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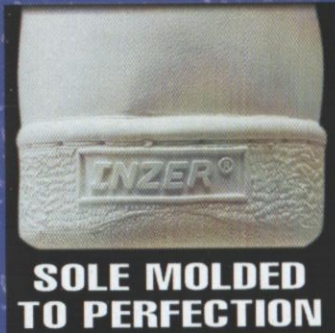


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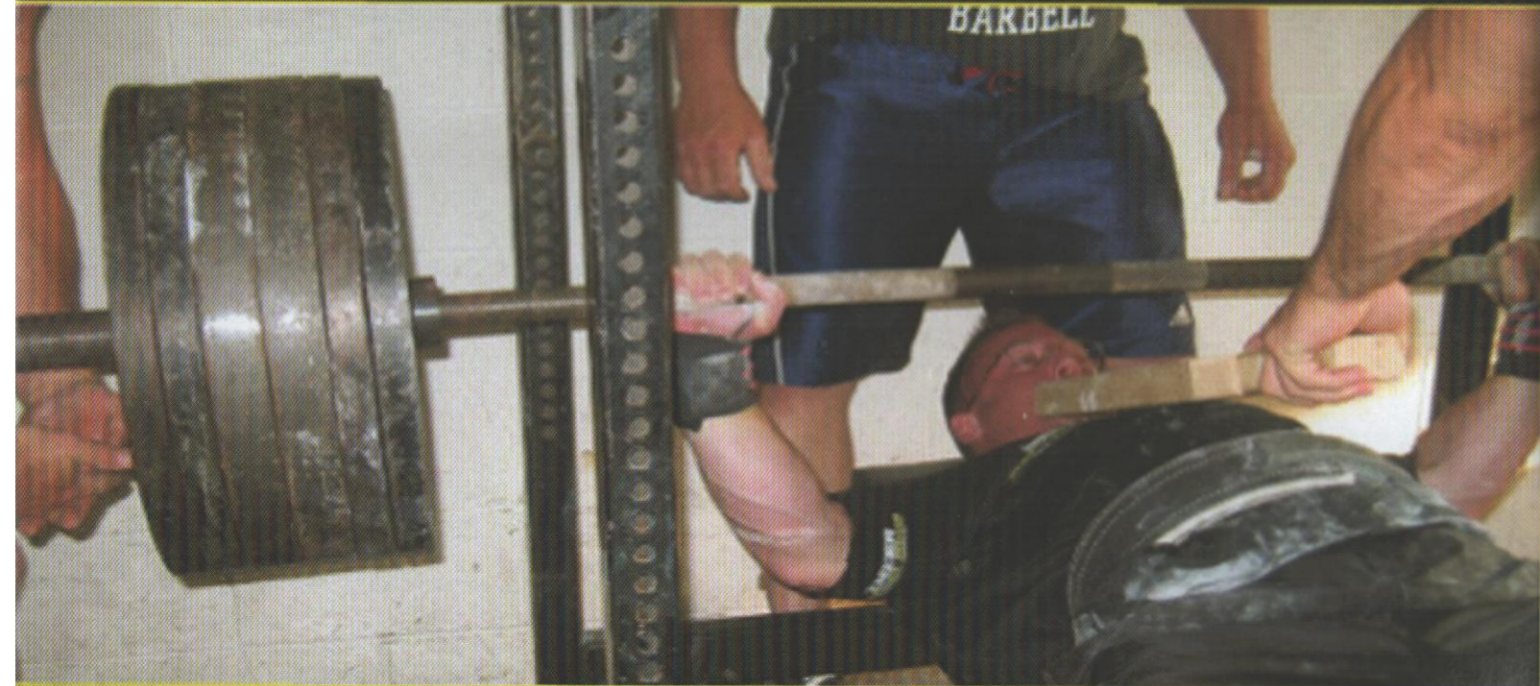
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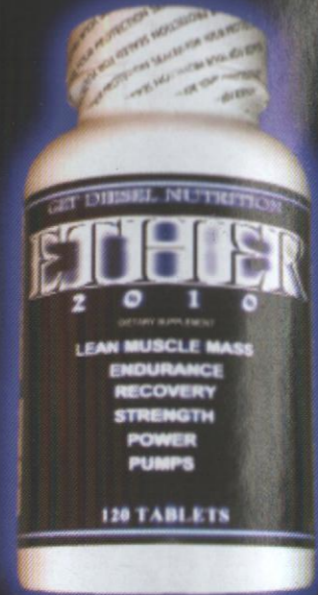
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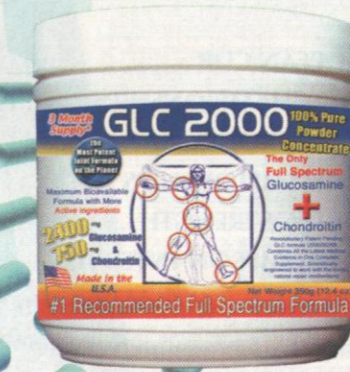
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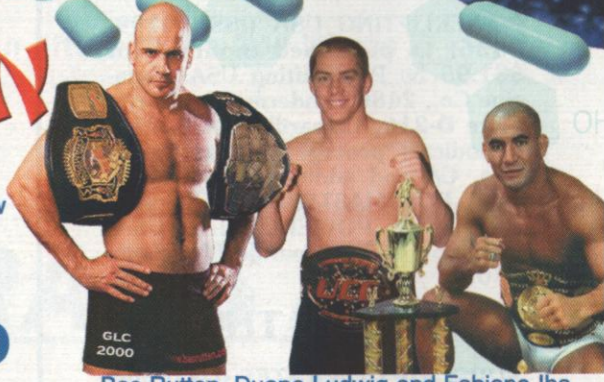
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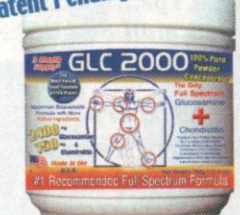
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**MUSCLE MENU**

- Volume 30, Number 2 - November 2006 -

WPC EUROPEAN CUP ..... Yuri Ustinov ..... 6  
 IPA WORLD CHAMPIONSHIPS ..... Ellen Chaillet ..... 8  
 OTIS BROWN PROFILE ..... Floyd Kucharski ..... 10  
 ASIAN BP CHAMPIONSHIPS ..... Paul Kelso ..... 11  
 EXPLOSIVE LEG STRENGTH ..... Louie Simmons ..... 12  
 JENNIFER THOMPSON INTERVIEW ..... Greg Stott ..... 14  
 DR. JUDD ..... Judd Biasiotto Ph.D. .... 18  
 POWER STUFF ..... Mike Lambert ..... 20  
 TRAINING TO AVOID INJURIES ..... Doug Daniels ..... 26  
 HARDCORE GYM #59 ..... Rick Brewer ..... 27  
 BACK ISSUE OF THE MONTH ..... 28  
 POWER NUTRITION ..... Anthony Ricciuto ..... 30  
 ASK THE DOCTOR ..... Mauro Di Pasquale M.D. .... 33  
 APA NATIONALS ..... Scott Taylor .....38  
 FOR THE RECORD ..... Butterfli O'Shea .....40  
 POWERLIFTING USA BACK ISSUE LIST ..... 44  
 COMING EVENTS ..... Mike Lambert ..... 49  
 UNCLASSIFIED ADS ..... 86  
 TOP 100s 132s ..... Mike Lambert ..... 87

ON THE COVER ... Kerwin Unten (462 @ 132 - Namea Designs), Jeff Peshek (1st master over 800), Mike Womack (over 800 lbs. 4 meets in a row - 870 - CSS Photo Design).

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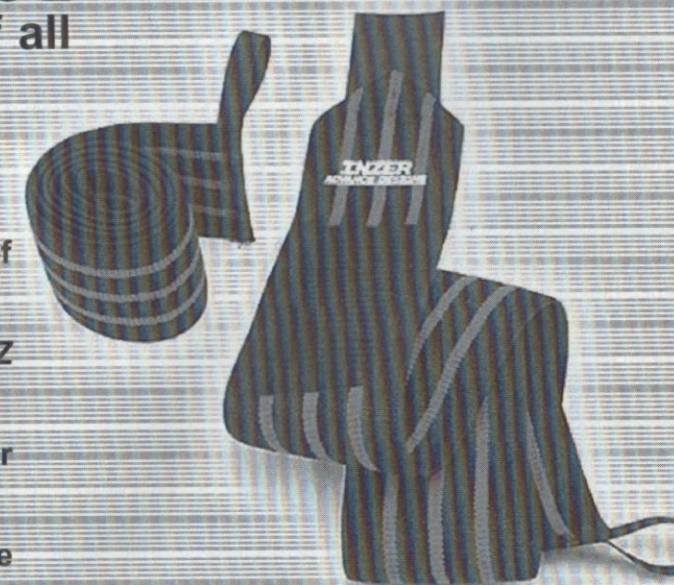
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Amanda Harris hauls in a medal.

Once again the rattle of plates and cheers from the crowd echoed through the halls of the York Barbell's Hall of Fame Building in legendary Muscletown, U.S.A. In keeping with its heritage, York Barbell graciously opened its historic doors to the IPA Worlds by sponsoring its incredible lifting facility. Many thanks! Bob Hoffman, founder of York Barbell and a pioneer of exercise equipment, single handedly put the USA on the international map coaching his then unparalleled York Barbell Weightlifting Club to Olympic Medals in every

## IPA World Championships

as told to Powerlifting USA by ELLEN CHAILLET

Olympics from 1932 through 1979. York Barbell's founder also supported Powerlifting and would have been proud to host the impressive collection of lifters who graced the center-stage platform in the Hall of Fame Auditorium at 2006 IPA World Powerlifting Championships. I don't ever recall having such a rock solid collection of lifters gather at one meet. The quality of all the lifters was exceptional. Two All-time Records were broken on the same day by Justin Graalfs with a 1085 lb. squat at a bodyweight of 241 lbs., and James Grandick with a 2600 lb. total in the 275 lb. weight class. Gene Rychlak, Jr. stole the show moving an unbelievable 1025 lb. bench attempt nearly halfway to completion, on his third attempt! Gatorade quenched the lifters' thirst through their sponsorship of Propel and Gatorade throughout the weekend. Outback Steakhouse made a return appearance, but this time with the cooker trailer! York's

large lobby was filled with round tables topped with white tablecloths and Aussie inspired centerpieces. The brightly colored Outback cooker trailer was churning out more of their signature grilled food than imaginable treating the entire crowd to a delicious lunch. Weber Insurance, an avid supporter of the IPA and its meets, sponsored the meet tee shirts for the lifters and the staff. Our sponsors are so important to the lifters, the spectators and us. Their generosity helps make the meet an event, and locked into the memories of many for a lifetime. Lifters arrived early on Saturday preparing to begin the first day's lifting at 9:30 am. The Teen, Women and all Men's weight classes through the 198 lb. class lifted on Saturday. The meet kicked-off with an amazing 15-year-old, Amada Harris, who set IPA records in the Amateur Women's and Teen 114 lb. division with a 230 squat, 145 lb. bench and a



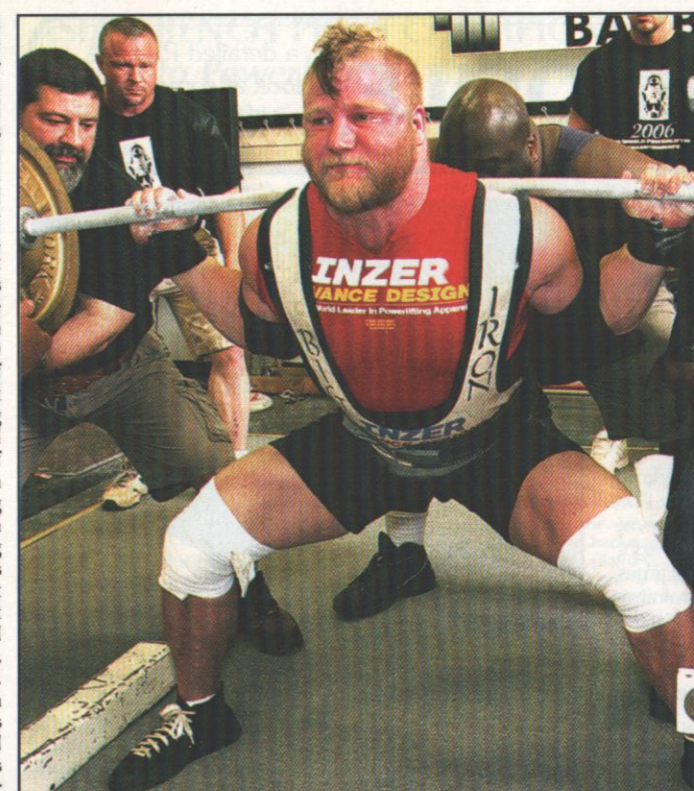
Grandick went 2600 @ 275 lbs.



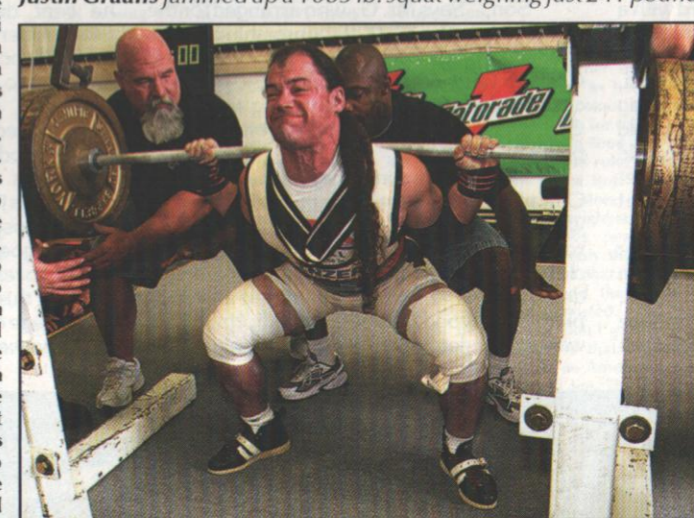
Angela Martinez ... L.A.'s pride.

225 lb. dead lift. Earning her a 600 lb. total taking home Best Lifter trophies for both the Amateur Woman's Open and Teen Divisions. At only 15 years, Amanda has 50 meets under her belt and holds records in multiple powerlifting associations. Elaine Grimwood never fails to give the audience a stunning performance squatting an IPA record 365 lbs. followed by a 195 lb. bench and added the icing with a 300 lb. dead lift for an impressive, eight times bodyweight, 860 lb. record total in the 105 lb. Woman's Professional Division. This tremendous performance wasn't

enough to edge out Angela Martinez, LA Weightlifting Club, for the Professional Women's Best Lifter Award. Angela's awesome 535 lb. squat, 315 lb. bench and 505 lb. dead lift earned her three new IPA records finishing with a whopping 1355 lb. record total in the Woman's 198 lb. Pro Division. Kira Neuman earned respect on the platform on Saturday squatting 410 lbs., benching 235 lbs., dead lifting 325 lbs. earning her first place in the Professional Women's Open 148 lb. weight class. Joining the ranks of record-breakers was Bill Carson lifting in the Amateur Teen (18-19 years) 198 lb. Division. Bill pulled off a beautiful 700 lb. IPA record squat followed by a 400 lb. bench, totaling out with a 550 lb. dead lift. He finished the meet with an IPA record total of 1650 lbs. This placed him 1st with a best lifter trophy. I think we'll see big numbers from this young man for a long time to come. Andy Keiderling hailing from Chaillet's Private Fitness and coached by fellow lifter Vincent Cooke has come a long way in the past year. This 220 lb. 19-year-old proved hard work pays off with a 705 lb. squat, a 405 lb. bench and a 540 lb. dead lift. Great job, Andy! Kamali Downey is a product of LA Weightlifting Club's solid training, and just plain old fashioned hard work. Kamali made his team proud winning the Best Lifter trophy for the Amateur Men's Lightweight Division. Lifting in the Men's Open 181 lb. class, Kamali powered his way to first place with a 570 lb. squat, a 315 lb. bench, and a 500 lb. dead lift leaving a few pounds on the platform. Also from southern California is James Kegrice, the 198 lb. San Diegoan who owned the 198 lb. Pro Men's Open Division. James Kegrice, who also lifted in the Pro Men's Master (40-44) Division, came on strong with a 770 lb. squat a 445 lb. bench and nailed a 675 lb. dead lift to tie up the Best Lifter trophy for Pro Men's Lightweight Division. Jim McClynn, Ft. Lauderdale, FL, proved that time stood still for 8 years since we saw him last lift in an IPA meet. Jim impressed us in 1998 in York at the Strength Spectacular winning a Best Lifter Award. Jim was back and just as strong as ever, lifting in the 198 Pro Men's Master (40-44) Division. The competition was stiff, but Jim managed to eek out five winning pounds with a 720 lb. squat, 455 lb. bench, narrowly winning the first place position from James Kegrice with a record 720 lb. dead lift and an 1895 lb. total. Jim's total won him the Best Lifter Award in the Professional Men's Master Division. Brian Crowe has been lifting in IPA meets for at least 10 years, and never once has his lifting been a disappointment. Seemingly, Brian never has a bad day! Brian lifted in the Elite Amateur, 165 lb. Men's Open Division. July 22 was no aberration from his normal incredible meet. Brian managed to do what any lifter can only dream about, total over 10 times bodyweight! At a bodyweight of 165, Brian squatted 710 lbs., benched



Justin Graalfs jammed up a 1085 lb. squat weighing just 241 pounds.



Brian Crowe ... another big day in the Elite Amateur, 165 lb. class.



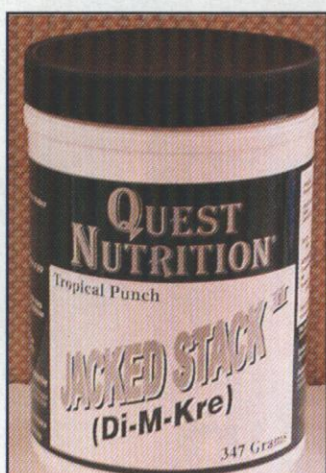
Gene Rychlak got some attention with his amazing 1025 lb. bench press attempt

465 lbs., dead lifted 585 lbs., and totaled, yep, you got it, 1760 lbs.! Also worth mention is the notable lifting by John Monk, Jr. We haven't seen John for a few years, but apparently he never stopped training hard as is obvious by his fantastic lifts. John lifted in the 148 lb. Amateur Men's Master (40-44) Division. John was a man of steel squatting a 500 lb. IPA record fourth attempt, benching another IPA record 340 lbs., pulling 430 lbs. totaling an IPA record 1270 lbs. We were proud to introduce our newest of the older lifters on Saturday, George Sipe, Sr., also coached by his son in law Vincent Cooke. George was coaxed into trying his hand at powerlifting, of all things! Heck, it's hard enough at the age of 30 years! George lifted in the 132 lb. Amateur Men's Master (70-74) Division and did a stellar job squatting 150 lbs., benching 90 lbs., and dead lifting 225 lbs. Congrats, George! Sunday was action-packed. The day opened with the 220 lb. and 242 lb. men's classes in the first session of lifting. Jim Rymiszewski who lifted in the 242 lb. Amateur Men's Open Division took home the Best Lifter trophy for the Amateur Men's Heavyweight Division. Jim took a smooth 750 lb. squat, a 435 lb. bench totaling out with a 650 lb. dead lift and an 1835 lb. total. See you at the Nationals Jim. Vincent Cooke won the 220 lb. Professional Men's Open Division sneaking ahead of second place winner Scott Rowe by a mere 15 lbs. on the total. Vincent's lifts were impressive, as always, especially considering he helped move equipment to set up the meet on Friday, and coached two athletes on Saturday. Vincent squatted a cool 800 lbs., benched 630 lbs., pulled 630 lbs., totaling 2060 lbs. to Scott's 2045 lb. total. To top it off, Vincent was still at York Barbell at 10 p.m. helping tear down and move equipment. The fight for the Best Lifter Award for the Professional Men's Heavyweight Division was historic, literally. Justin Graalfs weighing in at 241 lbs., squatted a monumental and All-Time Record breaking 1085 lbs. to break his existing All Time Record of 1047.2 lbs. Justin opened with 1040 lbs., moved to 1065 lbs., and as if that weren't enough, took a third attempt with 1085 lbs. The crowd thundered with applause and cries of astonishment when the judges' lights registered a good lift. Justin finished with a 575 lb. bench, a 740 lb. dead lift, and an unbelievable 2400 lb. IPA record breaking total. But it wasn't quite enough. Enter the competition. What can be said about this man except it's possible he had more strength left! James Grandick traveled from NE to lift a boatload of weight. James looks like a football linebacker weighing in at a trim 275 lb. He stood up with a smoking 1050 lb. squat, a crushing IPA Record 800 lb. bench press, making a 750 lb. dead lift. This man broke his All Time Record in the Total with a 2,600 lb. total. Hats off to a great lifter and the winner of the Best Lifter Award for the Professional Men's Open Heavyweight Division. In the

(continued on page 60)

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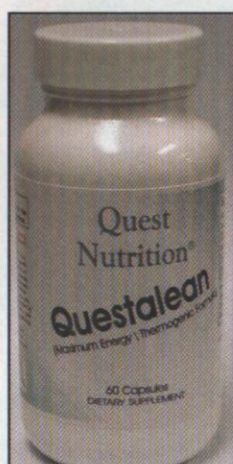
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# POWER PROFILE

a detailed PL USA look at some of the best lifters in the world

## OTIS BROWN as told by Floyd Kucharski

"You're a superstar," an admiring TV reporter once told powerlifter Otis Brown.

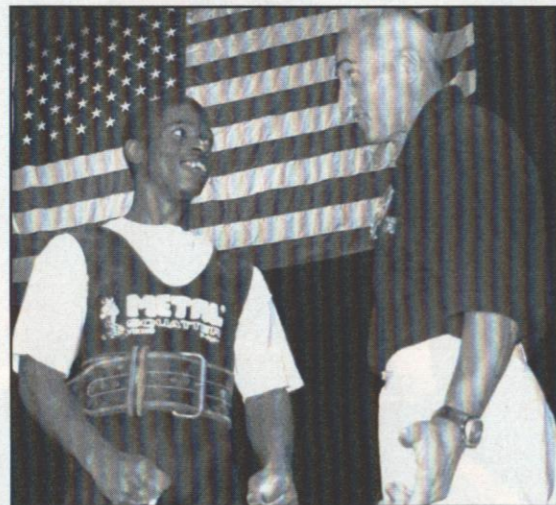
His reply was concrete yet profound. "I'm not a superstar. I'm an athlete, and that's more important. I do it because I have respect, dedication, and love of the sport."

Brown's modesty notwithstanding, many observers would agree with the TV reporter's assessment. Consider this: Brown, who stands 5-1 and walks around at a bodyweight of 126 pounds, is already lifting nearly ten times his bodyweight after only 18 months of training, and he is the first world champion in history which Chicago's public schools have ever produced, in any sport.

Otis made his public debut at the 2005 Chicago Bash in the teenage 132 pound division. Outfitted with nothing more than a wrestling singlet, running shoes, and a cheap store-bought belt, he set two national records with a 296 pound squat and 220 bench. For good measure, he tied a national record with a 402 pound deadlift. He received a thunderous ovation at the awards ceremony.

Four months later, he flew to Helsinki, Finland, for the WPC World Powerlifting Championships with his coach, 56-year-old Dimitre Gueorguiev, where he claimed a gold medal in the 132 pound open division and set a new world record with his 341 pound squat.

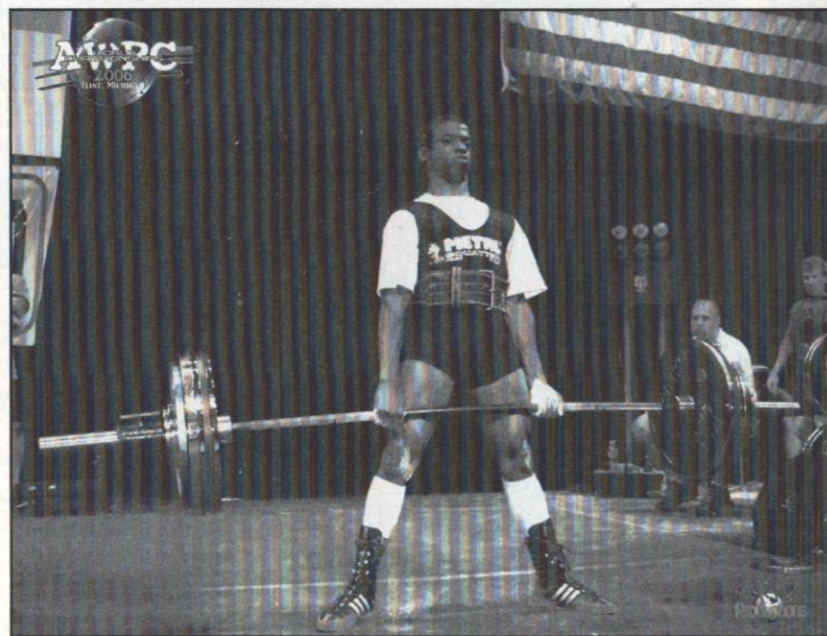
Most recently, he won the "best lifter" award in the 60 kilo men's junior division at the 2006 AWPC World Championships held in Flint, Michigan, where his 264 bench press, 451 squat, and 468 deadlift drew applause and cheers from the spectator gallery. Coach Gueorguiev predicts that, in time, Otis will lift eleven times his bodyweight, perhaps even twelve. This forecast cannot be taken lightly. "Mr. G," as friends call him, is an experienced and knowledgeable trainer. A marathon runner and former three time Bulgarian Olympic Track Coach, he graduated from Russia's Sport University in 1975 with a masters degree in physical education and coaching. He studied physiology, anatomy, biomechanics, and psychology. The pair first met at Chicago's South Side Occupational Academy, where Brown is a twenty-year-old senior and Coach G is athletic director. The academy is a school which prepares its 200 students for occupational careers after graduation. Today the two



Otis Brown and his coach, Dimitre Gueorguiev, celebrate a gold medal at the 2006 AWPC World Championships in Flint, Michigan (photo by Kathy Flores)

have a special kind of relationship. "I call Otis 'Son,'" says Mr. G, who arranged for the Finland trip with a \$1,000 sponsorship through Production Plus Technology, \$750 from the Chicago Teachers Union, and a \$250 personal check from the union's recording secretary. Coach G paid the remainder from his own pocket.

In the beginning, they prepared for the Chicago Bash by training in a locker room which measured six by nine, barely enough room to load a bar if the locker doors remained closed shut. There was no squat rack, only a deadlift bar and bench. They used a 3/4 inch piece of plywood for a deadlift platform, which was quickly destroyed. Coach G designed an



Otis Brown makes short work of 468 pounds at the 2006 AWPC World Championships held in Flint, Michigan (photograph by Gnl Productions)

individualized program specifically for Otis. He immediately saw that Brown was blessed with two natural advantages: He's short and lean. Plus, he's extremely quick.

Coach G started Otis off with light weights and high reps. "My goal in the first year was to prepare his muscles to handle the heavy work later," says Coach G, and they didn't push much heavy iron until a month before the Bash. Back then, Otis lifted high reps ninety percent of the time, and went heavier for only the remaining 10 percent. These days Brown trains six days a week. His routine stresses recovery time and also proper stretching. He still finds energy to play basketball, however, where he excels as a passer and dribbler.

Maris Sternberg, 24 time world champion and sometimes fellow traveler with Otis and Coach G, recalls the time they traveled to nearby Foster Recreation Center where Otis performed several lifts for a TV crew. After the interview concluded and the TV crew packed away its cameras, everybody thought it was time to go home. Everybody except Otis. "My cousin is over there," he pointed. "I'm going to play basketball," and away

he went, dribbling and passing like a young Globetrotter.

"Nobody who watched him that day had anything to say except 'Oh my God,'" recalls Sternberg.

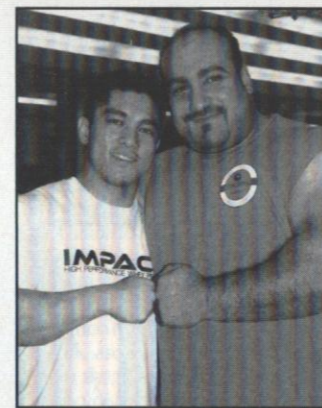
Indeed, to some observers, this young man's prodigious strength does seem near miraculous.

"He's just fearless," says Sternberg. "He's one of those kids who's a natural. Look how deep he goes in the squat. He's just built for it, and he loves doing it."

At this point in Brown's training, the percentage of high to low reps has shifted to 50-50. In between sessions Brown consumes a diet of salads, fish, and pizza - and no junk food. He doesn't eat much meat, and thus uses a whey supplement for protein.

"He's not using anything else. Nothing. No steroids, no testosterone. Nothing. He is absolutely clean and I am so proud of him," says Coach G, who predicts that "One day, Otis will beat the Russian powerlifters, and without steroids. This is my goal."

And why not? Otis Brown is focused, talented, and fearless. "He loves powerlifting. He carries it inside his world, and his heart, and his mind," says Coach G. At meets he is relentlessly dedicated and stands ready, belt around waist and hands chalked. And when Coach G asks "Are you gonna do it?" he always answers "yes." And then he walks out onto the platform and he does it.



The Iranians have arrived! .. (l-r) Richie Rosales (RP - 1st 82.5 kg, 205 kg. BP) with Ali Aliakbar (IRN, 1st 125+ kg., 285 kg. BP) photograph by Lorenzo.

**PHILIPPINE GOLD RUSH**  
150 lifters from eight countries made it through airport transit-visa hassles and heightened security to attend the Asian Bench Press Championships in Manila August 19-21. The contest was held in the 10th floor ballroom of the Bayview Park Hotel on Roxas Blvd. That's across from the US Embassy, in rock-flinging distance of Manila Bay.

Since World War Two, people have dug up half the Philippines seeking treasure allegedly buried by the Japanese Army before it surrendered. No gold bars, coins or statues were found around the Bayview, but the home team raked in the lion's share of the first place medals.

The Philippines took full advantage of hosting the affair, with 24 women lifters and 33 men coming from across the archipelago. Contesting in Sub-junior, Junior, Senior (open), and Masters 1, 2, and 3 categories, the local crew gathered 30 Golds, 10 Silvers and 9 Bronze medals, setting nine Asian records along the way. Japan sacked eighteen golds, by unofficial count, and Iran fourteen. Ten more golds were spread among Kazakhstan (5), India (3), Chinese Taipei (2), and Hong Kong (1). Pakistan's lone entry failed to medal.

The large Iranian team of 26 lifters, and large in that nineteen of them weighed 90kg or more, took the men's senior title. Ali Aliakbar age 29, 125+ class, posted 285k, 627lbs, the biggest bench of the meet. Right behind him was countryman Mojtaba Malaki with 280, barely beating the clock with his last attempt and foregoing his wrist wraps to take the lift with five seconds left. Philippines were second in men's senior team scoring. Sub-Jrs winners were Kazakhstan, Jrs the P.I., M1 Japan, M2 Pl, and M3 Japan.

Many Asian greats were not present, such as Midote, Kodama, Sivokon, or Chao. Twenty-five percent of the lifters were Jrs and Sub-Jrs. Perhaps a lot of top people stayed home to prepare for upcoming World Opens and Masters, and newer people were sent here for the international experience?

But many fine benchers did show. The P.I. were led by Richie Rosales' 205 Gold bench at 82.5. Bronze BP 75kg class medalist at the 2005 IPF Men's World, Richie weighed only 76.5 here. He was also all over the place as a meet director and general factotum.

Japan's Keisuke (Kay-skeh) Takahashi had the highest co-efficient of the meet of 170.38, from a 220kg first attempt in the 67.5s.

## ASIAN BENCH PRESS CHAMPIONSHIPS as told to Powerlifting USA by Paul Kelso

He failed good efforts with 232.5. Gadzooks! Takahashi placed second to Sivokon at the March IPF World BP. The second highest of 162.301 came from Mehdi Fatemi of Iran. That's 272.5 at 110kg!

Big bench for women was Chinese Taipei's Hung Min Chiu's 170 kg in the 90k class, co-efficient 148.72. She uses an extremely wide grip, a high arch, and is short-armed and thick torsoed, resulting in a stroke of LESS than three inches. At the risk of being uncharitable, the effort looked more like the "Bench Shrug" that I have written about elsewhere, than a competitive lift. However, Miss Hung cannot be faulted for her technique because she is lifting within the rules as they are written. And doing it well.

Speculation was rife about proposed rule changes designed to control arching or otherwise, and in the minds of some, to restore sanity in performing the bench press. Recommendations toward this end may be voted on at the November IPF Congress, but of what type is not yet known. Cynics suggest these changes are "anti-Japanese" rules, but many lifters from various countries use these techniques.

I suspect the lifters are already thinking about new techniques to overcome rumored rule changes. They'll try, anyway.

Two World records went on the books, in Masters Three. Sixty-three year old Toru Magome of Japan hit 162.5, missing 170, in the 76.5s. I lived about twenty miles from Toru in Tochigi state for sixteen years, and saw him lift many times. The ageless retired farmer spends most of his time looking after his 97 year old father.

Kim-Won Pok of Hong Kong, age 66, pressed out 87.5 for a men's 52kg M3 world record. Kim-Him Wong of H.K. placed second in the senior 52s with a 95k lift. He is sixty. Hong Kong brought only three lifters, two long of tooth, but the H.K. group will host the next Asian BP championships in 2008.

The Philippines made a clean sweep of the Women's team awards - Sub-Jr., Jr., Senior, M1 and M2. Adeline Dumapong had the second biggest women's bench of the show with 120kg at 90+, without a bench shirt!

Lily Pecante and Nina Oca were best lifters at M1 and M2 respectively. World 82.5 class M1 champ Pecante's bench continues to improve as she posted 110 kilos and had a near miss with 122.5. Her son Andrei Matias won the 82.5 Sub-Jrs. How many mother/son gold medal combos are there?

44k women: the P.I's Jinky Guion and Yim-Hung Lam of H.K., both did 65k with Jinky first on weight. Both are physically challenged by leg problems, "differently abled" being the current politically correct term. Perhaps eight such lifters took part.

Ying is 48 and Jinky 35. Mon



(l-r) Nick Cabalza - PAP Pres., Lorenzo - M1 52kg 1st, Oca - M2 52 kg 1st, Subrutta Dutta - IND Pres. (Lorenzo photograph)

DeBuque of Quezon City, owner of the highly successful Zest Power Gym there, and active in Paralympic lifting organizations, says they are "the last of the polio generation." Oral vaccine came late to Asia. Future competitors will be from spinal injuries, amputations, etc.

Powerlifting Association of the Philippines Prez Nick Cabalza and staff put on a fine meet and made a huge effort to publicize the affair, doing live radio interviews and appearing before meetings of the Philippine Sports Writers' Assoc. 4-5 newspapers ran stories and photos before and after the contest. I even got on a live TV sports panel show talking about powerlifting history.

Back at the show, an adjacent ballroom served as warm-up area - quite large and a good thing - as so many lifters were lifting in the heavier classes on Monday and the whole team of 26 guys wanted to be backstage. The warm up room had four platforms, two with regular benches and one a special bench for the differently abled. I saw one Iranian guy on that empty fourth platform doing flip snatches as part of his warm up.

Officials planned to drug-test 15 % of lifters here, including some "targeted" subjects. All Philippine lifters signed a pre-meet contract with the Powerlifting Association of the Philippines accepting to be banned for a period set by the IPF if found positive. No Philippine lifter to date (Aug. '06) has tested positive in international competition.

What was it like otherwise? Five days of intermittent showers didn't stop the 7-11 around the corner from doing huge business. Mini-bars in hotel rooms charged 65 pesos for cokes and beer. \$1.20 US was too high for many. The hotel forbade bringing in food and drink but everyone ignored the rule, including hotel guards who cared not.

Beggar kids and street salesman were a pain out in the neighborhood. The hustlers hawked watches, pearls, silver dollars, guitars, belts - only the umbrella man had any customers that I saw. The peddlers lurked beyond the reach of hotel security and persisted. "Hey Joe, you got money, why don't you buy?"

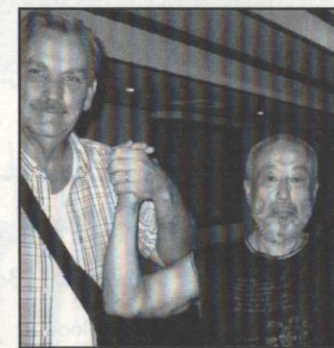
The assumption is that if you are a white man, you are an American, have money and are named Joe. The Japanese were targeted as well.

Don't be put off by that above. My Japanese wife Sumiko and I are enjoying ourselves in our new home here, having moved down from Japan in May. Filipinos are good sorts for the most part, kind and generous. The street people, the wildly decorated jeepney buses, remnants of Spanish-era architecture, lush vegetation and lovely mountains and beaches, contrasted by squalor side-by-side with fine homes and opulence, make for a fascinating mix.

We had dinner the 20th with Susumu Yoshida and about ten Japan benchers,



Starting Position for Hung Min Chiu's (TAI) 2.5 inch bench press stroke (Sumiko Kelso photograph)



Paul Kelso with Toru Magome (JPN) who set a World M3 record with 358 in the 148s. (Sumiko Kelso photograph)

trying kare-kare peanut soup with ox-tails, and kilawing, spicy raw fish with onions, peppers and vinegar. Then came snails, bitter melon and okra veggies and crispy pata - ankle bone pork on the bone, all were good naturedly scarfed down. We tried the strong Red Horse beer but most quickly went back to San Miguel Pale.

### SEEN & HEARD

\* Chinese Taipei hosts the Asian Powerlifting Championships next May in Kaohsiung. They'll have the World Games in 2009.

\* Two off-day Iran guys wearing APA t-shirts! Does Scott Taylor know about this?

\* Iranian lifting was organized in 1996 - but under the control of the weightlifters. PLrs were often stiffed on funds and equipment. First international trip to Uzbekistan in 2000. Had thirty members in the PL affiliate so they took everybody. Now have 400.

\* Kazakhstan sub-jrs and juniors looked like a gang of small-town Iowa high school kids. They won five golds and a silver, by my count. There are perhaps 18 million persons of German descent in Kazakhstan, whose forbears moved there for free farmland in the 1930s.

\* Iran team Prez Mani Khasravi became WM champ in 2002, 75k. Lived in USA almost 20 yrs - and attended University of Rhode Island.

\* IPF application for IOC recognition is back-burnered, according to several IPF officials.

\* My radar picked up that a guy said to have two years experience was recently appointed Iran national coach and put all lifters regardless of age, weight or experience on the same program. Hawnh?

\* Miss Chao Chen Yeh, multiple 90+ world champ and BP WR setter, is now General Secretary of Chinese Taipei, Mr. Lin having retired. Her brother Chien Hsiung judged many flights here. \* Changes in weight class, after weighs etc, and problems with pronunciation of Iranian and other names caused some confusion in lifting order.

\* Good to see Mr. Subrutta Dutta of India again. 400 lifters showed at India's Nationals a few weeks prior to his contest. Lifting went from 7 a.m. till 2 a.m. for four days..

\* Many Iranians start with heads off bench and lower it to bench while pressing. Some used grips with little fingers inside the rings almost an inch, indicating overhead background.

\* Closing banquet featured two magicians and a troupe of young R & R dancers whose display of energy - and skin - astonished all.

\* Replicas of Japanese Katana swords provided by Titan were awarded to "best lifters." How to get the swords on the planes and through security on the way home became the question.

# WESTSIDE

## Explosive Leg Strength

as told by Westside Barbell's Louie Simmons

When most people look at Westside training protocols, they automatically think of powerlifting, but the truth is the Westside system is used in track and field and in football at all levels. I am very proud to have a picture of Johnny Parker of the Patriots and Kent Johnston of the Packers on the Super Bowl field when they played each other in 1997. They both had spent a week at Westside to learn to implement some of our methods in their programs. Johnny Parker is now with the 49ers and recently spent a week again with the Westside guys.

Five major rugby teams from Europe have visited us and have had great results. Pro boxers, MMA fighters, wrestlers, and more have used our system. Why? If nothing else, it was to produce stronger and more explosive leg strength.

Absolute strength controls all strength gains. Analysis of Hill's equation shows that speed of movement is dependent on absolute muscular strength:  $v = Ft/m$ . This can be found in *Fundamentals of Special Strength Training in Sport* (Verkhoshansky, 1986). Thomas Kurz, in *Science of Sports Training*, reported many ways to become more explosive, but the simplest is to increase absolute strength.

One must constantly raise one's work capacity. This is a must for jumping and squatting. Bompa (1996) states that it can take four years to perform high-intensity plyometrics.

Many books talk about methods and theories, but do not talk about results. I love to read those books too, but more importantly, I love increasing results.

So, how do you build explosive leg strength? This can be accomplished through the reactive method, jumping off hard and soft surfaces, overspeed eccentrics, box squatting, which causes a virtual force effect, and accommodating resistance. There are two major components of explosive power: a fast rate of force development and increasing velocity. This applies to light objects, for example, a shot put, or a heavy object, for example, a max deadlift. Common sense and science tell us speed of movement is controlled by the amount of external resistance used. So, light weight looks fast, but can light weight alone move a 320 pound lineman backward? No. Lifting light weight will always produce a deceleration phase.

We have extremely strong squatters at Westside: 1141 at

SHW, 1118 at 275, 1025 at 220, 905 at 181, and 575 by a female at 148, the latter four being world records. We are also very explosive: 50 inch box jumps, a box jump of 35 inches holding a pair of 70 pound dumbbells at 290 pounds, a jump from a kneeling position to the feet with 255 pounds on the back at a body weight of 255. How is this done?

The dynamic method is essential. This will not increase maximal strength, but will increase the rate of force development and explosive strength. Here, box squatting is used for all squats. The box makes it possible to break the eccentric/concentric chain. The box height is just below parallel. The interval method is used. The rest between sets is 45-75 seconds. A three week pendulum wave is used. The percents used are 75, 80, and 85% of a max box squat record. Then wave back to 75% on the fourth week. As noted in *Managing the Training of Weightlifters* (Laputin and Oleshko), almost 50% of all lifts are at this percent for the snatch and clean/jerk and for us, the squat. To accommodate resistance, Jump-Stretch bands must be attached to the bar. A large load of bands will eliminate bar deceleration. They also increase the speed in the eccentric phase. An increase in velocity has an exponential effect on kinetic energy.

We ran a test on Matt Smith, a SHW who at the time had a 930 squat. Matt box squatted 550 pounds consisting of all barbell weight in roughly 0.9 second, both eccentrically and concentrically. Then JumpStretch bands were attached to the bar in addition to

weight. The realized weight was 750 pounds at the top and 550 on the box. Because the bands pull the bar downward, the eccentric phase decreased to 0.5 second. The concentric phase was the same, 0.5 second. How did Matt do this with the added 200 pounds of band tension? Overspeed eccentrics. Matt has now squatted an official 1141 pounds. How's that for results?

Not only did bands increase kinetic energy, but the actual collision that occurs when contacting the box also produces kinetic energy. The same process occurs when a sprinter comes in contact with the track at full speed.

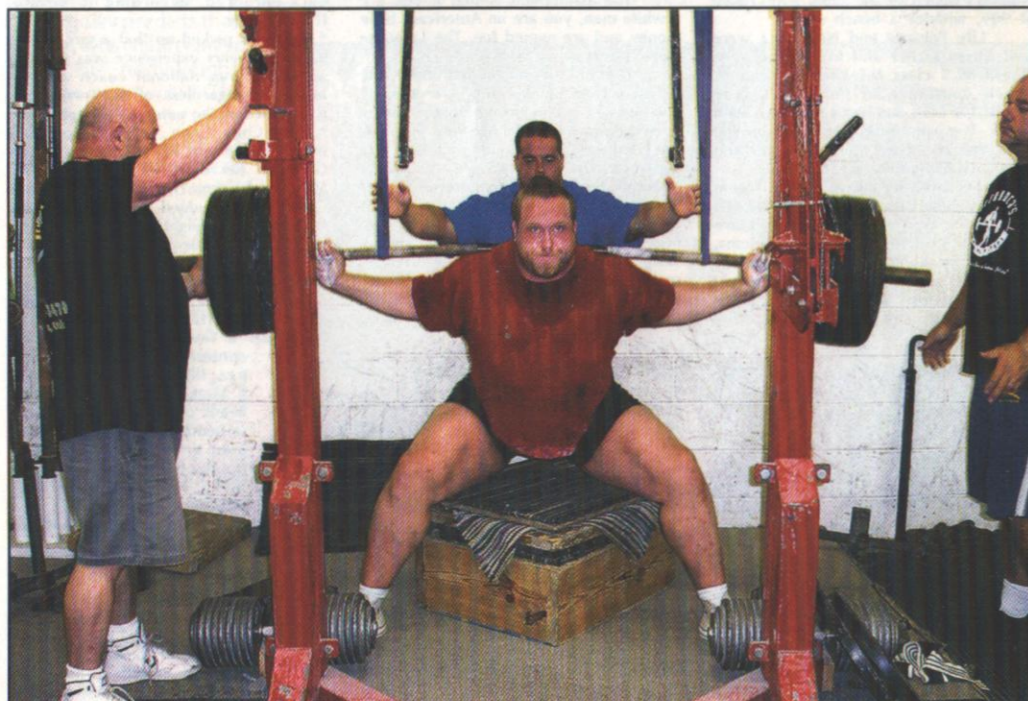
For speed strength work, 75% of the total load should be from bands and 25% from weight. The concentric speed should be 1.0 to 1.3 meters/second. This will work regardless of your strength level. For strength speed, the ratio of weight to band tension is 50/50. The bar speed will be about 0.4 to 0.5 meters/second. This is where one becomes incredibly powerful, after removing the bands. Using a large amount of bands creates an overspeed eccentric phase, causing tremendous reversal strength. Note: band strength must be great at the bottom of the lift.

To become more explosive, one must constantly become stronger. This is exemplified by the famous weight lifter Naim Suleymanoglu. His best clean/jerk was about 407 pounds, in comparison to his front squat of 518. Weight lifters are very explosive, yet to become more explosive, Naim became very strong, having a surplus of 20% in the front squat to his clean/jerk.

Another example is the throwing events. The object being thrown is constant in weight, yet the thrower is always trying to become faster and stronger. My friend Jud Logan, a four time Olympian in the hammer throw, was very strong and very explosive. His stats were as follows: 478 raw bench, 770 squat, 550x5 and 600x1 front squat, and 440 power clean. Like myself, in the 1980s his top strength grew, but his throws stagnated. Some of his East German friends suggested he push his box jumps up. As he improved to five jumps on a 52 inch box and a single jump on a 56 inch box at about 275 pounds body weight, his throws began increasing. I experienced the same type of progress after I started to use the dynamic method in 1983.

Not only does concentric speed has to be increased, but so does the eccentric phase, which is the most important, as has already been discussed. Speed has to do with external resistance. That may be why Olympic lifts are popular for building explosive strength. But, if you do jumping, Olympic lifts are

(continued on page 64)



Matt Wenning training with bands while Louie Simmons watches closely. (photos courtesy Doris)

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2006 has been a busy year for Jennifer Thompson in the Benching World. In May, Jen represented the USA at the IPF Worlds, in Hungary and placed 2nd. There's more to that story, so please read on. Then, in August, Jen traveled to Orlando to compete in the 100% RAW Nationals, winning her class and setting a new RAW World Record of 280 lbs. In September, Jen competed in her home state of North Carolina, taking first place in the USAPL Bench Press Nationals with a 319 lb. Record. Jennifer Thompson is a wife, mother & teacher who is 132 Pounds of Power!

5 x National Champion, 3 x IPF World Champion & Record Holder. Age: 33. Height: 5'5". Weight: 136 lbs. Weight Class: 132 lbs. Federations: USAPL, IPF & 100% RAW

**GS:** First off, congratulations on your new IPF & 100% RAW World Records!

**JT:** Thanks Greg!

**GS:** I did say "IPF World Record", when & how did you find out about

## INTERVIEW

### JENNIFER THOMPSON 132 POUNDS OF POWER!

as interviewed for PL USA by Greg Stott

that?

**JT:** I found out the third week of September that the Russian woman I lost to at the IPF Worlds in May failed her drug test. This wiped out the World Record that she took from me, which I regained that same month at the USAPL Nationals where I added 5 lbs. to my new IPF World Record.

**GS:** You're a wife, mother & teacher, that's a heavy load right

there, not to mention a World Champion Powerlifter, tell us a little about your family and how you've been able to make it all work?

**JT:** It involves a lot of juggling. I really enjoy being a teacher and I am lucky that my husband can be home in the mornings when I am gone. We have a 2 1/2 year old adopted son and a new baby that I delivered 9 months ago. I have my students come over to the

house after school to watch my kids so my husband Donovan and I can get some quality workouts in. I also have great neighbors that help us out with the kids. When all else fails they just play amongst the weights with us.

**GS:** Did you enjoy lifting RAW in Orlando, FL this August?

**JT:** I did. It was nice to just get a few warm up reps in and then compete. No getting into equipment, and all that. It was also fun to show off my RAW strength, because I don't have many opportunities to do that.

**GS:** OK, you come back from Orlando after setting a new RAW World Record and you now have to get ready for the USAPL Nationals in your own home state, in just three weeks. How did you prepare for the that meet?

**JT:** The RAW lifting was for fun. It is something that I do in my workouts all the time, so it was a good warm up for the USAPL Nationals. As far as my lifting cycle went, I basically treated the 100% Raw meet as a heavy training day.

**GS:** Describe for us your day on the platform, in Orlando & in Charlotte?

**JT:** In Orlando, I had some specific goals. First, was to do double bodyweight raw. Next was to try to break the all time RAW World record for all weight classes, which was 275 lbs by a heavy-weight. I was able to get 280 and missed 290 on a third. I didn't know it at the time but the 280@130 is the best Raw bodyweight coefficient in female history. Pretty Cool.

Charlotte was a little different. It was pretty crazy because I was the meet director as well. My goal was to just win Nationals to get a World Team spot. After I weighed in I was running around making sure everyone was in his or her positions and putting out fires whenever they arose. I didn't have a whole lot of time to worry about lifting. I was absolutely exhausted by the time I went to lift, but I looked out in the audience and saw all my students out there watching me - I knew I had to have a good day for them.

**GS:** In less than a

month, you set a new National and two World Records. What did your family & friends think about, not only your victory & records, but also your schedule, stacking two major competitions so close together?

**JT:** My family has always been very excited and supportive of what I do. I hear them brag on me a lot, so I know they are proud. The competition schedule hasn't been too bad for me because I am coming off of a year break from competing, due to the new baby. The layoff rejuvenated my will to train heavy and get back on the competitive stage.

**GS:** In your last TEAM iXL interview, you mentioned that the deadlift was your favorite lift even though you're a World Class Bench. Please take a minute and share with us why?

**JT:** It is so much less complicated than a bench press. You really only have to worry about not hitching the bar and getting the weight off the ground. You just bend down and pull as hard as you can. The deadlift is all about guts and I like that.

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

**JT:** We don't really cycle. Our system is pretty consistent. We split our program into a speed and heavy week.

**GS:** On speed week: We start with raw singles, followed by 3 equipped single competition lifts to the max. This is followed by work sets with bands. We're pretty old school and still incorporate work sets on the incline and decline bench both weeks. We then like to finish with some speed presses.

**GS:** On heavy week: We start with a heavy static hold. This is then followed by work sets flat, incline and decline. All our work sets are 3 sets of 5 raw. Then we will finish with some negatives and upload presses.

**GS:** Who are your current workout partners and or Coach?

**JT:** I have always lifted with my husband/coach Donovan. It is our time of the day to spend together and talk about our day or lifting. We help push and motivate each other. We have an ongoing com-



The Thompson Family ... (left to right) Donovan, Tucker, Broden, and Jennifer (from Jen)

petition he tries to stay a forty-five pound plate on each side ahead of whatever I am lifting and I try not to let him.

**GS:** Jennifer, 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?

**JT:** That's simple: Health, Pride and Competition.

**GS:** What supplements & equipment are you using currently?

**JT:** I use Quest Nutrition products. I drink their Ana-Pro protein shake twice a day and take the Jack Stacked II twice a day as well. I've been an Inzer girl from the start. I use the Rage X bench press shirt, the Hardcore squat suit and Max DL suit. Inzer Products have always been good to me.

**GS:** Tell us a little bit about your diet? Describe what a typical day of food consumption looks like, as you're preparing to bench press nearly 2.5 times your bodyweight.

**JT:** I am somewhat of a "supplement junkie". It makes life easier when you are working and raising kids. I start my morning with a protein shake with milk. I have a ProMax bar for a mid morning snack. I have a lean lunch. Another bar for an afternoon snack. A second shake after my work out, then when dinnertime rolls around it will be some sort of chicken dish. Sounds boring, but eating is over-rated.

**GS:** What goals have you set for yourself in 2007?

**JT:** I would like to win the USAPL Women's Powerlifting Nationals and earn a spot on the World Team. I would like to be able to win the IPF World Bench Press Championships, and put some more pounds on my world record. I would also like to hit a bench press of 300 pounds RAW. I was close before I got pregnant & would like to finally get there.

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

**JT:** I would like to see it become less complicated and more united. If we could do that we would have a chance at getting into the Olympics. At least we would be more likely to see a big sponsor come in and get Powerlifting on ESPN and receive television coverage. If this would happen we could become a mainstream sport and I wouldn't have to watch the World Series of Black Jack.

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

**JT:** It is a really great hobby. It makes me feel good about who I am and who I want to be. I have developed some really awesome friendships that mean the world to me.

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

**JT:** I would love to see it in the Olympics. We have such a huge international following already that it just makes sense. The Olympics is the ultimate in championships, what a wonderful opportunity to be a part of history.

**GS:** What advice would you give to

a lifter just getting started in Powerlifting?

**JT:** It is important to find a mentor, someone who knows the sport and can help you with the equipment and exercises. It is easy to get hurt doing this, so it is important to know someone that has some experience in the sport. In addition, go to as many local events as possible. This is a great time to learn from others as well as learn something about yourself.

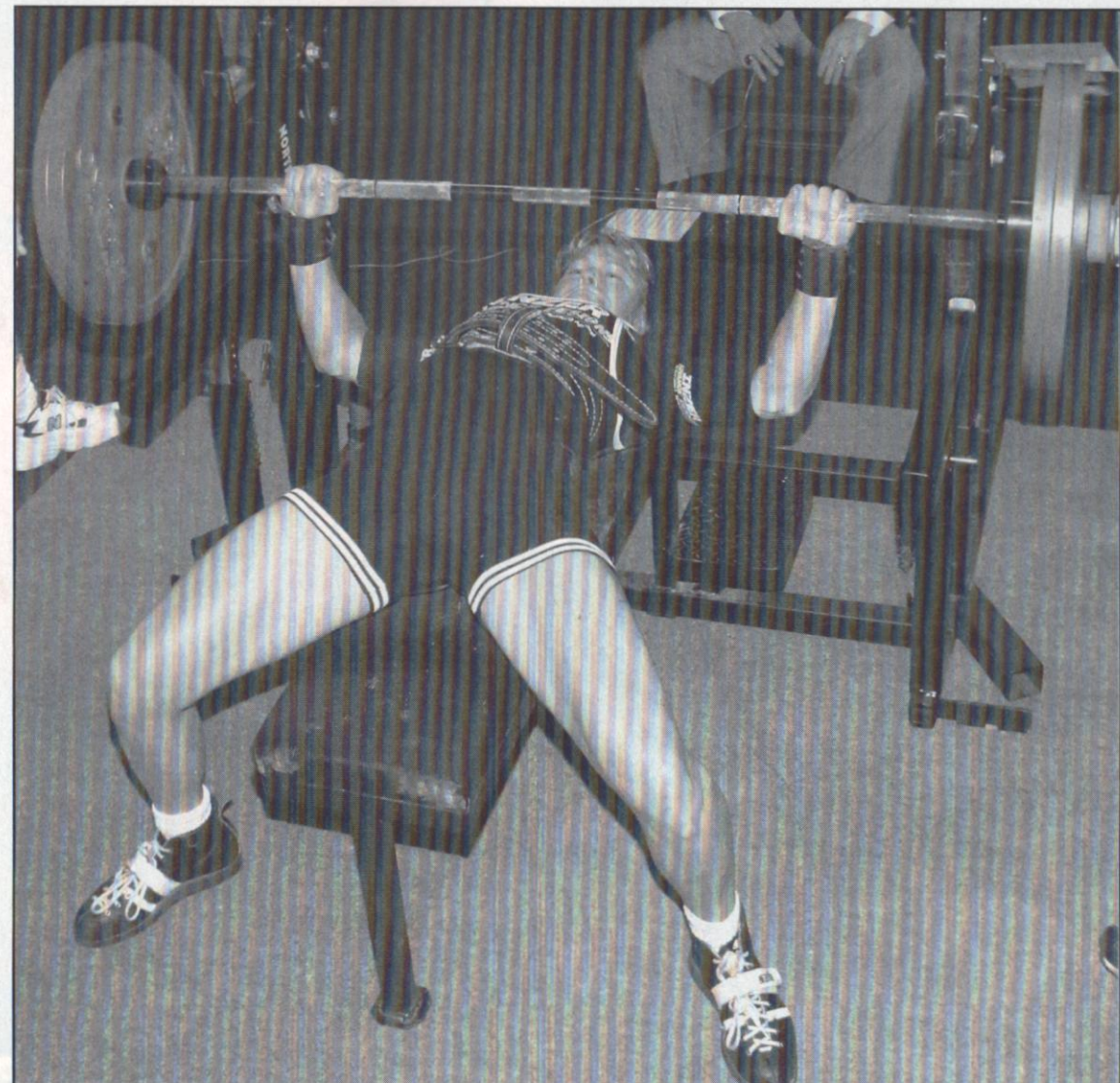
**GS:** Any final comments you'd like to make or people you'd like to thank?

**JT:** Of course, I would love to thank my family and friends. Without their love and support this wouldn't be as much fun. I would not be where I am or who I am without my husband. He is my best friend and a wonderful father. I would also like to thank Inzer Advance Designs and Quest

Nutrition who continue to support me with their awesome products. And finally, thank you Greg, for the interview and the opportunity to showcase my strength, Drug Free as a TEAM iXL SuperStar.

**GS:** Jen, you truly are 132 Pounds of Power! The way you're living your life to the fullest by not only becoming a World Champion lifter, but a World Champion wife, mother & teacher is to say the least inspirational. Congratulations on all your recent victories and accomplishments. We're very proud to have you on our TEAM and I am confident that there's many more records, in your future!

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 Jennifer & other iXL SuperStars visit [www.TEAMIXL.com](http://www.TEAMIXL.com). (c) 1994-2006 iXL Productions. All rights reserved





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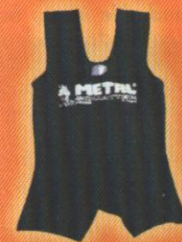
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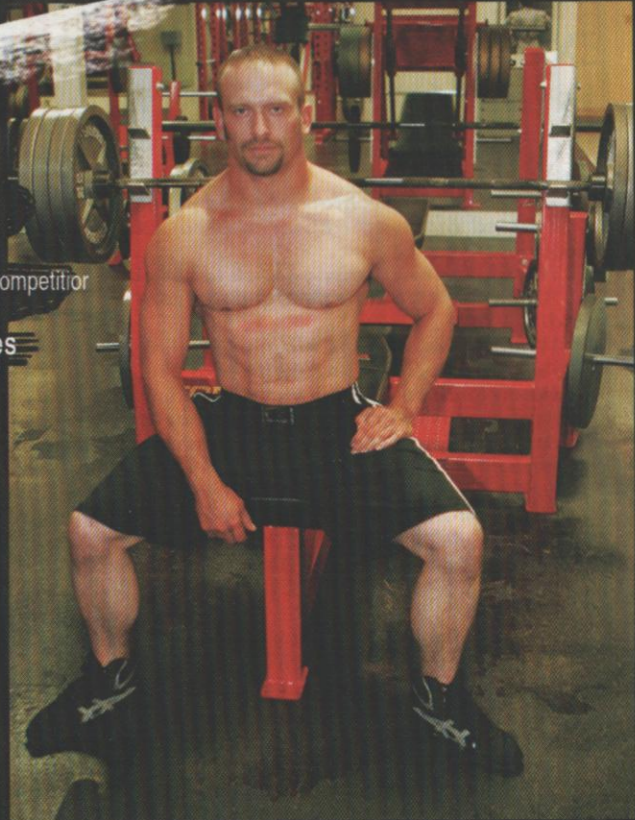
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### EXCUSES, EXCUSES, EXCUSES as told by Judd Biasiotto Ph.D.

#### The Lighter Side

*I went to my psychiatrist to be psychoanalysed  
To find out why I killed the cat and blackened my  
husband's eyes.*

*He laid me on a downy couch to see what he could find,  
And here is what he dredged up from my subconscious  
mind:*

*When I was one, my mommie hid my dolly in a trunk,  
And so it follows naturally that I am always drunk.*

*When I was two, I saw my father kiss the maid one day,  
And that is why I suffer now from kleptomania.*

*At three, I had the feeling of ambivalence towards my  
brothers,*

*And so it follows naturally I poison all my lovers.*

*But I am happy; now I've learned the lesson this has  
taught;*

*That everything I do that's wrong is someone else's  
fault.*

ANNA RUSSELL

**W**e all make excuses. We make excuses for our failures, for our choices in life, for our dysfunctional thinking, and for our dysfunctional behavior. Actually, we produce excuses for just about everything that we do that does not work out the way we want it too. And we will blame everyone and everything for our

shortcomings...our parents, our society, our schools, our churches, even God and Satan if we have a mind to do so. These days we can even blame our genes for our shortcomings... I couldn't help it, I have BAIN DAMBAGE. There is just no end to the possibilities of excuse making.

Interestingly, the urge to make excuses starts early. Some research

has shown that nearly all children conjure up their first excuse by the tender age of two, if you can imagine that. Case in point, a two year old attending his grandfather's funeral punched the corpse when he walked by the casket. Immediately, the mother grabbed the child and said, "What are you doing?" The kid responded, "He hit me first." That's right, kids can say the darndest things and, yes, they can come up with some of the greatest excuses you ever want to hear. And it only gets better or worse, depending on how you look at it. The reality is we make excuses everyday... "we"... meaning you. Some psychologists contend that it is really not our fault because excuse-making is a built-in tendency of human nature to blame others for our faults... which really gives us an excuse for... well, making excuses.

Of course, some of us are better at making excuses than others. In fact, some of us are master excuse makers. Check these world class excuses out:

· Your Honor, I stabbed my wife in the back 25 times to hide her suicide from our son.

· When I got up this morning, I took two Ex-Lax in addition to my Prozac. I can't get off the john, but I feel good about it.

· A pedestrian hit me and went under my car.

· Coming home, I drove in to the wrong house and collided with a tree I don't have.

· I pulled away from the side of the road, glanced at my mother-in-law, and headed over the embankment.

· Tom Robbins says: "Any one who goes to work everyday... everyday... is sick! So, I am calling in "well" to work today!

· I've used all of my sick days and I'm calling in dead.

· The dog ate my car keys. We're going to hitchhike to the vet.

· I just found out that I was switched at birth. Legally, I shouldn't come to work knowing my employee records may now contain false information.

· The other car collided with mine without giving warning of its intention.

· I prefer to remain an enema... BAIN DAMBAGE.

· An invisible car came out of nowhere, struck my vehicle, and vanished.

· It is not my fault; I was drunk.

· Please excuse John for being absent on Jan. 28, 29, 30, 31, 32, and also 33.

· I don't know what you are talking about... it wasn't me!

· "No speaka English" After receiving the ticket... "You son of a \*&^%\$, you wrote me a ticket!"

And here is one of my favorite excuses:

· What homework?

And my most favorite excuse:

· I am going to miss work today. My mother-in-law has come back as one of the Undead, and we must track her to her coffin to drive a stake through her heart and give her eternal peace. One day should do it.

Okay, so I was the one who used that excuse... it is still good though. Actually, my most favorite excuse of all-time was given by Michael Spinks after Mike Tyson nearly ripped his head off in the first round of their heavyweight title fight. After the fight a reporter asked Spinks what happened. Spinks replied, "I wull lite a pissa with anchovy and estra cheez."

Translated into English "I wull lite a pissa with anchovy and estra cheez."

Murderers can come up with some really great excuses... the little man in my head told me to do it, the devil made me do it, God told me to do it. How about this one... a dog told me to do it. I don't know about you, but if a freakin' dog told me to do something, I sure as hell wouldn't do it, especially kill someone. Heck, I wouldn't even fetch the paper for him.

Athletes are just as bad... well, not as bad, but they can come up with some real humdingers. Besides the typical excuses... it was too hot, too cold, too sunny, too overcast, my back hurt, my leg hurt, my arm hurt, etc, etc, etc... athletes will blame their performance on such things as fortune, destiny, karma, luck, chance, biorhythms, eugenics, heredity, environment, para-psychic psychology, or any other condition that is beyond their

control. In fact, athletes have more excuses than China has rice.

Check these out for example:

· My mother washed by lucky underwear.

· My dynamic equilibrium between my Yin and Yang lost unity, thereby throwing my whole system out of balance.

· My critical days for each one of my biorhythm cycles changed direction from positive to negative.

· My breast got in the way.

· My bra was too tight, and it kept riding up on me.

· I lost my Qi. (Chi)

· Victoria's married to Brad, who had a fling with Sharon, who's married to Nick, who slept with Phyllis, whose teenage son Daniel was wrongly accused of murder. Now tell me, how could I concentrate with all of that going on with The Young and the Restless.

I don't know why all of this excuse making would surprise anyone because we, as Americans, have a notorious reputation for not taking responsibility for our actions. In fact, the tendency to deny our shortcomings is the American way... "Me, wrong. Hell no!" Have you ever read the book, *A Country of Victims?* If not, you should. It will give you a revealing insight into America's inability to take responsibility for its own actions. The book arduously points out that Americans can not accept defeat or failure whether it's in sports, politics, economics, education, or

anything else for that matter. As a country and a people, we are constantly pointing fingers at everyone else, but never really owning up to our own shortcomings. Like our Lord said in the Bible, we tend to see the splinter in everyone else's eye, but we fail to see the log in our own. Of course, if there is no one to point at when we do something wrong, we come up with fifty million excuses why it wasn't our fault. It is never our fault.

Now don't get me wrong. I am sure there are many people who are more 'sinned against'... at least ten or twelve... than who have sinned, but even those individuals who are definitely headed for sainthood are not off the hook entirely. To some degree we are all responsible for our own actions. It doesn't matter if you are a world class excuse maker or just a novice, making excuses disempowers you by undermining and eroding your confidence. Using excuses only goes to reinforce any beliefs that you may have that you are incompetent, powerless, hopeless, weak, and ineffective. Part of the power of taking responsibility for our actions is that we silence the negative voices in our heads. When we spend our time thinking success, instead of thinking about excuses, we free up the emotional space formerly inhabited by self-doubt. Let's be honest, we all have voices



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in our heads that undermine our faith and our abilities. We have to work on trading in those negative voices for supportive, more realistic ones. Successful people don't look for excuses. They look for opportunities. They know that there is always a way to make things work out. That's the type of mindset you need when dealing with hardship. Excuses won't hack it. So, the next time you catch yourself making an excuse, whether it is because you were defeated in sports, late for work, got rejected, or you just plain screwed up, gently remind yourself... no excuses. In fact, why not just leave the excuse making to the professionals... the politicians.

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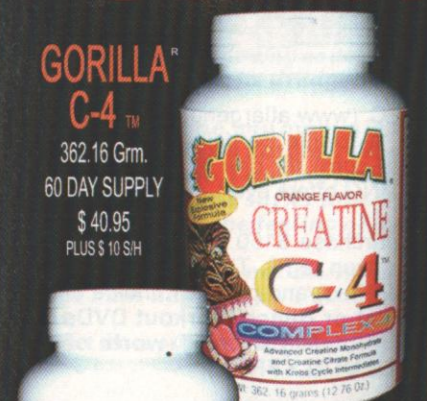
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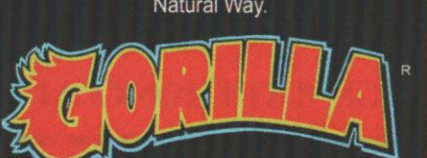
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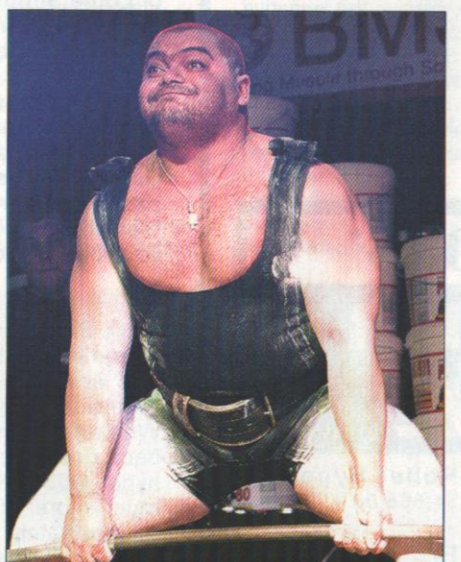
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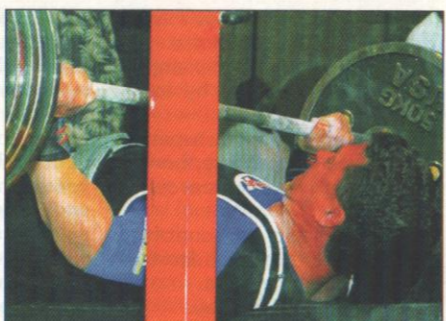
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**Yevgeny Yarymbash of the Ukraine set a new all time total record in the 275 lb. class (breaking the very recently set mark of Ron Yard - 2605) at the BMS Cup in Stuttgart, Germany with lifts of 1036 771 832 2635. (photograph is courtesy of Thomas Klose)**

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**Nick Marinis broke a 24 year old record (held by James Rouse) when he made this 503 lb. bench press in the 181 lb. class at the APF Senior Nationals (CSS Photo Design)**



**Dr. Jon Rock of Philadelphia took first place in the 181 lb. raw weight class and won best overall lifter at the WNPFL Nationals held in Ephrata, PA on May 21st. Rock broke the national record in the squat and in total.**

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**Donnie Thompson's Wedding:** was held in Chapin, SC at Lake Murray. Donnie's dad cooked 90 steaks and they all disappeared. According to Donnie: 'Tex and Spud ate 10 T-Bones between them. There were plenty of drinks and beer to go around and all the powerlifters and strongmen got full from food and beer. My mother and father, Don & Adrienne Thompson hosted the event and did a great job. The Mayor of Chapin filed the event and put it on Time Warner's access channel immediately for all to see. Donnie and his bride Heather said their vows on the dock in front of a small crowd of about 75 spectators. The dress was casual so the fat powerlifters would not pass out from the Carolina summer heat. Budd the bulldog was obnoxious and tried to bite all my friends. He was then locked up in the house. The newlyweds proceeded to Charleston, SC for the evening and spent their honeymoon on SeaBrook Island, SC.' Pictured, from left to right (including weight class!) Kevin McLeod-220, Cadillac-SHW, Hot Rod-308, Jason Lawson-275, Tim Fogle-308 masters, Donnie Thompson-SHW (in a TUX!), Mark Blackberg-bodybuilder, David McLeod-242, Tex Henderson-SHW, Spud Bartley-275, David Goff-220 masters & John Morrow-308. At the bottom is 'Buddy the Bulldog'. (photograph by Donna Goff, courtesy of Donnie)

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**THE WASS FAMILY - WABDL CHAMPIONS:** Amanda Wass set her sixth WABDL World Record since March of 2005, with this 309.6 effort in Portland, OR on July 15th at the WABDL World Cup. Proud Papa Robert Wass also competed in the same meet, winning first place in the Masters 54-60, 220 lb. class with a 501 lb. lift. On December 1st, he will be 60 years of age. Both have been lifting in competition the same length of time, about a year and a half.

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# POWER - RESEARCH

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

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

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

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

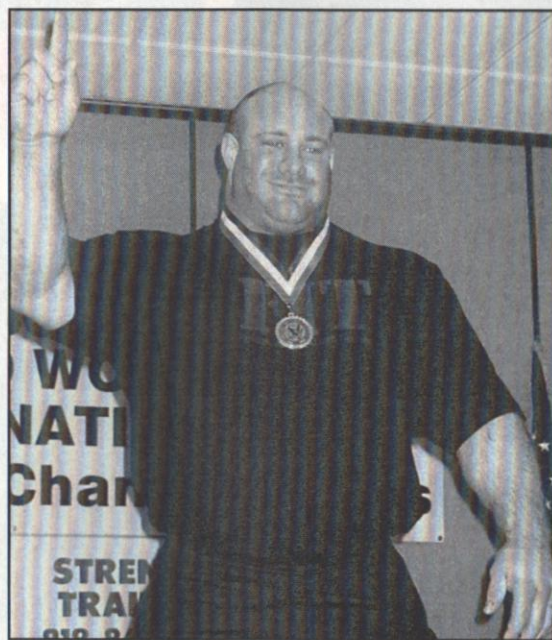
- 2) When the electrical impulse reaches the end of the motor neuron, the neurotransmitter acetylcholine is released and travels across the gap to the surface of the muscle membrane.

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

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

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

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



Scott Mendelson is a big endorser of BodyQUICK

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

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

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

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

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

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

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

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

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

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

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

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

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

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

running and swimming times in competitive athletic subjects. It is important to note that, as critical as acetylcholine is to strength output, it is equally important to extended muscular performance and sports endurance.

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

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

At the time of this writing, there is only one patent-pending and tested neural accelerator on the market that contains these above three necessary components, sold in New Zealand, Japan, and now the USA as BodyQUICK

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

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

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

Timothy 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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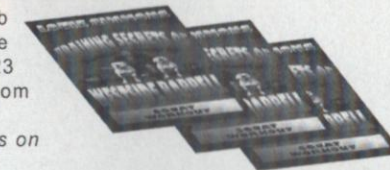
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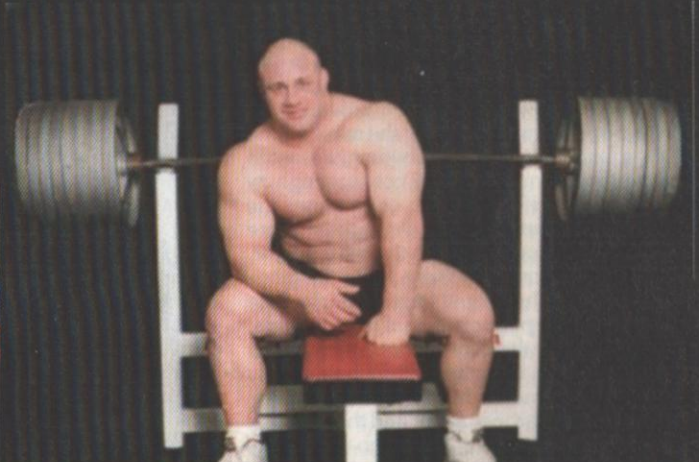
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## STARTIN' OUT

A special section dedicated to the beginning lifter

### TRAINING TO AVOID INJURIES

as told to Powerlifting USA by Doug Daniels

The unfortunate thing about powerlifting is that injuries sometimes are easier to come by than strength gains, so it's important that we train with injury avoidance in mind. In this article we'll look at some common causes for injuries, and how they can be avoided.

Improper form is probably the number one reason for injuries. There are two major reasons for improper form. The first is not knowing how to correctly perform the lift or exercise; the second is the result of lifters' desire to use more weight or get more reps than the last workout. Using proper form requires a lot of discipline and courage. The proper form for each of the exercise must be performed on all reps of all sets. Learn to execute the lift properly on the light sets so this form can be carried through the heavy ones. Sometimes it may require using less weight to keep proper form, and that's where the courage comes in. Don't go mindlessly through your lighter sets, but concentrate on proper form. When squatting, keep your back as flat and erect as possible while keeping your chest out and elbows back. For the bench, lower the bar in a controlled manner to the chest. The deadlift is similar to the squat, keep the back flat and erect, lifting primarily with the legs.

Everyone cannot and should not perform the three lifts the same way. Individual body structure and flexibility require each lifter find their own optimal technique, which may change over time. Consult a coach for guidance and study other lifters and photos. Take videos of your lifting and evaluate them or ask a knowledgeable lifter for their opinion.

There's pressure to increase the weight or get one more rep each workout. Too often to get an extra rep or more weight the lifter may twist unnaturally during the lift and pull or tear something. Increase the weight or get the extra rep only when proper form can be maintained. One workout resulting in an injury can have infinitely more impact than getting one more rep using suspect lifting form.

Ballistic movements or extreme extension during an exercise are also injury culprits. Lifters train ballistically by crashing hard into the bottom of an movement hoping the momentum upward will give an extra boost to complete the rep. Some lifters perform squats or leg presses, this way. What can result are extremely sore knees and a possible pulled groin, and then they have to wear knee wraps because their knees are sore. Seldom do they ever realize that these ballistic moves are the cause of their pain.

Lifters abuse the bench press also. In order to get that extra bounce to complete the rep, lifters drop the bar down hard on the chest. This opens the lifter to possible rib cage injury. It may also place the lifter in bad position for the push upward and cause muscle strains or pulls. Muscle pulls can also occur when a lifter bridges their butt high off the bench in order to lift the weight. I've seen some lifters bridge so high that you could almost drive a Hummer under them. Keep your butt in contact with the bench at all

times. Use your benching muscles to lift the bar, not your legs and hips and bar bounce.

We always read that full extension and contraction are critical in getting max results. A lifter invites trouble when he stretches a muscle too far, too heavy, and too often. I agree a lifter should practice a full range of movement, but an exaggerated stretch or extension is asking for trouble. Control the weight to a comfortable extension or stretch. Get in a few warm-up sets with increasing range of movement as well as weight. Apply this to all your exercises remembering to lower the weight at a moderate speed and in a controlled manner.

Enhanced flexibility is important. Flexible muscles, joints, etc., can be keys to avoiding injuries. Many lifters balk at working flexibility thinking it's a waste of time. Not only can it decrease the incidence of injury, but also enhanced flexibility may allow a lifter to improve his lifting style and actually lift more weight! I suggest getting a book on flexibility for specific exercises and techniques, concentrating on hamstrings and shoulders. Work into stretching slowly. Don't try to achieve gymnastic-level flexibility the first day.



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Balanced torso strength can help decrease back injuries. By balancing torso strength, I mean work those abs. Deadlifts and squats both strengthen and wear down your lower back. Strengthening your abs will balance out your torso strength, allowing your abs to work with your lower back (erector) muscles to stabilize your body during just about all lifts. Crunches 3-5 times a week are a great choice as well as many weighted ab machines.

Overtraining can't be overlooked as a cause of injuries. In a quest of gaining size and strength, we sometimes do too much. Most mortal lifters can endure high volumes of training for only so long. When overtraining starts to set in, strength and energy levels can quickly tail off. Aches and pains mount and your concentration level decreases making us increasingly vulnerable to injury. My suggestion is to follow some of these guidelines:

1. Train each power lift no more than twice a week.
2. Take a 1-week layoff from weights every 12-16 weeks or after a major meet.
3. Limit your amount of sets and reps as well as amount of exercises; don't over train.
4. Don't use the same set/rep scheme for more than 4-6 weeks in a row. That way you can't overstress your body on heavy weight and low reps for too long of a time.
5. Supply your body with the nutrition and rest it needs to recuperate from injuries and normal training. Adequate water intake (4-8 glasses daily) should be mandatory.

Your general physical and emotional condition being can't be overlooked as a potential cause of injuries. If you're under the weather physically, your strength and recuperative abilities will be sub-par. Your level of concentration will not be where it should be. In that case, don't go too heavy or perform low rep sets; instead take a light or medium intensity workout. If you're really feeling out of it, skip your workout altogether. One or two missed workouts will not have any significant effect on your strength levels, but one unfortunate workout could end your training prematurely. Take a step back and start up again with a short ease-in period following any minor illness. Emotional stress can affect you just as much as a physical illness. If you're involved in a stressful situation at work or home, you will not be able to put your full concentration into your training. However, in some cases, a good workout can be great medicine to get your mind off your problems and channel that energy towards a productive goal. If you chose to workout during a stressful time, I strongly suggest taking it easy on the weights. Lower your intensity level a bit and live to lift another day.

If you ever are in doubt about an injury or pain, get medical attention before you resume training. Aches and pains are intrinsic to powerlifting, but you must listen to your body and learn to tell the difference between minor pains and more severe pains that require medical attention. If you chose to see a doctor, locate one with a sports medicine background. Regular doctors are not weight training savvy enough to guide a competitive powerlifter back into resuming training if and when the injury allows it. Always use proper exercise form and common sense in your training and get adequate rest and nutrition. Injuries still may occur, but you can lessen their frequency and severity. Injury avoidance should be an integral part of your training.

## HARD CORE GYM #59

It's Not The Gym Name, It's The Crew

as told to PLUSA by Rick Brewer, House of Pain



THE CREW ... watch out for these guys at the Gold's in Austin. (The People's Champ at right)

Last month we visited Iron Sport Gym, and I promised you that we would meet a real as\*\*ole this month. I never break a promise like that! The weird thing is, this self-described a-hole also calls himself The People's Champion. Heck, even Herb Glossbrenner has called him that. Crazy!

First, a little trivia: who really is 'The People's Champion?' A lot of people claim this title; ranging all the way from Paul Wall (white rapper out of Houston, Texas), to Dwayne Johnson (The Rock, of WWF fame). Major props to The Rock for turning weightlifting & wrasslin' into a movie-star career, much like Gus Rethwisch (WABDL) did in year's past. Strangely enough, these two (Rock & Gus) shared a movie recently - when Gus provided the opening fighting-star scene for *Return Of The Scorpion King*. Cool, but unrelated to our current HC gym. Back to The People's Champion...

So many people claimed the People's Champion title, that there was a televised contest in 2003 - with events ranging from 'cell-phone throwing' to 'using a leaf-blower to chase a rooster through a maze the fastest.' This stuff is too crazy to make up - read about the PC contest online (through Wikipedia) if you don't believe me. I can't tell you who won this TV contest, because I didn't watch it. I didn't have to watch it, because I already knew *The People's Champion* was Tim Bruner, the guy everyone loves to hate.

He is easily the most-hated guy on all of the lifting forums, but it doesn't seem to bother him. He just laughs it off and goes on! And yes, he still calls himself *The People's Champion*! Once, his wife asked him 'why do people keep reading all of the stupid sh\*t you post on goheavy.com, since so many people hate you?' He just laughed and told her 'the roids make 'em want to get pissed off!' He may be a total nut, but you have to love the attitude!

Wherever he trains must be Hard Core! So, where does he train? I'll let him tell it:

"I would like to introduce the powelifting world to my gym and, more important, my lifting crew! But before we get started let's get a few things out of the way. Most of you know me as an a\*\*hole, big mouth and jerk! Well, if that is so, then all I can say is good; that saves a lot of time telling you about me! But what you may not know is most of my good qualities! Do I think I am the best! Of course, I train with the best equipment (INZER), I drive the best car in the world (BMW 740i), I eat the best food and wear the best workout clothes (Puma), best shoes (Vans), and most of all I have the some of the best sponsors I could ask for (Lambs Tire, Inzer Gear, and many that wish to be nameless for obvious reasons).

Hell, I even have the best wife a guy could dream of, along the greatest Mother-in-law with the best kids, and - without a doubt - the cutest and sweetest grandkids a guy could ask for. Let's not forget the best of friends, best dentist, best Doctor, the best ortho Doctor, the best Chiropractor (Dr. Bob) and, hell, I even have the best dogs and cats in the world! I even live in the best city in America (Austin Texas), and that brings us to what this article is to be about - where I workout at. Well, as you might have guessed, it's the best gym, not only in Austin, but in the country, and the world! Gold's Gym ... yes, I know what most of all you knuckleheads are about to say, that's not HARD CORE? Gold's has mirrors and chrome and people who don't sweat! Well, in case some of you wannabes have not learned this by now, it's not the gym that makes lifters Hard Core, but the lifters that make the gym Hard Core!

Several years ago I trained alone and preferred it that way and then I realized that it took a lot out of my workout to load and unload my bar and so with that thought began THE CREW! GOLD'S GYM has been home to THE PEOPLES CHAMPION and THE CREW for about 5 years now and they have been nothing but top notch and allow us to do pretty much whatever we want. We have chalk, and we carry our gym bags with us on the floor, and we have power racks, the best equipment (ICARIAN), 4 leg presses, tons of plates and dumbbells up to 150. Yes, there are TVs and music everywhere and a bunch of people who just keep in shape, but I guess the biggest thing we have proved is that POWERLIFTERS can and do belong mainstream! I would even go as far as to say I have not met one other person at Gold's that have ever complained about us!

It is well known that if you want to lift big, then "Austin 620 Gold's Gym" is the place! The Crew consists of a dozen or so lifters. We come in all ages and levels, the youngest and perhaps the toughest is Kevin "Gieco" McCarten, skinny but tough as nails. Then Justin (who just joined us) is 17 and is knocking on the door of 500 squat and deadlift. Then you have some of the old guys Mark "Nacho Libra" McCarten, whom I have known for way too many years and never gives himself credit, then Reggie "THE BULL" McCoy who is perhaps the strongest lifetime drug free lifter I know. Then there is Rod Corbin, who is just realizing how strong he may be, and then Ted Bruner who could be good if he trained more often. Then there is Mike and Micki Sheffler, who are without a doubt THE STRONGEST ARMS of the law; Tamara Owens who has been out for a while due to a new house. Then there is JD who is a CIA, Green Beret, Navy Seal, and a secret double agent all rolled up in one! So you can see my goal to get someone to load and unload my weights has worked and some days I think to myself that it is working too well!

The truth to getting stronger and bigger is real simple, come work out with us a few weeks and see your numbers go up! You train with the best, you use the best equipment, you think the best, and trust me, you will become the best! Many days I am told by others that I inspire them, and I can only reply that by me inspiring them they in turn inspire me! Now I need to get ready to kick some ass in golf, so for now ... I am out!!

Well, Tim is right about a few things for sure: (a) his wife is definitely a saint for putting up with him;

(b) if you train with stronger people, you will get stronger; and

(c) the Austin Gold's Gym sounds like a cool place to work out (I trained there a few times - during USPF Powerlifting meets a long time ago).

If you run across Tim in the gym, be sure to say hello. You can pick up his weights if you want - that's up to you. If you run across him at a PL meet, just ignore all the smack-talk; it don't mean nothing! If you run over him on the road, better back up and run over him again - he just won't stay down. (I have pictures of him doing one-legged squats after leg surgery.) We even included a few pictures of his PL crew - so you know who to look out for.

Next month, we'll visit a gym with a REALLY strange name! It rhymes with KAPOW - like from a Batman comic book. Can you guess where it is?

Questions & comments about Batman: [rick@houseofpain.com](mailto:rick@houseofpain.com)

## BACK ISSUE OF THE MONTH

**November 1997:** On the cover we had the US Strongest Man contest. Some great powerlifters were present. Kaz was one of the announcers, and Hal Connolly was Director of events. It was shown on ESPN2 and was the qualifier for the World's Strongest Man competition, held at the same location. Louie Simmons article was, "You Gotta Train Heavy", as in the maximum effort method. Herb Glossbrenner reprised the lifting at the 21st Senior Nationals. Winners included Joe Schmidt at 114, Jim Morgan at 123, Claude Handsor at 132, Bob Bridges at 148, Gene Bell at 165, Dan Gay at 181, Ed Coan at 198, Tony Pharr at 220, Dave Jacoby at 242, Tom Henderson at 275, and George Hechter at SHW. Dr. Judd's column joined the chorus from Hugh Cassidy, Larry Pacifico, and Marty Gallagher, to ban the squat. "Dr. Deadlift", Greg Zweig MD, was interviewed as was Judy Gedney. The world's fastest bench presser, Karl-Heinz Otto, was profiled by Stephan Korte. Otto did 43 reps with a 110 lb. dumbbell in 36 seconds, in June 1994, to win the title. Rick Gaugler was profiled by Herb Glossbrenner. Herb also had



the second part of his AAU/USPF Men's Senior National Champions chronology for the heavyweight classes, 198 and above. We had Joe Scalzo's bench press routine, (420 at 148), and a photo of powerlifter Kathy Roberts with (then) Governor George Allen. On our Top 100 for the 165 lb. class, the number one lifters were Rickey Crain with an 800 squat, Larry Miller with a 480 bench press, Dan Austin with a 672 deadlift, and Rickey again with an 1890 total. Elsewhere on the list, Gordon Santee, still active, was 98th for this 501 squat. Coach Paul Sacco was 70th with a 375 bench press. Brian Crowe was 72nd with a 545 deadlift. The cover person on our August 2006 issue of PL USA, Marcus Brandon, was 91st on this list with a 1344 total. You can still get this issue, and dozens of other collectible PL USA back issue treasures ... so our listing on pages 44-47 of this issue, and don't forget to check out the special quantity pricing we have available. You can load up, for cheap!



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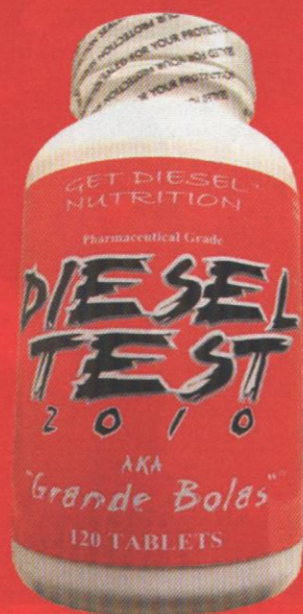
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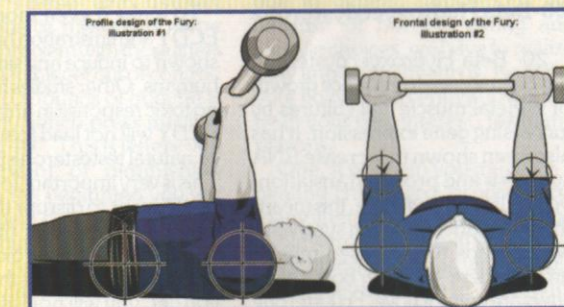
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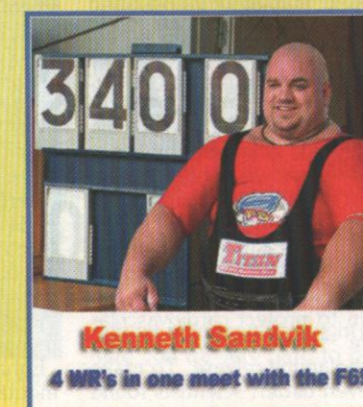
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## Travis's Secret!

**Q:** I loved the article on Phil Harrington's Kitchen. It really gave a thorough look into his eating practices. My question is about Travis Mash. I heard through the grapevine that he is taking a supplement called Anagen that is supposed to be awesome. I hear that it can really help your performance through nervous system recovery and more. Can you give me the info on exactly what it does? Thanks a lot. Yours in strength, **Paul Johnson**

**A:** Thanks for the kind words about the Phil Harrington article. I have had a lot of positive response about it. In regards to Travis, he does take a supplement called Anagen and for many reasons. Anagen is a Scivation product. Travis has been a Scivation sponsored athlete for several years. Anagen produces results you can see and feel. Let me explain some of the key ingredients in Anagen and then go through what they are each responsible for so you know exactly what it does.

### 20-Beta Hydroxyecdysterone

20-Beta Hydroxyecdysterone has been shown to enhance growth of skeletal muscle cell cultures by increasing gene expression. It has also been shown to increase RNA synthesis and protein translation. For the laymen out there, this means that it enhances protein synthesis, which leads to increased muscle growth. Here's another bonus male lifters are going to love. Ecdysterone has been shown to enhance sexual activity in both animals and humans. ECDY increases the body's ability to respond to stress by increasing acetylcholine esterase activity in the brain. This means that you will deal with the increased

# NUTRITION

## Power Nutrition Q & A

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

stress placed on the body by your intense training program and actually make gains instead of just wearing yourself down into a state of overtraining.

It has also been shown to help maintain healthy cholesterol levels. This is important since most powerlifters have elevated cholesterol and need to keep it in check.

Another major benefit is that it decreases glucose levels independent of insulin. This is important for those who suffer from insulin resistance, which after reviewing thousands of lifters, seems to be a majority.

To make it even more exciting, ECDY administration has not been shown to induce any side effects in humans. Other studies have shown no toxic response in animals either. ECDY will not lead to suppression of natural testosterone production. This is very important for those that don't want to disrupt their HPTA axis. The reason for this is that it does not bind to steroid hormone receptors. This means that the gains you get, you will not lose once you stop using it, which does happen with some other supplements.

Another bonus is the fact that athletes who compete in drug free competitions can use it without worry of failing a test since it contains no prohormones.

### Rhodiola Rosea

Rhodiola Rosea has been categorized as an adaptogen by researchers. Adaptogens can help the body deal with increased stress. Through decades of research, scientists found that Rhodiola increases resistance to a variety of chemical, biological, and physical stressors. They found serious benefits for stimulating the nervous system, decreasing depression, enhancing work performance, eliminating fatigue, and preventing high altitude sickness. This super herb has been shown to help protect against stress-induced damage and dysfunction in cardiovascular tissue. This is a major benefit for those who want to protect their heart. Rhodiola Rosea has been shown to protect cardiovascular tissue from stress-induced catecholamine release. To make this even better, scientists found

that it mitigates against adrenaline-induced arrhythmias in rats as well.

Long term use of Rhodiola Rosea appears to have potential as an anticancer agent.

It has also shown promise in conjunction with some pharmaceutical anti-tumor agents to provide a synergistic effect that is much stronger than just using the drugs alone.

Rhodiola also stimulates the immune system. This includes specific direct stimulation of immune defenses.

It stimulates one of the most important types of immune cells, the Natural Killer Cells.

These cells are so important because they seek and destroy infected cells in our bodies so that we stay healthy.

Researchers have concluded that administration of Rhodiola Rosea activates hormone-sensitive lipase. This is important because it plays a key role in breaking down the fat stored in adipose tissue so that you can burn it off.

Russian scientists have done clinical studies that showed the combination of Rhodiola Rosea together with physical exercise can be a powerful tool in the activation of fat-tissue lipase hence resulting in the breakdown of stored fat as a fuel source.

A study by Georgian scientists showed clinical data that the intake of Rhodiola Rosea extract by obese subjects led to a mean weight loss of 19 pounds. This came out to an 11% reduction in bodyfat.

### Bacopa Monnieri

This wonder herb has been used in India for hundreds of years for its numerous benefits to health and performance. Bacopa is also a powerful adaptogen helping the body recover from increasing levels of stress.

This makes it the perfect synergist to use with Rhodiola. This gives you a one-two punch that can't be beat when training all out.

It has also been shown to increase thyroid production. This is very important since this controls your metabolic rate and fat burning. In one study it was shown to increase thyroid levels by 40%.

Enhances memory function and mental clarity as well. I know that

you may think that you have no use for this since you may not be taking your GMAT test but it can help the quality of your mental focus when training in the gym.

Bacopa has also been shown to increase serotonin levels as well.

Bacopa has been shown to help calm the mind from stress and promote relaxation. This is something we all can use after a hard day at the office.

It has also been shown to help reduce anxiety. Anyone that suffers from this condition can attest that it can really cause a decrement in your training performance.

Another mental benefit to Bacopa is the fact that it actually increases activity in your brain cells.

Studies have shown that it can increase both short term and long term memory so you won't have to bug your wife about where the hell you left your wrap roller.

Has been shown to increase mental concentration and focus.

In some countries it is the herb of choice used for children with ADD.

This is due to different studies that have shown promise of it helping children with this condition.

Numerous clinical trials have shown that it has no adverse effects so you don't have to worry about side effects.

Bacopa also has numerous benefits for you nervous system. Living a stress filled life and training hard can place tremendous strain upon this delicate system and you need to help keep it strong.

Bacopa has been shown to repair and cleanse your nervous system from the damage that you place on it day in and day out.

Bacopa contains saponins known as bacosides. I know for those not interested in the science end this may not sound important but keep reading.

Bacopa contains mainly Bacoside A and B. The reason these are so important are the effects they have not only on your performance but your health also.

These unique Bacosides have been shown to repair damaged nerve cell connections. This is done by increasing protein synthesis.

This leads to one very important function. It allows nerves to transmit signals more effectively

### Anagen Profile

Serving Size: 1 Vegetarian Capsule  
Servings per Container: 90.  
Ingredients - Cyanotis Vasa (100mg), 20-beta-hydroxy-ecdysterone HPLC tested (167mg) - Rhodiola Rosea (3% rosavins and 1% salidroside) (100mg) - Bacopa Monnieri (20:1 extract) (50mg)

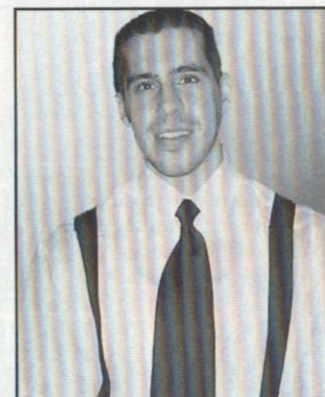
**Travis's Pre-Contest Cycle**  
**Week 1-2** -1 capsule with Breakfast, Lunch, Dinner, and Bedtime meal. **Week 3-4** - 1

capsule with each meal for a total of 6 capsules. **Week 5-6** - 1 capsule with each meal and another 2 post-workout for a total of 8 capsules. **Week 7-12** - 2 capsules with each meal for a total of 12 capsules. The three key ingredients in Anagen help Travis get through those gut busting workouts and makes sure he recovers and handles the increased workload that his workouts call for. Anagen can be a very effective supplement not only for helping to increase lean muscle mass and strength but also to help deal with the ever increasing stress we place upon the body with our training program.

### How Fat?

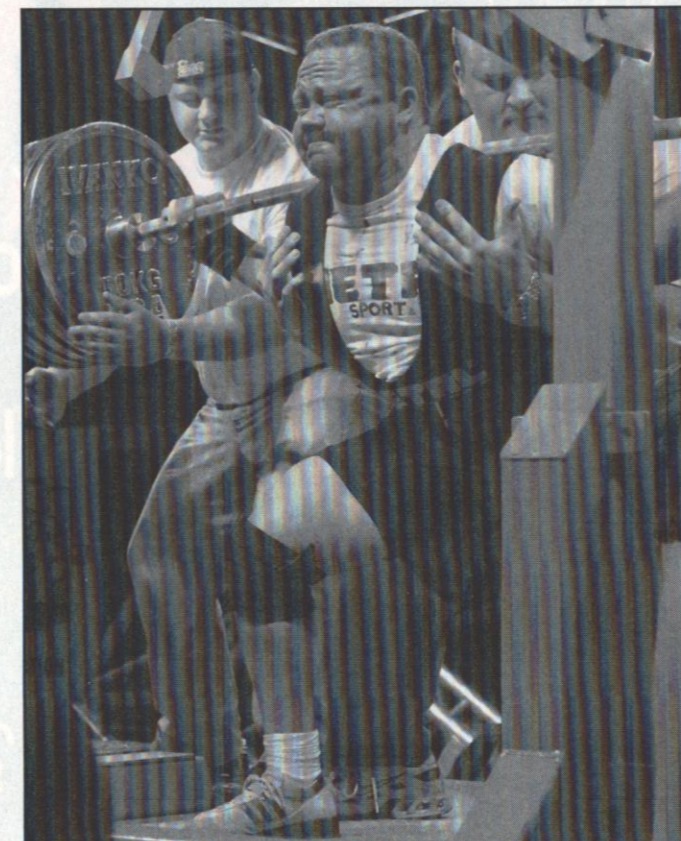
**Q:** My question is about bodyfat percentage. What do you feel is the optimal bodyfat percentage that male lifters should carry, from both a health and performance perspective? Is there a difference? I know that a lot of lifters carry way too much bodyfat and many say that it helps them lift more. What is your take on this? **Shawn Jefferson**

**A:** This answer will probably get me a lot of flak, but the truth must be told. I understand what you are saying on how lifters justify having too much bodyfat, thinking they are doing this to become a better lifter. The fact is, for the squat and bench, when you gain weight



**Anthony Ricciuto** ..... this is the Man Behind NutritionXP3.com whether it is fat or muscle you will be able to lift more weight. This is not the case with the deadlift. I have seen with some athletes that their deadlift actually goes down when they gain weight, due in part to a reduction in flexibility. Since most males put weight on in their midriff this can put them into an inefficient pulling position. Adding bodyweight in the form of fat doesn't help the deadlift leverage-wise.

For male lifters I think the optimal amount of bodyfat should be in the range of 8%-15%. Most of you will have a heart attack in regards to the low end of the scale at 8%. You will go on and on how there is no way to maintain strength at that low level of bodyfat. For some lifters this may be true. If you take an endomorph with insulin



**TRAVIS MASH** .... one of history's most powerful strength athletes.

resistance and try to make him 8% bodyfat while maintaining optimal strength, this will not become a reality. However, for those who are ectomorphic or pure mesomorph this can definitely be possible. I can offer several names of world class lifters who do function optimally at this low a bodyfat percentage. Two who come to mind are Phil Harrington and Ron Palmer. Both of these athletes I have worked with for years and I know exactly how their systems run. Even though both of them are very lean, their nutrition plans are as different as night and day. Genetics play a major role and not every lifter can do this, but I believe that with a proper nutrition and supplementation plan a large majority can. Remember, I have taken numerous lifters from around the world down a weight class or two and actually made them stronger in the process. More than you think can be accomplished in regards to competing with a lower bodyfat percentage.

On the other side of the coin there are lifters who feel more comfortable carrying a little more bodyfat. These are usually endomorphs or meso-endo type lifters. The problem with these lifters is that they let this get out of control. "If adding 10 pounds of bodyfat is good for my bench press maybe I should add 40". This is where you reach a point of diminishing returns. In the beginning you will get stronger due to enhanced leverage, but once that phase is over, you tend to keep adding more bodyfat with little return in strength. This is how a lot of Superheavyweights have been created.

Then they decide to go back to the 308s or 275s, because gaining weight wasn't all they thought it would be in regard to results. With the 15% cut off limit for male lifters, this provides more than enough room to carry a little extra love around your midriff and still feel strong. Any more than this and you will decline instead of improve. We are not talking pure weight gain here. We are talking fat gain. If a lifter comes to me and says he wants to gain 20 pounds I want to make sure that his nutrition plan is dialed in so that the majority of the weight gained is muscle and water, not fat. If a lifter gains 25 pounds of muscle and another gains 25 pounds of fat, who do you think will lift more?

Aside from technique and equipment, you can be sure that the guy that put on 25 pounds of solid muscle is going to be one hell of a lot stronger than the guy that decided to eat cookies and pie as staples in his nutrition plan. When you are trying to gain weight make sure you try very hard to put on quality tissue, not just rolls of fat like

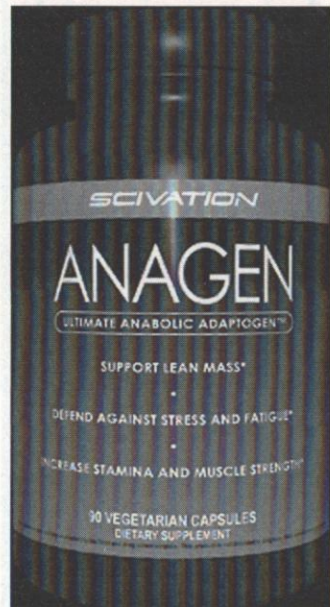
so many lifters of yesteryear used to do. In this age with the technology of performance taking new bounds on a daily basis we have to take advantage of all the nutritional sciences have to offer. Why is it lifters today don't wear the knee wraps and suits that were popular from the early 90's? If you did, you would be leaving a lot of pounds on the platform when you are competing against lifters who are wearing two ply canvas suits and the new knee wraps. Technology changes, and you have to take advantage of it. This also goes for the nutrition side of Powerlifting. Would you wear a bench shirt from 1985? Heck no, you wouldn't, because you know the ones made back then didn't provide nearly the spring that the ones today are producing. Why would you eat like a lifter from 1985 when you realize there are so many better ways to increase your performance and maintain your long-term health and lifting career?

We have to look at the health side of the coin. Since most lifters suffer from health problems and the majority of those issues are not due to genetic dispositions but because of horrible eating and lifestyle choices, we have to realize how important health is. Keeping your bodyfat percentage lower will be in your best interest, for many reasons.

One, it will help you maintain a healthy cholesterol profile. How many lifters do you know with high cholesterol? Of the lifters I have done blood screening with I would have to say that dose to 80% suffer from this one problem alone. Next, it will help reduce your chances for Type II diabetes. This is another problem that is creeping up on a lot of lifters. Through my blood work with powerlifters, I see that a majority of them show significant signs of insulin resistance. Consider this a warning sign to clean up your act or Mr. Diabetes will be knocking on your door in the near future. This is a problem I see in well over 70% of the powerlifters that I work with. That is scary. So many lifters do not take their long term health seriously. It's like the issue doesn't exist and this is the worst attitude to have, because sooner or later you will have to pay the piper.

These are just two problems among at least a dozen that I can name. I may seem like your ex-wife, nagging you into oblivion, but truly I am only doing this for your own good. I want you to eat cleaner and monitor your health because it is important for everything, including how long you stay alive!

If you have any questions feel free to write me at [aricciuto@nutritionxp3.com](mailto:aricciuto@nutritionxp3.com) or check out my website at [www.nutritionxp3.com](http://www.nutritionxp3.com)



# Mad Science For Sick Results!

**Kenny "86'd" DiNolfo**

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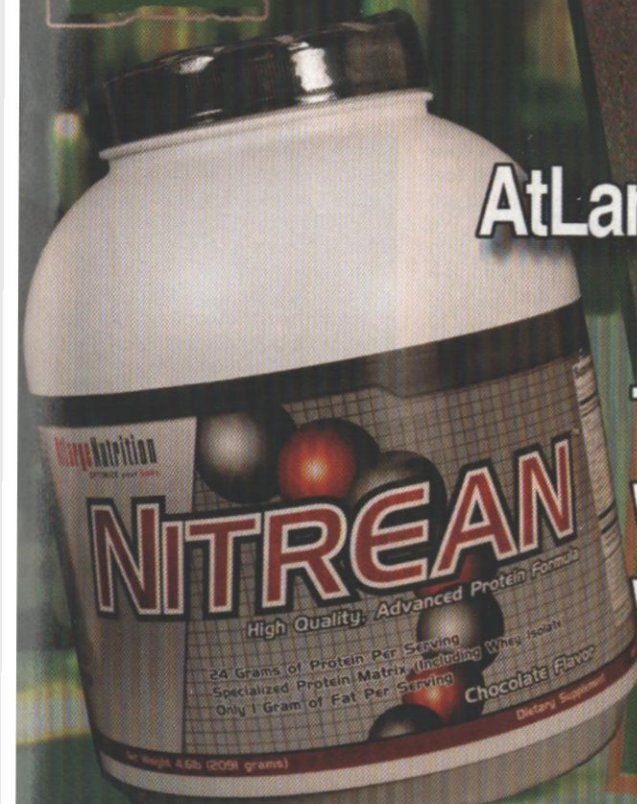
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## ASK THE DOCTOR

This column will feature questions on nutritional, performance and medical issues. Send your questions to me at [Mauro@MetabolicDiet.com](mailto:Mauro@MetabolicDiet.com). I'll try my best to personally answer all questions sent to me within a few days of receiving your email.

**Q:** I am A 35 year old powerlifter, recently diagnosed with Facioscapulohumeral dystrophy, a form of muscular dystrophy. I am currently awaiting results of a DNA test to confirm it, but I am exhibiting symptoms characteristic of the disease; muscle weakness in the shoulder area, no muscle tone on my upper pectoralis muscles. All my lifts, but especially my bench, have suffered tremendously and I even have a difficult time lifting my arms over my head at this point. This is a slow, degenerative muscle disease. My father was recently diagnosed with it as well.

I have been researching supplements in an attempt to figure out what would be appropriate for me to take to build strength in the surrounding, unaffected muscle areas; and to build up muscles that most likely will deteriorate over time. I believe L-Glutamine, L-Arginine, L-Taurine are possible Amino Acids that could help, along with Creatine and Nitric Oxide. Very little research has been done, but Creatine and Albuterol have been experimented with yielding poor results.

I am just looking for some guidance and better understanding about supplements and what I should consider and what I should avoid. Thank you very much for your time. Sincerely, **Scott**

**A:** Because our knowledge on the therapeutic effects of different nutritional references is incomplete, I don't have a definitive answer for you as to what supplements are best for you to use. However, in my work I deal on a regular basis with issues surrounding the rehabilitation of injured and atrophic musculoskeletal tissues, and on an occasional basis with the issues surrounding the various muscular dystrophies.

My approach to both is evidence based as far as the existing literature, including extrapolating from our present knowledge base, and also draws heavily on my four decades of experience. At present my protocol initially involves the use of some of my nutritional supplements that I formulated to deal with maximizing strength and muscle mass and improving body composition, and also to deal with more complex issues and conditions. Depending on the condition, I may also implement certain pharmacological approaches.

As far as the use of nutritional supplements, I've been having some success on degenerative changes in muscle with a basic regimen of GHboost coupled with Amino, both taken three times a day - in the morning, before training and before bed. For info on both go to <http://www.mdplusstore.com/pdfs/GHboost.pdf> and <http://www.mdplusstore.com/pdfs/amino.pdf>. To supplement the above info I've attached some recent studies that are pertinent to the approach that I use. I've copied the citations and abstracts for these studies below so you can get the gist of what the papers are about.

On top of this basic supplement program I have found some additional improvement with the addition of ReNew (<http://www.mdplusstore.com/pdfs/renew.pdf>) and Creatine Advantage (<http://www.mdplusstore.com/pdfs/creatine.pdf>), to deal with inflammation with the former and to boost energy mechanisms in the later. However, I haven't seen significant results with the use of

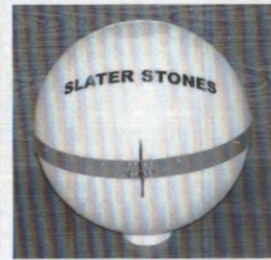
Creatine Advantage and ReNew alone, without the use of GHboost and Amino. As such, I will only add these to the regimen if I get some results with the basic program. Let me know the results of the DNA test. Best regards,

**Mauro Di Pasquale M.D.**

**REFERENCES:** PROC NATL ACAD SCI U S A. 2006 MAY 9;103(19):7315-20. Growth hormone promotes skeletal muscle cell fusion independent of insulin-like growth factor 1 up-regulation. Sotiropoulos A, Ohanna M, Kedzia C, Menon RK, Kopchick JJ, Kelly PA, Pende M.  
Growth hormone (GH) participates in the postnatal regulation of skeletal muscle growth, although the mechanism of action is unclear. Here we show that the mass of skeletal muscles lacking GH receptors is reduced because of a decrease in myofiber size with normal myofiber number. GH signaling controls the size of the differentiated myotubes in a cell-autonomous manner while having no effect on size, proliferation, and differentiation of the myoblast precursor cells. The GH hypertrophic action leads to an increased myonuclear number, indicating that GH facilitates fusion of myoblasts with nascent myotubes. NFATc2, a transcription factor regulating this phase of fusion, is required for GH action because GH is unable to induce hypertrophy of NFATc2-/- myotubes. Finally, we provide three lines of evidence suggesting that GH facilitates cell fusion independent of insulin-like growth factor 1 (IGF-1) up-regulation. First, GH does not regulate IGF-1 expression in myotubes; second, GH action is not mediated by a secreted factor in conditioned medium; third, GH and IGF-1 hypertrophic effects are additive and rely on different signaling pathways. Taken together, these data unravel a specific function of GH in the control of cell fusion, an essential process for muscle growth.  
MUSCLE NERVE. 2006 JAN;33(1):66-77. Nutritional therapy improves function and complements corticosteroid intervention in mdx mice.  
PAYNE ET, YASUDA N, BOURGEOIS JM, DEVRIES MC, RODRIGUEZ MC, YOUSUF J, TARNOPOLSKY MA. Corticosteroid therapy for Duchenne muscular dystrophy is effective but associated with long-term side effects. To determine the potential therapeutic benefit from four nutritional compounds (creatine monohydrate, conjugated linoleic acid, alpha-lipoic acid, and beta-hydroxy-beta-methylbutyrate) alone, in combination, and with corticosteroids (prednisolone), we evaluated the effects on several variables in exercising mdx mice. Outcome measures included grip strength, rotarod performance, serum creatine kinase levels, muscle metabolites, internalized myonuclei, and retroperitoneal fat pad weight. In isolation, each nutritional treatment showed some benefit, with the combination therapy showing the most consistent benefits. Prednisolone and the combination therapy together provided the most consistent evidence of efficacy; increased peak grip strength (P < 0.05), decreased grip strength fatigue (P < 0.05), decreased number of internalized myonuclei (P < 0.01), and smaller retroperitoneal fat pad stores (P < 0.001). This study provided evidence for therapeutic benefit from a four-compound combination therapy alone, and in conjunction with corticosteroids in the mdx model of DMD.  
NUTR REV. 2006 FEB;64(2 PT 1):80-8. Creatine monohydrate as a therapeutic aid in muscular dystrophy.  
PEARLMAN JP, FIELDING RA. In recent years, dietary supplementation with creatine has been shown to enhance neuromuscular function in several diseases. Recent studies have suggested that creatine can be beneficial in

(continued on page 42)

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ST140	14"	Diameter	apx weight	116lbs.....	\$79.00
ST160	16"	Diameter	apx weight	175lbs.....	\$99.00
ST180	18"	Diameter	apx weight	240lbs.....	\$109.00
ST200	20"	Diameter	apx weight	335lbs.....	\$135.00
ST210	21"	Diameter	apx weight	354lbs.....	\$149.00
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The bench shirt that's storming the globe! The Rage is the superior bench shirt of the round-sleeve type shirts, and provided at an unbeatable price for this genre of bench press shirt! Bench more with The Rage than in any other round-sleeve, guaranteed!



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

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

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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.

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

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

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- **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.

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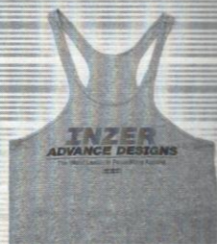
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**Gym Bag**

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

\$25.00



**Fitting Gloves**

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

\$4.95



**Elbow Sleeves XT**

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

\$55.00



**Knee Sleeves XT**

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

\$55.00



**The Pillar**

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

\$115.00



**Standard Blast Shirt**

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

\$38.00



**Heavy Duty Erector Shirt**

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

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

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**High Performance HD Blast**

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

\$77.00



**Forever Lever Belt 13MM**

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

\$70.00



**Forever Lever Belt 10MM**

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

\$60.00



**Forever Buckle Belt 13MM**

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

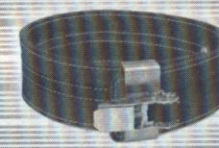
\$70.00



**Forever Buckle Belt 10MM**

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

\$60.00



**PR Belt**

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

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**Power Belt Quality Economy**

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

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Forever Belts™ are guaranteed forever!



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

\$12.95



**Suit Slippers**

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

\$19.95



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

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

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

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**Form-Foam™ Lifting Gloves**

Custom gripping power and supreme stability control. Power-Surge.

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

\$12.50



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

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

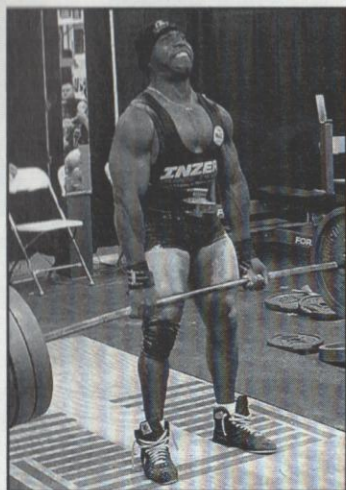
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**Iron Wraps Z**  
 The most powerful, most popular, most effective knee wrap in the world!

\$22.00





Tony Conyers ... 1800 as a master

SQUAT		Pro Cash/Formula			
MALE		T. Conyers	710		
198 lbs.		V. Lysobey	630		
Master II		B. Smith	610		
A. Reiss		S. Knowles	685		
FEMALE					
123 lbs.					
Open					
J. Rotsinger	385	190	355	930	
132 lbs.					
Master					
M. Kirkland	375*	215	390*	980	
148 lbs.					
Mater III					
J. McHale	135	100	230	465	
165 lbs.					
Master I					
C. McKenzie	325*	210	330*	865	
181 lbs.					
J. McCarthy					
UNL					
Submaster					
A. Silk	325*	245	338*	900	
Master I					
V. Williams	—	155	385*	540	



Ryan Kennelly ... benched 860 in the open 308s (Scott Taylor photos)

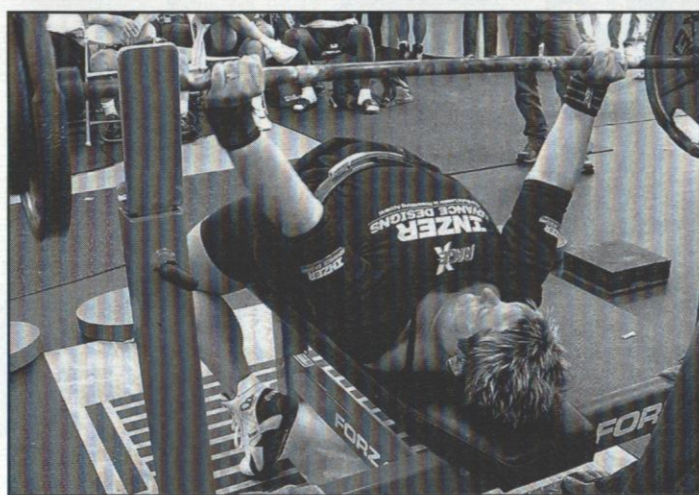
APA Nationals  
2 SEP 06 - Ft. Myers, FL

BENCH		308 lbs.	
MALE		Open	
165 lbs.		R. Kennelly 860	
Open/DT		(13-15)	
D. Viars	375	R. Davis	—
S. Kearney		SHW	
Open		165 lbs.	
S. Kearney		K. Helm 530	
Master I		W. Keith	
D. Viars	375	J. Herring	—
S. Kearney		Open/DT	
198 lbs.		M. Puckett	
Open		M. Puckett	
R. Bivens	575	M. Rodriguez	—
Open/DT		Pro Cash/Formula	
K. Goin	—	T. Conyers	710
Master I		M. Puckett	400
T. Avery	335	R. Kennelly	860
220 lbs.		M. Allocco	630
Master I		E. Rectenwald	625
J. Solis	475	D. Viars	375
G. Boldissar		R. Bivens	527
R. McCloud	405	DEADLIFT	
Master III		MALE	
B. Vastine	350	198 lbs.	
242 lbs.		Master II	
Open		A. Reiss	
E. Rectenwald	625	220 lbs.	
M. Flynn	450	(18-19)	
Master I		G. Smith 540	
M. Lynch	—	Submaster	
Master II		D. Lipka 505	
E. Fitzpatrick	445	Open	
Master III		S. Ribaldo	
Churchman	442*	242 lbs.	
275 lbs.		Open/DT	
Master II		D. Poucher 600	
L. Ford	440	Master II	
J. Aquila	330	P. Ryan 505	
		Pro Cash/Formula	
		T. Conyers 650	
		J. Bellemare 625	
		S. Ribaldo	



David Beers ... took the open 275s

Open/DT		Bodenbender	
Bodenbender		Master I	
D. Beers	620	D. Poucher	545
D. Brown	—	Bodenbender	535
308 lbs.		Open	
Open		E. Rectenwald	
S. Knowles	685	Submaster	
Necoloetlos	650	R. Suk	
Open/DT		275 lbs.	
D. Nelson		Open/DT	
Pro Cash/Formula		D. Beers	
T. Conyers		620	
B. Lysobey		480	
		680	
		1780	
		450	
		600	
		1050	
		500	
		550	
		1735	
		—	
		—	
		400	
		525	
		925	
		440	
		650	
		1800	
		255	
		420	
		1020	



Ann Silk ... went 325 245 338 for 900 at Women's Submaster SHW.



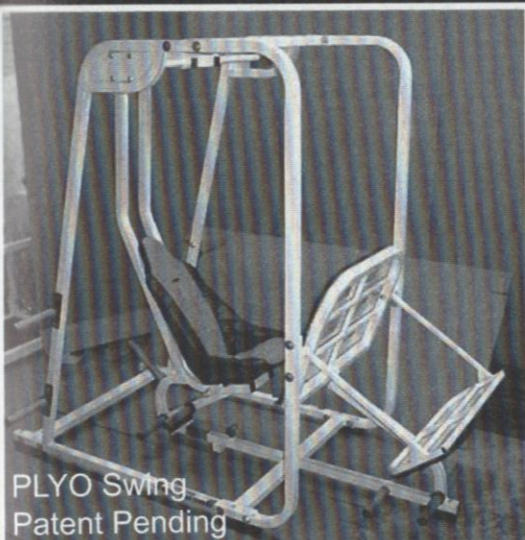
89 Years Young ... Stephen Montrose benched 140 in the 198 class.

B. Silk		345	255	420	1020
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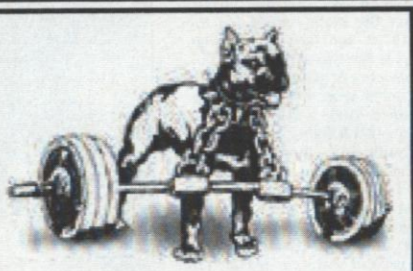
judging the event. I would especially like to thank Mike and Christi Witmer for all they'd id making sure this was a class A event. Several records were broken at the event with lots of awesome lifts being registered. \$2400 in cash prizes were given out in the Pro Cash division, which is something the APA recently launched and will be doing more of in the near future. (Thanks to Scott Taylor, APA, for providing these meet results to Powerlifting USA)

# LOUIE SIMMONS' PRESENTS

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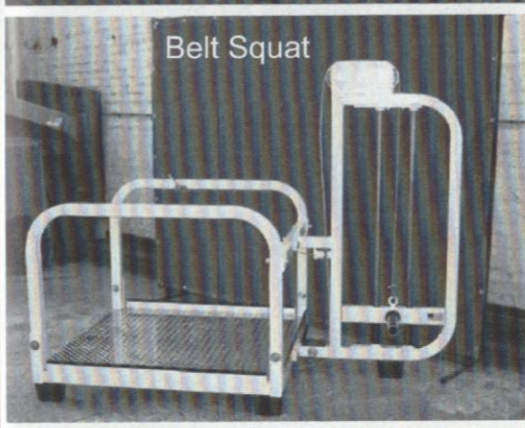
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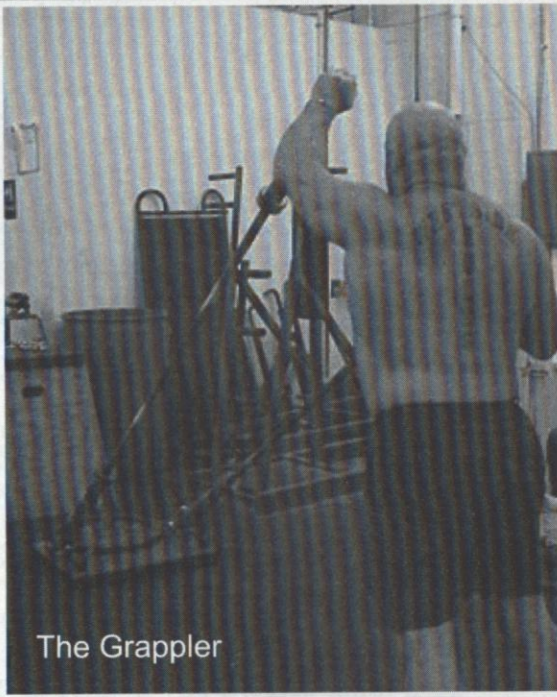
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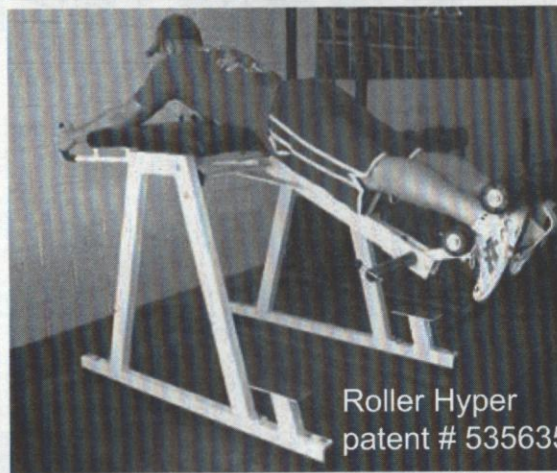
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Belt Squat Machine  
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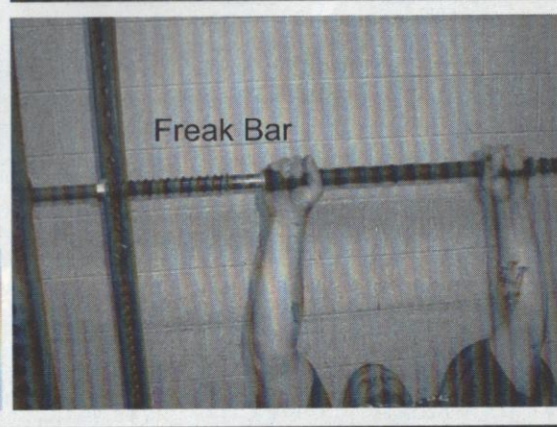
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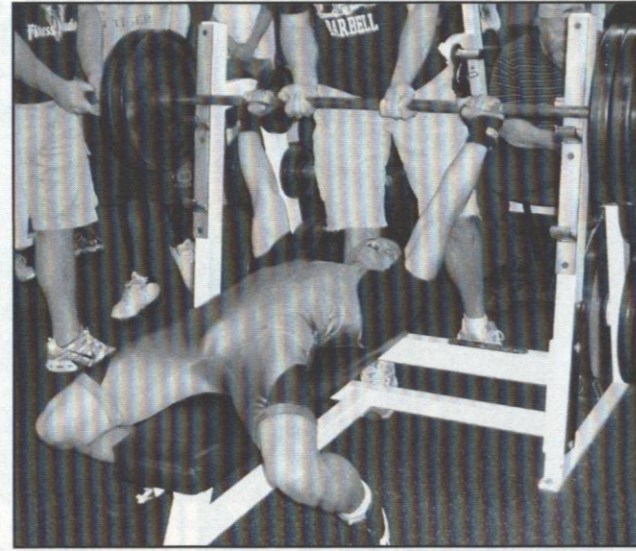
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SLP Big Bench at the French  
1 JUL 06 - Memphis, TN

BENCH FEMALE	
Teen (16-17)	B. Downen 175*
114 lbs.	4th-185*
B. Downen 85*	Novice
MALE	
Novice	S. Newble 225*
SHW	4th-235*
MALE	
Teen (13-15)	4th-425*
Teen (18-19)	148 lbs.
198 lbs.	C. Yates 275
N. Velasco 355	4th-305*
242 lbs.	165 lbs.
C. Tucker 300*	J. Overton 305*
4th-315*	4th-315*
275 lbs.	Teen (16-17)
S. McAllister 315*	198 lbs.
4th-345*	J. Raines 440*
Open	275 lbs.
148 lbs.	J. Steward 485*
Paton-Gooch 260*	4th-505*
4th-265*	Teen (18-19)
165 lbs.	242 lbs.
J. Sanders 250	C. Tucker 505*
220 lbs.	4th-530*
T. Hamilton 415*	275 lbs.
308 lbs.	S. McAllister 505*
W. Sanders 410*	
DEADLIFT FEMALE	

the competition. In the bench press event first time competitor Beth Downen set the Tennessee state record at 16-17/114 with 85. A final with 95 should have gone, but slipped out of the groove halfway up. Another first-time lifter was Big Nekia Slater, who won at novice shw with 415, followed by a solid 425 fourth. This, the biggest bench of the meet, set the state record for the class. In the men's 18-19 age teenage division, it was Nathan Velasco for the win at 198 with 355. A fourth to tie the state record with 365 failed at the bottom. Cordell Tucker won at 242 with new state records for his third (300) and fourth (315) attempts. It was Steve McAllister, setting the state record at 275 with 315, then a big 345 fourth. In the open division Eddie Patton-Gooch broke the state record twice, with his 260 third and 265 fourth attempts at 148. James Sanders, who lost thirteen pounds for this meet, finished with his 250 opener at 165. Best lifter Trey Hamilton got a new pr and state record at 220 with 415, while William Sanders broke the state record at 308 with 410. The unique thing about this competition was that all of the benchers lifted raw! In the deadlift competition the records continued to fall, with each of the eight competitors setting new Tennessee state records for their respective classes. For the teenage women's 16-17/114 class Beth Downen continued her winning ways with a 175 third, followed by a strong 185 pr fourth attempt! Shante Newble set the record at novice 165 with 225. Missing her third with 235 for hitching, Shante came back to make that same eight for a fourth. Cooper Yates won at 13-15/148 with 275, but actually broke the state record with his fourth attempt pull of 305! Jason Overton won at 165 with 305, followed by a 315 fourth. At 16-17 it was Joseph Raines with 440 while Jason Steward took the 275 class with 485, followed by a fourth with 505. Cordell Tucker got the biggest



Eddie Patton-Gooch with a state record 265 BP @ open 148 (photograph provided by courtesy of Dr. Darrell Latch)

pull of the day with his 530 fourth, after finishing with 505. This also earned Cordell the best lifter honors for the competition. Our final competitor was Steve McAllister, who actually had the most explosive power of any of these young athletes. Thanks to Christopher Hatley for all the time and effort he has put into most of the young athletes that competed on this day. Thanks also to everyone who helped with the competition. We return to Riviera on October 8; hope to see you all again then. (Meet results by Dr. Darrell Latch)

## SUBMASTER MEN'S FOR THE RECORD

100% Raw (35-39)	AAU (35-39)	ADAU (35-39)	APA-WPA (33-39)	NASA SM II (35-39)	USPF (35-39)	USPF California (35-39)	WNPF (35-39)
307 G. Murphy	307 G. Murphy	320 K. Snell	114 SQ	314 Murphy	297 G. Murphy Jr.	340 Snell	
203 G. Murphy	203 G. Murphy	235 K. Snell	114 BP	203 Murphy	302 G. Murphy Jr.	225 Snell	
325 G. Murphy	325 G. Murphy	420 K. Snell	114 DL	336 Murphy	331 G. Murphy Jr.	405 Snell	
826 G. Murphy	826 G. Murphy	965 K. Snell	114 T	854 Murphy	826 G. Murphy Jr.	970 Snell	
430 K. Snell	346 S. Snyder	300 G. Vezina	123 SQ	429 G. Young	253 C. Kim	355 Caston	
285 T. Borgia	230 K. Snell	280 P. Nguyen	123 BP	435 C. Kim	1008 C. Kim	285 Caston	
475 K. Snell	430 K. Snell	440 K. Snell	123 DL			365 Caston	
1160 K. Snell	985 S. Snyder	870 G. Vezina	123 T			1005 Caston	
405 C. Simeone	529 Kupperstein	325 S. Snyder	565 D. Heath	132 SQ	473 Stroh	473 G. Young	352 Guaderrama
285 C. Simeone	285 R. Houle	215 S. Soukup	405 D. HEATH	132 BP	297 Stroh	297 J. Arenberg	281 Guaderrama
540 J. Lineman	529 Kupperstein	402 S. Snyder	565 D. Heath	132 DL	485 Rorex	205 J. Arenberg	352 Guaderrama
1180 C. Simeone	1322 Kupperstein	931 S. Snyder	1535 D. Heath	132 T	1223 Stroh	1185 J. Arenberg	986 Guaderrama
460 J. Hill	534 K. Scisney	425 J. Sermeno	685 T. Conyers	148 SQ	551 Reichert	540 L. Weinstein	540 S. Layman
355 J. Audia	325 K. Scisney	305 R. Houle	440 A. Pocu	148 BP	600 Reichert	374 S. Layman	374 S. Layman
570 J. Lineman	553 Weinstein	485 I. Orais	615 J. Jackson	148 DL	1438 Reichert	600 L. Weinstein	518 S. Layman
1335 J. Audia	1355 Weinstein	1120 J. Sermeno	1695 T. Conyers	148 T		1455 L. Weinstein	1432 S. Layman
450 D. Parrish	589 D. Bracken	500 T. Conyers	620 T. Denton	165 SQ	661 Perkins	735 R. Crain	440 B. Separa
320 N. Kadle	407 G. Marshall	405 T. Conyers	451 J. Baer	165 BP	396 Vaughn	415 T. Conyers	380 B. Separa
600 N. Kadle	606 J. Braca	630 J. Braca	680 G. Kiser	165 DL	661 Kiser	672 R. Crain	523 S. Winslow
1360 N. Kadle	1559 G. Marshall	1505 T. Conyers	1670 G. Kiser	165 T	1642 Kiser	1747 R. Crain	1311 B. Separa
485 T. Brandon	617 W. Waller	502 M. Palumbo	845 T. Kamand	181 SQ	658 Perkins	600 D. Cook	535 J. Caputo
350 M. Brelone	424 B. Hayashi	424 B. Hayashi	505 J. Baer	181 BP	435 C. Smith	391 D. Cook	369 T. DeLong
575 B. Nupieri	650 B. Salter	630 J. Braca	695 T. Kamand	181 DL	636 Pilkenton	644 J. Tyree	600 J. Caputo
1360 B. Nupieri	1615 A. Blindt	1440 J. Braca	1900 T. Kamand	181 T	1688 Pilkenton	1581 J. Tyree	1461 J. Caputo
600 C. Machin	650 A. Jackson	575 J. Morell	740 M. Sechrest	198 SQ	705 Johnson	694 S. Anderson	600 J. Hernandez
485 P. Bossi	480 A. Beane	410 N. Vlasic	580 J. Kellum	198 BP	451 Johnson	446 K. Kanemoto	380 J. Hernandez
670 C. Machin	738 A. Jackson	630 C. Favrizio	710 L. Humphrey	198 DL	777 Henderson	672 S. Anderson	600 J. Dorsten
1630 C. Machin	1724 A. Jackson	1510 J. Morell	1860 J. McVicar	198 T	1829 Henderson	1769 S. Anderson	1460 Hernandez
565 W. Wigmoer	710 P. Thorbahn	605 P. Liles	840 P. Susco	220 SQ	766 Meyers	710 C. Garcia	710 J. Burnell
405 W. Wigmore	500 B. Rush	440 N. Vlasic	625 B. Kelley	220 BP	518 McComas	501 M. Peck	440 J. Burnell
655 W. Wigmore	670 R. Sequeira	665 M. Evans	725 P. Mustakas	220 DL	749 Henderson	699 T. Bruner	644 J. Burnell
1625 W. Wigmore	1765 R. Sequeira	1600 C. Machin	1975 P. Susco	220 T	1901 McComas	1829 T. Bruner	1796 J. Burnell
625 G. Stott	705 A. Frittz	700 K. Howard	855 S. Goggins	242 SQ	771 Meyers	771 G. Thompson	644 R. Kitani
425 G. Stott	507 A. Frittz	440 C. Crum	772 B. Kelley	242 BP	479 Gonzales	573 G. Thompson	534 R. Kitani
700 G. Stott	688D. Henderson	740 K. Howard	800 W. Austen	242 DL	749 Holloway	710 T. Bruner	661 S. Landry
1750 G. Stott	1846 A. Frittz	1800 K. Howard	2105 Thompson	242 T	1862 Gonzales	2022 Thompson	1757 R. Kitani
645 G. Stott	770 R. Radziwon	601 T. Wiley	830 T. Nash	275 SQ	837 Nichols	892 S. Smith	716 R. Speno
445 G. Stott	529 L. Deutsch	500 R. Stafford	767 V. Dinzenzo	275 BP	630 Feliciano	672 S. Smith	529 R. Speno
705 G. Stott	727 L. Lavarro	710 P. Gisondi	840 M. Chaillet	275 DL	738 Nichols	755 S. Smith	672 S. Denison
1780 G. Stott	1940 L. Lavarro	1664 B. Shuman	2145 M. Chaillet	275 T	2083 Nichols	2320 S. Smith	1884 S. Denison
620 J. James	745 K. Nyholm	606 M. Ahlo	875 J. Perrotta	308 SQ	959 Saunders	865 S. Cartwright	865 S. Cartwright
365 J. James	501 S. Marcum	470 K. Bourassa	820 T. Meeker	308 BP	584 Kralovetz	628 S. Cartwright	628 S. Cartwright
710 J. James	677 J. Ford	701 K. Bourassa	790 T. Ruby	308 DL	699 Myers	766 C. Saunders	710 S. Cartwright
1695 J. James	1845 K. Nyholm	1680 B. Birnbaum	2160 T. Ruby	308 T	2149 Saunders	2204 S. Cartwright	2204 Cartwright
		675 B. Barnhart	875 J. Perrotta	SHW SQ			903 K. Doonkenn
		390 B. Barnhart	730 V. Dinzenzo	SHW BP			606 G. Garcia
		680 J. James	925 G. Heisey	SHW DL			578 G. Garcia
		1675 B. Barnhart	2105 G. Heisey	SHW T			759 J. Pugh
							710 G. Garcia
							1895 G. Garcia
							755 BAtaes
							495 Johnson
							720 Wright
							1870 Johnson

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Sebastian Burns benching 750 in the 275s at the APF YMCA of Saratoga BP, photograph by Meet Director (who BP'd 700!) John Hart

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APF YMCA Saratoga 2 SEP 06 - Saratoga, NY				V. Vanderhorst				Master II						
BENCH	148 lbs.	Raw	125	159	77	226	126	220	242	589	126	220	242	589
Unsanctioned	148 lbs.	Raw	125	159	77	226	126	220	242	589	126	220	242	589
MALE	148 lbs.	Raw	125	159	77	226	126	220	242	589	126	220	242	589
242 lbs.	148 lbs.	Raw	125	159	77	226	126	220	242	589	126	220	242	589
Junior	148 lbs.	Raw	125	159	77	226	126	220	242	589	126	220	242	589
L. Ciccarelli	148 lbs.	Raw	125	159	77	226	126	220	242	589	126	220	242	589
Open/Raw	148 lbs.	Raw	125	159	77	226	126	220	242	589	126	220	242	589
B. Drew	148 lbs.	Raw	125	159	77	226	126	220	242	589	126	220	242	589
275 lbs.	148 lbs.	Raw	125	159	77	226	126	220	242	589	126	220	242	589
Master (40-44)	148 lbs.	Raw	125	159	77	226	126	220	242	589	126	220	242	589
F. Cheever	148 lbs.	Raw	125	159	77	226	126	220	242	589	126	220	242	589
Sanctioned	148 lbs.	Raw	125	159	77	226	126	220	242	589	126	220	242	589
MALE	148 lbs.	Raw	125	159	77	226	126	220	242	589	126	220	242	589
242 lbs.	148 lbs.	Raw	125	159	77	226	126	220	242	589	126	220	242	589
Master (40-44)	148 lbs.	Raw	125	159	77	226	126	220	242	589	126	220	242	589
T. Albano	148 lbs.	Raw	125	159	77	226	126	220	242	589	126	220	242	589
165 lbs.	148 lbs.	Raw	125	159	77	226	126	220	242	589	126	220	242	589
Teen (18-19)	148 lbs.	Raw	125	159	77	226	126	220	242	589	126	220	242	589
L. Quarters	148 lbs.	Raw	125	159	77	226	126	220	242	589	126	220	242	589
181 lbs.	148 lbs.	Raw	125	159	77	226	126	220	242	589	126	220	242	589
Master (40-44)	148 lbs.	Raw	125	159	77	226	126	220	242	589	126	220	242	589
M. Quinne	148 lbs.	Raw	125	159	77	226	126	220	242	589	126	220	242	589
290	148 lbs.	Raw	125	159	77	226	126	220	242	589	126	220	242	589
Master (45-49)	148 lbs.	Raw	125	159	77	226	126	220	242	589	126	220	242	589
S. Dussault	148 lbs.	Raw	125	159	77	226	126	220	242	589	126	220	242	589
480	148 lbs.	Raw	125	159	77	226	126	220	242	589	126	220	242	589
(Thanks to John Hart for providing results)	148 lbs.	Raw	125	159	77	226	126	220	242	589	126	220	242	589
NASA Kentucky State 25 MAR 06 - Paintsville, KY				V. Vanderhorst				Master II						
PS BENCH	181 lbs.	Raw	286	159	77	226	126	220	242	589	126	220	242	589
MALE	181 lbs.	Raw	286	159	77	226	126	220	242	589	126	220	242	589
181 lbs.	181 lbs.	Raw	286	159	77	226	126	220	242	589	126	220	242	589
HSP	181 lbs.	Raw	286	159	77	226	126	220	242	589	126	220	242	589
L. Grant	181 lbs.	Raw	286	159	77	226	126	220	242	589	126	220	242	589
286	181 lbs.	Raw	286	159	77	226	126	220	242	589	126	220	242	589
198	181 lbs.	Raw	286	159	77	226	126	220	242	589	126	220	242	589
HSP	181 lbs.	Raw	286	159	77	226	126	220	242	589	126	220	242	589

### AMERICAN DRUG-FREE POWERLIFTING FEDERATION • Active & Non-active Membership Application Form

Complete this form and mail with membership fee to: ADFPF, 27 ELMO DRIVE; MACOMB, IL 61455

Need more information? Go to: <[www.adfpf.org](http://www.adfpf.org)>

**ADFPF Mission Statement:** To provide all amateur athletes with legitimate drug-tested powerlifting, Strongman/woman, Highland Games competition through local, regional and national championships, while encouraging the growth of international amateur drug-free competition. To insure that the ADFPF as well as all ADFPF competitions are governed with integrity and by the highest standards of meet structure, officiating and organizational administration.

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

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

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

Signature \_\_\_\_\_ If Under 21 yrs., Parent Initial \_\_\_\_\_ Date \_\_\_\_\_ Prior Registration No. \_\_\_\_\_

Name \_\_\_\_\_ Phone \_\_\_\_\_ E-mail \_\_\_\_\_

Address \_\_\_\_\_ City \_\_\_\_\_ State \_\_\_\_\_ Zip Code \_\_\_\_\_

Date of Birth \_\_\_\_\_ Gender \_\_\_\_\_ U.S. Citizen? \_\_\_\_\_ ADFPF Registered Club Member \_\_\_\_\_

Referee Ranks & Organizations \_\_\_\_\_

Active ADFPF Membership Fee \$20.00. Paid via (CIRCLE ONE): CASH CHECK made out to the ADFPF MONEY ORDER made out to the ADFPF

The ADFPF offers a NON-ACTIVE MEMBERSHIP for coaches, meet directors or officiate who want to join the ADFPF but who WOULD NOT BE ALLOWED TO COMPETE nor would they be DRUG TESTED. The Non-active ADFPF Membership Fee is \$20.00. (It is possible to change the NON-ACTIVE membership into an ACTIVE membership with an additional fee of \$75.00 to cover the cost of a potential future drug test).

Non-active ADFPF Membership Fee \$20.00. Paid via (CIRCLE ONE): CASH CHECK made out to the ADFPF MONEY ORDER made out to the ADFPF

All membership cards expire on December 31st of the year purchased with the exception of cards purchased in NOVEMBER which shall be valid through the following year. All payments to the ADFPF are non-refundable.

## 2007 USAPL High School Nationals

March 30th - April 1st  
Alexandria, LA 71303

### Meet Director - Duane Urbina

Phone: (337) 363-4663

for more information check our website  
[www.highschoolnationals.com](http://www.highschoolnationals.com)

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

**25 NOV**, Southern USA Championship (Tunica, MS) [www.apa-wpa.com](http://www.apa-wpa.com)  
**25 NOV**, NASA Kansas Regional Championships (PL/BP Only/PS/PP - Salina, KS) Rich Peters, P.O. Box 735, Noble, OK 73068, 405-527-8513, [sqbpdl@aol.com](mailto:sqbpdl@aol.com)  
**25 NOV (New Date)**, SLP Mid-America Open BP/DL (Metropolis, IL) SLP, 122 W. Sale, Tuscola, IL 61953, (217) 253-5429, [sonlight@netcare-il.com](mailto:sonlight@netcare-il.com), [www.sonlightpower.com](http://www.sonlightpower.com)  
**NOV**, APF Galaxy Gym Invitational Powerlifting & Bench Press Championships, J. Fellows, 17 Circle Dr., Meredith, NH 03253  
**1-3 DEC**, **USAPL American Open, Lance Slaughter, 4437 S. Centinela Ave., Los Angeles, CA 90066, (310) 995-0047**  
**2 DEC**, 23rd Southeastern Cup PL/BP Classic [open (m & f), class II (m & f), Police & Fire, Teen, Masters - Cook Middle School Gym] Buddy Duke, 201 N. Burwell Ave., Adel, GA 31620, day 229-896-3988, gym 229-896-3035, [bduke@southlink.us](mailto:bduke@southlink.us)  
**2 DEC**, 8th annual Big Bench

Shootout & Eastern States Raw BP (belts only), Louie LaPoint, 337 Roxbury St., Keene, NH 03431, 603-352-8590  
**2 DEC**, USAPL Albany Strength Championships, John Payette, 332 Central Ave., Albany, NY 12206, 518-433-1703  
**2 DEC**, John Bernor and East East Barbell Present APF/AAPF PL, Ironman, Single Lift Championships (Riverhead, NY) John Bernor, 631-846-4034, [www.ironasylum.com](http://www.ironasylum.com)  
**2 DEC**, USAPL Kentucky State/Blue Grass Open, Rob Campbell, 54 McClay Trail Dr., St. Peters, MO 63376, 636-926-8341  
**2 DEC**, USAPL Tennessee State/Appalachian Open, Alex Campbell, 615 Swimming Pool Rd., Hampton, TN 37658, 423-725-3159  
**2 DEC**, Michigan Wolverine (PL, BP, Ironman - Kalamazoo, MI - \$2000 prize money) Mike White, 269-207-8313, strengthbeyondfitness@yahoo.com  
**2 DEC**, NASA Missouri Regional Championships (PL/BP Only/PS/PP - Joplin, MO) Rich Peters, P.O. Box 735, Noble, OK 73068, 405-527-8513, [sqbpdl@aol.com](mailto:sqbpdl@aol.com)  
**2 DEC**, APF Pine Tree State Open (PL/BP) Chris Wiers, 14 Fern St., Auburn, ME 04210, 207-777-3393 or 207-212-6453  
**2 DEC**, SLP Illinois Christmas for Kids BP/DL (Mattoon, IL) SLP, 122 W. Sale, Tuscola, IL 61953, (217) 253-5429, [sonlight@netcare-il.com](mailto:sonlight@netcare-il.com), [www.sonlightpower.com](http://www.sonlightpower.com)  
**2 DEC**, NASA Push it - Pull it - Lift it Championships (Rio Rancho, NM)

## COMING EVENTS

Mike or Teale Adelman, [mike@liftinglarge.com](mailto:mike@liftinglarge.com), 505-891-1237  
**2 DEC (added phone number)**, 6th Pocket Samson's Christmas Bench Press & Deadlift (men, women, all wt. divisions, sculptured trophies, team clock trophy, Toys for Tots silent auction) Westminster YMCA, 1719 Sykesville Rd., Westminster, MD 21157, Jeff Sprinkle, 410-848-3660 EXT 223, or call Samson, 410-634-9195 xt 5978  
**2 DEC**, U.S.A. Power Open BP & DL (separate contests - teen, women, masters, men's open) B&R Family Fitness, 1040 Mill Creek Dr., Feasterville, PA 19053, Dave West 3-10PMEST, 215-355-2700 XT 130  
**2 DEC**, NASA Upper Midwest (BP/PS/PP - Springfield, OH) Greg Van Hoose, RR 1, Box 166, Ravenswood, WV 26164, [www.vhepower.com](http://www.vhepower.com)  
**2 DEC**, Walker's Gym Deadlift Classic (Raw/open, men, women, teen, masters, military, police/fire - Walker's Gym, Hopewell, VA) Barry Walker 804-458-7918  
**2 DEC (Tentative)**, APA Clash of the Iron Barbarians (Pautuxent, MD) [www.apa-wpa.com](http://www.apa-wpa.com)  
**2 DEC**, 19th Elkart Bench Press Classic, Jon Smoker, 30907 CR 16, Elkhart, IN 46516, 574-674-6683, [jrcsmoker@hotmail.com](mailto:jrcsmoker@hotmail.com)  
**2-3 DEC**, USAPL Colorado State PL/BP Championships (??) Dan Gaudreau, 155 S. Dearborn circle,

## APF/AAPF/WPO Schedule

NOV, APF Galaxy Gym Invitational  
 2 DEC, APF/AAPF Single Lift Championships  
 2 DEC, APF Pine Tree State Open  
 9 DEC, APF Rio Grande Valley Championships  
 9,10 DEC, APF Southern States  
 13 JAN APF/AAPF Jersey Iron  
 13-14 JAN APF/AAPF Lexen Xtreme Open  
 27 JAN, APF Orlando Barbell BP & DL Classic  
 27 JAN APF/AAPF Buckeye Open  
 27 JAN APF Michigan State BP Championships  
 17 FEB, APF Indiana State PL/BP-Hawg Farm Open  
 17 FEB, APF/AAPF Candyazz Classic  
 FEB, APF/AAPF Illinois State  
 24-25 MAR, APF/AAPF Illinois State  
 14 APR, APF Junior Open Nationals  
 5-7 MAY, APF Master, Submaster, Jr. JUN, APF/AAPF Chicago Summer Bash  
 JUL/AUG, AWPC Worlds  
 AUG 4, APF Florida State BP/Ironman

Dates subject to change Call 386-734-3128 for info.  
 ([worldpowerlifting.org](http://worldpowerlifting.org)) ([worldpowerliftingcongress.com](http://worldpowerliftingcongress.com))

## APC 53rd Iron Man Open

### Powerlifting & Bench Press Challenge

(open, masters, teenage, women, junior)

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 Over 40 Mr. Iron Man  
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 (Fresno, CA) Bob & Kim Packer  
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Aurora, CA 80012, 303-475-3366  
3 DEC, APA Holiday Classic VII  
(Goodlettsville, TN) Wade Johnson,  
615-782-4036,  
supersquat800@yahoo.com

3 DEC, SLP Missouri Christmas for  
Kids BP/DL (Poplar Bluff, MO) SLP,  
122 W. Sale, Tuscola, IL 61953,  
(217) 253-5429, sonlight@netcare-  
il.com, www.sonlightpower.com

9 DEC, AAU Maryland State BP  
(Residents only) & Eastern DL Open  
(Dumbarton H.S., Towson, MD) Brian  
Washington, 410-265-8264,  
Brian@usbf.net

9 DEC, SLP Arkansas Christmas for  
Kids BP/DL (Glenwood, AR) SLP,  
122 W. Sale, Tuscola, IL 61953,  
(217) 253-5429, sonlight@netcare-  
il.com, www.sonlightpower.com

9 DEC, NASA West Texas Regional

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

9 DEC, USAPL Midwest Senior State,  
Tim Anderson, 2181 Hwy 77, Lyons,  
NE 68038, 402-687-4182

9 DEC, USAPL Virginia PL/BP/DL/  
Ironman (Culpeper, VA) John  
Shifflett, Box 941, Stanardsville, VA  
22973, 434-985-3932,  
valifting@aol.com,

www.virginiasapl.com

9 DEC (DATE CHANGE), Immaculate  
Heart of Mary Holiday BP, DL,  
Ironman (Youngstown, OH) Ron  
DeAmicis, 330-792-6670

9 DEC, 100% Raw World Championships  
(Sheraton Burlington  
Conference Center, Burlington,  
VT) Paul Bossi,

### APF Michigan State Bench Press Championship January 27<sup>th</sup>, 2007

State meet will be APF/AAPF  
Cash meet will be WPO format with cash paid out day of meet.  
\$500 for highest bench per light, middle, and heavy weight  
classes  
\$500 for top woman based off formula  
Strongest Gym contest will be based off top five benchers with  
highest bench towards the team total regardless of weight class

Overall best lifter will receive a free nutrition program from  
Anthony Ricciuto of Nutrition XP3

Sponsors include Detroit Barbell, Schiek weightlifting  
supplies, Edge Nutrition

Trophies will be sculptures by Carl Seeker

Photos/videos of the meet will be available for purchase from  
GnL Productions. Check out their work at  
www.GnLProductions.com

#### Contact:

Jim Harbourne 313-610-2019  
jimharbourne@comcast.net



pres@rawpowerlifting.com, Bret  
Kernoff,  
vtpowerlifting@adelphia.net,  
802-865-2747

9 DEC, APF Rio Grande Valley Cham-  
pionships (Harlingen, TX) Garry  
Pendergrass, 1-800-378-6460,  
www.seguinfitness.com

9 DEC, APA Green Mountain  
Regionals (Fairhaven, VT) www.apa-  
wpa.com

9 DEC, IPA Christmas Carnage (full  
power, BP - Leesport, PA) Gene  
Rychlak Jr., 143 Second Ave.,  
Royersford, PA 19468, 610-948-  
7823

9.10 DEC, FIB World Bench Press/  
Deadlift, Ginasio do Cruzeiro  
Novo, Quadra 609 Cruzeiro Novo,  
Brasilia DF Brazil, Caramello (61)

3032-2992, 9627-9668, 8146-  
8290, www.supino.com.br

9-10 DEC, USAPL Northeastern  
USA Regional Championships (BP,  
PL - Scranton or King of Prussia, PA)  
Robert Keller, rhk@verizon.net, 954-  
790-2249,  
www.purepowerlifting.com

9.10 DEC, APC 53rd California  
Iron Man (Fresno, CA) Bob Packer  
(559) 322-6805 or (559) 658-5437

9.10 DEC, APF Southern States  
(Jacksonville, FL) 386-734-3128,  
worldpowerlifting.org

10 DEC, SLP Oklahoma Christmas  
for Kids BP/DL (Sallisaw, OK) SLP,  
122 W. Sale, Tuscola, IL 61953,  
(217) 253-5429, sonlight@netcare-  
il.com, www.sonlightpower.com

## UPCOMING COMPETITIONS

25 NOV, SLP Mid America Open BP/DL (Metropolis, IL)  
2 DEC, SLP Illinois Christmas for Kids BP/DL (Mattoon)  
3 DEC, SLP Missouri Christmas for Kids BP/DL (Poplar  
Bluff, MO)  
9 DEC, SLP Arkansas Christmas for Kids BP/  
DL (Glenwood, AR)

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www.sonlightpowre.com  
sonlight@netcare-il.com

## UPCOMING WNPf MEETS DRUG FREE POWERLIFTING (Raw, Single Ply, Unlimited)

16 DEC, Sarge McRay Championships

WNPF, PO Box 142347,  
Fayetteville, GA 30214

678-817-4743 or wnspf@aol.com

website - members.aol.com/wnspf

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

16 DEC (NEW DATE), Iron Chamber Gym BP/  
DL (East Canton H.S., Canton, OH) Jeff Begue,  
330-844-1011.

16 DEC, River Valley Classic BP, (Horseheads  
High School, Horseheads, NY) Ed Patten, 220 S.  
Walnut St., Elmira, NY 14904, 607-733-4997.

16 DEC, 4th Bench Press & Deadlift Classic  
(Lehigh, PA) Rob Eckhart, 610-377-5852,  
eckhart1@ptd.net

16 DEC, APA Grand Floridian Classic (location  
TBA, FL) www.apa-wpa.com

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

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

16 DEC, 100% Raw Bowie-Robinson Memorial  
Cup (Chicago, IL) Shawn Lyte,  
rawlifting@bmfssports.com

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

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

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

13 JAN, APF/AAPF Jersey Iron (all divisions -  
Carteret, NJ) Henri Skiba, 732-598-9369,  
astroboy252@mac.com

13 JAN, USPF Virginia BP Record Setters (Open,  
Teen, College, Masters, Police, Fire) Jake Heglar, 22  
Zerkel St., Luray, VA 22835, 540-743-2925,  
support@virginiapowerlifting.com,  
www.virginiapowerlifting.com

13, 14 JAN, APF/AAPF Lexen Xtreme Open,  
Dan Dague, 3665 Garden Ct., Grove City, OH  
43123, 614-554-8824

20 JAN, PPL Augusta Drug Free (PL, BP, BP reps,  
DL, P-P, Posedown), Tee Meyers, 2250 Lumpkin  
Rd., Augusta, GA 30906, 706-790-3806,  
pythongym@aol.com

27 JAN, USAPL Wisconsin Open, Bruce Sullivan,  
1545 4-1/2 Mile Rd., Racine, WI 53402, 262-639-  
3210

27 JAN, USAPL Wisconsin State, Bruce Sullivan,  
1545 4-1/2 Mile Rd., Racine, WI 53402, 262-639-  
3210

27 JAN, APF Orlando Barbell BP & DL Classic (BP,  
DL, Ironman, Teen, Subs, Masters) Brian Schwab,  
Orlando Barbell, 2784 Wrights Rd., Ste. 1004,  
Oviedo, FL 32765, 407-678-2447,  
lightweightpower@aol.com

27 JAN, APF/AAPF Buckeye Open PL/BP, (Days  
Inn, Fremont, OH) Rob Twining, 419-334-2982,  
rob\_at\_outlawbarbell.com

27 JAN (NEW DATE), APF Michigan State  
Bench Press Championship/Bench for Cash, Jim  
Harbourne, 1018 Coolidge Ave., Clawson, MI  
48017, 313-610-2019

27, 28 JAN, USAPL New Jersey State (Atlantic City)

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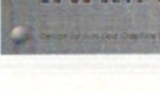
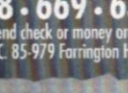
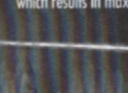
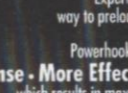
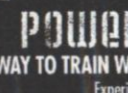
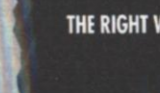
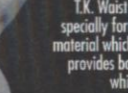
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SHIPPING ADDITIONAL

- in/out of state divisions) Rob Wagner, 609-822-  
9309, raw@oceansidesj.com, www.oceansidesj.com  
28 JAN, Winter BP/DL Classic, Jon Smoker,  
30907 CR 16, Elkhart, IN 46516, 574-674-6683,  
JJRCsmoker@hotmail.com

3 FEB, USAPL Virginia Open (PL, BP, Ironman -  
Raw and Assisted, Culpeper) John Shifflett, Box  
941, Stanardsville, VA 22973, 434-985-3932,  
valifting@aol.com

3 FEB, AAU Sooner State Games Winter Festival  
(BP/DL - Shawnee, OK) Rickey Dale Crain, 405-  
275-3689, 800-272-0051, rcrain@charter.net

3 FEB, NASA Arizona State (Un/Equipped, PL/  
PS/PP/BP Only - Mesa, AZ) NASA, Box 735,  
Noble, OK 73068, 405-527-8513, sqbpd@aol.com

10 FEB, New Castle's 16th annual BP (men,  
women, teen, masters) Chuck Ullrich, 214 E.  
Garfield Ave., New Castle, PA 16105, 724-658-  
7529

16-18 FEB, USAPL Women's Nationals, Paul  
Fletcher, 17735 Creek Hollow Rd., Baton  
Rouge, LA 70617, 225-753-8586

17 FEB, APF Indiana State PL/BP - Hawg Farm  
Open (Plaza Hotel, Evansville, IN) Larry Hoover,  
812-385-9932, quad4hoov@peoplepc.com

17 FEB, Lewiston Red Brick Bench Press (Assist,  
Raw, all weight and age divisions - Lewiston Red Brick  
School, Lewiston, NY) This is a benefit for our troops  
overseas and their families back here. Last year we  
had 75 competitors. Help us get to 100 this year.  
Dennis Brochey, 205 N. 5th St., Lewiston, NY  
14092, 716-200-3533, cdbrochey@adelphia.net

17 FEB, WABDL Penn-Ohio-New York Regional  
BP/DL Championships (World Qualifier - Beaver  
Falls, PA) Charles Venturella 724-654-4117

17 FEB, APF/AAPF Candyzz Classic (PL, single  
lift - Iron Asylum Gym, Tribes Hill, NY) Sand or Zane  
McCaslin, 518-858-7002,  
www.ironasylumgym.com

17 FEB, Valentine Strongman & Wife Carrying  
Contest (Woodlands, TX) donpbaker@gmail.com,  
http://sports.groups.yahoo.com/group/  
LoneStarPowerlifters

17-18 FEB, NASA Ohio State High School &  
Teenage Nationals (PL/BP/PP - Springfield,  
OH) Greg Van Hoose, RR 1, Box 166,  
Ravenswood, WV 26164, www.vhepower.com

24 FEB, USAPL SDPL & BP, Jeff Blindauer, 5912  
W 56th St., Sioux Falls, SD 57106, 605-201-2411

FEB, APF/AAPF Illinois State, Ernie Frantz/Amy  
Jackson, 630-896-7309, amyjackson@aol.com

FEB/MAR, USAPL Florida State Powerlifting Cham-  
pionships (Miami or Ft. Lauderdale, FL) Robert  
Keller, 954-790-2249, rhk@verizon.net,

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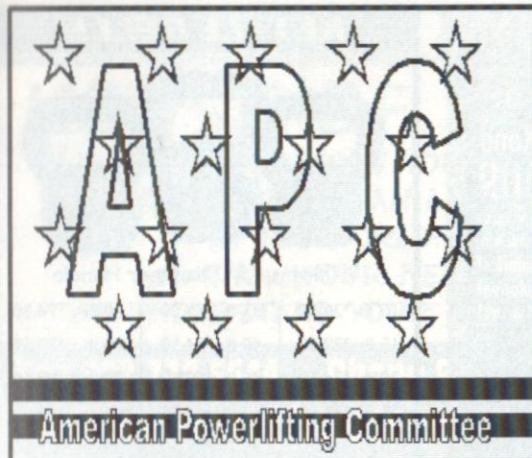
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*December 9, 2006 53rd Cal. Ironman, Fresno, Ca.  
April, 2007, Georgia State Pl, Athens, Ga.  
July 13, 14, 15, APC Nationals, Atlanta, Ga.*

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**www.irondawg.com**

www.geocities.com/floridausapl  
**3 MAR, NASA Bench Press Nationals & Midwest Power Sports & Push Pull Championships (Kansas City, KS) NASA, Box 735, Noble, OK 73068, 405-527-8513, sqbpd@aol.com**  
**3 MAR, Fulton Football Club Push/Pull (open to high school athletes, 9-12, boys & girls - Fulton, NY) Dave Eddy, 315-598-3029, sbush5@twcny.rr.com**  
**3,4 MAR, CPC Canadian Championships (Okotoks, Alberta) 403-938-3067**  
**10 MAR, 100% Raw Powerlifting Federation Teen, High School, Junior, Collegiate Nationals (Cherry Hill Park, College Park, MD) Jim Roberts, 301-875-2544, md@rawpowerlifting.com, www.rawpowerlifting.com, www.cherryhillpark.com**  
**10 MAR, USAPL Military Nationals, John Pena, 2065 S. Aliso Spring Ln., Tuscon, AZ 85748, 520-312-2110**  
**10 MAR, NASA Missouri State High School & Open State Championships (PL/BP Only/PS/PP - Joplin, MO) NASA, Box 735, Noble, OK 73068, 405-527-8513, sqbpd@aol.com**  
**10 MAR, NASA Police, Fire, Military Nationals (Kansas City, KS) Jim Duree, jduree7086@aol.com**  
**10 MAR, Walker's Gym Bench Press for St. Jude's Hospital (Raw/open, men, women, teen, masters, military, police/fire - Walker's Gym, Hopewell, VA) Barry Walker 804-458-7918**  
**17 MAR, NASA Tennessee State (PS/PL/unequipped, BP/PP-Pickwick St. Park, TN) NASA, Box 735, Noble, OK 73068, 405-527-8513, sqbpd@aol.com**  
**24 MAR (date assigned), AAU Oklahoma Open/BP/DL State PL, Rickey Dale Crain, 405-275-3689, 800-272-0051, rcrain@charter.net**  
**24 MAR, NASA KY State (PL/BP/PS/PP - Paintsville, KY) Greg Van Hoose, RR 1, Box 166, Ravenswood, WV 26164, www.vhpower.com**  
**24, 25 MAR, AAU East Coast BP, Triple Crown Classic, Virginia State, Police/Fire, 804-559-4624, vapowerlifting@aol.com**  
**24, 25 MAR, APF/AAPF Illinois State (Bolingbrook H.S.) Amy Jackson & Ernie Frantz, 630-896-7309, amyjackson@aol.com**  
**25 MAR, USPF Rhode Island State PL/BP, Ted Isabella, 40 Hillcrest Dr., Cranston, RI 02921, 401-946-5350, uspf-ri@cox.net, www.ripl.org**

## 2006 - 2007 AAU POWERLIFTING MEETS

*Below is a list of meets being offered by the AAU Association  
AAUSports.org*

2006	
August 12	AAU - Full Power Iron Meet, Berlin, Vermont - Three lift meet More information: www.vtpowerlifting@adelphia.net Phone: 802-865-2747 Bret Kernoff
August 26	AAU National Push-Pull Championship, Mocksville, NC More information: keit@ironboypowerlifting.net Phone: 336-766-334 Keith Payne
September 17	AAU Florida State Powerlifting & Bench Press Championships Brandon, Florida - Three lift meet and bench press - limited to 3 lifters More information: www.ausports.org. Phone: 804-559-4624 after 7:00 pm (EST)
October 14	AAU Crain Bench Press & Deadlift Open, Shawnee, OK More information: RCrain@charter.net Phone: 405-275-3689 or 800-272-0051
Oct. 20 - 22	2006 AAU World Powerlifting Championships (LIMITED NUMBER OF LIFTERS EACH DAY), Crowne Plaza Hotel - Richmond, Virginia - Three lift meet, Raw & Assisted - Crossovers available More information: vapowerlifting@aol.com Phone: 804-559-4624 after 7:00 pm (EST)
Oct. 20 - 22	2006 AAU International Single-Lift/Push-Pull Championships (LIMITED NUMBER PER DAY), Crowne Plaza Hotel - Richmond, Virginia - Bench Press, Deadlift and Push-Pull Meets, Raw & Assisted - Crossovers available More information: vapowerlifting@aol.com Phone: 804-559-4624 after 7:00 pm (EST)
Dec. 16-17	2006 AAU World Bench, World Deadlift and Push-Pull Championship, Plaza Hotel - Las Vegas, NV More information: naturalpower@earthlink.com - Martin Drake
2007	
February 3	2007 AAU Sooner State Games Winter Festival, Shawnee, Oklahoma - Bench Press and Deadlift More information: www.rickeydalecrain.com Phone: 800-272-0051 or 405-275-3689
March 24	2007 AAU Oklahoma State Meet, Oklahoma - Powerlifting/Bench Press/Deadlift More information: www.rickeydalecrain.com Phone: 800-272-0051 or 405-275-3689
March 24-25	AAU East Coast Bench Press, Triple Crown Classic, Virginia State, Police/Fire More information: www.vapowerlifting@aol.com Phone: 804-559-4624
July 14-15	2007 AAU National Powerlifting Championship & Sooner State Summer Games, Oklahoma - Powerlifting/Bench Press/Deadlift More information: www.rickeydalecrain.com Phone: 800-272-0051 or 405-275-3689
July 07	AAU Junior Olympics and Bench Press Meet, Knoxville, TN More information: www.ausports.org
October 12-14	AAU 3 lift World, Single Bench Press, Single Deadlift and Push-Pull Powerlifting Championship, DISNEY WORLD - Orlando, Florida More information: vapowerlifting@aol.com Phone: 804-559-4624

**25 MAR, USPF Rhode Island High School PL/BP, Ted Isabella, 40 Hillcrest Dr., Cranston, RI 02921, 401-946-5350, uspf-ri@cox.net, www.ripl.org**  
**25 MAR, USPF Rhode Island Police & Fireman PL/BP, Ted Isabella, 40 Hillcrest Dr., Cranston, RI 02921, 401-946-5350, uspf-ri@cox.net, www.ripl.org**  
**25 MAR, 8th Pittsburgh Monster BP & DL (men, women, all divisions, all classes, cash prizes - Holiday Inn Airport, Pittsburgh, PA) Mike Baravecchio, 152 Dover Dr., Moon Township, PA 15108, 412-264-9996**  
**30 MAR - 1 APR, USAPL High School Nationals (Alexandria, LA) Duane Urbina, 337-363-4663, www.highschoolnationals.com**  
**31 MAR, 44th Great Lakes PL (ADAU National Qualifier) Joe Oregina, 4319 W. 26th St., Erie, PA 16506, 814-833-3727**  
**31 MAR, USAPL NJ State High School BP, Mark Salandra, 5 Thompson Close, Hillsborough, NJ 08844, 908-874-5843**  
**31 MAR-1 APR, NASA High School Nationals (Un/equipped, PL/PS - Oklahoma City, OK) NASA, Box 735, Noble, OK 73068, 405-527-8513, sqbpd@aol.com**  
**MAR, NASA Power Sports Nationals & Unequipped PL (PL/BP/PS/PP - Russellville, AR) NASA, Box 735, Noble, OK 73068, 405-527-8513, sqbpd@aol.com**  
**7 APR, USAPL Richmond Open PL/BP (open to out of state lifters - sculptured awards - Mechanisville, VA) Phillip Battle, PO Box 9713, Richmond, VA 23228, 804-301-2196**  
**13-15 APR, USAPL Collegiate Nationals, Johnny Graham, 2203 Excel Dr., Killeen, TX 76542, 254-526-0779**  
**14 APR (new date), APF Junior Open Nationals & Windy City Open - Velocity Sports, Willowbrook, IL, Eric Stone 630-794-0594, thestone@chicagopowerlifting.com**  
**14 APR, Northern VA Raw PL/BP (Sterling, Virginia) John James, 703-475-9885, www.northernvarawpower.com**  
**14 APR (new date), NASA The HUGE One (Milwaukee, WI) Job House, statechaiman@wisconsinpowerlifting.com**  
**14 APR, APC Georgia State PL/BP, L.B. Baker, 770-713-3080, www.irondawg.com**  
**21 APR, PPL Georgia Drug Free (PL, BP, BP reps, DL, P-P, Posedown), Tee Meyers, 2250 Lumpkin Rd., Augusta, GA 30906, 706-790-3806, pythongym@aol.com**  
**21 APR, Dungeon Powerworks Drug Free Bench Slam & Deadlift, Mark Mellinger, 15681 Featherstone Rd., Constantine, MI 49042, 269-506-5386 or 269-435-7586**  
**21-22 APR, Power Palooza IX (full power, BP, DL - Leesport, PA) Gene Rychlak Jr., 143 Second Ave., Royersford, PA 19468, 610-948-7823**  
**27, 28 APR, WDFPF European Single Event Championships (Horgen, SW) www.wdfpf.cc**  
**4-6 MAY, USAPL Master Nationals (MILWAUKEE, WI), Bruce Sullivan, 1545 4 1/2 Mile Rd., Racine, WI 53402, 262-639-3210**  
**5 MAY, NASA Bartlesville Push Pull (Bartlesville, OK) Jim Duree, jduree7086@aol.com**

**5 MAY, NASA Western States (Equipped, Unequipped PL/PS/PP/BP Only - Mesa, AZ) NASA, Box 735, Noble, OK 73068, 405-527-8513, sqbpd@aol.com**  
**5-7 MAY, APF Master, Submaster, Junior Nationals (PL/BP) Russ Barlow, 175 Kennebec Trail, Turner, ME 04282, 207-225-5070 or 207-754-9927**  
**MAY, USAPL Florida State High School Championships (BP, PL - Ft. Lauderdale, FL) Robert Keller, 954-790-2249, rhk@verizon.net, www.geocities.com/floridausapl**  
**3 JUN, "We Don't Need No Stinkin' Drugs" Raw BP and Deadlift for Reps, Joe Oregina, 4319 W. 26th St., Erie, PA 16506, 814-833-3727**  
**9 JUN, USAPL NJ State High School, Mark Salandra, 5 Thompson Close, Hillsborough, NJ 08844, 908-874-5843**  
**9 JUN, ADFPF Open Powerlifting (single, strongman, unequipped - Washington Square Mall, Evansville, IN) Dick Conner, Meet Director, www.adfpf.org**  
**9 JUN, NASA Kansas City Push Pull (Kansas City, KS) Jim Duree, jduree7086@aol.com**  
**9-10 JUN, USAPL Teen/Jr. Nationals, Tod Miller, 73 N. Pine Rd., Plainwell, MI 49080, 269-664-4814**  
**JUN, APF/AAPF Chicago Summer Bash 4 (Velocity Sports, Willowbrook, IL) Eric Stone, 630-794-0594, thestone@chicagopowerlifting.com**  
**JUN, NASA USA Nationals, (PL, BP, PS, PP - Las Vegas, NV) NASA, Box 735, Noble, OK 73068, 405-527-8513, sqbpd@aol.com**  
**JUN, 5th IPF/NAPF North American Powerlifting Championships (Guatemala City, Guatemala) Robert Keller, rhk@verizon.net, 954-790-2249**  
**12-15 JUL, USAPL Men's Nationals, Harold Gaines Sr., 2 Tristan Terrace, St. Charles, MO 63303, 314-805-2044**  
**14-15 JUL (new date), AAU National Powerlifting Championships & Sooner State Summer Games (Oklahoma City, OK) Rickey Dale Crain, 405-275-3689, 800-272-0051, rcrain@charter.net**

**21 JUL, PPL Southeastern Drug Free (PL, BP, BP reps, DL, P-P, Posedown), Tee Meyers, 2250 Lumpkin Rd., Augusta, GA 30906, 706-790-3806, pythongym@aol.com**  
**21 JUL, NASA Grand Nationals (Un/equipped, PL/PS/PP/BP Only - Pickwick St. Park, TN)**  
**28 JUL, Vermont State Open Raw BP, Rick Poston, 1881 Williston Rd., S. Burlington, VT 05403, 802-865-3068 / 3167, allamericanfitnessvt@yahoo.com**  
**JUL, APC Nationals & America's Cup PL/BP, L.B. Baker, 770-713-3080, www.irondawg.com**  
**JUL, USAPL/USOC West Palm Beach Sports Commission Youth Fitness Festival (West Palm Beach, FL) Robert Keller, 954-790-2249, rhk@verizon.net, www.geocities.com/floridausapl**  
**JUL, USAPL/USOC Tropical Games Championships (BP, DL - West Palm Beach, FL) Robert Keller, 954-790-2249, rhk@verizon.net, www.geocities.com/floridausapl**  
**JUL, AAU Junior Olympics and BP (Knoxville, TN) www.ausports.org**  
**JUL/AUG, AWPC Worlds (Chicago, IL) Amy Jackson and Ernie Frantz, 630-896-7309, amyjackson@aol.com**  
**4 AUG, ADAU Single Lift Nationals (SQ, BP, DL - Men/Women - all age divisions, Joe Oregina, 4319 W. 26th St., Erie, PA 16506, 814-833-3727**  
**4 AUG, Northern VA Raw PL/BP (Sterling, Virginia) John James, 703-475-9885, www.northernvarawpower.com**  
**4 AUG, APF Florida State BP/Ironman (Boca Raton, FL) Bob Youngs, Ed Rectenwald, Lance Mosley, 561-718-9877, southsidebarbell@hotmail.com**  
**AUG, USAPL Deadlift Push Pull Nationals, Jim Hart, Box 82264, Lincoln, NE 68501, 402-47-3672**  
**12-14 OCT, AAU 3 lift World, Single BP, Single DL, Push-Pull (Disney World, Orlando, FL) vapowerlifting@aol.com, 804-559-4624**  
**20 OCT, PPL Nationals Drug Free (PL, BP, BP reps, DL, P-P,**

**Posedown), Tee Meyers, 2250 Lumpkin Rd., Augusta, GA 30906, 706-790-3806, pythongym@aol.com**  
**20 OCT, NASA Unequipped Nationals & Power Sports Championships (Oklahoma City, OK) NASA, Box 735, Noble, OK 73068, 405-527-8513, sqbpd@aol.com**  
**OCT, WDFPF Single Event World Championship (Montesilvajo, Italy) www.wdfpf.cc**  
**3 NOV, Northern VA Raw PL/BP (Sterling, Virginia) John James, 703-475-9885, www.northernvarawpower.com**  
**3 NOV, NASA Kansas City Regional (Kansas City, KS) Jim Duree, jduree7086@aol.com**  
**NOV, USAPL Southeastern USA Regional Championships (BP, PL - Miami, FL) Robert Keller, 954-790-2249, rhk@verizon.net, www.geocities.com/floridausapl**  
**NOV, USAPL Police & Firefighter National Championships (BP, PL - Miami, FL) Robert Keller, 954-790-2249, rhk@verizon.net, www.geocities.com/floridausapl**  
**DEC, 6th USAPL American Open Championships (BP, PL - Philadelphia, PA) Robert Keller, rkh@verizon.net, 954-790-2249**  
**17-19 FEB 08, USAPL Women's Nationals, Johnny Graham, 2203 Excel Dr., Killeen, TX 76542, 254-526-0779**  
**28-30 MAR 08, USAPL High School Nationals, Tod Miller, 73 Pine Rd., Plainwell, MI 49080, 269-664-4814**  
**7-11 MAY 08, USAPL Master Nationals, Robert Keller, Box 291571, Davie, FL 33329, 954-790-2249**  
**MAY '08, WDFPF European Single Event Championship (Como, Italy) www.wdfpf.cc**  
**13-14 JUN 08, USAPL Teen Junior Nationals (St. Louis, MO) Harold Gaines Sr., 2 Tristan Terrace, St. Charles, MO 63303, 314-805-2044**  
**OCT/NOV '08, WDFPF Single Event World Championship (Belgium) www.wdfpf.cc**

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The SLP Superman Classic Best Lifters: Bruce Stevens and Joe Carter

SLP Superman Classic		10 JUN 06 - Metropolis, IL	
BENCH	220 lbs.	W. Stinson	250
MALE	D. Clark	Open	148 lbs.
Wheelchair	4th-300*	Patton-Gooch	255*
123 lbs.	Submaster	4th-260*	198 lbs.
H. Logsdon	205*	T. Ardolino	225
Teen (13-15)	198 lbs.	J. Lawson	500
132 lbs.	198 lbs.	242 lbs.	275 lbs.
L. Hobeck	195	J. Carter	540
Teen (16-17)	242 lbs.	Raw	500*
148 lbs.	S. Breen	N. Ball	500*
Z. Ermel	200	308 lbs.	275 lbs.
4th-210	198 lbs.	P. Little	475
181 lbs.	B. Stevens	4th-540*	715*
A. Lewis	230	220 lbs.	SHW
4th-250	230	K. Bolen	400
B. Comer	215	242 lbs.	550*
SHW	200	J. Stafford	550*
D. Kennedy	200	Master (65-69)	181 lbs.
Junior	181 lbs.		

tion it was Heath Logsdon taking the wheelchair 123 class with a new Illinois state record of 205. Heath's opener was so easy, that a move to 215, then 220 seemed likely, but the stability wasn't there on this day. Still, Heath is and always has been a great inspiration to us all. In the men's teenage division it was Levi Hobeck with a solid 195 at 13-15/132, just missing a final attempt of 200 to tie the state record there. For the 16-17 age group first-time lifter Zach Ermel won at 148 with 210 while Allen Lewis took the 181 title over Ben Comer 250 to 215. Our final teenage lifter was shw winner David Kennedy, who finished with 200. Another first-timer, Dave Clark, won at junior 220 with a new state record of 300 in the raw division. Tony Ardolino, lifting in his first competition, won at submaster 198 with 240. Tony came all the way from New Jersey to compete! Shawn Breen looked strong at 242, finishing with 500, after making 530, but being called for dipping the bar. Taking the best lifter award as well as the 40-44/198 title was Bruce Stevens. Bruce broke the existing Illinois state record with his 530 third attempt before making his fourth with 540. Kevin Bolen won at 220 with 400 while Jerry Stafford broke the state record at 242 with 550. Our final master lifter was Wayne Stinson, who set a new personal record at 65-69/181 with 250! In the open division Eddie Patton-Gooch broke the state raw record at 148 with his 260 final attempt. Paul Lauffer, having trouble with a shirt that was just too big for him, won at 198 with 530. Joey Lawson had his best day ever at 242 with his first official 500, but went on to come close with 545 and 565. Joe Carter returned to bench competition after a few months off due to some pec injuries, then won at 275 with an easy 540. Nick Ball broke the state record for the 275 raw class with 500. For the open 308 class it was Philip Little making just his opener of 475, though he is capable of much more. Then at superheavy it was Jeremy Hughes with 475 also. In the deadlift event David Kennedy pulled his first official 300 deadlift with his win at 16-17/shw! Submaster Shawn Brown took the 242 class with a solid 580 while Wayne Stinson locked out his first official 300 at 65-69/181 as well! Best lifter Joe Carter finished with his second attempt of 715, passing his third, winning at 275. Thanks for all those who helped with the competition, including my son Joey, Harley Timbs, Joe Carter, Butch Adams, Larry Greer and Randy Richey. See you all again next year! (Thanks to Dr. Darrell Latch for providing these meet results)

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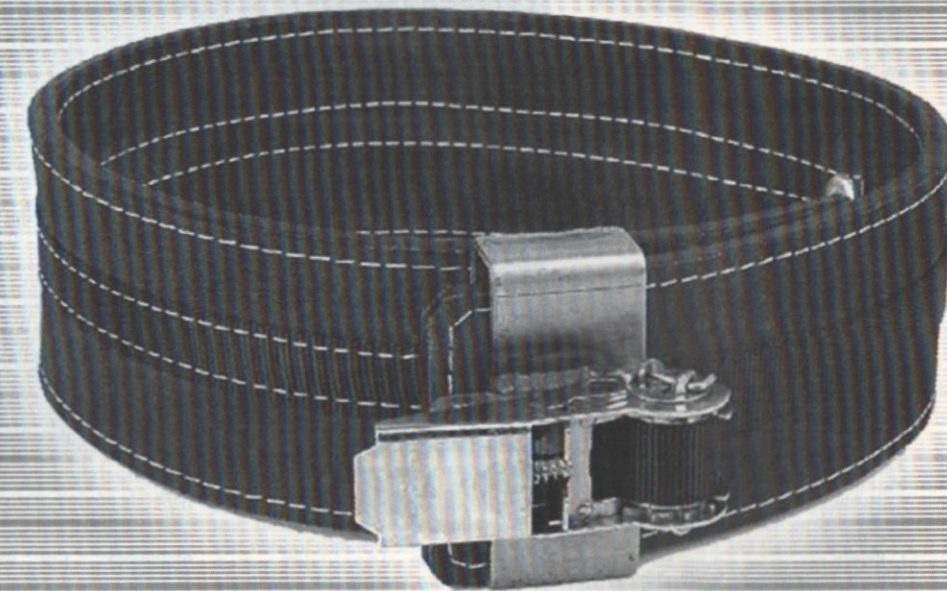
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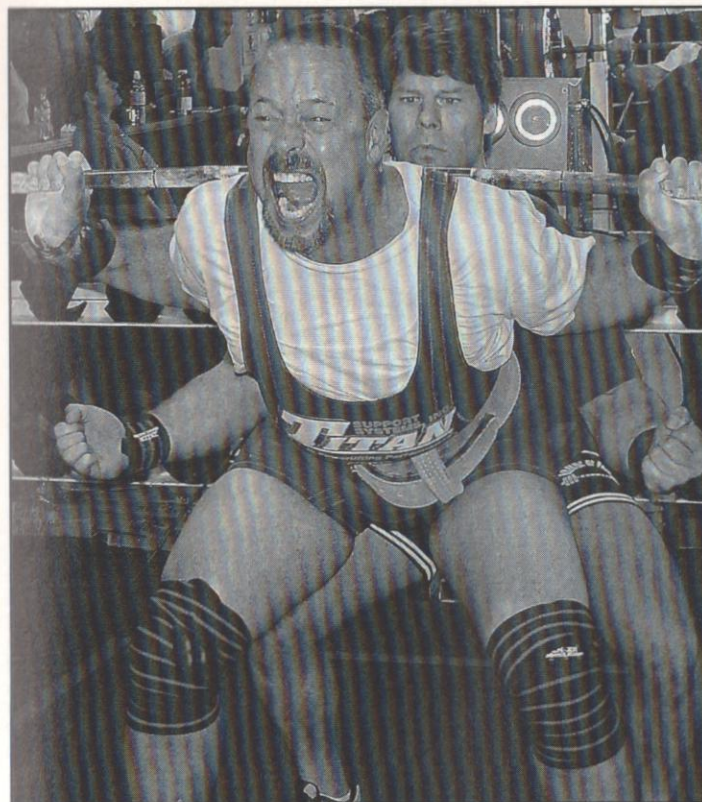
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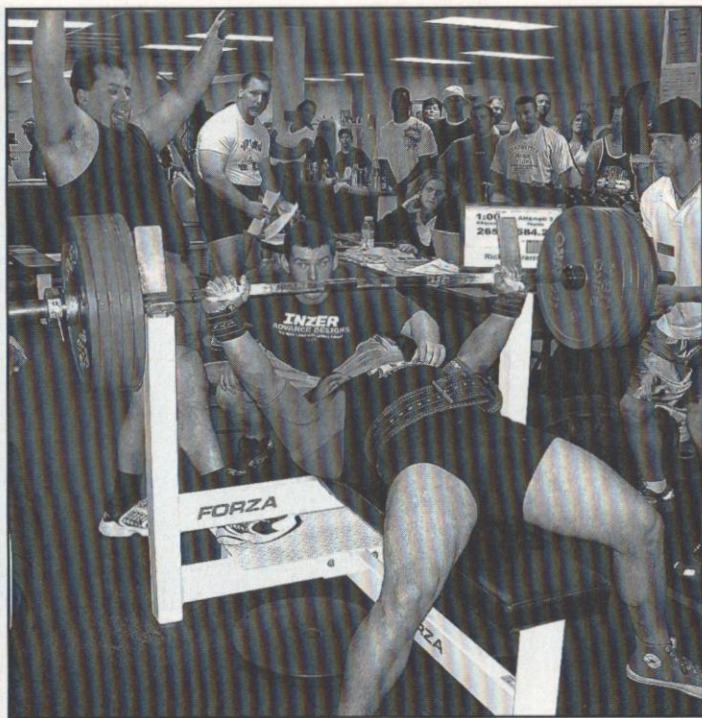








Dave Mansfield with a National Record Squat attempt of 606, at age 60, 209 lb. bodyweight (photographs by the courtesy of Bret Kernoff)



Rick Marrama with his new Open A.A. U. National Record Bench Press of 584 lbs. That's Rick's coach Al Bianchi celebrating behind

AAU Full Iron 12 AUG 06 - Berlin, VT			
BENCH	Lifetime	181 lbs.	Submaster
MALE	B. Borofsky 347	T. Olsen 319	M. Schneller 369
198 lbs.	Raw	198 lbs.	DEADLIFT
Master (45-49)	FEMALE	Teen (18-19)	Raw
M. McEntee 380	97 lbs.	B. Koziar 341	90 lbs.
220 lbs.	Submaster	Master (50-54)	Lifetime
Master (45-49)	Lifetime	E. Troia 226	H. Smith 170
K. Mattson 496	H. Smith 66	220 lbs.	Open
Open	MALE	Master (45-49)	A. Shederick 284
R. Marrama 584	165 lbs.	Lifetime	MALE
275 lbs.	Junior	R. Ballou 352	165 lbs.
Master (55-59)	J. Langevin 264	275 lbs.	Junior
			181 lbs.

APF Byrd Memorial 12 AUG 06 - Lake City, FL			
J. Langevin 468	Teen (16-17)	Open/Lifetime	
181 lbs.	J. Ritchie 407	B. Kernoff 314	286 380 981
Open/Lifetime	Submaster	M. Berby 302	330 429 1062
J. Aikey 523	Lifetime	Master (40-44)	
275 lbs.	M. Schneller 573	S. Marinelli 253	220 303 777
MALE	SQ	BP	DL
198 lbs.			TOT
Master (40-44)	551	374	573 1499
C. Peters 220 lbs.			
Master (40-44)	606	391	606 1603
C. Page 242 lbs.			
Master (60-64)	600	303	562 1466
D. Mansfield 165 lbs.			
Open	165 lbs.		
T. Wright 220	270	325	815
			181 lbs.

The meet was very successful. National bench press, deadlift, squat and powerlifting totals were broken at this meet. The meet raised several hundred dollars for Camp Ta-Kum-Ta, a camp for children with cancer. First in Fitness, in Berlin, VT, provided an excellent venue as well as incredible spotter and loaders for the event. Meet director Bret Kernoff would like to thank the whole VT Powerlifting team for making this a success. Special thank you's go to our judges, Justin Bonilla, Joan Gardner, Mark McEntee, and Ken Matson. Our announcer Jennifer Kernoff did an excellent job, and Diana Kernoff kept the score table running efficiently the entire meet. (results from Bret Kernoff, Vermont Powerlifting LLC)

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 > For information on registration and program, call 1-800-AAU-4USA.  
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 > Membership benefits include accident insurance (which is secondary and is applicable after any primary coverage) for all properly sanctioned AAU events and supervised practices of member clubs.  
 Specific details on coverage can be obtained from your local AAU Association.

ANNUAL MEMBERSHIP DUES	Regular Fee	"AB" Fee
Youth Athlete	10.00	12.00
Coach	12.00	14.00
Volunteer or Official	12.00	Not Available
Adult Athletes in the Following Sports:	10.00	12.00

Adult Athletes in the Following Sports:	Regular Fee	"AB" Fee
Baseball, Softball, Basketball, Broomball, Cycling, Kayak, Gymnastics, Modern Pentathlon, Multi-Events (Decathlon, Pentathlon), Physique, Softball, Surfing, Triathlon, Tumbling, Trampoline, and Weightlifting	20.00	25.00
Adult Athletes in the Following Sports:		
Field Hockey, Flag Football, Hockey (Ice and Roller), Rugby, Soccer, Water Polo and Wrestling	Not Available	25.00
Adult Athletes in the Following Sports:		
Chinese Martial Arts, Judo, Jujitsu, and Karate	20.00	Not Available
Adult Tae Kwon Do Athletes	30.00	35.00
Adult Powerlifting Athletes		

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SPORT CODE \_\_\_\_\_ ASSOCIATION CODE \_\_\_\_\_

MEMBERSHIP CATEGORY: CHECK ONE:  Athlete  Coach  Official  Volunteer

CHECK ONE:  Youth Program  Adult Program  Added Benefit  Yes  No

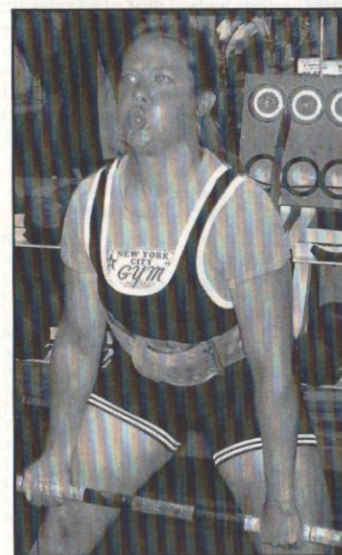
Club No.: \_\_\_\_\_ Club Name: \_\_\_\_\_ E-Mail: \_\_\_\_\_

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

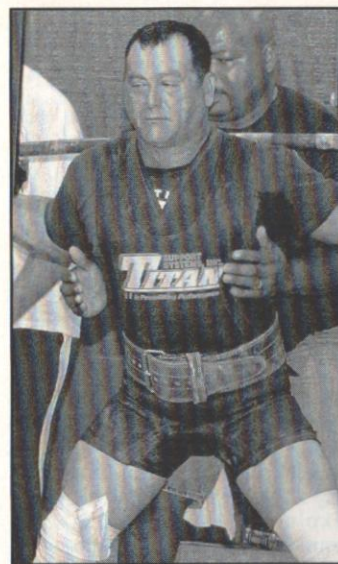
I agree to be bound by the AAU Code as well as AAU operating procedures and policies, including but not limited to: binding arbitration and the release and indemnity of the AAU. By paying my annual membership dues, I certify that I have never been convicted of any sex offense nor felony; or, if so, I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

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

Member's Signature \_\_\_\_\_  
 Parent/Guardian Signature \_\_\_\_\_



Amy Shederick, 28, almost pulled 300 lbs. at the Berlin, VT meet.



Ronnie Paras won the 198s with a 740 squat, leading to his 1780 total at the A.P.F. Byrd Memorial

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 Check the box that applies below  
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AREA CODE \_\_\_\_\_ TELEPHONE NUMBER \_\_\_\_\_ DATE OF BIRTH: MO \_\_\_\_\_ DATE \_\_\_\_\_ YEAR \_\_\_\_\_ AGE \_\_\_\_\_ SEX \_\_\_\_\_ US CITIZEN \_\_\_\_\_  
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REGISTRATION FEE (CIRCLE APPROPRIATE FEE): APF \$30, AAPF \$30, APF & AAPF \$40

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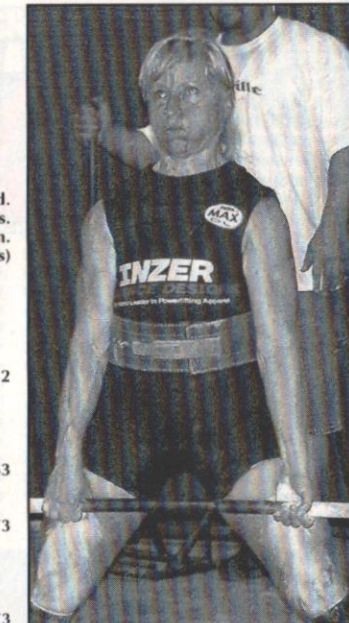
IF UNDER 18, HAVE PARENT INITIAL \_\_\_\_\_ SIGNATURE X \_\_\_\_\_

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

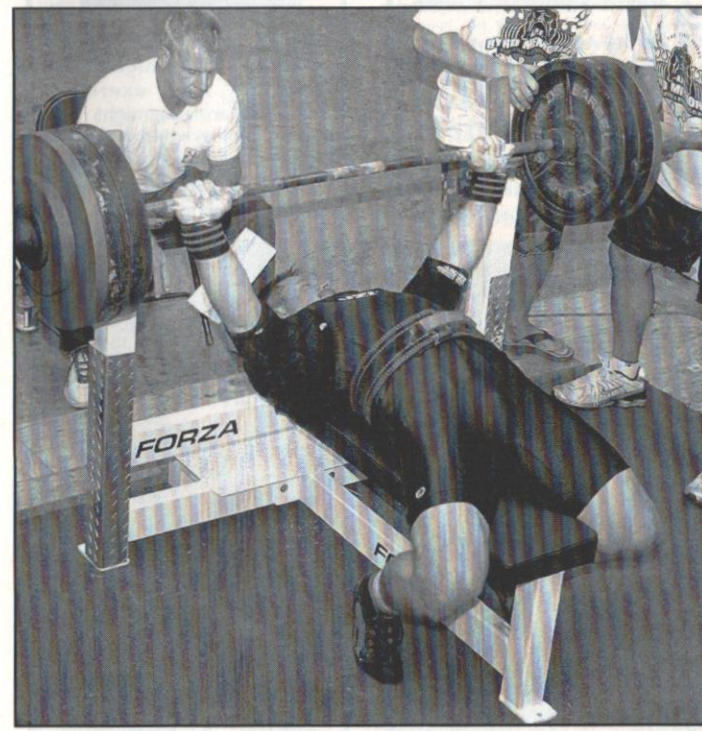
APF Byrd Memorial 12 AUG 06 - Lake City, FL			
BENCH	Churchman 405		
WOMEN	275 lbs.	J. French	—
198 lbs.	Open	165 lbs.	
C. Witmer 340		K. Germain 350	
2421 lbs.		198 lbs.	
J. Davis 250		A. Smith 360	
MEN	275 lbs.	M. Witmer 565	
Master	275 lbs.	O. Balonado 540	
165 lbs.	Open	114 lbs.	
E. Edwards 305		M. Bua 135	65 125 325
242 lbs.	Submaster	A. Johns 415	295 385 1095
WOMEN	SQ	J. Gordon 55	45 — 100
Open	BP	A. Franciscus 375	150 330 855
123 lbs.	DL	MEN	
M. Kirkland 405	TOT	Master	
132 lbs.	405 215 380 1000	275 lbs.	
A. Franciscus 375	150 330 855	J. Absher 430	— — 430

J. Callahan 405	400	550	1355	220 lbs.
Junior/Teen				J. Norman 865
220 lbs.				S. Hewitt 600
D. Jenkins 635	385	365	1385	D. Colver 500
B. Summers 485	315	500	1300	275 lbs.
Open				J. Davis 770
114 lbs.				J. Jordan 790
M. Bua 135	65	125	325	G. Baggett 730
A. Johns 415	295	385	1095	308 lbs.
J. Gordon 55	45	—	100	J. Vaughn —
E. Talmant —	375	585	960	550 720 1270
198 lbs.				Best Female Lifter: Margaret Kirkland.
R. Paras 740	500	540	1780	Best Lightweight Male Lifter: Ronnie Paras.
J. Absher 430	—	—	430	Best Heavyweight Male Lifter: Joe Norman.

Florida State Ironman/BP 5 AUG 06 - Boca Raton, FL			
BENCH	Submaster		
FEMALE	P. Donahue 512		
C. Witmer 380	Masters (40-44)		
165 lbs.	M. Witmer —		
Open	308 lbs.		
W. Holloway —	Open		
198 lbs.	M. Edelman 363		
Open	SHW		
D. Peterson 440	Teen (17-19)		
Masters (45-49)	D. Garvey 573		
D. Peterson 440	DEADLIFT		
220 lbs.	MEN		
Masters (65+)	Open		
D. Broverman 418	B. Schwab 573		
242 lbs.	181 lbs.		
Junior	Open		
M. Maxim 418	B. Tincer 650		
275 lbs.	Open		
Open	T. Walyus 485		
N. Posey 451	BP	DL	TOT
Ironman			
FEMALE			
165 lbs.			
Open			
L. Jackiewicz 137	330	468	
MALE			
114 lbs.			
Teen (13-16)			
W. Flesh 93	192	286	
148 lbs.			
Teen (17-19)			
J. Ianno 214	413	628	
198 lbs.			
Open			
N. Pomerantz 363	474	837	
G. Godwin 347	485	832	
Masters (45-49)			
K. Brantley 380	314	694	
220 lbs.			
Open			



Margaret Kirkland pulled 380 to top off a 1000 lb. total in the 123s, at age 42, at the APF Byrd Memorial



John Davis benched 600 at the 1st annual APF Byrd Memorial Powerlifting/Bench Press Meet (photographs courtesy of Brian Silk)

B. Ellers 435	551	986
242 lbs.		
Open		
L. Mosley 628	705	1333
Open		
D. Beers 474	650	1102
N. Young 374	672	1047
308 lbs.		
Junior		
S. L'Italien 501	584	1085

Special thanks to all of our sponsors: Elite Fitness Systems, Tucks Nutrition, Orlando Barbell, Hardcore Fitness, Explosive Performance Systems, Metal Powerlifting Gear, Liberto Therapy, Ann Silk Videos, and House of Pain. Thanks to all of the spotters, loaders, and scorers. Next year's meet will be on August 4, 2007. (Results provided courtesy Southside Barbell Club)



WABDL Southeastern Regional  
22 APR 06 - Suwanee, GA

Table listing results for WABDL Southeastern Regional, including categories like BENCH FEMALE, MALE, and various weight classes with names and scores.



Ken Millrany gets ready to bench at the WABDL Southeastern Regional, where he made 666 at 220 lbs./40-46. (photograph provided by Brent Morris)

Table listing results for WABDL Southeastern Regional, including categories like MALE, FEMALE, and various weight classes with names and scores.

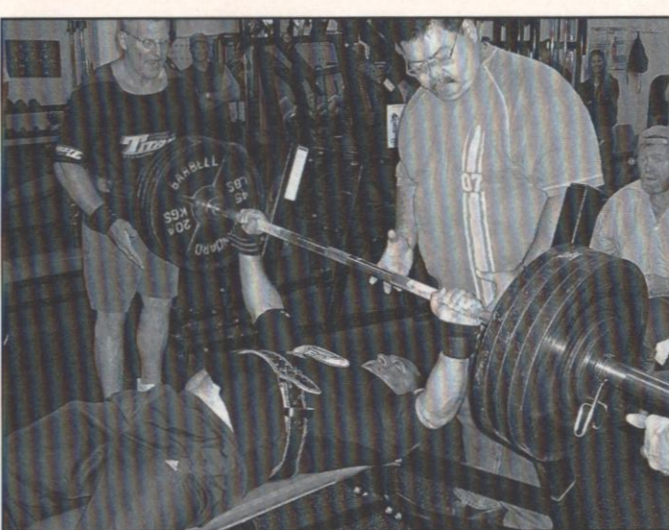
C. Temples 501\* A. Ramos 380 198 lbs. 4th-402\* K. Brule 407 181 lbs. 308 lbs. Z. Fox 440 H. Poole 540\* 259 lbs. Teen (16-19) K. Romano 132 lbs. 485\*

\*=State Records. !=World Records. World records in the deadlift were set by: Joseph Wansor, teen 12-13/105, with 203.7, Jason Spielman 12-13/165 with 225.7, Cody Temples 14-15/181 with 501.5, which is tremendous weight for that age, Hunter Poole, teen 14-15/308, hauled in 540, Michelle Navarrete 12-13/148, pulled 203.7, and Mandy Proctor, teen 16-19/148 ripped up 303. Moving onto the bench press, world records were set by Ken Millrany, master 40-46/220, who popped a 666.7, Ronald Edwards, master 54-60/220 slammed a 502.6, Joseph Wansor, teen 12-13/165 set a world record 88 lbs., Jason Spielman 12-13/165, pushed 181.7, Chris Arnold 12-13/114 elevated 220.2, Hunter Poole 14-15/308 was above average with 402.2, Kevin Romano 16-19/259 popped 446.1, Michelle Navarrete 12-13/148 put up 66, Brittany Burroughs, teen 16-19/114 put up 138.8, and Nikki Williams, teen 16-19/123, set a world record of 204.8, a fantastic lift. She holds teenage world records in four weight classes, 123, 132, 148, and 165, all of them set in the last year and a half. State records that were notable: Brent Morris in class I 259 set a TN state record deadlift 619.4, and he also set the open record at 619.4. In teen 16-19/132, Anthony Ramos set a GA state record 402.2. In junior 198 bench press, Matt Christie set a GA state record 468.2, but Dalton Wilson edged him out with a 469.3 GA state record and first place. David Militana of TN was third with a TN record 451.7. Junior 198 was definitely the most contested category in the meet. In open 181 bench, Kourtney Sanks put up 479.5, and in submaster 198 Ronnie Wright set a GA record 473.7. And again, the TN WABDL state chairman, Ken Millrany, put up a huge 666.7 at 220 for a master world record and the highest bench in 220 in WABDL, except Matt Larmarque, who has the open world record 771. The MCs were George Herring and Ken Millrany. The meet directors were George and Sandra Herring. The judges were Brant Bishop, Sandra Herring, Ken Millrany, George Herring, and Harry. Brant Bishop supplies the kilo set

and Richard Anderson and Outlaw Nutrition was a sponsor. (Thanks to Gus Rethwisch for providing these results)

SLP Southwest Missouri  
21 MAY 06 - Springfield, MO

Table listing results for SLP Southwest Missouri, including categories like BENCH MALE, FEMALE, and various weight classes with names and scores.



Steve Hazen with his state record 420 at 242/45-49 at the SLP SW MO meet (photographs provided courtesy of Dr. Darrell Latch)

Proctor for serving as our trophy girl. Thanks also to the lifters who helped spot and load. (results from Dr. Darrell Latch)

Table listing results for USAPL California State and USAPL Mid Atlantic, including categories like BENCH FEMALE, MALE, and various weight classes with names and scores.

Table listing results for USAPL Mid Atlantic, including categories like BENCH FEMALE, MALE, and various weight classes with names and scores.

Table listing results for USAPL Fireworks in the Rockies, including categories like BENCH FEMALE, MALE, and various weight classes with names and scores.

Application for Registration WORLD ASSOCIATION OF BENCH PRESSERS AND DEADLIFTERS (WABDL). Includes fields for Last Name, First Name, Initial, Renewal, Current Card #, Street Address, City, State, Zip, Area Code/Telephone, Current WABDL Classification, Referee Status, U.S. Citizen?, Date of Birth, Sex, Today's Date, Card Issued By, and a registration fee table.



Best Lifter Justin Wantland, who got his first official 500 bench at the SLP Southwest Missouri meet

USA Powerlifting Membership Application. Includes fields for Signature, Name, Phone, E-Mail, Address, City, State, Zip Code, Date of Birth, Age, Sex, U.S. Citizen?, and USAPL Registered Club Represented. Also includes membership prices, competing divisions, and USAPL merchandise options.

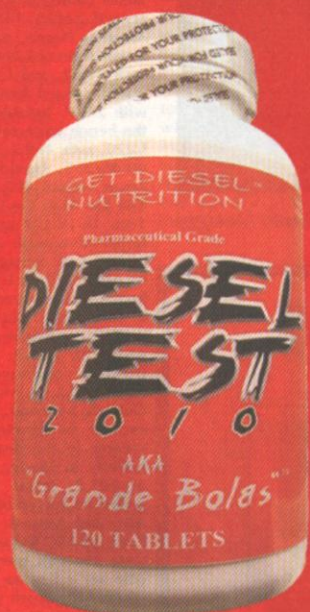








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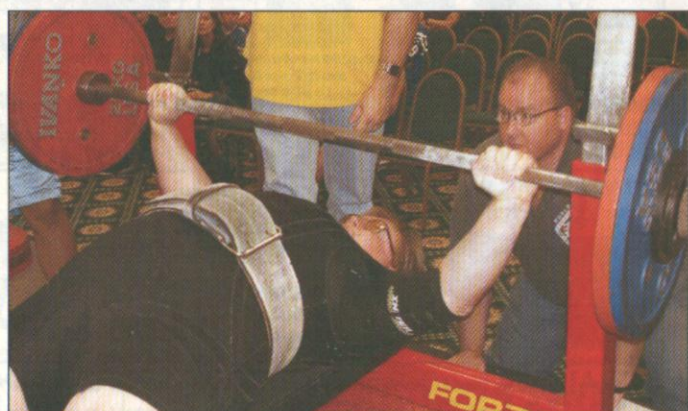


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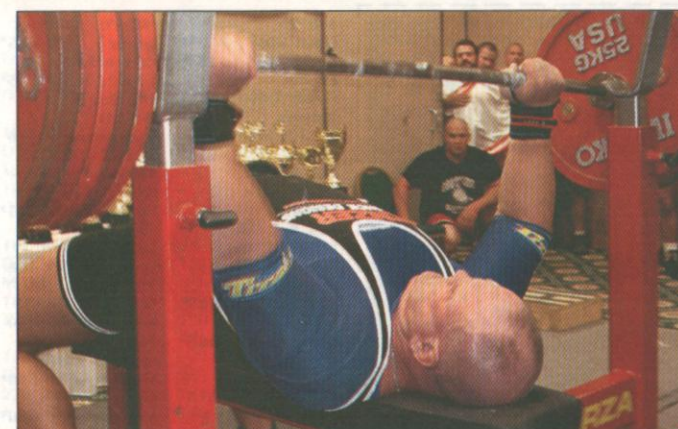
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WABDL Great Lakes Regional 22 JUL 06 - Lansing, MI			
BENCH FEMALE Master (40-46) UL C. Muessman 231 4th-236* Master (47-53) 148 lbs. K. Waugh 192 4th-198* Master (54-60) UL C. Regan 264* Open UL C. Muessman 231 4th-236* Teen (14-15) 123 lbs. S. O'Brien 111* UL S. Baty 165* MALE Class I 198 lbs. W. Stirling 330 220 lbs. C. Herrick 396* J. Pfeiffer 292 259 lbs. D. Ewen 380* Disabled 165 lbs. S. Baker 115 Junior (20-25) 148 lbs. D. Santarone 347* 198 lbs. M. Carlin 396* S. McShane 380 259 lbs. R. Chmura Law/Fire Open 181 lbs. M. Ryan 391 4th-402* Law/Fire Submaster 259 lbs. M. Zingaro 606* Master (40-46) 148 lbs. C. Venturella 181 lbs. J. Mumaw 281 F. Stokes 319 J. Woods 374 198 lbs. D. Horn 352 A. Jones 501 D. Pfeiffer 292 242 lbs. D. Foor 479* 275 lbs. J. Robinson 374 308 lbs. T. Crampton 270* Master (47-53) 181 lbs. N. Santarone 451 198 lbs. W. Stirling 330!	220 lbs. S. Swingle 429* 242 lbs. McLaughlin 529* 259 lbs. R. L'Huillier 409* Master (54-60) 123 lbs. A. Bates 242 lbs. G. Fay 314 4th-325* Master (61-67) 242 lbs. W. Bidinotto 402* Master (68-74) 132 lbs. S. Smith 159* 275 lbs. R. Soffredine 446* Open 148 lbs. C. Venturella 363 165 lbs. L. Musinski 363 220 lbs. M. Keyser M. Travis 402 259 lbs. R. Chmura 523 M. Zingaro 606* 275 lbs. T. Gibson 667* M. Newman 485* 308 lbs. D. Forstner 540 Submaster (33-39) 181 lbs. J. Brydon 391 T. Russo 385* 220 lbs. M. Keyser P. Morris 402 J. Swiple 453 4th-462* M. Travis 402 275 lbs. T. Gibson 667* 308 lbs. D. Forstner 540* Teen (12-13) 165 lbs. D. Pfeiffer 71* Teen (16-19) 148 lbs. C. Cooper 200* 242 lbs. D. Baty 259* DEADLIFT FEMALE Master (47-53) 148 lbs. S. Sanaghan 270* Master (54-60) 165 lbs. V. Evans 176* Open 148 lbs. S. Sanaghan 270* 165 lbs. V. Evans 176* MALE Class I 165 lbs.	T. Munoz 380 165 lbs. Montgomery 468 181 lbs. D. Johnson 573* 198 lbs. M. Carlin 512* S. McShane 551 220 lbs. J. Lickfelt 501 259 lbs. R. Chmura 589* Master 940-46) 181 lbs. J. Mumaw 523* 220 lbs. C. Herrick 677 J. Pfeiffer 303 275 lbs. J. Robinson 468* 308 lbs. T. Crampton 418* Master 947-53) 220 lbs. S. Goss 451 259 lbs. M. Woody 705 G. Rapp 429* 308 lbs. D. Forstner 705 Master (54-60) 165 lbs. G. Kleyn 473 Master (61-67) D. Pfeiffer 187 4th-200*	

\*=State Records. !=World Records. In its first year, four years ago, 45 lifters competed. This year 65 lifters competed. The venue is easy on and easy off highways. The restaurant is first class, and the hotel staff is friendly and competent. In the deadlift, world records were set by Dennis Johnson of Jamesville, Wisconsin. Dennis hadn't competed for three years due to injuries. In Fargo, North Dakota, in 2002 he pulled 622 at 198 and at this meet he pulled 573 at 175.4 lbs., at age 63. That's amazing. The old world record was 530 that stood for seven years. Moving on, Stan Goss, of Ontario, Canada, pulled a very animated 451.7 in Master 47-53/165. Ron L'Huillier pulled a Michigan record 551 in Master 47-53/259. Mike Woody, an attorney from Indianapolis, pulled an Indiana state record 705 at 220 Submaster, conventional style. In Open women, Susan Sanaghan pulled an Indiana record 270 in Open and Master 47-53/148. Victoria Evans pulled an 176.2 Indiana record in Open and Master 54-60/165. Both women were ably coached by George Blue, who has pulled 507, weighing 224 at age 75! One other note about Victoria Evans is that she is a very beautiful blonde and on Friday evening in the restaurant she was wearing a stunning blue evening gown that would have overshadowed any actress on the red carpet at the Academy Awards, and Victoria is in the 54-60 age group! In Open 275, Ryan Klein ripped up a Michigan state record 728.6 and came close with 744. In Open 220, Mike Woody beat Chad Herrick 705 to 677. In Junior 198 deadlift, Steven McShane beat Matt Carlin 551 to 512.5. Will McShane's 551 was a Michigan record and Carlin's 512.5 was a Pennsylvania record. Ryan Chmura set a Pennsylvania state record at 589.3 in Junior 259. Dave Forstner pulled 705 in Open 308. Four lifters in this meet pulled 700 and



Cindy Regan of New York got a WABDL State Record 270 on a 4th.



Terry Gibson of Pennsylvania with his State Record 667 @ 275 lbs.

another Chad Herrick was close with 716. In the bench press in Class I/220, Chad Herrick set a Michigan record 396.7. At 259/Class I, Dave Ewen set an Indiana record 380.2. In Junior men bench, Dan Santarone set a New York record 347 at 148, at 198, Matt Carlin set a Pennsylvania record 396.7, and Dave Ewen set an Indiana record 380. In Law/Fire Master 40-47, Dan Foor set a Michigan record 479.5 at 242, and also set the Michigan standard in Master 40-46/242 with 479.5, and he put those lifts up raw. In Law/Fire Open 181 lbs., Mike Ryan set a Michigan record 402.2, and in Law/Fire 259 lbs., Marc Zingaro set a Pennsylvania record and World Record 606.2. In Master men 4-46/308, Thomas Crampton set a Michigan record 270. In Master 47-53, William Stirling of Canada set a Canadian National record of 330.5 at 198 lbs. At 220, Steve Swingle set a Pennsylvania record 429.7. At 242, Frank McLaughlin, who is

very rugged looking got a Pennsylvania record 529 at age 50, and at 259, Ron L'Huillier set a Michigan record 409.9. In Master 54-60/242, Greg Fay got a South Carolina record 325. Greg just recently moved from Michigan to the South Carolina coast. In Master 61-67 men's bench, Bill Bidinotto set a Ohio record 402.2 at 242. Bill's lovely wife is from Russia and she also was taking pictures for Chuck Venturella, who was the meet photographer, but was busy doing some lifting of his own. In Master 68-74 bench, 73 year old Steve Smith set a Florida state record 159.7, weighing only 130.8. At 275, Ralph Soffredine, age 70, benched a world record 446.2 in the 275s. That's an incredible lift, and Ralph does 400 lbs. raw! In women's Master 40-46/198+ bench, Carolyn Muessman set a Michigan record 236.7. In Master 47-53/148, Kathy Waugh set a Michigan record 198.2. Kathy only weighed 135.6. In Master 54-60/198+,



Mark Zingaro with his Pennsylvania State Record 606. (Venturella photos)



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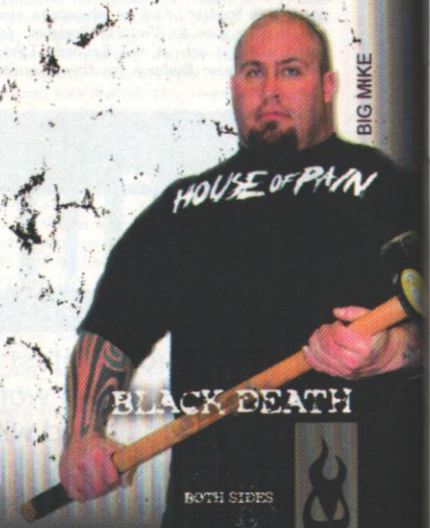


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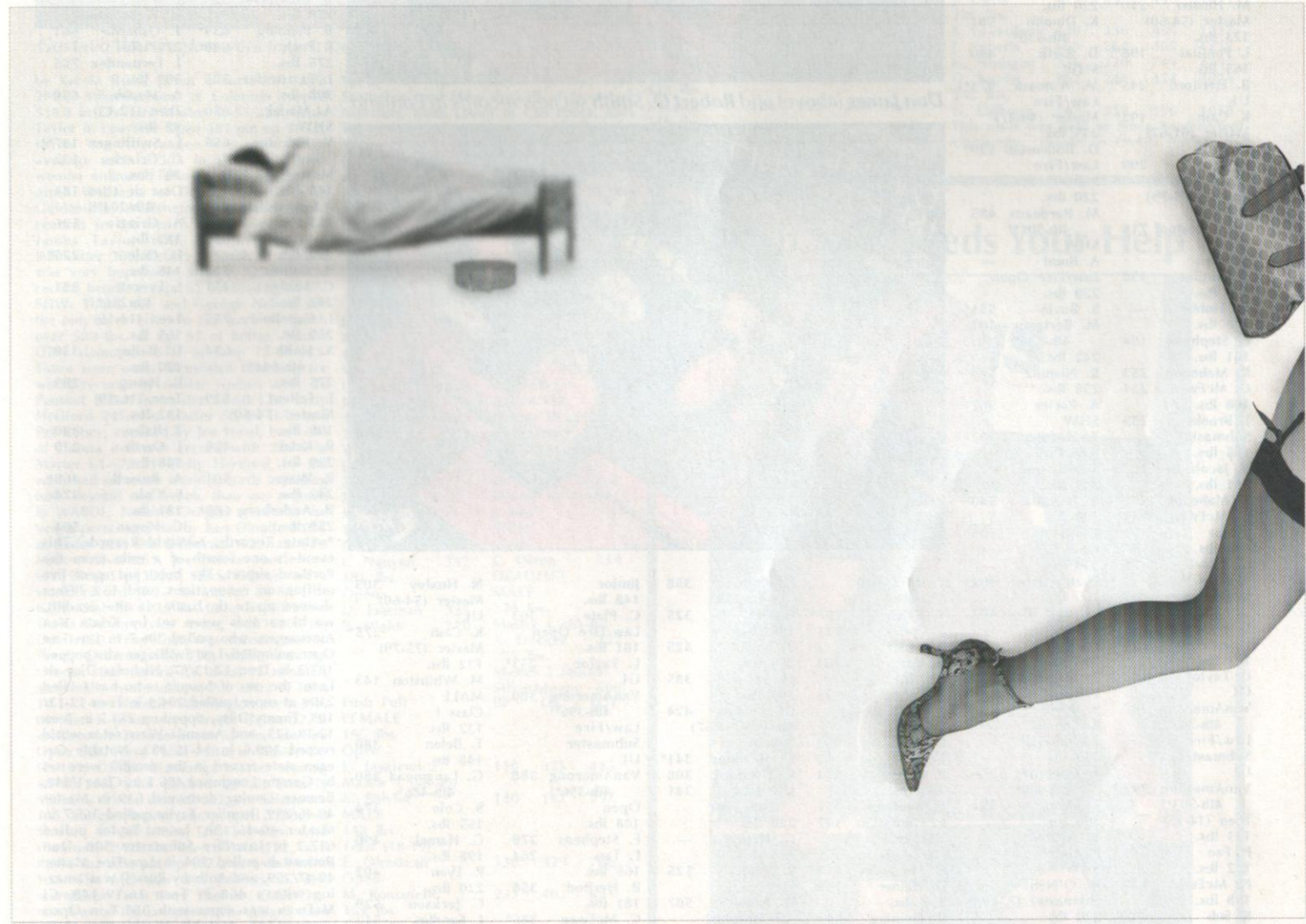
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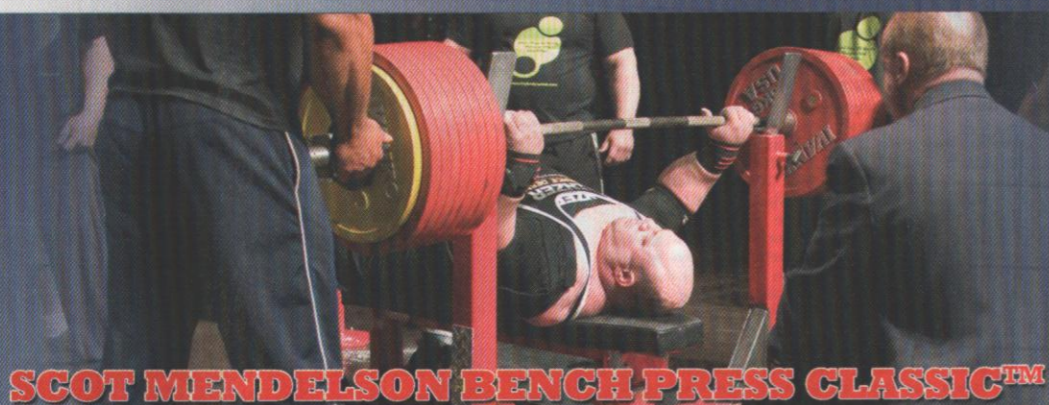
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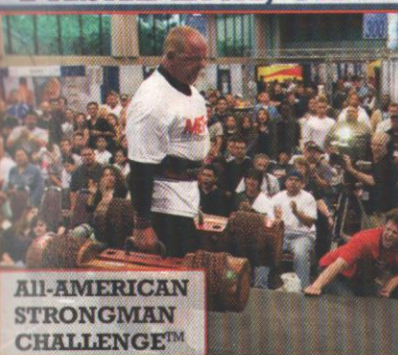
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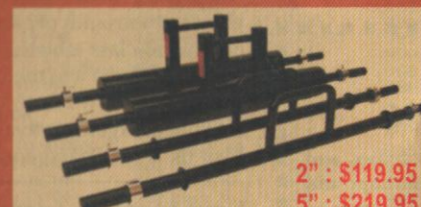
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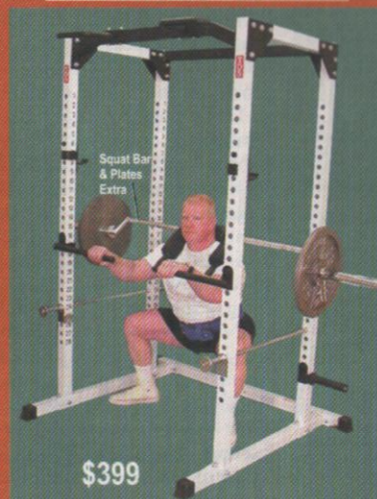
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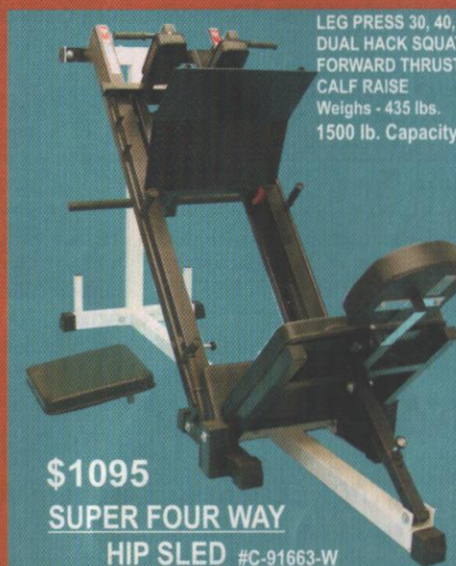
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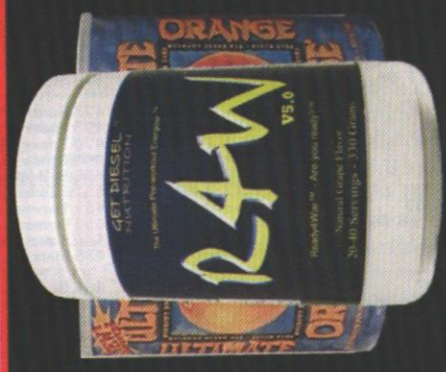
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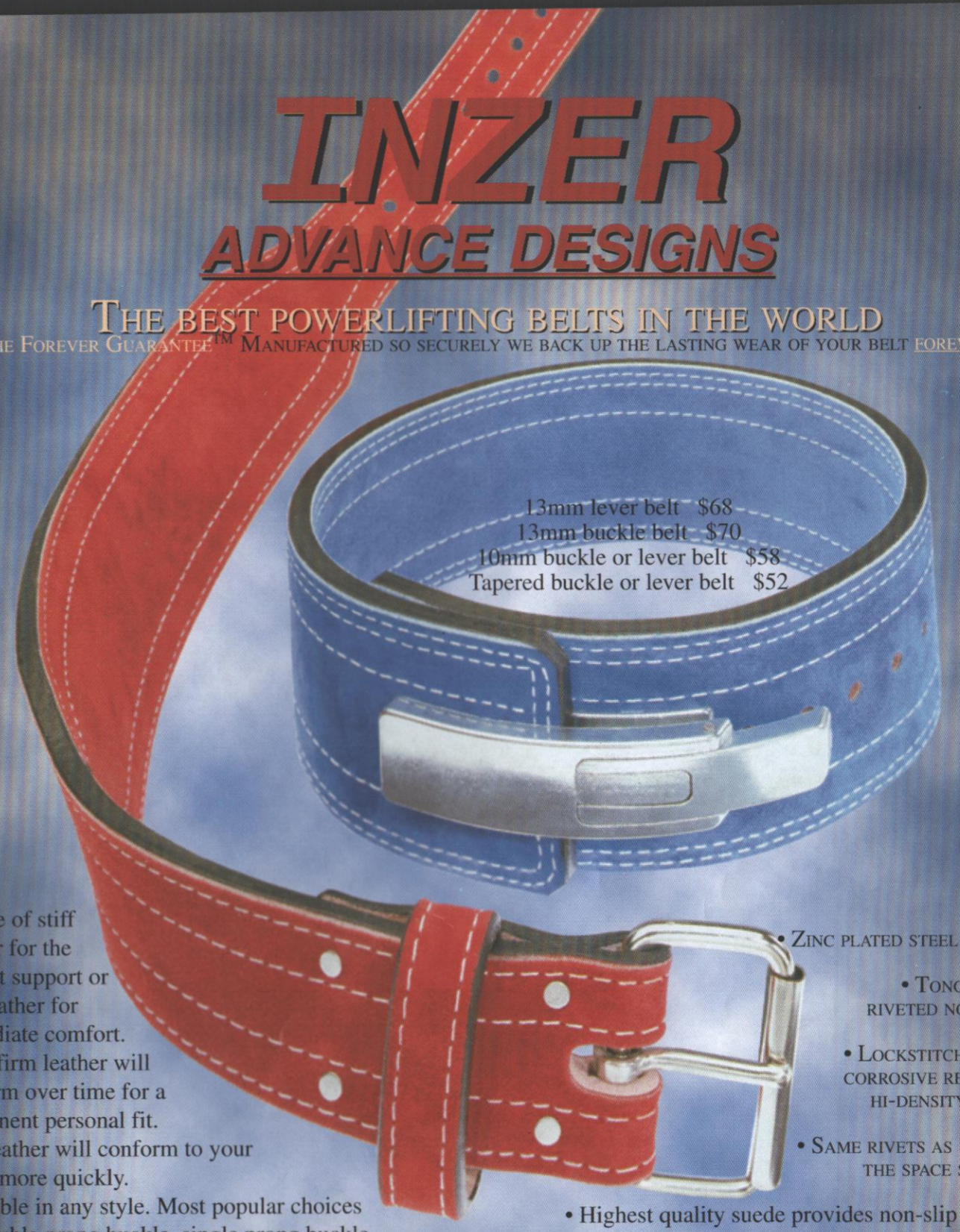
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