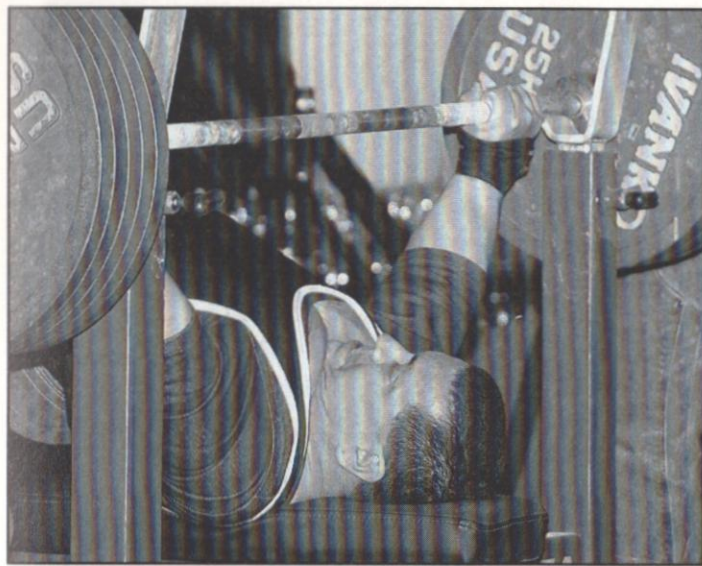
\*=Son Light Power Missouri state records. Best Lifter Bench: Terry Crossen. The Son Light Power Muscles & More Classic Bench Press Championship was held at Muscles & More Fitness in Kennett, Missouri. Thanks to owners Kathy and Brian Rogers for hosting this event and to Brian for helping out with the spotting and loading duties. In the novice men 198 class it was first time competitor Michael Hunt with a new Missouri state record of 315 for the win at 198! Jordan Reisenbichler tied the existing state record for the 13-15/114 class with 150, while training partner Levi Hobeck broke the state record at 132 with 190. For the submaster men's division it was Mark Mason with a new personal best 310 at 198 while Terry Crossen won at 220 with his opener of 430. Missing his final two attempts with 460, Terry's opener was still good enough for the best lifter award! In the raw open division it was James Sanders with 300 at 181, setting the state record there for that class. Also in the raw division was little brother William Sanders, who also got a new record for his class, open 275, with 405. All of the lifters, being fairly new to the sport of powerlifting, showed plenty of potential. See you all back here again this fall! (Results by Dr. Darrell Latch)



Muscles & More Best Lifter: Terry Crossen with his awards. (photographs provided by the courtesy of Dr. Darrell Latch)



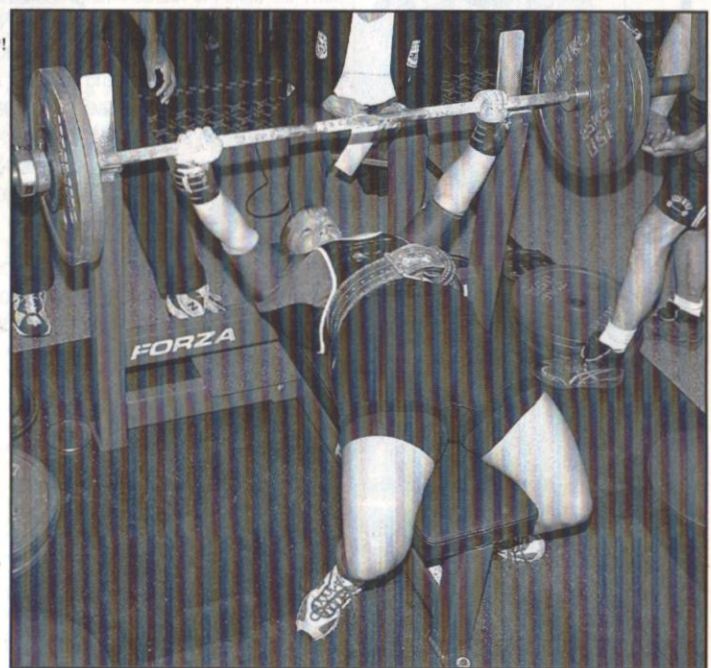




Gustavo Warrington smacked a 4th attempt world record 633 bench in the 198 lb. Elite Open class at the WABDL Great Northern meet. (photographs provided courtesy of Keith Lemm/CSS Photo Design)

WABDL Great Northern 17 JUN 06 - Olympia, WA			
BENCH	148 lbs.	198 lbs.	P. Arroyo 462
FEMALE	Crossen III 402*	E. Geogon 352	J. Gast —
Junior	T. Belen 297	P. Fernandes 314	B. Rogers 518
148 lbs.	198 lbs.	L. Fuhman 473*	308 lbs.
M. Boyd 176	T. Tebbets 407	P. Arroyo 462	G. Warren 545
Law/Fire	C. Wu 325	K. Doerfler 407	SHW
Master (40-47)	J. Walls 270	259 lbs.	E. Aleaga 688
132 lbs.	220 lbs.	J. Schaar —	J. Mickelson 501
L. Lamp 192*	B. Reynolds 385	275 lbs.	V. Eldridge 501
Master (40-46)	242 lbs.	R. West 473	Submaster (33-39)
181 lbs.	T. Pennella 418	SHW	J. Cranston 347
D. Backiel 155	H. Barrett 391	E. Aleaga 688	4th-351
198 lbs.	259 lbs.	V. Eldridge 501	220 lbs.
S. Jackson 285*	G. Loss 407	Master (47-53)	D. Chinn 457
J. Arrow 259*	S. Erhardt 374	148 lbs.	275 lbs.
Master (47-53)	B. Gilman 270	Evangelista —	L. Haywood 462
165 lbs.	308 lbs.	181 lbs.	Teen (12-13)
N. Carpenter 177	G. Warren 545	L. Woodley 363	97 lbs.
P. Michaels 192*	SHW	220 lbs.	C. Grizzle 49*
C. Erickson 170	W. Carpenter 562	L. Benner 429	123 lbs.
UL	Elite Open	242 lbs.	A. Grizzle 71
M. Huston 209*	181 lbs.	S. Mathis 540	132 lbs.
Master (54-60)	R. Harris 473	D. Seath 402	J. Kreher 143
114 lbs.	Warrington 622	259 lbs.	4th-154*
I. Pantlitz 192	4th-633*	Crossen Jr. 551	165 lbs.
4th-203*	4th-558*	N. Brewer 468	T. Qadir 93*
148 lbs.	148 lbs.	308 lbs.	181 lbs.
L. Lesluka 137	W. Crossen III 402*	F. Sua 507	C. Herr 121*
Master (61-67)	K. Dupont 110	SHW	Teen (14-15)
114 lbs.	181 lbs.	J. Mickelson 501	148 lbs.
M. Buchanan 110*	S. Franks 303	Master (54-60)	T. Clandaniel 192
148 lbs.	220 lbs.	148 lbs.	W. Walls 154
B. Anderson 165	A. Geogon —	D. Higgins 214	198 lbs.
4th-176*	J. Odell 462	M. Jameson 275	J. Garbush 254
181 lbs.	D. Barth 435	181 lbs.	4th-268*
P. Robey 203	242 lbs.	P. Plush 363*	C. Gardner 13
Open	J. Seath 473	198 lbs.	B. Henry 165
114 lbs.	259 lbs.	G. Holzinger 364*	242 lbs.
I. Pantlitz 192	J. Gast —	R. White —	D. Pcole 149
4th-203*	Law/Fire	242 lbs.	Teen 916-19)
132 lbs.	Master (40-47)	G. Nelson 501*	148 lbs.
L. Lamp 192	220 lbs.	308 lbs.	T. Belan 297
M. Hobbs 187	B. Reynolds 385*	R. Smith 507	S. Cole 264
198 lbs.	Law/Fire	Master (66-74)	165 lbs.
S. Jackson 286*	Open	220 lbs.	T. Winslow 275
Submaster	181 lbs.	J. Gladson 248	198 lbs.
148 lbs.	R. Harris 473	4th-254*	F. Ramirez 137
R. Unson 176	198 lbs.	J. Higgins 242	220 lbs.
165 lbs.	T. Tabbets 407	Open	B. Seath 369
T. Jacobs 221*	220 lbs.	148 lbs.	W. Palomaki 225
N. Harmon 159	N. Lane —	Evangelista —	DEADLIFT
Teen (14-15)	242 lbs.	S. Cole 264	FEMALE
114 lbs.	R. Niemitz 523	198 lbs.	Junior
R. Talley 60	Law/Fire	J. Sussman 429	148 lbs.
123 lbs.	Submaster	R. McGaughey 358	M. Boyd 352*
P. Fao 94*	242 lbs.	220 lbs.	Master (47-53)
198 lbs.	R. Niemitz 523	N. Lane —	114 lbs.
K. Carpenter 104	Master (40-46)	T. Stark 545*	J. Morris 284
Teen (16-19)	165 lbs.	J. Odell 462	198 lbs.
148 lbs.	Cunningham 275	242 lbs.	P. Michaels 308
M. Rochet 203	181 lbs.	S. Mathis 540	4th-322*
MALE	S. Hodge 363	J. Anthony 501	UL
Class I			M. Huston 275

Master (54-60)	148 lbs.	198 lbs.	402
L. Lashufka 275	181 lbs.	A. Grizzle 154	J. Garbush 407
Master (61-67)	181 lbs.	4th-159*	4th-418
P. Robey 271*	R. Cole 473	132 lbs.	220 lbs.
Open	S. Hodge 462	D. Cole 137*	B. Henry 259
132 lbs.	220 lbs.	165 lbs.	242 lbs.
M. Hobbs 352	D. Bell 600	T. Oair 176	D. Poole 270
148 lbs.	242 lbs.	4th-181	Teen (16-19)
M. Collier 314	D. Benner 523	181 lbs.	123 lbs.
165 lbs.	308 lbs.	C. Herr 259*	B. Fredson 325
T. Jacobs 413*	A. Medsk 651	Teen (14-15)	148 lbs.
Submaster	Master (47-53)	148 lbs.	S. Cole 402
165 lbs.	181 lbs.	T. Clandaniel 363	198 lbs.
T. Jacobs 413*	L. Woodley 688	W. Walls 303	S. Clandaniel 451
165 lbs.	220 lbs.	181 lbs.	F. Ramirez 242
N. Harmon 314	D. Stratton 579*	J. Jochimsen 352	
198 lbs.	L. Benner 584		
J. Steele 352	D. Seath 473		
Teen (12-13)	SHW		
97 lbs.	J. Mickelson 500*		
S. Jackson 214	Master (54-60)		
4th-225*	148 lbs.		
123 lbs.	D. Higgins 451*		
J. Jackson 264	165 lbs.		
4th-275*			
Teen (14-15)	M. Jameson 440*		
114 lbs.	J. Bensai 341		
R. Talley 110	181 lbs.		
123 lbs.	G. Alexander 501		
P. Fao 203	198 lbs.		
198 lbs.	G. Holzinger 457		
K. Carpenter 297	Master (61-67)		
Teen (16-19)	165 lbs.		
148 lbs.	L. Forbes 341		
M. Rochet 385*	R. White 275		
MALE	Master (68-74)		
Class I	220 lbs.		
148 lbs.	J. Huggins 352*		
D. Higgins 451	Open		
165 lbs.	148 lbs.		
D. Jamesson 374	S. Cole 402		
198 lbs.	165 lbs.		
J. Walle 429	A. Jackson 540		
220 lbs.	181 lbs.		
L. Woodley 688	L. Woodley 688		
D. Barth 633*	242 lbs.		
H. Higgins 573	J. Anthony 622		
T. Pennella 618*	B. Rogers 628		
259 lbs.	308 lbs.		
S. Erhardt 534	A. Medak 661		
L. Haywood 462	SHW		
Teen (12-13)	J. Mickelson 600		
97 lbs.	Submaster (33-39)		
C. Grizzle 49*	181 lbs.		
123 lbs.	R. Martin 402		
A. Grizzle 71	K. Dupont 236		
132 lbs.	J. Moore 540		
J. Kreher 143	Teen (12-13)		
4th-154*	97 lbs.		
T. Qadir 93*	C. Grizzle 126		



Susan Jackson had the biggest bench for the women, a WABDL Washington State record 286 lbs. at the Great Northern competition

402 at 148. In Elite Open 18, Gustavo Warrington popped a bombastic 633.7 world record and setting the world record with 622.7 and 617. Gustavo has a very short stroke. In Junior, Will Crossen III set a Washington record 402. In Law/Fire Master 40-47/220, Brian Reynolds set a Washington record 385.7. In Law/Fire Master women 40-47/132, Lauri Lamp set a world record 192.7, her fourth world record in two years. In Master men 40-46/220, Lance Fuhrman set a Washington record 473.7. In master men 47-53/259, Will Crossen Jr. set a Washington record 568.6. Will has been benching over 500# for 15 years straight. He's retired from the Coast Guard and is mellow and dangerous on the lifting platform. Nice guy, but he will reach down deeper than the majority of lifters and come out with a win. In Master men 54-60/181, Perry Plush came up with a Washington record 363.7. Perry was an excellent deadlifter with a 573 pull at 181, but he hurt his back. At 54-60/198, the old warrior consistent as always, Godfrey Holzinger set a Washington record 364.8. In 61-67 George Nelson, who used to be the best Master lifter in the world with a 610 at age 58, set a world record 501.5 at 242, weighing 238 at age 62. He's still a damn good lifter. In master 68-74/220, Jerry Gladson set a Washington record 254.6. In Master women 40-46/198, Susan Jackson set a world record 286.5 at 198. Jill Arnow was second with a national record 259. In Master women 47-53/165, Nancy Carpenter of Canada set a national record 177.3. At Master 47-53/198, Pamela Michaels-Olson set a Washington record 192.7, and at 198+, Margie Huston set a Washington record 209.2. In Master women 54-60/114, Ita Pantilat set a world record 203.7 and was best lifter for Master women. In master 61-67/148 Barbara Anderson set a world record 176.2, her third world record in two years. In Open men 220, Todd Stark set a Washington record 545.5 and was close with 562. Eddie Aleaga hit a 688.7 at super and was close with 710. In Junior men, Joe Gast, after bombing in Open with 628 and 640.3, because his foot slipped just before lockout came back in the Junior with a world record 640.3 at 259. In Open women, Ita Pantilat and Susan Jackson set Washington records with 203 and 286.5 respectively. In Submaster 181, Jody Cranston set a national record for



350 lb. Eddie Aleaga had the biggest bench press of the Great Northern meet with 688.

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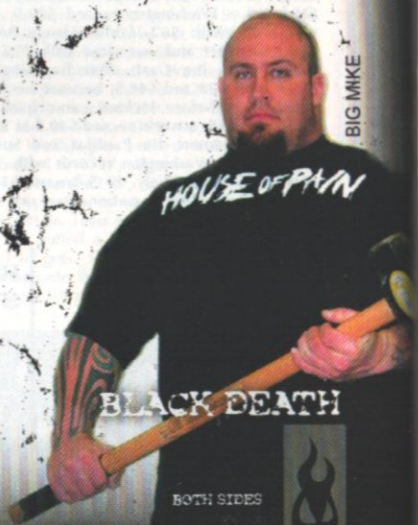
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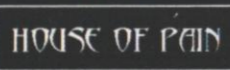
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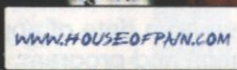
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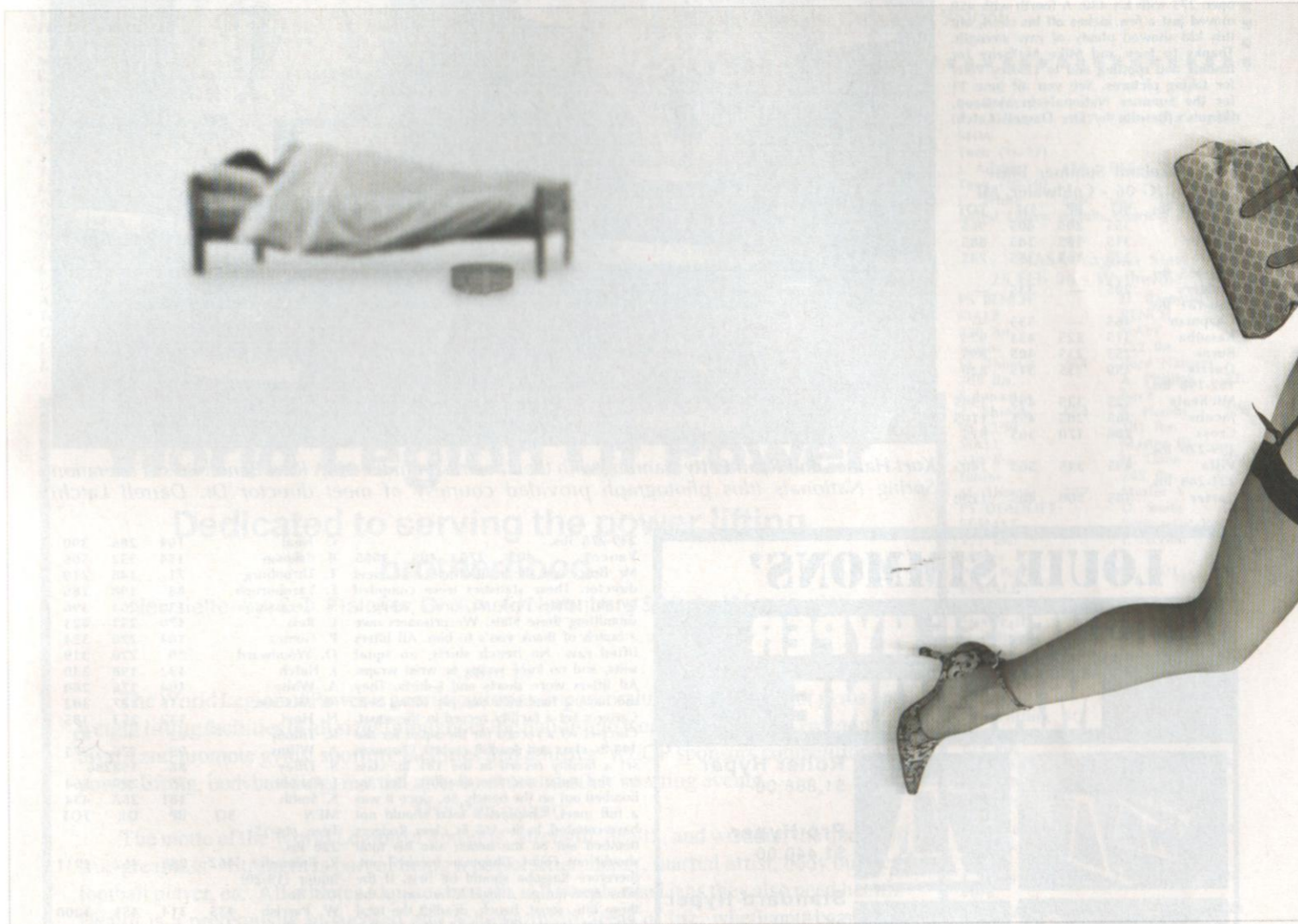
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USA Raw Spring Nationals  
2 APR 06 - Tuscola, IL

BENCH	Open	
MALE	275 lbs.	
Master (50-59)	R. Petty	430

242 lbs.  
K. Haines 415\*

\*=USA RAW Bench Press Federation national records. The USA RAW Bench Press Federation Spring Nationals was at Son Light Power Gym in Tuscola, Illinois. With only two lifters, the meet was quite a disappointment, making the first time in thirteen years we have had a poor turnout. Regardless, the lifters both had good days, with new personal records set and one national mark! Kurt Haines came from Clinton, Iowa to retain his title at 50-59/242, breaking his own national record with his 415 final attempt. First timer Ryan Petty set a new personal record at open 275 with his 430. A fourth with 450 moved just a few inches off his chest, but this kid showed plenty of raw strength. Thanks to Joey and Mike Metheny for loading and spotting and to Lindsey Petty for taking pictures. See you all June 11 for the Summer Nationals in Mattoon, Illinois! (Results by Dr. Darrell Latch)

Lakeland Summer Blast  
6 AUG 06 - Coldwater, MI

133-148 lbs.	SQ	BP	DL	TOT
Curry	355	205	405	965
Waller	315	185	385	885
Smart	225	165	355	745
149-165 lbs.				
Rodgers	205		335	
166-181 lbs.				
Chapman	465		535	
Kassuba	315	225	435	975
Burns	255	235	405	895
Dorris	350	155	315	820
182-198 lbs.				
Micheals	525	325	495	1345
Jacobs	365	285	455	1105
Cross	280	170	365	815
199-220 lbs.				
Villa	495	345	565	1405
221-248 lbs.				
Carter	585	300	405	1290



Kurt Haines and Ryan Petty standing with their awards from the USA Raw Bench Press Federation Spring Nationals (this photograph provided courtesy of meet director Dr. Darrell Latch)

249-275 lbs.  
Vance 405 275 405 1085

Mr. Bruce was the head official and meet director. These statistics were compiled by Mr. White. And, Mr. Bruce White is submitting these Stats. We prisoners owe a bunch of thank you's to him. All lifters lifted raw. No bench shirts, no squat suits, and no knee wraps or wrist wraps. All lifters wore shorts and t-shirts. They did have a four inch one ply lifting belt. Carter-x set a facility record in the squat. Curry-el set a record for the squat for the 148 lb. class and deadlift record. Chapman set a facility record in the 181 lb. class for the squat and the deadlift. But, he bombed out on the bench. So, since it was a full meet, Chapman's total should not have counted. In the 165 lb. class, Rodgers bombed out on the bench also his total should not count. Chapman bombed out, therefore Kassuba should be first. If the lifter dose not get a legal lift in any of the three lifts, squat, bench, deadlift the total does not count. Villa is best lifter for this meet. Thanks to Powerlifting USA for publishing our meet results. (These meet results provided by Mr. Bruce White)

Georgia Games  
JUL 06 - Adel, GA

BENCH	Open			
WOMEN	148 lbs.			
Open	Patton-Gooch	237		
165 lbs.	Teen (18-19)			
M. Sternberg	C. Arnold	292		
MEN	Master (40-44)			
K. Kayes	Master (45-49)	303		
G. Bradley	Master (65-69)	203		
K. Rowan	259			
	BP	DL	TOT	
E. Dewitt	110	286	396	

C. Neal 104 286 390  
B. Bakman 154 352 506  
T. Thronburg 71 148 219  
F. Yaroborough 88 198 286  
S. Gerassinon 132 264 396  
C. Reis 170 253 423  
P. Gomez 104 220 324  
O. Woodward 99 220 319  
J. Hatch 132 198 330  
A. White 104 176 280  
M. McCuen 115 187 302  
N. Hoyt 132 253 385  
K. Tiltonj 82 — 82  
A. Wilons 99 176 275  
S. Tilley 88 198286  
J. Dewitt 55 209 264  
S. Smith 181 253 434

MEN SQ BP DL TOT  
Teen (14-15)  
220 lbs.  
R. Bulmash 462 286 462 1211  
Junior (19-20)  
165 lbs.  
W. Parrish 435 314 451 1200  
308 lbs.  
J. Kicon 633 429 556 1618  
Open  
198 lbs.  
M. Kirkland 512 275 606 1393  
242 lbs.  
R. Piccini 468 325 414 1207  
Master (55-59)/Class II  
198 lbs.  
H. Sauls 275 220 336 831  
Master (60-64)  
J. Fair 292 98 374 864

A special thanks goes out to Curtis Leslie, from Maricutta, GA, David Sewell, from Dothan, AL, Ruis Keith, from Douglasville, GA, Lance Lovett, from Adel, GA, Curtis Myers, from Adel, GA, Fred Shook, from Adel, GA, and Burt Dodd, from Marietta GA, for donating their time and efforts in making the Georgia Games powerlifting a success. (Thanks to Buddy Duke, Meet Director, for providing the meet results)

100% Raw NC Teenage  
3 JUN 06 - Currituck, NC

FEMALE	SQ	BP	DL	TOT	W. Etheridge	440	396	837	1675
114 lbs.					A. Salton	341	319	606	1267
Teen (14-15)					165 lbs.				
V. Buczynski	231	132	319	683	Junior				
123 lbs.					J. Trotman	341	253	606	1201
Teen (16-17)					J. Aresenault	518	440	716	1675
C. Buchan	319	187	540	1047	Teen (16-17)				
132 lbs.					M. Blackburn	540	440	771	1752
Teen (16-17)					C. Higgins	529	363	749	1642
L. Gurly!	462	275	650	1388	M. Senca	473	363	771	1609
148 lbs.					S. Johnson	—	—	—	—
Teen (14-15)					181 lbs.				
E. Buchan	341	187	518	1047	Teen (14-15)				
Teen (16-17)					W. Boyd	639	385	793	1818
C. Veal	418	286	507	1212	Teen (16-17)				
Teen (18-19)					D. Thomas	782	451	1003	2237
H. Strong	396	220	584	1201	D. Dixon!	892	573	771	2237
198 lbs.					T. Vinick	606	440	804	1851
Teen (16-17)					Teen (18-19)				
L. Lesinski	—	209	650	859	B. Razzo	771	584	992	2347
Master (40-44)					P. Brown	782	551	992	2325
L. Elliott	297	242	606	1146	J. Holiday	694	562	1003	2259
198+ lbs.					R. Beavers	—	—	—	—
Teen (16-17)					198 lbs.				
S. Williams	418	297	705	1421	Police/Fire				
MALE					B. Maxwell	496	551	551	1598
123 lbs.					Teen (14-15)				
Teen (16-17)					J. Wheeler	551	418	694	1664
M. Willis	485	319	551	1355	E. Donahue	496	385	705	1587
148 lbs.					Teen (16-17)				
Open/Junior					J. McCauley	—	319	496	815
D. Priddy	771	429	925	2127	Teen (18-19)				
Teen (14-15)					B. Horton	782	485	1003	2270
J. Ross	617	485	771	1873	C. Bobola	760	451	892	2105
J. Croom	462	440	738	1642	K. Carlson	—	617	1069	1686
A. Jones	407	407	716	1532	220 lbs.				
Teen (16-17)					Teen (16-17)				
G. Rouson	628	385	892	1906	B. Hopkins!	925	815	1058	2799
J. Manuel!	584	385	826	1796	J. Dunman	694	451	826	1973
J. Newbern	573	341	815	1730	B. McElroy	—	429	936	1366
					242 lbs.				
					Teen (16-17)				
					A. Brown	804	595	1113	2513
					T. Lindstrom	782	606	1080	2469

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Teen (18-19)	T. Manning	1333	947	1444	3725	PS BENCH			
275 lbs.						D. Barnette	143		
Open	R. Page	959	738	1003	2700	MALE			
Teen (14-15)	M. Woolard	793	396	992	2182	220 lbs.			
Teen (18-19)	J. Montana	727	407	826	1962	132 lbs.			
Teen (16-17)	J. McElay	881	639	992	2513	Pure Natural			
W. Percell	771	716	936	2425	A. Phillips	226			
Teen (18-19)	A. Moore	881	738	1146	2766	MALE			
A. Moore	826	760	1069	2656	220 lbs.				
J. Roper	826	606	1146	2579	181 lbs.				
Teen (16-17)	McConville	826	606	1146	2579	Master III			
B. Linton	793	562	881	2237	H. Dunn	286			

NASA Virginia State  
25 FEB 06 - Wytheville, VA

PS BENCH	D. Barnette	143		
MALE				
220 lbs.				
Junior				
M. Thomas	264			
308 lbs.				
Submaster				
A. Shields	474			
PS CURL				
MALE				
220 lbs.				
Junior				
M. Thomas	137			
PS DEADLIFT				
FEMALE				
132 lbs.				
Master II				
Push Pull				
FEMALE				
132 lbs.				
Master II				
D. Barnette	—	—	—	
MALE				
148 lbs.				
Master I				
P. Sholes	248	407	655	
Powerlifting	SQ	BP	DL	TOT
MALE				
132 lbs.				
K. Hale	248	198	319	766
B. White	220	143	341	705
165 lbs.				
HSP				
J. Mann	248	176	319	744
181 lbs.				
HSP				
J. Wren	303	203	402	909
Pure				
R. Maggi	385	319	418	1124
242 lbs.				
HSP				
R. Elm	319	214	418	953
M. Dye	314	226	352	892
275 lbs.				
HSP				
J. Shmel	319	226	396	942
Raw				
Submaster				
198 lbs.				
Submaster				
R. Maggi	358	330	418	1107
Power Sports	CR	BP	DL	TOT
MALE				
198 lbs.				
Submaster II				
R. Maggi	121	330	418	870
220 lbs.				
Pure Natural				
R. Mitchum	143	297	424	865
Pure				
R. Mitchum	143	297	424	865
(thanks to Greg Van Hoose for the results)				

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

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The motto of the World Legion of Power is "strength, health, and wisdom; the quest for true greatness". Strength is part of being a power lifter, boxer, martial artist, body builder, football player, etc. All athletes require strength. All people need it as they also need health. Health is a prerequisite to succeed and achieve in all areas of life, whether it be sports, business, or family life. Wisdom might seem an unusual part of the motto. But we believe that athletic excellence should add to a deeper understanding of life as well as life adding to a deeper understanding of our sports.

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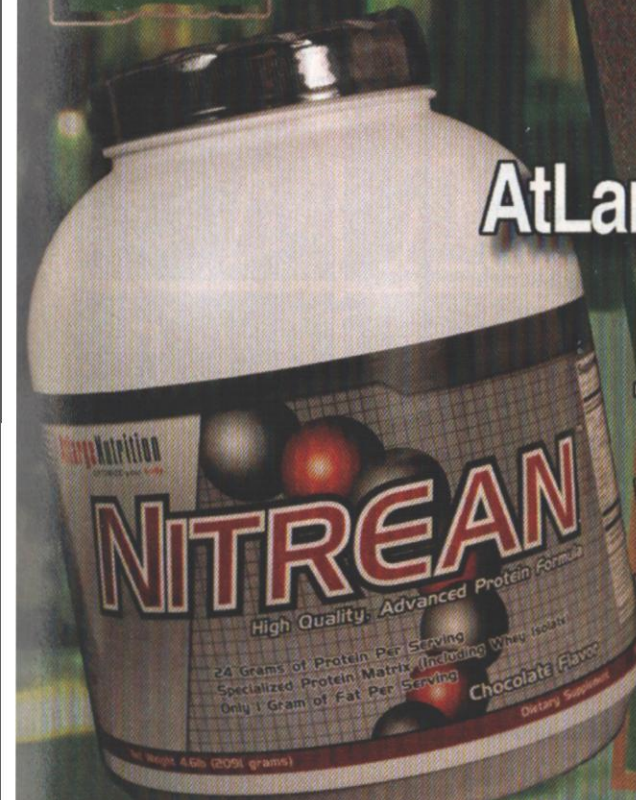
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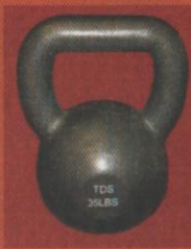
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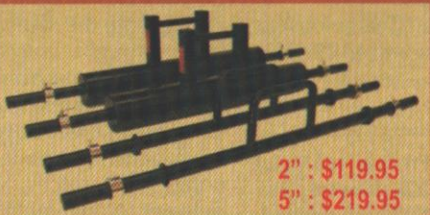
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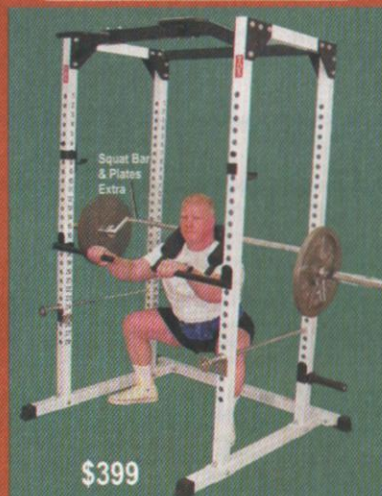
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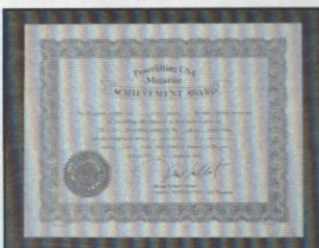
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## TOP 100 For standard 123 lb./56 Kg. USA lifters in results received from AUG/2005 through JUL/2006

SQUAT	BENCH	DEADLIFT	TOTAL
1 496 Holloway, D..11/8/05	336 Petrencak, S..9/30/05	578 Holloway, D..4/29/06	1366 Holloway, D..4/29/06
2 451 Kirkland, M..11/19/05	320 Faraone, J..4/15/06	518 Blakely, G..6/10/06	1168 Scruggs, J..6/17/06
3 450 Riemann, M..3/25/06	314 Holloway, D..7/6/06	479 Scruggs, J..6/17/06	1140 Snell, K..3/25/06
4 450 Atkinson, C..3/25/06	305 Tran, V..6/3/06	465 Snell, K..4/22/06	1120 Scheldrup, T..2/25/06
5 445 King, N..3/25/06	300 Scheldrup, T..2/25/06	460 Scheldrup, T..2/25/06	1110 Riemann, M..3/25/06
6 430 Burkey, J..12/17/05	285 Garcia, S..9/06	450 DeLaCruz, R..3/25/06	1090 Atkinson, C..3/25/06
7 430 Sanders, J..3/25/06	275 Young, S..9/06	440 Meadows, S..4/1/06	1080 King, N..3/25/06
8 420 Snell, K..3/25/06	270 Darling, J..12/1/05	430 Ortiz, F..3/25/06	1060 Sanders, J..3/25/06
9 418 Scruggs, J..6/17/06	270 Reinart, N..3/25/06	425 Gutierrez, V..3/25/06	1055 Gutierrez, V..3/25/06
10 405 Hilton, J..3/25/06	270 Scruggs, J..6/17/06	420 Reinart, N..3/25/06	1050 Reinart, N..3/25/06
11 402 Rotsinger, J..9/24/05	260 Gualtieri, V..8/13/05	415 Riemann, M..3/25/06	1045 DeLaCruz, R..3/25/06
12 400 Ortiz, F..3/25/06	260 Vocon, V..1/28/06	415 Atkinson, C..3/25/06	1036 Meadows, S..4/1/06
13 400 Terrell, A..3/25/06	260 Snell, K..3/25/06	410 Kizer, C..2/18/06	1030 O'Steen, M..12/05
14 395 Gutierrez, V..3/25/06	260 McDaniel, R..6/24/06	407 O'Steen, M..12/05	1025 Ortiz, F..3/25/06
15 385 Lamb, B..10/15/05	253 Ramos, A..8/20/05	402 Akina, V..9/24/05	1019 Lamb, B..10/15/05
16 385 Zeolla, G..4/8/06	253 Meadows, S..4/1/06	402 Lamb, B..10/15/05	1019 Kirkland, M..11/19/05
17 380 Martin, E..2/18/06	248 O'Steen, M..12/05	402 Tran, C..7/15/06	1014 Blakely, G..6/10/06
18 380 Hampton, D..2/18/06	245 Riemann, M..3/25/06	400 Hayes, S..9/06	1000 Terrell, A..3/25/06
19 374 O'Steen, M..12/05	245 King, N..3/25/06	400 Zeolla, G..4/8/06	995 Hilton, J..3/25/06
20 370 Kizer, C..2/18/06	243 Williams, V..11/17/05	396 Miller, D..6/17/06	985 Burkey, J..12/17/05
21 370 DeLaCruz, R..3/25/06	242 Hollier, J..9/30/05	395 Sanders, J..3/25/06	975 Hayes, S..9/06
22 369 Adelman, T..6/17/06	242 Barleen, D..5/5/06	391 Walker, J..11/16/05	975 Zeolla, G..4/8/06
23 363 Miller, C..2/10/06	242 Norwood, N..6/17/06	391 Barleen, D..5/5/06	975 Barleen, D..5/5/06
24 360 Mendez, P..2/2/06	240 Burkey, J..1/12/05	390 Young, C..3/10/06	970 Kizer, C..2/18/06
25 360 Scheldrup, T..2/25/06	236 Hodder, J..8/13/05	390 King, N..3/25/06	953 Rotsinger, J..9/24/05
26 360 Reinart, N..3/25/06	236 Gill, R..2/18/06	385 Ruff, D..11/16/05	950 Garcia, S..9/06
27 360 Hartwig, S..9/15/06	236 Adelmann, T..6/17/06	380 Williams, C..1/28/06	942 Adelmann, T..6/17/06
28 355 DeLaFuente, N..2/4/06	235 Lamb, B..8/27/05	375 Kirkland, M..12/17/05	935 Hartwig, S..7/15/06
29 350 Williams, K..2/2/06	235 Sanders, J..3/25/06	375 Dominguez, M..2/4/06	910 Dominguez, M..2/4/06
30 350 Hayes, S..9/06	235 Gutierrez, V..3/25/06	375 Schulz, C..3/10/06	909 Miller, C..2/10/06
31 347 Marietta, Leah..8/7/05	230 Williams, B..4/22/06	375 Terrell, A..3/25/06	903 Williams, C..1/28/06
32 345 Dominguez, M..2/4/06	230 Hartwig, S..7/15/06	375 Hilton, J..3/25/06	898 Tran, C..7/15/06
33 345 Castillo, R..3/10/06	225 Hayes, S..9/06	374 Miller, C..2/10/06	895 Mendez, P..2/2/06
34 341 Meadows, S..4/1/06	225 Atkinson, C..3/25/06	374 Braguine, J..3/18/06	895 Martin, E..2/18/06
35 341 Barleen, D..5/5/06	225 DeLaCruz, R..3/25/06	370 Faraone, J..2/18/06	876 Miller, D..6/17/06
36 335 Henley, J..2/2/06	225 Terrell, A..3/25/06	370 Castillo, R..3/10/06	875 Sander, B..1/21/06
37 330 Williams, C..1/28/06	220 Achenbach, J..6/10/06	365 Achenbach, J..6/10/06	875 Castillo, R..3/10/06
38 330 Petter, J..2/4/06	215 Sander, B..1/21/06	363 Rotsinger, J..9/24/05	870 Henley, J..2/2/06
39 325 Austin, D..8/27/05	215 Hilton, J..3/25/06	363 Aulds, S..6/17/06	870 Hampton, D..2/18/06
40 325 Sander, B..1/21/06	215 Burt, B..7/23/06	360 Mendez, P..2/2/06	870 Norwood, N..6/17/06
41 325 Swindle, D..2/4/06	214 Callahan, S..6/2/06	358 Lee, B..1/14/06	860 Young, S..9/06
42 325 Pierson, D..2/4/06	210 Logsdon, H..11/5/05	355 Hampton, D..2/18/06	855 Morningwake, M..10/22/05
43 325 Edwards, D..2/25/06	210 Frank, R..4/22/06	355 Young, S..9/06	855 Williams, K..2/2/06
44 325 Duff, D..2/25/06	209 Akina, V..9/24/05	353 Wilson, S..5/13/06	855 Petter, J..2/4/06
45 325 Norwood, N..6/17/06	205 Kirkland, M..10/1/05	352 Woods, A..12/05	854 Marietta, Leah..8/7/05
46 325 Rein, J..6/17/06	204 Williams, N..4/22/06	352 Kemper, T..3/11/06	850 Swindle, D..2/4/06
47 325 Kinard, C..7/15/06	203 Segura, R..8/27/05	352 Froschle, J..4/29/06	850 DeLaFuente, N..2/4/06
48 320 White, M..2/25/06	203 Aulds, S..6/17/06	350 Morningwake, M..10/22/05	848 Rein, J..6/17/06
49 320 Garcia, S..9/06	200 Lane, N..1/21/06	350 Henley, J..2/2/06	837 Aulds, S..6/17/06
50 319 Tran, C..7/15/06	200 Claypatch, H..1/21/06	350 Manzo, A..23/06	832 Kemper, T..3/11/06
51 315 Morningwake, M..10/22/05	200 Murphy, G..1/27/06	347 Rein, J..6/17/06	830 Lane, N..1/21/06
52 315 Landaverde, N..1/28/06	200 Petter, J..2/4/06	345 Gualtieri, V..11/11/05	820 Schulz, C..3/10/06
53 315 Palacios, B..2/2/06	200 Orsi, C..3/18/06	345 Morse, J..11/12/05	815 Dierick, J..6/3/06
54 314 Miller, D..6/17/06	198 Blakely, G..6/10/06	345 Garcia, S..9/06	805 Rodriguez, J..1/14/06
55 310 Rodriguez, J..1/14/06	195 Trumm, C..10/29/05	345 Young, C..3/10/06	810 Young, C..3/10/06
56 310 Lane, N..1/21/06	195 Ortiz, F..3/25/06	345 Hartwig, S..7/15/06	805 Landaverde, N..1/28/06
57 308 Kuper, T..3/11/06	195 Juangco, J..4/29/06	341 Yukness, K..2/10/06	805 Macias, R..2/4/06
58 305 Brown, C..2/4/06	195 Dierick, J..6/3/06	340 Rodriguez, J..1/14/06	805 Juangco, J..4/29/06
59 305 Dierick, J..6/3/06	193 Minahan, J..11/17/05	340 Martin, E..1/21/06	800 Edwards, D..2/25/06
60 300 Fredrickson, S..1/14/06	192 Williams, C..1/28/06	340 Vocon, V..1/28/06	800 Duff, D..2/25/06
61 300 Macias, R..2/4/06	192 Gazzara, J..4/8/06	340 Swindle, D..2/4/06	800 White, M..2/25/06
62 300 Lovell, M..2/4/06	192 Hughes, K..4/29/06	340 Bagby, D..2/4/06	799 Froschle, J..4/29/06
63 300 Wiltz, R..2/25/06	190 Morningwake, M..10/22/05	336 Marietta, Leah..8/7/05	795 Brown, C..2/4/06
64 300 Ball, K..3/4/06	190 Dominguez, M..2/4/06	336 Manuel, G..8/20/05	795 Thompson, K..2/25/06
65 300 Saccoccio, A..5/20/06	190 Kizer, C..2/18/06	336 Miskins, D..2/18/06	790 Austin, D..8/27/05
66 297 Marietta, Lora..2/10/06	190 Zeolla, G..4/8/06	336 Adelmann, T..6/17/06	790 Pierson, D..2/4/06
67 297 Blakely, G..6/10/06	190 Silvestri, N..4/15/06	335 Sander, B..1/21/06	790 Lovell, M..2/4/06
68 295 Smith, K..1/28/06	190 John, A..4/22/06	330 Williams, K..2/2/06	788 Lee, B..1/14/06
69 295 Winans, A..3/4/06	190 Sy, J..4/29/06	330 DeLaFuente, N..2/4/06	788 Marietta, Lora..2/10/06
70 292 SanMiguel, D..11/5/05	187 Rotsinger, J..9/24/05	330 Thompson, K..2/25/06	782 SanMiguel, D..11/5/05
71 292 Froschle, J..4/19/06	187 Benner, S..11/12/05	330 Dugas, J..4/8/06	782 Yukness, K..2/10/06
72 290 Douglas, K..11/12/05	187 Ruff, D..11/16/05	330 River, J..5/27/06	780 Herrera, R..1/28/06
73 290 Sehon, J..1/21/06	187 Ma, S..12/18/05	330 Gnerre, B..5/27/06	780 Palacios, B..2/2/06
74 290 Wright, M..1/21/06	187 Anderson, E..3/25/06	330 Kinard, C..7/15/06	780 Wiltz, R..2/25/06
75 290 Bush, K..2/4/06	187 Hood, J..4/29/06	325 Trumm, C..10/29/05	780 Chamberlain, C..6/3/06
76 290 Thompson, K..2/25/06	185 Henley, J..2/2/06	325 SanMiguel, D..11/5/05	775 Douglas, K..11/12/05
77 290 Vargas, L..3/4/06	185 Swindle, D..2/4/06	325 Burkey, J..11/12/05	775 Gushwa, M..12/11/05
78 290 Karbowsi, J..3/10/06	185 Macias, R..2/4/06	325 Montgomery, C..1/21/06	775 Montgomery, C..1/21/06
79 286 Sommers, A..8/20/05	185 Lovell, M..2/4/06	325 Herrera, R..1/28/06	775 Sehon, J..1/21/06
80 286 Dingle, J..2/10/06	185 Martin, E..2/18/06	325 Petter, J..2/4/06	770 Bagby, D..2/4/06
81 285 Tienda, M..2/25/06	185 Rogers, A..2/25/06	325 Edwards, D..2/25/06	766 Callahan, S..3/25/06
82 285 Scaramuzzo, K..3/4/06	185 Chamberlain, C..6/3/06	325 Duff, D..2/25/06	765 Bush, K..2/4/06
83 285 Brown, D..3/4/06	182 Braguine, J..3/18/06	325 Tienda, M..2/25/06	765 Tienda, M..2/25/06
84 285 Kutchera, R..3/10/06	181 Miskins, D..2/18/06	325 Karbowsi, J..3/10/06	765 Sy, J..4/29/06
85 285 Chamberlain, C..6/3/06	181 Carlson, B..6/24/06	325 Fredson, B..6/17/06	760 Karbowsi, J..3/10/06
86 280 Morse, J..1/12/05	181 Kinard, C..7/15/06	325 Ochoa, J..7/8/06	755 Fredrickson, S..1/14/06
87 280 Gushwa, M..12/11/05	180 Wilson, C..10/29/05	320 Lane, N..1/21/06	755 Murphy, G..1/27/06
88 280 Macias, R..2/4/06	180 Gushwa, M..12/11/05	320 Macias, R..2/4/06	755 Winans, A..3/4/06
89 280 McClellon, P..2/9/06	180 Sehon, J..1/21/06	320 Brown, C..2/4/06	749 Dingle, J..2/10/06
90 280 Schulz, C..3/10/06	180 Herrera, R..1/28/06	320 Bush, K..2/4/06	745 Fredson, B..6/3/06
91 280 Mach, Z..4/29/06	176 Marietta, Lora..2/10/06	320 Adams, K..2/18/06	738 Sommers, A..8/20/05
92 275 Cook, M..11/19/05	176 Barnhill, A..3/18/06	320 Sy, J..4/29/06	733 Destine, X..3/18/06
93 275 Stone, S..11/19/05	176 Rein, J..3/25/06	320 Kapala, S..7/15/06	730 Wright, M..1/21/06
94 275 Yukness, K..12/10/05	176 Tran, C..7/15/06	319 Sicot, C..6/10/06	730 Wood, Z..2/4/06
95 275 Lee, B..1/14/06	175 Vrubel, A..8/28/05	315 Douglas, K..11/12/05	730 Scaramuzzo, K..3/4/06
96 275 Thornhill, J..1/14/06	175 Landaverde, N..1/28/06	315 Gushwa, M..12/11/05	727 Manuel, G..8/20/05
97 275 Herrera, R..2/18/06	175 Mendez, P..2/2/06	315 Fredrickson, S..1/14/06	727 Cook, M..11/19/05
98 275 Bagby, D..2/4/06	175 Williams, K..2/2/06	315 Landaverde, N..1/28/06	727 Scheppe, K..2/4/06
99 275 Dutschek, R..3/10/06	175 Villastrigo, D..2/4/06	315 Palacios, B..2/2/06	725 Ball, K..3/4/06
100 275 O'Neill, S..6/2/06	175 Thompson, K..2/25/06	315 Kozak, S..2/2/06	722 Van Boxtel, A..6/24/06

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### NEXT MONTH... TOP 132s

**CORRECTIONS** ...Mike Bently's 677 lb. deadlift should have been reflected on the TOP 100 list for the Superheavies. John Martinez should have received credit for his 705 lb. bench press at the APF/AAPF Michigan State meet, on the SHW list. The TOP 100 list for the 275 lb. class was mislabeled on the Contents page of the July issue of PL USA. The numbers in some results in recent issues of PL USA have been converted (as if they were in kilos), but they were already converted (in lbs.) leading to large mistakes. Among them are the Super Sunday results on pg. 60 of the June issue, the Show of Strength meet on pg. 58, and the Chickahominy Y results on pg. 87, AUG/06 PL USA. If you find errors in our ranking lists or the competition results that we publish, let us know at POWERLIFTING USA Errors Department, P.O. Box 467, Camarillo, California 93011 for a proper analysis of the situation (which can take some time, depending on the situation) and a correction.

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

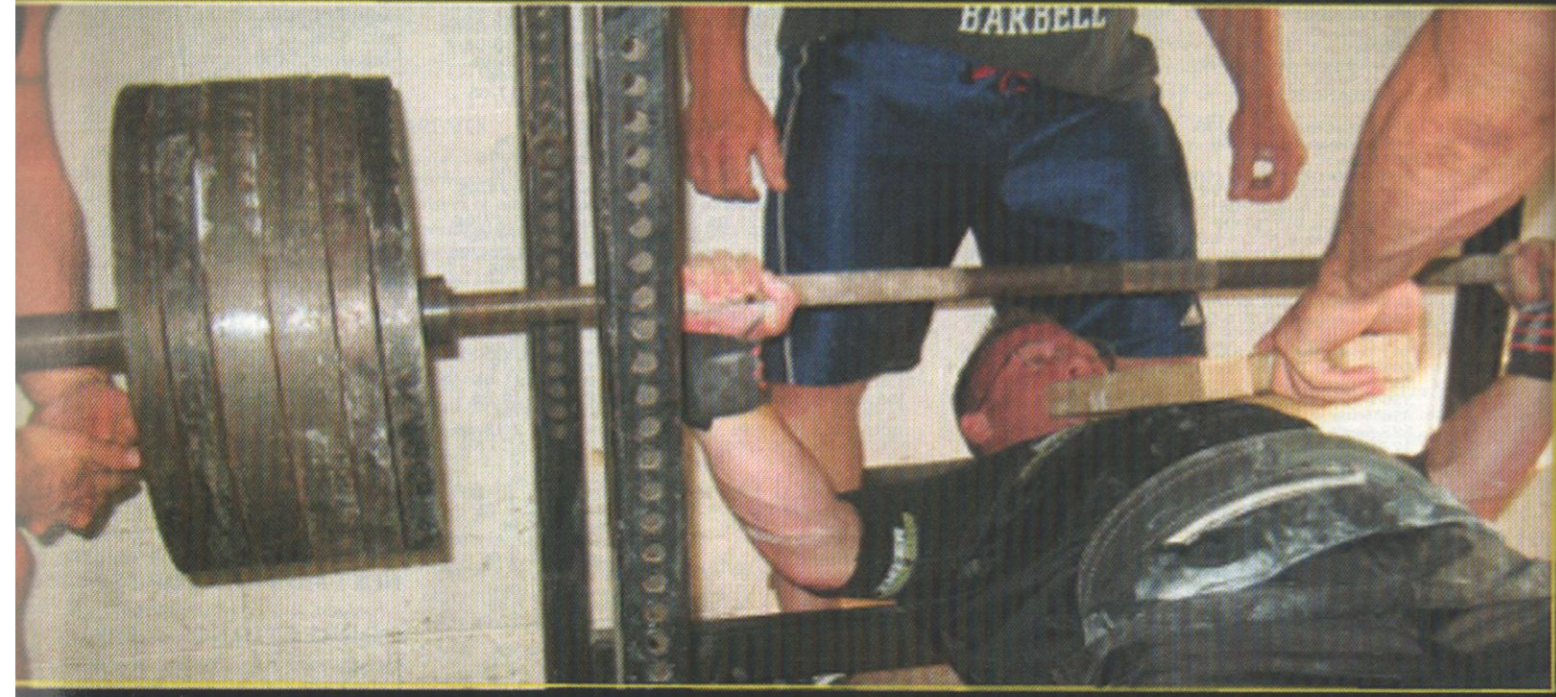
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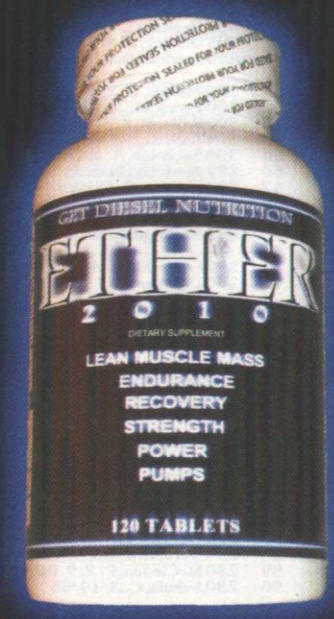
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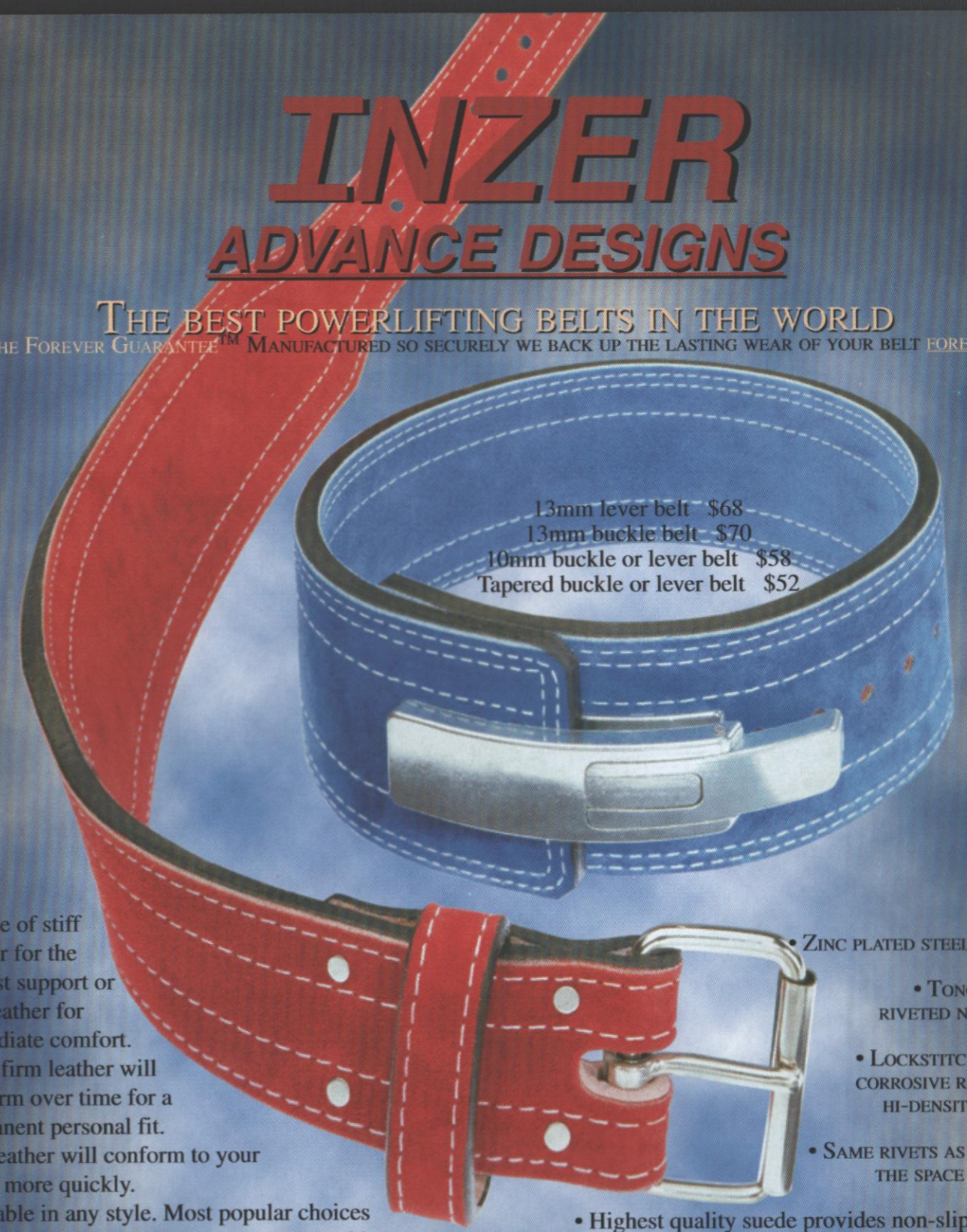
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# INZER ADVANCE DESIGNS

**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.

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

