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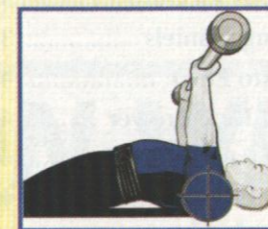
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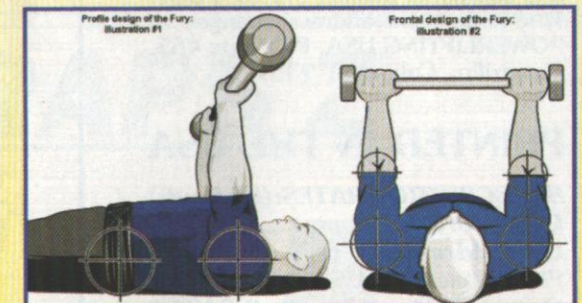


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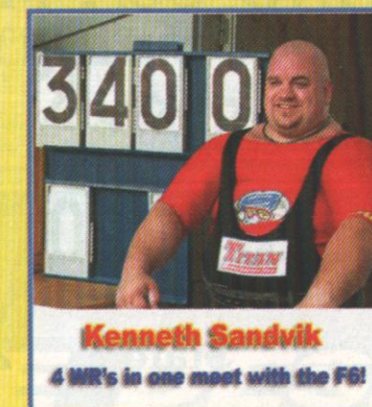
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ON THE COVER ... *Andy Bolton squatting his way (1213 lbs.) to the biggest total of all time- 2806 lbs., at the WPO Finals.*

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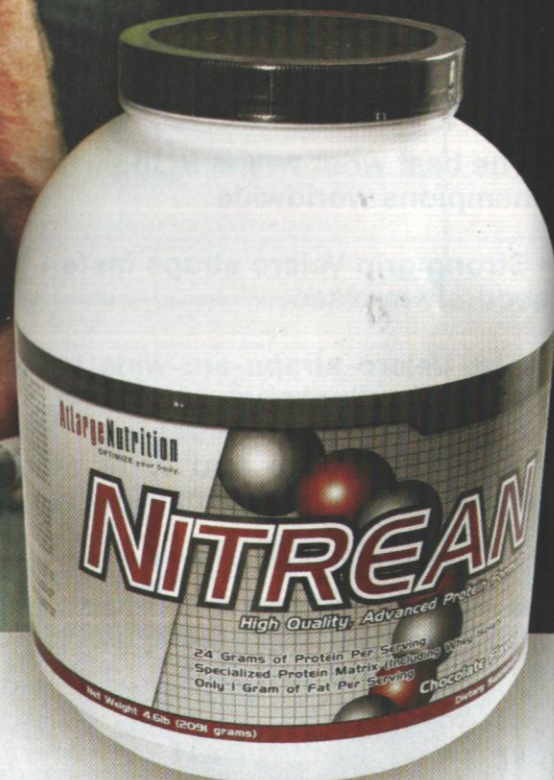
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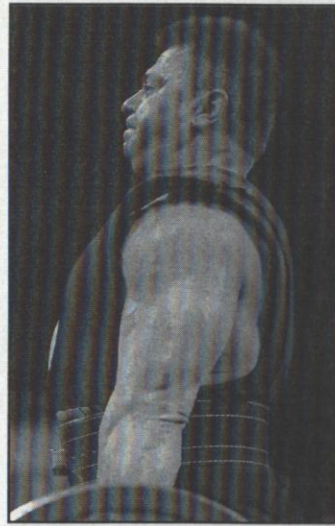


# WPO FINALS/ARNOLD CLASSIC

told by Mike Lambert

The Arnold Classic pro-actively invents itself into something more exceptional each year ... more sports - more participants ... which brings in more vendors and more visitors. Plenty of those visitors came to watch this year's WPO PL and BP spectacles, so much so that WPO Prez Kieran Kidder hinted multiple times over the announcer's microphone that it would be great if the event moved to next door Nationwide Arena, so the PLers could benefit from self-generated gate revenues. We hear there might be changes in the 2008 event (Louie Simmons has already declared that Westside lifters will have nothing to do with the APF or WPO henceforth, in protest of how the Ukrainians were handled at this year's event), but not necessarily involving a move across the street from the Columbus Convention Center. Arnold, even while on the mend from his ski accident broken leg, still halted traffic at which-ever sports venue he appeared at, surrounded by an expanding entourage of security and photographers, and his partner in this magnificently successful effort, Jim Lorimer, made his way around the packed Convention Center smartly on an electric scooter.

On to the lifting ... Day 1 was March 2nd and involved Women and WPO Lightweight and Middleweight divisions. Shannon Hartnett, more ripped than most of the lady



Brian Tincher ... 1900+ @ 165!



Dan Petrillo receiving cash from Chris Mason of At Large Nutrition for his 2nd place finish in the Lightweight division

bodybuilders on hand, has been spending a lot of time at Big Iron Gym in Omaha, Nebraska and it's paid off ... how about that stunning 552 deadlift, weighing just 66 kg! Amy Weisberger made it back to the 132s and went over 10 times bodyweight for the 2nd biggest total in the women's category. Margaret Kirkland weighed 114 and busted up a 1008 total, with Lyudmyla Holovchenko (60 kg.) just behind at 970. Amber Denmon (isn't she the daughter of former women's lifting star Linda Denmon?) showed what lifters from the Texas Girl's High School Powerlifting Association can do, along with Amanda Harris (who was being filmed on-site for a NATIONAL GEOGRAPHIC special). The striking Taisiya Kuznetsova was one of two Ukrainians disqualified and not allowed to deadlift in a dispute about whether they should associate with Sergiy Ruzhuk or WPC/WPO President for the Ukraine, Spartak Vaskovsky. Kieran Kidder indicates that guest lifter fees of \$3000 were unpaid for Taisiya and Mr. Dovhanuyk, which would have gone to lifter's prize money here. Sarah and Kerrigan



Shannon Hartnett ... 552 @ 148!

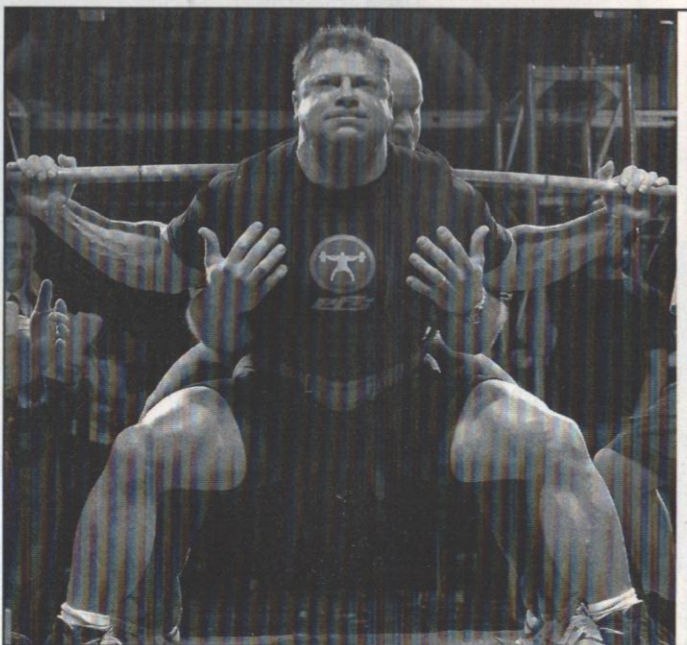
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Kutcher ... injured, but fired up.

McCaslin delighted their parents and the crowd with their precocious capabilities. Kara Bohigian did not look as though she was quite back in top form, following her knee surgery, and Laura Phelps started huge and couldn't get the lights to come out right.

In the Men's Lightweights everybody was a 165er and there was great lifting, but no one was as great as Oleksander Kutcher, even though he was 100 lbs. or so off his best in the deadlift, due to an injury. Dan Petrillo and Brian Tincher went where mighty few Middleweights have ever gone before, and Brian Schwab was right behind them with a record bench of his own. Kokorev just managed to exceed an incredibly muscular Angelo Berardinelli, and Jason McElroy lifted very impressively in his first WPO outing, along with fellow Floridian Eric



Massively Muscular Matt Kroczaleski ... 2nd in the Middleweights

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Talmant, while another FL Stater, Brian Strickland, had insurmountable difficulties in the squat.

In the Middleweights, Dondell Blue and Matt Kroczaleski went to war, but it got won in the bench where Mr. Blue managed a whopping 766, weighing 219. Shawn Frankl was light (95.6 kilos) and ripped, and he too turned it around in the bench with a 755 to surging Larry Hook's 606. Michael Cartinian was the lone official 198er of the group, and ... wow ... did he have a day ... sparked by a humungous 688 BP for a 2259 total. Travis Mash told

(Finals article continues on pg. 8)



Freaky Frankl ... ready to bench.

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WPO World Bench Bash  
3 MAR 07 - Columbus, OH

WOMEN	BP1	BP2	BP3	Best
J. Faraone	303	336	—	336
T. Rantanen	341	369	—	341
K. Bohigian	374	402	—	—
MEN - Lightweight (up to 181 lbs.)				
B. Heck	633	655	674	679
J. Coker	661	672	677	677
F. Boldt	639	639	662	639
J. Mazza	633	650	673	633
V. Chadkov	595	606	617	617
J. Ceklovsky	474	502	551	502
T. Runde	584	584	584	—
Heavyweight (up to 242 lbs.)				
R. Luyando	800	815	837	837
R. Briggs	760	788	804	788
A. Acome	733	760	771	771
G. Larson	716	727	744	744
M. Wolfley	683	722	738	738
C. Tallman	683	716	733	733
A. Neklyudov	683	705	727	727
C. Dexter	639	672	700	672
M. Green	661	705	705	661
V. Bobchenko	595	639	639	639
Ponomarenko	771	771	—	—
A. Wilson	760	760	—	—
B. Carpenter	755	755	—	—
Super Heavyweight				
R. Kennelly	903	953	953	903
M. Wolfe	782	837	859	859
S. Yard	777	804	826	826
T. Rogers	826	848	848	826
V. Kravtsov	749	793	804	804
V. Maximov	771	771	799	799
C. Harwood	771	771	804	771
J. Murtomaki	854	854	—	—



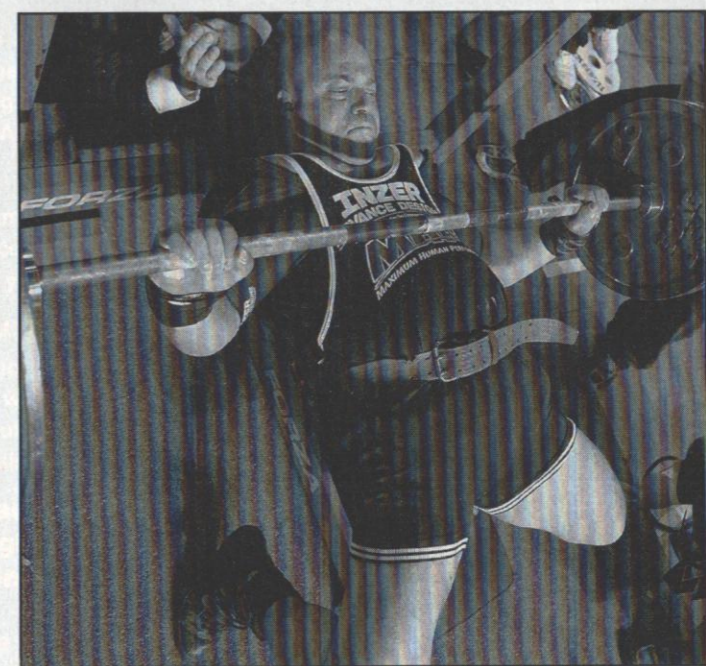
Janet Faraone ... is all business.



Brad Heck strategizes with Coach Rick Hussey of the Big Iron Gym



Mike Wolfley ..... would not allow any weight to stop him (above), while Ryan Kennelly only needed his opener to win the Arnold again



Rob Luyando .. a weight room warrior, who will not accept defeat.

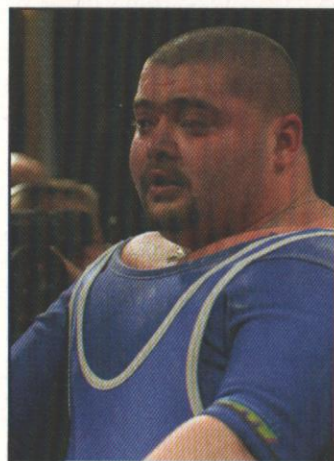
In the bench press competition, held on the main expo stage, Janet Faraone showed why she is one of the finest female bench pressers around, with her 336 weighing just under 122. The Lightweight Men's competition was stupendous, with Brad Heck trading the 181 record with Jason Coker, until he finally nailed a 678 on a 4th and Jason missed at 683. Fred Boldt was going to stay with them, but ended up fighting off Joe Mazza, and Vlad Chadkov had a fine 617 of his own. Joe Ceklovsky weighed in at a mere 65.90 kilos, but nailed a 502, and had the audacity to go 551 on his 3rd attempt.

In the Heavyweights (up to 242), the Ultimate Fighting Champion of the Bench Press, Rob Luyando, kept up his frenetic pace of progress and won here with 837 at 240 bodyweight ... no shirt tricks with his lifts, he just jams that bar up with unadulterated strength. Rich Briggs and Anthony Acome showed Big Iron class and power, both in the 242s, but Mike Wolfley was on ablaze, ramming up all three attempts to finish with an all time best of 738 as a 198 pounder.

In the Supers, it was "MR. ARNOLD CLASSIC" Ryan Kennelly opening with an easy 903, but stalling out with a well considered jump to 953, for yet another win ... in the world of giant bench pressing, consistency is often hard to find ... this guy definitely has it figured out. Mike Wolfe managed himself into 2nd, over a youthful but decidedly strong Scott Yard. Travis Rogers was likewise impressive. Vlad K. prevailed over Vlad M., who sported a wicked looking Eastern Bloc operation scar on his arm. Clint Harwood was the biggest man in the meet, at 354, and completed the finishers with his 771.

Not finishing were Kara Bohigian and newcomer Tony Runde. Miss your first two attempts and you were out, and that sent Ponomarenko, Wilson, Carpenter, and the massive Finn Jani Murtomaki to the shower room ahead of schedule.





Evgeny Yarymbash - hard to beat



Cirilus - a well balanced performer

Ron Fernando he was going to try to strain himself down to 198s, and set all kinds of records there, but he just missed doing so, and it took something out of him. A totally rugged looking Chris Mason emerged from the fray with a 2160 at 220, whereas Pauli Rantanen and muscular Brian Carroll didn't get past the squat. Phil Harrington got a squat of 854 in, at 198, but no benches.

In the WPO Heavyweights (up to 275), Evgeny Yarymbash of the Ukraine showed why he is one of the

greatest lifters in all history with a performance that was eminently polished and freakishly powerful. 1124 727 815 2667 ... he is outstanding in every lift. Ivars Cirulis had the Latvian flag presented before each of his lifts, and - weighing just 254 - went beyond 2500 for 2nd place. In 3rd, and weighing just under 241 was Columbus' own Greg Panora... what a spectacular performance... 2502 at 242 and he came close with an 800 plus deadlift that would have made it much more. It was wonderful to see Ano Turtiainen back and strong in all disciplines again.

The world at 275 has changed since he last stood atop it, with his long, lean frame, but he later showed his "mettle" with a huge total in Europe.

The spectacularly popular (in Columbus, and virtually everywhere else!) Chuck Vogelpohl lost his spark while setting up on a huge opening squat and couldn't get re-lit, and Mehan of Canada met the same fate. Chuck, like

Ano, reaffirmed his prowess with a big total a few weeks after this contest at Mike Maxwell's meet in Ohio.

In the WPO Superheavyweight division, the polite power of Tibor Meszaros, who bowed after his attempts, led him to a 2116 total, minus an attempt at 881 or so in the deadlift. Westside star Matt Smith bombed in the squat, his mind understandably elsewhere, if the report we heard about a friend of his being shot in the back several times shortly before the Arnold is accurate. Vladislav Alhazov, who had emigrated from Russia to Israel as a teenager and in no way indicated his prodigious back and leg strength in those early days, once again revealed the scope of his unreached potential in both the squat and deadlift. Mike Brown underscored



Andy Bolton - got \$1500 from Doris Simmons

what he could do emphatically and went beyond the 2500 barrier in doing so. Paul Childress was his spectacular self, but was technically a guest lifter, so Mike ended up 3rd officially. Chad Aichs has marked himself as one to watch for quite a while, and now you know why... 2733 puts him in the rarest of company, a handful of the flat out strongest humans to stride the planet, and he emphatically looks, and lifts, the part.

And finally, Andy Bolton was already an immortal of the sport with his 1003 deadlift, but he amped his legendary status with the biggest WPO squat of all time, a solid 1213, and the biggest total of all time, 2806, with just a 920 deadlift... so there could be even more in store.

Sponsors of this event deserve lots of credit... Louie and Doris Simmons of Westside Barbell gave \$1500 to the winners of each weight division in the WPO Finals. Chris Mason of At Large Nutrition presented \$200 each to Dan Petrillo, Brian Tincher, Matt Kroczaleski, and Shawn Frankl, and \$500 each to Ivars Cirulis, Greg Panora, Chaid

Aichs and Mike Brown. In the bench press competition, they awarded \$800 to Ryan Kennelly for the biggest lift. Dave Tate of Elite Fitness Systems sponsored a TEAM ELITEFTS at the event, which included Brian Schwab, Matt Kroczaleski, Travis Mash, Chris Mason, Ano Turtiainen, Chad Aichs, Paul Childress, Mike Brown, Scott Yard, and Steve MacDonald (the 2nd man in history to lift the 525 pound stone in the strongman competition). As Andrew Bolton was receiving his accolades, Jeff Everson of PLANET MUSCLE raced over from his booth to present the British star with a check for \$10,000 for being the first

to break the 1000 lb. barrier in the deadlift, to honor a commitment he had made years before..

#### WPO World Finals

3 MAR 07 - Columbus, OH

WOMEN	SQ	BP	DL	TOT
S. Hartnett	523	275	552	1351
Weisberger	529	336	468	1333
M. Kirkland	424	209	374	1008
Holovchenko	385	242	341	970
A. Denmon	347	176	259	782
A. Harris	275	176	259	711
T. Kuznetsova	391	209	—	600
K. McCaslin	165	110	143	418
S. McCaslin	226	143	192	562

K. Bohigian  
L. Phelps

MEN

Lightweight (up to 165 lbs.)

O. Kutcher	826	518	694	2039
D. Petrillo	782	556	633	1973
B. Tincher	771	518	622	1912
B. Schwab	749	573	584	1907
I. Kokorev	733	485	617	1835
Berardinelli	755	523	551	1829
J. McElroy	749	363	661	1774
E. Talmant	650	391	650	1692

B. Strickland

Middleweight (up to 220 lbs.)

D. Blue	953	766	744	2463
Kroczaleski	970	661	782	2414
S. Frankl	914	755	705	2375
L. Hook	981	606	760	2347
M. Cartinian	903	679	677	2260
T. Mash	903	628	705	2237
C. Mason	903	584	672	2160
P. Harrington	854	—	—	—
P. Rantanen	—	—	—	—
B. Carroll	—	—	—	—

T. Hubbard 903 584 1488

V. Dovhanuyk 981 683 1664

Heavyweight (up to 275 lbs.)

E. Yarymbash	1124	727	815	2667
I. Cirulis	1014	705	793	2513
G. Panora	1030	700	771	2502
A. Turtiainen	1014	600	865	2480
C. Vogelpohl	—	—	—	—
A. Mehan	—	—	—	—

Super Heavyweight

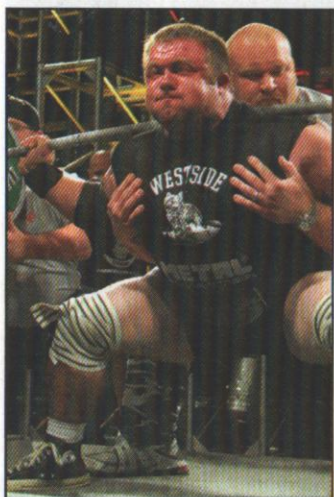
A. Bolton	1213	672	920	2806
C. Aichs	1173	804	755	2733
P. Childress	1147	683	738	2569
M. Brown	1074	705	733	2513
V. Alhazov	1118	440	782	2342
T. Meszaros	881	396	837	2116
M. Smith	—	—	—	—

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Chad Aichs - would not let the weights prevail over his own iron will



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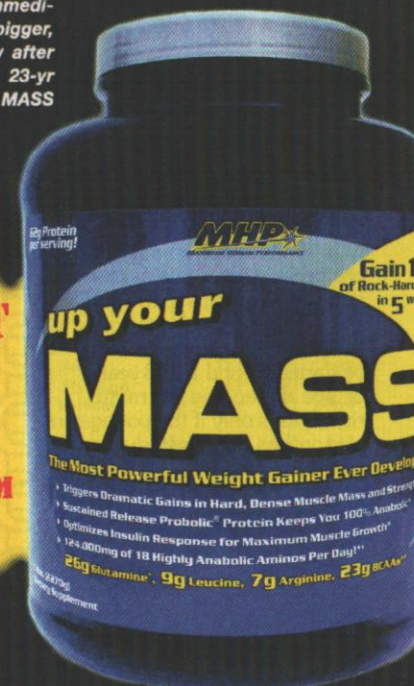
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In the Western World, many athletes prepare for a sport by competing in it. The problem with this approach is the development of an athlete's base is drastically reduced. The Egyptians found out 3,000 years ago that to build a tall pyramid, you need a large base. The Russians found out about this as well with athletes in the 1950s. If I would have told you 15 years ago that the Russians would hold every belt in heavyweight boxing, many of you would have laughed and disagreed. Look now though, there are not any American boxers that hold the belts, they are all held by 3 different Russians. Why? Well, many analysts on TV argue that other sports have taken away the athletes, but is this true? Hopefully, after explaining the 3 phases of training you can begin to understand what we need to fix to be on top again.

In training there should be 3 general phases of an athlete's development. Each of these phases is important, but the first phase is often skipped or shortened in the U.S. This diminishes the athletic window, and the long term performance of the athletes. In the sport of powerlifting, many of the Russians come from a solid base of gymnastics, wrestling, Olympic lifting, and other sports. In other words, their base relies heavily on flexibility, agility, and other major forms of athleticism.

**Phase 1:  
Train to Train**

The train to train phase consists of a wide variety of athletic qualities. In powerlifting; balance, flexibility, speed, strength of all types, and psychological toughness must be developed. Conditioning or GPP is also a huge component for dealing with strenuous workouts down the road, and recovering from them. Competitions may be watched as a spectator as well as to develop technical awareness; and one or so may be entered per year, but just for fun. This develops a love for the sport. This phase lasts from 5-7 years in length and should be started around 11-13 years of age depending on maturity. This is only if the young person has been introduced to and played many sports for development of a vast array of athletic abilities in the past. The best sports to involve smaller children are gymnastics and martial arts due to body control and joint mobility, as well as general strength.

**Phase 2:  
Train to Compete**

The Train to Compete

# Westside Training

## The 3 phases of Training

by Matt R. Wenning M.S., Westside Barbell



Train to Win ... Amy Weisberger is well aware of the steps required.

phase has the emphasis switched a little more towards competition and lifting ability. The training is shifted slightly to competitive performance. More training is directed towards the goal of becoming stronger, but there is still much emphasis placed of the continuing development to the third stage. This phase lasts 4-5 years. The lifter starts to compare and size up competition, fully mature in his or her weight class, or move up to optimal weight to match frame structure, depending on maturity. This is also where larger meets are attended and competition becomes more focused. The athlete must also start to become more self prepared and educated to reach gains later. An athlete should be in this phase between 14-17 years of age depending on maturity.

**Phase 3:  
Train to Win**

The train to win phase primary emphasis is to compete at a high level. Training becomes specific to sport. Technical ability should already be developed, and now it just needs to be mastered. This phase can last up to 10 years, but is not limited to that. Although stated above, the goal is specific, but yet the means to attain that goal may become more rounded and based upon the athlete's individual characteristics. Some lifters need a lot of variety in their training, while some others can make gains for long periods of time with similar exercises. The athlete, by this time, should take advantage of many training tools, and know what works for them, while also keeping an open mind and learning new things. Many lifters are stuck in a system of little change once they reach this level, but change they must, while still following loading parameters set forth by the Soviets. Here at Westside we do many different exercises, week in and week out. We follow guidelines, but never really have a plan. This reduces psychological stress and allows for good and bad days. As long as we stay in shape for pre-meet training we are ready at all times of the year.

The purpose of this article is to examine your training status. Are you a developing lifter, competing too much? Are you a lifter who is not using the proper methods to attain your goals? Our system works for all levels of lifters, because it is based on the athlete's needs. Do you want to be a record breaker as a teenager or a world record holder as highly developed lifter for many years? The choice is yours.

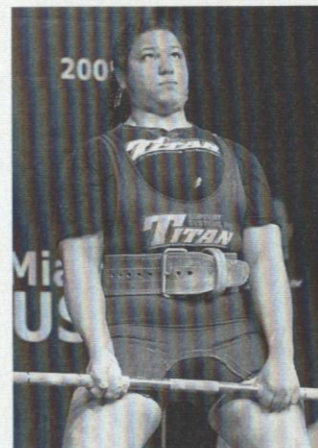
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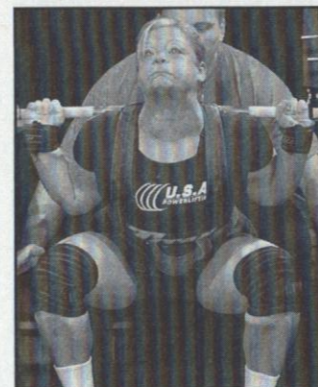
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**Bonica Brown** - 198, 4x Open World Team Member, age 19. Hometown: Battlecreek, MI. Best Contest Lifts: 507-275-501.



**Jess O'Donnell** - 198+, age 26. 5x Open World Team Member. Hometown: Davenport, IA. Best Comp Lifts: 578-390-523.



**Disa Hatfield** - 165, age 33. 3x Open World Team Member. Hometown: Ashford, CT. Best Competition Lifts: 485-319-424.

## TEAM USA for the IPF Women's Worlds as compiled by Priscilla Ribic

These ladies are the 2007 USAPL Women's National Powerlifting Champions who will make up the team representing the United States of America at the IPF Open World Championships in Soelden, Austria, October 7-14, 2007. The Team Coaching Staff will consist of Larry Maile Ph.D. - Head Coach, Ivan Ribic - Assistant Coach, Matt Gary - Assistant Coach, and Mike O'Donnell - Assistant Coach.



**Sioux Hartwig** - 114, age 38. 9x Open World Team Member. Hometown: Rockville, Maryland. Best Competition Lifts: 369-226-369.



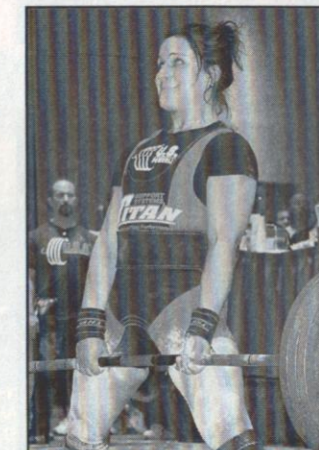
**Cheryl Anderson** - 105, age 32. 2x Open World Team Member. Hometown: St. Louis Park, Minnesota. Best Competition Lifts: 281-176-331.

**USAPL Women's Nationals  
16-18 FEB 07 - Baton Rouge, LA**

105 lbs.	SQ	BP	DL	TOT	
C. Anderson	281	170	330	782	
K. Miller	308	154	286	749	
E. Dickey	286	159	286	733	
M. Pfister	270	148	286	705	
J. Ocampo	270	132	286	688	
Shuttleworth	231	170	259	661	
114 lbs.	S. Hartwig	358	203	358	920
R. Lopez	264	143	341	749	
123 lbs.	J. Maile	336	209	336	881



**Liane Blyn** - 181, age 34. 3x Open World Team Member. Hometown: Millford, MA. Best Comp Lifts: 496-314-468.



**Jen Perry** - 132, age 25. 2x Open World Team Member. Hometown: Woonsocket, RI. Best Comp Lifts: 385-220-407.

A. Matherne	314	214	330	859	
K. VanDusen	325	192	341	859	
K. Yukness	264	154	303	722	
132 lbs.	J. Perry	385	220	407	1014
J. Thompson	363	253	391	1008	
R. Carlsson	303	137	352	793	
148 lbs.	P. Ribic	490	303	529	1322
A. Hitchcock	396	214	413	1025	
P. Houston	363	237	391	992	
R. Crapo	319	203	358	881	



**Jenn Maile** - 123, 6x Open World Team Member, age 22. Hometown: Anchorage, AK. Best Contest Lifts: 369-231-403.



**Priscilla Ribic** - 148, age 34. 7x Open World Team Member. Hometown: Spokane, WA. Best Comp Lifts: 551-341-551.

D. Marts	314	220	330	865	
R. Welding	314	170	363	848	
K. Lambert	286	203	325	815	
S. Franks	275	165	314	755	
165 lbs.	D. Hatfield	435	286	413	1135
C. Smith	363	237	391	992	
L. Styrlund	336	242	407	986	
J. Larsen	358	203	402	964	
181 lbs.	L. Blyn	451	314	468	1234
M. Blum	402	220	424	1047	
R. Clark	358	203	429	992	
198 lbs.	B. Brown	479	286	501	1267
J. Arnov	402	259	407	1069	
K. Dodge	352	214	352	920	
F. Mangaoang	297	203	413	914	
198+ lbs.	J. O'Donnell	578	358	474	1410
L. Allen	463	308	363	1135	
M. Maurer	396	270	358	1025	
S. Hallen	363	286	352	1003	
J. Dickens	352	220	352	925	
V. Gauthier	—	198	325	—	

Best Light Weight: Suzanne Hartwig.  
Best Middle Weight: Priscilla Ribic.  
Best Heavy Weight: Jessica O'Donnell.

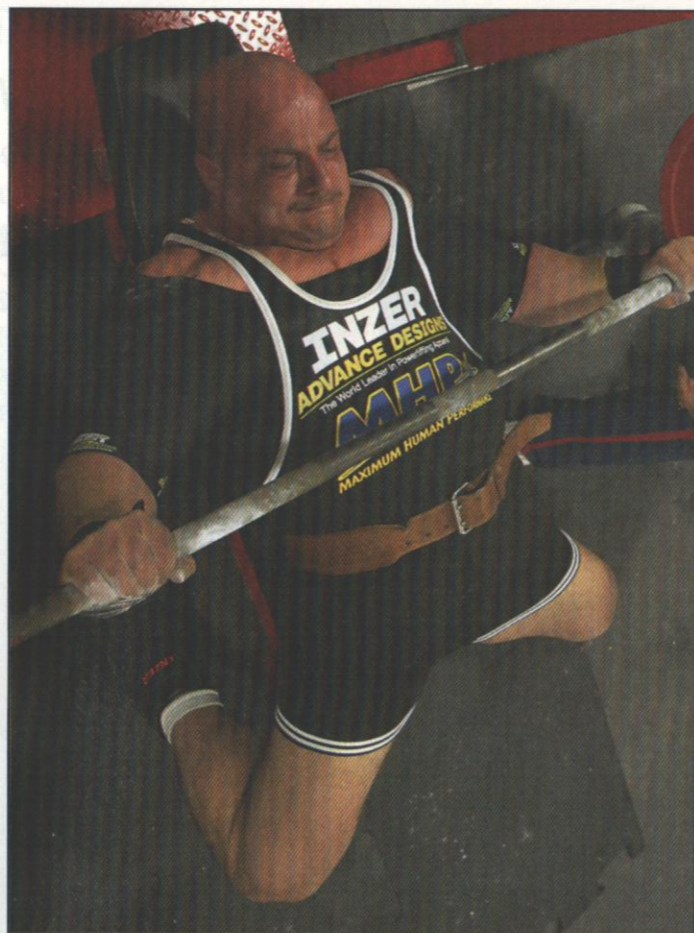


**APF Mendelson Classic  
18 FEB 07- Pasadena, CA**

Lifter	wt.	BP1	BP2	BP3
Ryan Kennelly	326	881	909	953
Rob Luyando	232	815	821	837
Jim Burdette	197	746	746	749
Jason Jackson	239.6	804	804	859
Tiny Meeker	299.5	920	920	934
Steve Wong	308	821	854	887
M. Womack	307	854	854	909
S. Mendelson	307.6	1015	1015	1015

One of the final events of the Fit Expo was, once again, one of the best received, just after the strongman finale ... and once again this year, there weren't a lot of successful attempts, actually only two, but monster weights were attempted and the crowd gathered up SRO-style to take in the proceedings. It's hard to keep a secret that you're competing, when you are a 1000 lb. plus bench presser, but Scot gave that a try. Not at his best here, physically, he had done some great training coming in, and was utterly determined to start with nothing less than the all time

best weight of 1015 lbs. He was not so far off on any of his 3 attempts at new world history. Some perspective ... after being the victim of a devastating car accident, Scot is lucky to be walking on his shattered ankle, let alone lifting weights, and - furthermore - not to mention trying all time world records. There were 7 other guys there, all intending to take Scot's money. Mendy generously offered \$5000 each for heavy and light division winners who would take it all. That pay-out structure encourages big benchers to go for it. James Burdette was in with them Big Boys, at 197, but his opener with 716 looked like it might have crunched him pretty hard. Jason Jackson was a bit off, but tried to stay in the money with attempts at 804 and 854. Tiny Meeker couldn't match his magic of last year, and Wong and Womack couldn't post a fair lift

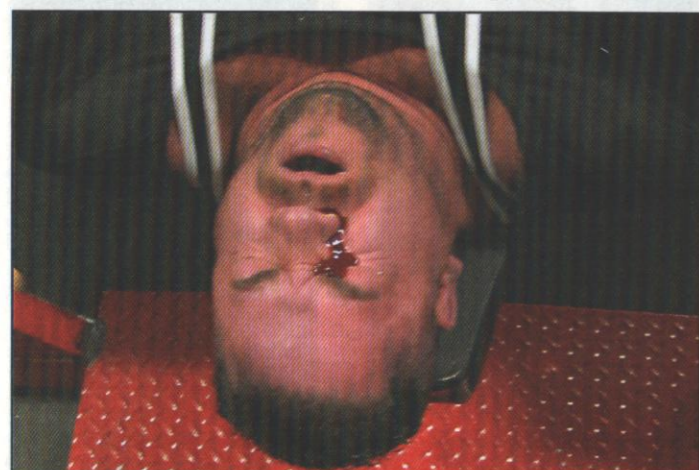


**Rob Luyando** - as in the phrase "Professional Bench Press Champion"

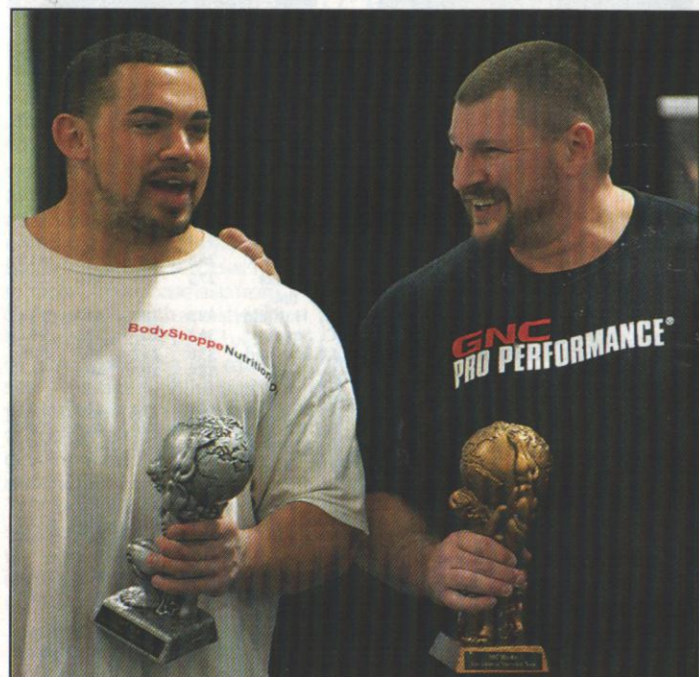
either. Ryan Kennelly shrugged off an opening miss to go to a PR of 909 for a fine success, and that took the heavy division, as he was carrying 326 pounds. Rob Luyando is pushing Ryan for the most consistent bencher title, only he's packing his

victories in over a shorter time period. Like Ryan, he is a mass of muscle, who skillfully manages the bar and the shirt, and then flicks the switch and powers the bar up directly.

Mike Lambert/PL USA



**Bleedin' Out** - a Kennelly trademark, in addition to getting big lifts in



**In the Strongman Competition** ... 21 year old Kevin Nee was prevailed upon by the 42 year old Karl Gillingham, who took first place overall



**Herb Glossbrenner** ... was brought to the event by his good friend Onn Basson, who is recovering from a cyst, and plans to squat 1100 lbs.

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**Personal Background:** I am 32 years old, and I was born in Rome, NY. I now live in Whitesboro, NY with my wife Natalie.

**Birthday:** I was born on July 16, 1974.

**Family:** My Parents are Joe & Dianne. I have one sister, Cathi, and I have one brother, Marc.

**Weight Class:** I compete in the 148 lb. weight class. My normal walking around weight is 151-153 lbs. I normally don't get any heavier than that. I train at Iron Asylum Gym, [www.ironasylumgym.com](http://www.ironasylumgym.com)

**Athletic Background:** At nine years old I started studying martial arts and continued to be involved in Karate until a few years ago. I now focus mainly on powerlifting. I am a third degree black belt. I competed nationally for several years and have won five national titles. Martial arts was always my main focus growing up, but I started wrestling in eighth grade and wrestled through my senior year of high school.

**Weightlifting and Competing:** growing up I lifted weights from time to time like most kids do, in my friend's basement, using the old sand filled plastic weight set, but I never trained seriously. It wasn't until a few years after high school that I started serious training on a regular basis. My friend Chris Unangst started lifting at a local gym and for months tried to get me to go work out with him. I finally gave in and went with him, mostly just to get him off my back. He took me to a hardcore, no frills gym, in the basement of an old building. It was dark, dirty, had loud heavy metal music playing and had nothing in it but basic equipment. I was instantly hooked. Nobody in that place was lifting to look good, they were lifting to get strong. It was a great bunch of guys there and everybody supported each other in attaining our common goal, which was to get as strong as possible. I think because my introduction to lifting was in a hardcore gym the other aspects of weight training have never appealed to me. To this day I have never done a bodybuilding workout.

**Contests and Results:** The first meet I ever competed in was the IPA World Bench Wars on April 19th, 2004, in Glens Falls, NY. I was a complete wreck, nervous and unsure about what I was doing. I was just hoping I could make it through without completely embarrassing myself. I can remember feeling really intimidated and looking around at all the huge monsters in the room psyching themselves up, sniffing ammonia, and getting slapped in the face. I was surprised, as I made my way to the platform for the very first time, that all of the people in the crowd were cheering me on since no

# INTERVIEW

## JOE CEKLOVSKY as interviewed for Powerlifting USA by Bruce Citerman



Onstage at the '07 Arnold ... Joe Ceklovsky

one knew who I was. Once I made my opening attempt the place erupted. I have not stopped competing since then. I benched 400 lbs. that day at a bodyweight of 144 lbs.

APF/AAPF AZZFEST, Tribes Hill, NY, September 18, 2004. I benched triple bodyweight in this meet, my second ever bench press competition. 440 lbs. bench at 146 lb. bodyweight. This lift broke the AAPF Bench Press Record.

IPA Gorilla Warfare II, Johnstown, NY, January 8, 2005. I broke The IPA World Record at this meet with a 475 lb. bench at 148 lbs.

APF Candy Azz Classic, Tribes Hill, NY, February 19, 2005. This was my most memorable meet. I am sure someday I will be boring my grandchildren with the story of this bench meet. It was one of those days when everything comes together perfectly. I broke the All-Time World Record at this meet with a bench of 520 lbs. at 147.5 lbs.

APF Asylum Power, Tribes Hill, NY, October 14, 2006. In this meet, I broke the All-Time World Record for the second time with a 525 lb. bench press at 147.4 lbs.

**Training Program:** My current weekly training schedule is Monday - back and shoulders, Tuesday - triceps and biceps, Wednesday - legs, Saturday - bench, and I like to

have two days of rest before my bench day.

Monday - Back & Shoulders: Back - Close Grip Pull Downs using V bar - 1 warm up set, 4 work sets of 10 reps. Wide Grip Pull Downs - 4 sets of 10 reps. Rows Using Hammer Strength Plate Loaded Row Machine - 5 sets of 10. I also work on a different exercise every week. For a fourth exercise for my back I like to rotate in T-Bar rows, low cable rows, dumbbell rows, and high angle pulldowns (sitting on the floor when doing close grip pulldowns using the V bar attachment.) These exercises are also done for 4 sets of 10 reps. Shoulders: Dumbbell Front Raises - 5 sets of 10, Dumbbell Side Raises - 5 sets of 10. Reverse Pec Deck for Rear Deltoids - 5 sets of 10, Dumbbell Shrugs - 5 sets of 12.

Tuesday - Triceps & Biceps: Triceps - Weighted Dips Using Dip Belt - 2 sets of 12 reps with bodyweight to warm up, 5 sets of 10 reps adding more weight on the chain for each set. Dumbbell Tricep Extensions behind the head both hands on one dumbbell - 5 sets of 10-12 reps. Tricep cable push-downs (alternating every week between the V bar and rope attachments) - 5 sets of 10-12 reps. Reverse Grip Tricep Cable Push Downs - 5 sets of 10-12 reps. Biceps: Straight Bar Curls - 4 sets of 10, Seated Dumbbell Curls - 4 sets of 10, Preacher Curls - 4 sets of 10. Every few weeks I will add in hammer curls or cable curls just to change it up.

Wednesday - Legs: Leg Press - 5 sets of 10-12 reps, Hack Squat - 5 sets of 10-12 reps, Leg Extensions - 5 sets of 10-12 reps, Standing calves - 5 sets of 15-20 reps

Saturday - Bench: Raw Bench Warm up - then work sets of 3 until I can not get 3 reps. Raw Board Work - 3 and 4 boards work 3 sets of 5 reps. Bench Shirt Work INZER Phenom ([www.inzernet.com](http://www.inzernet.com)) - No boards I work full range of motion on all shirt attempts. I also perform every rep in contest conditions with a press and rack command from my trainers and hold each rep at the top to show control of the weight. I work sets of

two up to a heavy double and try to hit a heavier weight each week for a double. If I try to go up and cannot double that weight I stay there until I can hit it for two reps. After shirt work we work assistance exercises. There are several different exercises we alternate in every few weeks with rack lock outs, floor lock outs, reverse bands, and various tricep exercises.

**Vitamins and Supplements:** I don't really take a lot of supplements, but there are a few that I do use and really like. As a pre-workout supplement I use BodyQUICK ([www.bodyquicken.com](http://www.bodyquicken.com)) because it helps me maintain a high level of intensity throughout my entire workout without tiring out. I like to use Nitrean protein powder from At Large Nutrition ([www.atlargenutrition.com](http://www.atlargenutrition.com)). I usually consume 1-2 shakes a day to supplement my protein intake. I also take glucosamine to help ease the pain in my joints.

**Comments and Plans in Powerlifting:** I feel that powerlifting is a truly great sport and for me, like most other lifters, it has become a lifestyle instead of a hobby. I like the fact that you can push your limits in this sport. It tests you both physically and mentally and teaches you that nothing is impossible. I have met many great people through powerlifting and made some really good friends. I would like to thank my wife Natalie who is a figure and bodybuilding competitor, for all of her support and understanding. Also my parents and my family for their help and support, Marc, Cathi, John, Bailey, Paige, Rylee and Chris Unangst. John Inzer and INZER Advance Designs ([www.inzernet.com](http://www.inzernet.com)) for providing me with by far the best gear. I have never gotten the type of huge results out of any other equipment that I get out of Inzer gear. Inzer makes equipment to suit any type of lifter and their service and support is second to none. I have to thank the other members of my family at Iron Asylum Gym ([www.ironasylumgym.com](http://www.ironasylumgym.com)) Sandi, Zane, Sarah, Kerri McCaslin and Jim Farina for all of their help and support. I have to drive an hour to train at Iron Asylum Gym and it is worth every mile. They have helped me take my training to a new level and also helped me to remember to have fun doing it. Zane and Sandi have really helped me refine the technical aspect of my benching which has resulted in bigger numbers on the bench. They are great training partners and great friends. Also, Tim Ferriss at BodyQUICK ([www.bodyquicken.com](http://www.bodyquicken.com)) and Rick Brewer at House of Pain ([www.houseofpain.com](http://www.houseofpain.com)). In general I would like to thank everyone who has helped and supported me throughout my powerlifting career. I would also like to thank Powerlifting USA for giving me this opportunity.

**BC:** What is your personal background?

**GP:** I'm 26 years old, and grew up in a small suburb of Boston, MA. I went to the University of Maine Orono, and I currently work as a Youth Specialist at a residential home for troubled kids. I live in Columbus, Ohio with my beautiful girlfriend Katie (hopefully soon to be my wife) and the dumbest Pit Bull and Rotweiler in the world. My free time is usually spent watching the show "24" or at the bar with my girlfriend and friends.

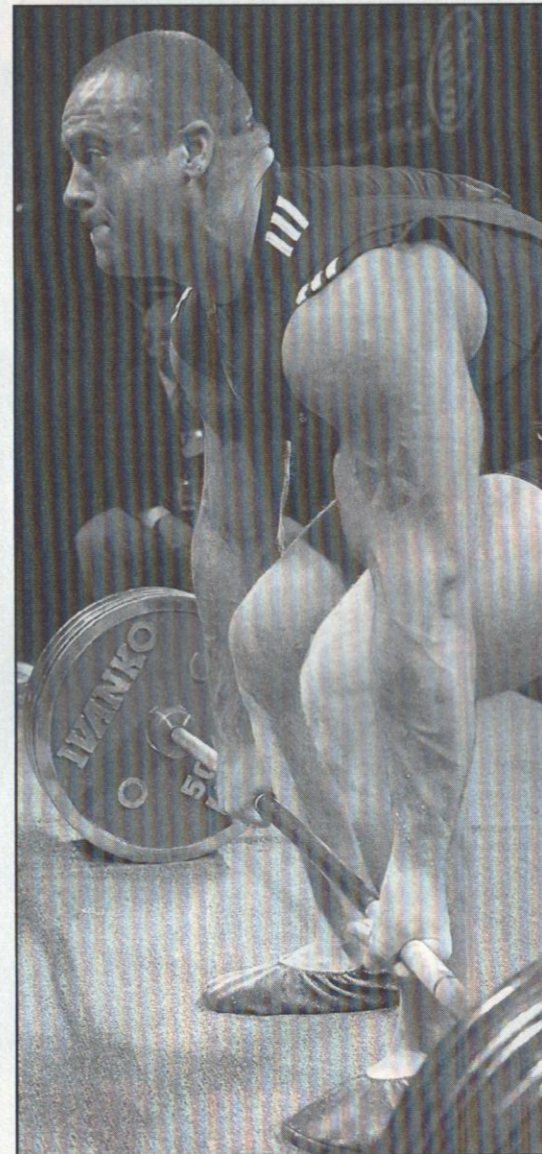
**BC:** What other sports have you tried?

**GP:** I have tried almost every sport at least once in my life. In high school I was a decent athlete. I played defensive tackle for our football team. I was actually bigger then and played at around 260 pounds. I was recruited by a few small schools, but decided to hang up the jersey. I also wrestled and threw the shot for my high school. However, I always felt like I was playing sports for someone else and never enjoyed them that much.

**BC:** How did you get involved in lifting weights?

**GP:** I began lifting weights my freshman year of high school and never looked back. I was really focused on being the strongest kid at my school and that happened pretty quickly. I tried to get as big as and strong as I could and would eat enormous amounts of food. I gained 45 pounds in a month once in high school, and I benched 500 raw my senior year. I remember reading about Louie Simmons and thinking "I need to be there." I read every piece of Westside Barbell literature I could and became completely focused on training like those guys. Louie Simmons, Chuck Vogelpohl, and Dave Tate were my Michael Jordan or Joe Montana. I did my first contest when I was 19 and weighed around 215

pounds (I went through a little bodybuilding phase). I squatted 550, benched 425, and deadlifted 650, all raw. It was an AAU contest that I heard about 1 week out and me and my Dad decided to go.



Greg Panora's Resume now includes a history making 2502 lb. total as a 242 pounder at the 2007 WPO Arnold Classic competition, via 1030 699 771 lifts.

# INTERVIEW

## GREG PANORA as interviewed for PL USA by Bruce Citerman

the next two years and put up some decent raw numbers in the 220 class. I squatted around 650, benched around 470, and deadlifted around 700, all raw. I won the APF Junior Nationals when I was 21 and went 765, 507, 716 at 275. This was in single ply gear that I had never tried on before the contest. The next three years were spent competing at APF Maine contests. I eventually went 920, 545, and 745 as a junior 275er. Recently I moved out to Columbus to train at Westside and my numbers went through the roof, thanks to Louie. I won APF Senior Nationals in Vegas via a 942, 644, and 782 at 242. I then broke the world record in Fremont Ohio with lifts of 1000, 685, and 800. Then I competed in my first WPO contest at the semifinals in New York. I went 1003, 688, and 744 in the 242 pound template. Basically I consider Louie Simmons and Matt

**BC:** What sort of supplement program do you use?

**GP:** I don't use many supplements. I used them years ago and I didn't really feel any different. I do use Nitrean protein from At Large Nutrition and I really like it. I eat 4 meals a day and 2 or 3 shakes.

**BC:** What do you think about the current state of Powerlifting?

**GP:** I think we deserve some more notoriety as athletes. There has got to be some way to bring powerlifting to the general public. People are fascinated by strength. We just need someone to market it. Also, stop with the hating on the internet. Most good powerlifters are now turned off by the internet and this is a huge loss to the next generation of lifters.

**BC:** How do you train?

**GP:** I follow a very standard Westside template. Basically I consider Louie Simmons and Matt Wenning the brains of the operation and do exactly what they say. A standard week looks something like this:

**Sunday - Speed Bench Day:** 8 sets of 3 using 40% of my raw max plus mini bands, chains or both. Dumbbell presses for high reps 2 sets of 20-25. Some type of barbell or dumbbell extension 4 sets of 8-10.

**BC:** What kind of lifting have you done in competition since then?

**GP:** I competed in the AAU for

Press Downs 3 sets of 10. Rear delts 3 sets of 12. Some type of row or pull down 3 sets of ten. Hammer curls 2 sets of 15

**Monday - Max Effort Squat/Deadlift Day:** Most often some type of deadlift (against bands, in the rack, off blocks), a good morning (bent over, seated, out of the chains, arched back) or a squat (reverse band, safety squat bar, cambered bar) up to a max single. Reverse hypers 3 sets of 10. Glute ham raises 3 sets of 10. Shrugs with kettle bells 2 sets of 25. Calves 3 sets of 12. Weighted abs 5 or 6 sets (weighted crunches, pull down abs, stability ball crunches)

**Wednesday - Max Effort Bench Day:** Some type of bench exercise up to a max (Floor press, board press, bench press against different bands, incline press, cambered bar bench press). I like to do a down set of 5-8 reps of that exercise after I complete my final set. The rest of the day looks exactly like my speed bench day minus the dumbbell presses.

**Friday - Speed Squat Day:** We do 6-10 sets of box squats with varying amounts of band tension for sets of three. My weight and band tension vary quite a bit depending on how I feel. Sometimes I will use a lot of band tension with less weight, sometimes more bar weight with less tension, often working up to a heavy single. I will also use the safety squat bar or the cambered bar for variation. Speed deadlifts 6 sets of 1 against mini bands (usually around 50% of my max) I then do the same assistance work that I did on Monday.

**BC:** What do you think about the current state of Powerlifting?

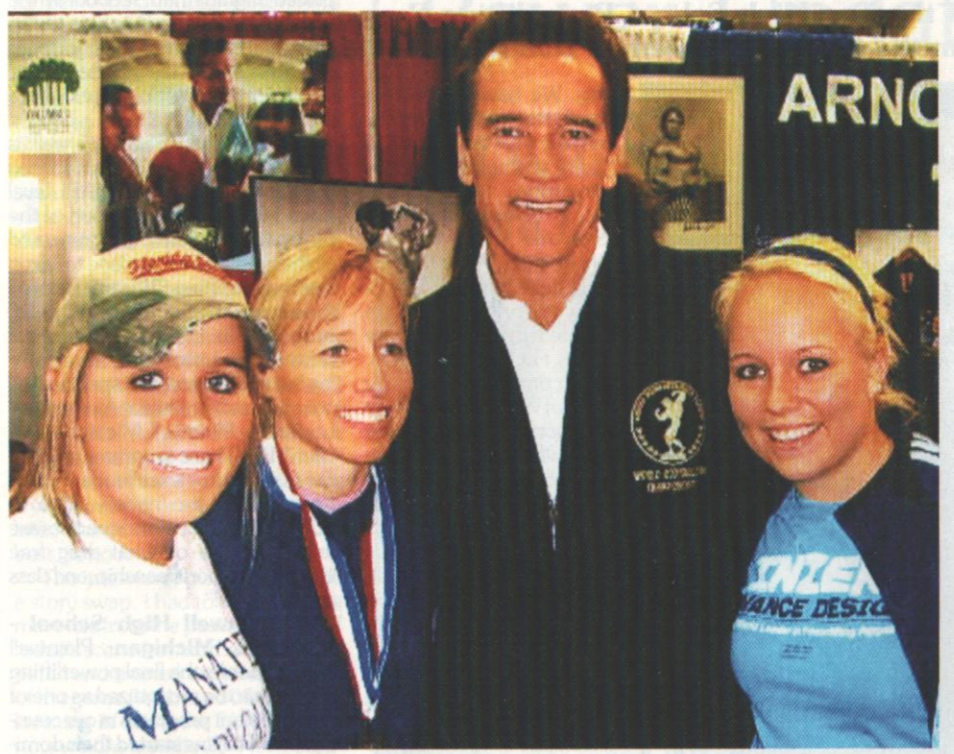
**GP:** I think we deserve some more notoriety as athletes. There has got to be some way to bring powerlifting to the general public. People are fascinated by strength. We just need someone to market it. Also, stop with the hating on the internet. Most good powerlifters are now turned off by the internet and this is a huge loss to the next generation of lifters.





# POWER STUFF

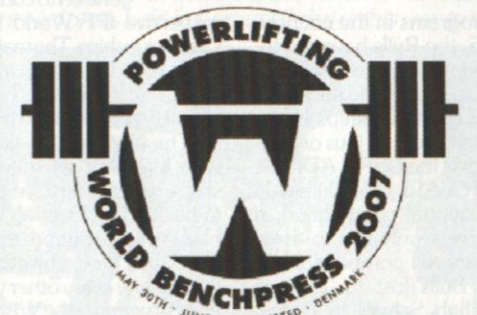
.... People, Equipment, weird things, that might be of interest to PLers. Got a submission? Send it to Power Stuff, Box 467, Camarillo, CA 93011



Margaret Kirkland not only lifted well at the WPO Finals in Columbus, OH, but afterwards she got to meet Governor Arnold Schwarzenegger himself at the Expo, along with her 2 daughters; Chloe (left, 14 years old) and Cari (right, 17 years old), both of whom are powerlifters as well!




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It's that time again. Each season, teams compete for a state title, in turn producing elite teams that will continue to represent their state at a national meet. Then the "Big Show" begins, the High School Nationals, a test to see how the states match up against each other and which team is truly the nation's best! The following is a list of four of the top female and male high school powerlifting programs in our country.

**Alexandria Senior High - Alexandria, Louisiana:** In the city of Alexandria, there must be something in the water to make these lifters strong, because they are. This program has produced a total of 23 national championships since 1992 in girls, boys, and combined teams. The girl's team is currently the defending 2006 USAPL High School National Champions and has a string of 15 consecutive state championships to their credit, and a total of 29 in all since 1992, for both boys and girls. The Trojans won their first national and state title in 1992 and that opened the flood gates to national championships in '93, '94, '95, '96, '97, '98, '99,

'00, '01, '02, '04, and '06 and state championships from 1992-2006, and counting. The Trojans have produced 108 individual state champions and 99 individual national champions to date. The Trojans and Lady Trojans, have competed in USAPL, ADFPA, and NASA over the last 16 years.

Louis McGhee started the program in 1979. Duane Urbina took over the duty in 1986 until 2005. The current head coach is a former lifter and National Champion Josh Marien, coached by Coach Duane Urbina, and has helped keep the Trojan Tradition flourishing. There have been numerous outstanding lifters to go through this program at the national and state level. Some have continued to pursue the sport at the collegiate and professional level. At ASH, we concentrate on the TEAM concept (Together Everyone Accomplishes More). The dedication, determination, and discipline they have learned in this sport have made them better people and will keep them strong for life's challenges ahead.

**Glen Mills High School - Concordville, Pennsylvania:** The Glen Mills Schools Battling Bulls Powerlifting Team was started in 1983 by then head coach Jeff Hill. Since that time, the Bulls have put together an impressive string of victories and secured their spot in high school powerlifting as one of the

## GOT POWER?

Four of the Top High School Powerlifting Programs in the Country as seen by Duane Urbina.



Coach Duane Urbina of Alexandria Senior High with Joe Lewis (at the left) of Neehnah High School.

premier programs in the country. Since 1985, the Bulls have put together a string of 21 consecutive state championships and have won 14 national championships in the boys competition in various organizations such as the USPF, ADFPA, NASA, and USAPL. The Bulls won their first national competition in 1985 and have only lost to three teams in national competition. In 1989, the Bulls lost to Thomas Jefferson High School in Dallas, Texas, finishing second, and in 2001 lost to Slidell High School and Alexandria Senior High in Killeen, Texas, finishing third. This is quite an impressive record for the Bulls.

In 2002 Coach Jeff Hill stepped down after winning the national championship in St. Louis, Missouri, and Sean Cosgrove took over the head coaching position. Under his guidance, the Bulls have remained one of the best teams in the country. Coach Cosgrove credits a lot of the team's success to his assistant coaches. They are as follows: Bob McCloskey, Will Croner, Ken Miller, Steve Rose, Ato Troop, Mike Edwards, and Rich Jackson. There have been a tremendous number of outstanding lifters that have competed for this program. To single out just one would not do justice to the program. The Glen Mills Powerlifting Program has always dealt with the culture of the weight room before beginning to think about compet-

ing. We have found that you have to create an environment for the people to get strong before they can get strong.

### Neehnah High School

**The Neehnah High School powerlifting team was created in 1988 by Joe Lewis. For the first few years, they competed within the state of Wisconsin strictly at a regional meet level. The first individual state champion for the program was in 1990. Since that time Neehnah has seen 23 boys and 20 girls earn individual state titles. The first individual national champion for Neehnah came in 1999. Since that time four boys and five girls have won National USAPL High School Titles. Several Neehnah boys have gone on to win Teen/Junior National Championships as well. Since 2002, eight Neehnah powerlifters have gone on to compete at their**

respective IPF World Powerlifting Championships. The majority of these lifters have finished in the top three, with two of them being named world champions in their divisions in 2006.

The Neehnah Rocket girls have won a total of six state championships, with the last five coming back to back. The Neehnah Rocket boys have only captured the state title once, but have finished second or third nearly every other year. For the first 32 years of the Wisconsin State High School Powerlifting Championships the team title was contested in only one open division regardless of the school's enrollment. Beginning in 1999, the championships were divided into two divisions. Schools with more than 900 students were considered division one, and schools under that were considered division two.

Neehnah began competing at the national meet level in 1995 in Chicago where they finished in second place with their varsity girls team. This began many years of second place finishes at the varsity girls level to perennial powerhouses Alexandria, Louisiana (ASH) and Plainwell, Michigan. Along the way, Neehnah girls were able to rack up several JV girls national titles. The elusive varsity girls national championship was finally realized by Neehnah in 2005. This same year Neehnah also claimed the combined varsity national title as well, as two of the junior varsity na-

tional championships. The Rocket boys have claimed several national team championships, but have never placed higher than second at the vanity level. When it comes to the coveted "Combined Varsity" team championships, Neehnah has placed second or third in most years where they entered such a team.

Neehnah powerlifting as well as the entire state of Wisconsin has been competing at the USAPL level since 1995. They are proud of the commitment of their program, and all their athletes have made to "drug free" powerlifting. "We are honored to be considered among the "great" programs in USAPL high school powerlifting history. We have nothing but the greatest of respect for the coaches and athletes at Alexandria, Louisiana, Plainwell, Michigan, and Glen Mills. These programs have set the standard of excellence that all programs in the nation strive to achieve. The lifters and coaches are fine examples of what drug free lifting, good sportsmanship, and class are all about!"

### Plainwell High School

**Plainwell, Michigan:** Plainwell High School is the final powerlifting program to be recognized as one of the dominant programs in our country. The Trojans started their dominance in 1997 winning their state championship under the guidance of head coach Todd Miller. The Trojans have since compiled an impressive number of state and national titles to their credit. They have won the Michigan State High School Championships nine of the last ten years, losing it only one year when the team went to the nationals, and their JV team was just two points away from winning. Plainwell has captured the Combined Team National Championship four times (2001, 2003, 2004, 2006), the Men's National Championship two times (2003 and 2004), and the Women's National Championship once, in 2003.

Plainwell High School, coached by Todd Miller, has produced four World Championship Team Members: Erin Dickey 2002, Caitlin Miller 2005, Brandon Fiebigler 2005, and Kendra Miller 2006. Sub-Junior World Medalists 2002: Erin Dickey, Amber Mesik, Magen Millin, Molly Dennany, Ryan Smith, and Carly Nogle. 2004: Caitlin Miller, Carly Nogle, Molly Dennany, Cory Saltzman, and Shea Wallus. 2005: Caitlin Miller, Brandon Fiehler, Molly Dennany, and Justin Tuinstra. 2006: Kendra Miller, Brandon Fiebigler, Justin Tuinstra, and Kim Douglas.

These are just a few of the top high school programs in the country. By the time you read this, they will have met in Alexandria, Louisiana, at the River Front Convention Center, March 30th to April 1st, to once again determine the year's national champions. Good luck to all.

COACH DUANE URBINA

It's a rare person that knows his role in this world and can act without doubt. Such surety radiated from former world champion Paul Wrenn as we talked for hours over dinner January 29th, in Quezon City, Philippines.

This trip was the twelfth for Wrenn to these islands Sponsored by the Christian Light Foundation, he performs strength exhibitions and speaks against drug use, for the value of education and, most crucial in his view, of the importance of the spiritual.

1981 saw Wrenn's greatest moments in PL. His 975 lb. squat world record at the Nationals earned an August PL USA cover, and his 2342 lb. national total record survived until Brian Siders surfaced over twenty years later. An IPF World title at Calcutta capped the year. These were back in the day when holding a world record or title was an undiluted honor and meant being the best, period.

The interview I planned became a story swap. I had to hear just one more tale from the past or opinion of today's scene from a lifter who competed and trained with the legends of the game. With his 60th birthday looming in June, the 5'10" Wrenn now weighs a svelte 275 lbs., compared to the 340 of his pinnacle lifting days. But, he is in shape! After four weeks in-country this tour, he had presented 54 programs in the Leyte and Mindanao provinces, mostly at high schools and prisons. Wrenn's card reads "strongman evangelist." His mission has taken him to Russia, Germany, Africa, and Asia, but he doesn't lug a barbell around on tour. He finds audiences "react much more to 'feats' such as driving nails through a board with my bare hands or letting guys jump off a ladder on to my stomach" than to lifting a heavy barbell. Lift a fridge and folks can identify. People will listen to him because he is a champion. He understands that his unique gifts aid his evangelical work.

As a youth, Wrenn did better at individual sports like the shot put or discus than team events. "My football coach told me not to lift weights because it would make me slow. But I liked to lift." Wrenn entered his first meet in Greensboro, N.C., when he was fifteen. Paul Anderson did an exhibition that day, including one hand pressing 220 lbs. for three reps! The young lad was hooked and began practicing both overhead and power lifts. "I was self taught. Most of my info came from the Peary Rader's *Iron Man* or Hoffman's *Strength & Health*. I overtrained"

Maybe so, but Wrenn went on to post a 286 lb. snatch and 369 C & J one year to win the All South, and later added a 300 PR snatch.

Committing to Christ at age fifteen, Wrenn later graduated from Temple Baptist Seminary in Chattanooga. Now living in Clarksville, TN,

## Power Update

PAUL WRENN - Still the Champ  
- as told to PL USA by Paul Kelso



Paul Kelso with Paul Wrenn in the Philippines, with Mr. Wrenn checking out Mr. Kelso's "SHRUG BOOK". Below, Paul squatting at the 1981 Senior Nationals held in Corpus Christi on his way to the Worlds.



with wife Barbara, they raised four kids. One son and one daughter became Teen National champs. Two grandsons, ages eleven and fourteen, are rising PLers. Barbara decided early that if Wrenn was going to lift, she would get involved. She is believed to be the second woman to become an IPF Category One judging official, after Mabel Rader.

Bob Peoples of Tennessee, first to DL over 700 lbs., influenced the young Wrenn. "Bob was born to deadlift with those long arms. He

used an overhand grip and emptied his lungs during a lift. That caused the hunched over position you see in the old photos." Wrenn explained that Peoples was among the first to pioneer negatives in training. "Bob used a tractor hoist to lift the weight to the top of the movement and then he'd take it off the machine and lower the bar under control."

Also present for dinner was Judy Russell, Philippine Director of Christian Light since 1980. Her work, and herself, deserve a separate story.

She organizes and coordinates Paul's Philippine tours. The interdenominational CLF sends missionaries around the world, and the group here has programs for prenatal care, tuberculosis prevention and a milk and vitamins nutritional outreach for poor kids.

1973 saw Wrenn decide to concentrate on PL. He became a full time evangelist in 1978. Associating with Christian Light fifteen years ago, he first came to the Philippines in 1992. Long friends with local powerlifters, he once cleared 100 kg. internationalist Eddie Torres off the floor with a neck harness at a Manila event.

He gravitated toward the AAU in the early '90s because they had a 319 lb. class. Now Wrenn is excited about lifting at the AAU Nationals this July in the sixty and over age division, as all records are open for the taking. He currently holds three WDFPF world marks in the 145+ kilo Masters classes. These lifts were equipped.

George Zangas provided the Marathon suit he wore when posting the WR 975 squat, but Wrenn asserts that "suits in 1981 were nothing like what they have now."

Which led us to the state of the game. Wrenn admires raw lifters "They are the most true, but single ply is not bad. Equipment helps older lifters with niggling injuries like me keep going. But feds with all this super gear are distorting the sport."

And his opinion on performance drugs? "The game needs to be cleaned up. Some of the feds were started so drug users could have a home."

Paul honors the classic Baptist nos against smoking, drinking or gambling. "I don't want to do anything that might be seen as hypocritical and weaken my message." At age 40, he committed to drug free lifting and joined the ADFPA. But he can tell a back sliding story on himself.

Luke lams, a strong squatter and bencher, was less of a deadlifter. One contest he challenged Wrenn to a bet he could beat him on subtotal. The wager was for a gallon of chocolate milk. Wrenn won, but still seems concerned he was guilty of gambling.

"And I never did get my milk, either!" He added ruefully.

Talking to Wrenn carried me back to my own years growing up. I am ten years older, but he reminded me of the selfless men who took time to advise me about life and lifting when I was young. Paul knows who he is. Certainly he places his Gospel work before his lifting, but he has earned the title of champion in both endeavors.

Persons wishing to support Wrenn's work in the Philippines may contact Judy Russell CLF, email: clfr@clfphils.org, or go to www.clfphils.org



**Greg:** At age 31, Dondell Blue is currently the strongest 220 powerlifter in the world, in all associations, coming off a 2500 total comprised of a 1050 squat, 700 bench and a 750 deadlift. He's an extremely balanced lifter, a rare thing in today's Powerlifting world. Since you have three great lifts, I need to know which one is your favorite and why, Dondell?

**Don:** The deadlift is my favorite lift, and the reason being is it's the most challenging for me. If something is challenging like that it's a big thrill for me to try and do better at it. The other one's come close, but the deadlift has to be my favorite. You know that saying, the meet don't start until the weight hits the floor.

**Greg:** I agree. What kind of deadlift suit do you use?

**Don:** Inzer has a single ply Fusion deadlift suit, which I'm wearing, to me by far the best suit I ever wore.

**Greg:** And you're a conventional puller, right?

**Don:** I tried sumo before, but it just didn't work out. I have to stick with the conventional.

**Greg:** John Inzer and Inzer Advance Designs do a lot for the sport today. To get to know you a bit, can you tell us a little about yourself personally?

**Don:** I'm a pretty humble and likeable guy. Most people who get a chance to meet me would say the same. It's not an act or a front, it's just me. I work a lot of hours a week. I currently got a job switch and this job allows me to be home every night so I can train. I'm a family man, with three kids and a wife. We've lived in Jacksonville, Florida for the past 12 years. That's it, wrapped up in a nut shell. I'm just pretty much a down to earth guy.

**Greg:** What do you do for a living?

**Don:** I'm a commercial driver.

**Greg:** Where did you grow up?

**Don:** I grew up in a small town in South Carolina, Yemassee, not too far from Beaufort, where I started working out and training in powerlifting.

**Greg:** Were you the strongest kid in PE class in elementary school?

**Don:** I have to say I was one THE weakest. I remember a time I was in high school running track and the coach told me I should start lifting weights. Here I am, a buck thirty five. In my junior year I tried to bench press my bodyweight. I was told if you could bench press your bodyweight, that was pretty good. I put those two 45s on the bar and it came crashing down. I didn't lift weights again until, I believe, it was three days before prom. That was the first time I really got into lifting weights. I have stuck with it since, but, I was - by far - not the strongest guy.

**Greg:** I had you pegged as the guy taking all the lunch money away.

**Don:** If he wanted it, he could have it. Trust me. Little ole Me wasn't going to put up a fight for it.

## INTERVIEW

**DONDELL BLUE** interviewed by **Greg Jurkowski, Gearman Nutrition**



*Just Touch, Baby ..... Dondell is a master of bench press technique.*

**Greg:** I remember seeing you for years at Florida powerlifting meets. How long have you been in the sport?

**Don:** I started off bodybuilding and powerlifting at the same time. Most of the moves that I did for bodybuilding was all powerlifting. A guy named Ray Jones, from Beaufort, South Carolina, noticed that, during my first three months of working out, I had a real good leg strength. That came from running track. He told me I should enter a powerlifting meet, so I did. That was back in 1994. I've been powerlifting for 12-13 years now. It's been progressing for me real well. I've been patient with it, not rushing things. It's been coming to me, slowly but surely. I started in the ADFPA.

**Greg:** That turned into the USAPL. Currently, what associations do you lift in?

**Don:** Currently I lift in the APF and the WPO. I have done a few other federations, like the NPF. There are

federations are not that widespread, as they are mostly in one state. The APF seems like it's a more challenging federation with bigger lifters and bigger lifts. Maybe in the future I will venture off to other federations, but the APF is best for me.

**Greg:** The numbers being put up in the APF are very extreme. It's on fire with the quality of lifters, just unbelievable. Let's get to the meat and potatoes of the interview. To what do you attribute your current strength?

**Don:** You know, I have to say my current strength is attributed to different factors. On the training side, it's being smart about it, training hard, training smart, and resting - allowing my body to rest allows my body to come back and train harder each time. I have to say on the supplement side, I've been trying this new product for a few years now, called Strength in a Bottle. A lot of supplements don't work, but Strength in a Bottle works. I've taken a lot of vitamin C, a lot of amino acids, a lot of glutamine. Those things really help. I don't care what else you take besides that, but those things truly, truly do help. I have to also say that eating consistently helps. Factoring in the protein that I need to train. Factoring in the carbs and the calories that I need. Those things are very important. You can always get better at it. At the top level or the small level, nutrition is a very important part of strength. Without all of those elements added together, I couldn't contribute just one to my strength.

**Greg:** Where do you train, and with whom?

**Don:** Well, I was training with Team Samson, but as time goes on and you lift with lifters, there can be a little animosity, and I just didn't feel like I was going to train with a guy or a group of guys that really wasn't for me 100%. I remember the last meet I did at the Southern States, a couple of guys on the team were rooting for

more local meets around my area that I can do. Some of the other



*Dondell Blue ..... gets a jump start on his total with his squat abilities.*



*His Favorite Lift? it's the deadlift!*

another guy in my weight class. After that I decided to forget it. I'm training now in my back yard, with a good group of guys who are with me 100%. I'm also going out twice a week training with Charles Bailey and Jeffrey Vaughn, two nice guys. Bailey really studies the game. It's mixed in between those two spots, but mostly at home, and twice a week I'm going out there to squat with Charles Bailey and Jeffrey Vaughn.

**Greg:** Are they still doing the "three off and one on" routine?

**Don:** Yes, they're doing the "three off and one on" routine and I'm currently doing it with them. It's been working great. I'm doing band squats for the first time. Everyone that knows me knows I've never done band squats and I've never done chains. There's a time to change. I've always done straight weight. That was me. This is something different. I can tell you that I've been band squatting for the last three and a half weeks, and my hips are killing me. I'm sticking with it. I can't wait to see what's the end result of this.

**Greg:** Charles Bailey and Jeffrey Vaughn have been putting up huge numbers and their techniques are amazing. They're really innovators.

**Don:** Yeah, that was the reason why I decided to ask Charles Bailey if could I squat with them. I remember a time when I was out-squatting him by 100 lbs., but in these last two years he's really come up, big time. I asked because he was making such drastic improvements. That's why I wanted to train with him.

**Greg:** Basically all your training is three weeks normally, then taking one week off. Then three back on again? One week completely off, no assistance or anything?

**Don:** Three weeks on and one week completely off. I have to say we train heavy those three weeks we're on. He really trains heavy. He really needs that week off. As heavy as he trains, you need that week off because I don't know if I could go on that fourth week. I understand why he does that three weeks on and one off.

**Greg:** Do you change it for a training cycle for a contest, or is it a continual thing - off season to contest time?

**Don:** I had to change my squat technique. I was the guy who would squat down, knees would be in, and I would muscle up the weight. Now, looking at all these different videos, knees out, sitting back, chest up high, head up high, coming down low, hitting below parallel and coming back up, and it's such an easier squat. He has such a flawless technique in the squat. Sitting down and coming back up, like him and Jeffrey Vaughn did. They're a great group of guys. They're really there for me. They really got my back and want me to do well. That's why I started training with those guys.

**Greg:** Well, that 2500 total is unbelievable. Congratulations. What is your motivation?

**Don:** My motivation is just like everybody else that comes to the WPO, which is to, hands down, be the best. If you don't want to be the best you shouldn't come to the WPO. That is the only motivation that I got. To be the best, to make a legacy, to set world records. That's the true reason why I love the sport and I want to be the best at it. I don't want to give it up. I know I have another 10 to 15 years of powerlifting. If I can lift when I'm 45, competitively, then I know hands down I will do some amazing, amazing things. I got to say to be the best is the biggest reason for my powerlifting.

**Greg:** Where would you like to see the future of powerlifting go?

**Don:** The future of powerlifting should have been on to another level by now. We have internet exposure, where you can look at videos. That is a big plus, because you couldn't do that years ago. We got the Mountaineer Cup and other events on TV. That's a plus. I'd like to see the big full meets, like the WPO, the Senior Nationals on TV. You see high school football on TV, so why not local powerlifting? I'd like to see the sport go to another level where someone can take the footage of a five hour powerlifting meet and break it down to an one hour segment and put in on TV on the sports channel. I would love to see this sport going to where it's put on ESPN, and getting that type of coverage. I'd love to see the athletes that train and bust their butts so hard to really get paid. I'd like to see powerlifters get paid consistently. To be the best, putting a thousand pounds on your back, week after week, is stressful. That takes a lot.

Then to have to wake up and go to work the next day. Powerlifters, in general, the one's at the top of the food chain, they put in a lot of time, a lot of money, a lot of heart and sweat into this sport. I'd like to see the sport go to that next level where we get the footage and publicity we need to continue to go on.

**Greg:** Thank you very much for all this useful information. Hopefully this training insight will help make us stronger as well. Who would you like to thank for your success?

**Don:** Oh, man, there are so many people I'd like to thank for my success. First of all, I'd like to thank God above, because without Him keeping me injury free, keeping me focused, keeping me in the right state of mind to be able to do this, then I could do none of this. You can't do anything without being injury free. So, I'd like to thank God, first of all. Then I'd like to thank the guy that started me out in powerlifting, Ray Jones. I'll never forget that guy. I've lost contact with him, but I'll never forget him. I'd like to thank Team Samson. I'd like to thank all the guys that I worked out with in the past. I'd like to thank one of my biggest sponsors and I hope they keep me, Inzer Advanced Designs. I'd like to

thank General Nutrition products. Without that I guess my lifting would be like night and day. I'd like to thank my wife for being patient with me, being out of town for weeks at a time or coming home late from training. Personally, by name, I'd like to thank so many lifters that helped my lifting by giving me that knowledge that they had, Steve Goggins, Tony Conyers, guys like that who have put some really good knowledge in my head. I'd like to thank Charles Bailey, Jeffrey Vaughn, Adam Driggers - those guys have really helped me being able to do what I can do today. There's a host of people I'd like to thank, but those are some of the important ones that really helped my career. Curtis Warren, who is dead and gone now, but that guy has truly taught me a lot in this sport. If it wasn't for him, I don't think I'd be doing this today. At one time I was going to give it up, but Curtis told me "You know, Blue, if you quit now, you'll regret it ten years down the road". He was a true, true, true friend and one of the biggest reasons why I continue to do powerlifting today.

**Greg:** Thank you very much Dondell. We're looking forward to some huge numbers coming up in the powerlifting season.



*Show Me the Money ... Dondell Blue collects on his 2007 WPO title.*



# POWER - RESEARCH

dedicated to bringing Science to the sport of Powerlifting

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

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

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

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

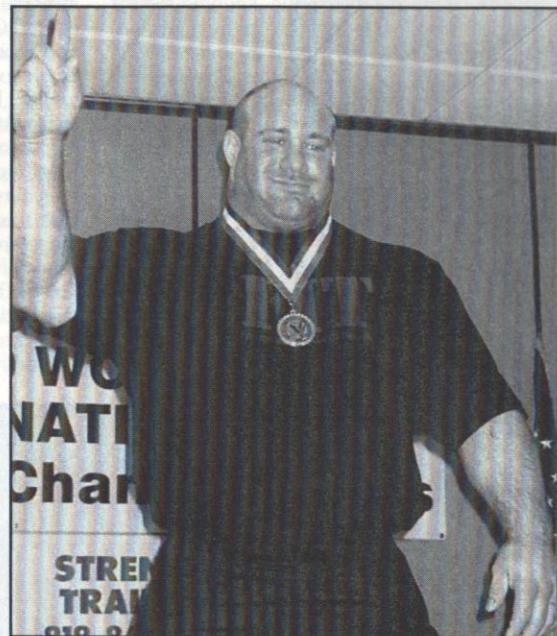
2) When the electrical impulse reaches the end of the motor neuron, the neurotransmitter acetylcholine is released and travels across the gap to the surface of the muscle membrane.

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

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

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

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



Scot Mendelson is a big endorser of BodyQUICK

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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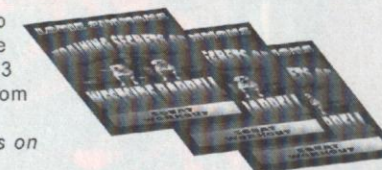
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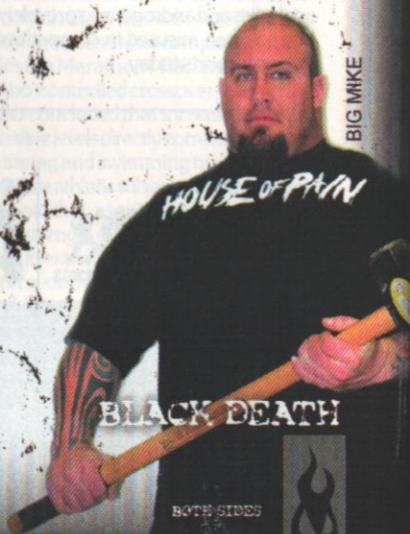
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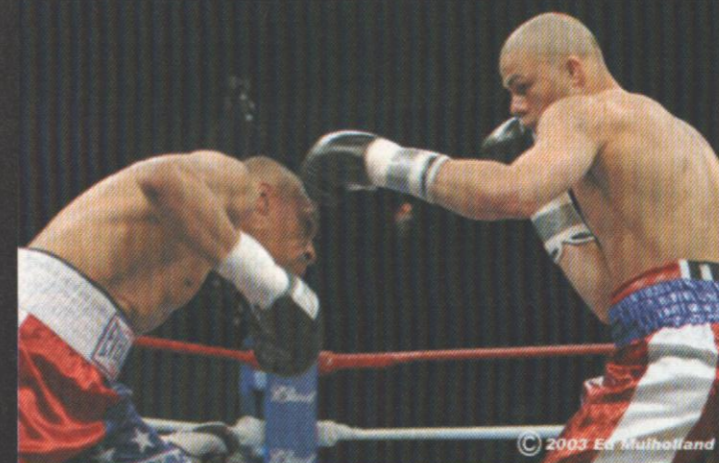
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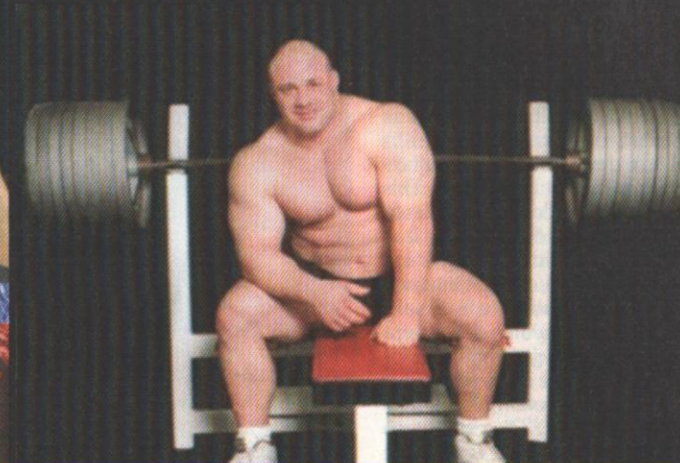
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This article is designed to educate the reader in selecting equipment that is structurally strong and safe. I, John Polak, am the manager of Polak Made LLC, and along with Kevin Prosser, we design and build economical, but strong and safe hard core gym equipment. I have powerlifting records in several raw drug free organizations. I am also a structural engineer with over 20 years experience. Kevin Prosser is an ADAU power lifting official and strength trainer.

The major types of equipment available include light duty home fitness equipment, commercial gym equipment, and hardcore gym equipment. Note that all tube sizes specified in this column are in inches.

Light duty home fitness equipment is just what it says it is. This equipment is made of thin wall tubing, flimsy joints, cheap pads. It is generally sold by chain sports and department stores, over the internet, and through TV info commercials. Typical tubing used in this equipment is 14 or 16 gauge (0.075" or 0.063" thick). The joints are simply small bolts or screws holding tube sections together. The pad boards are thin wood sheets or particle board. No powerlifter should consider buying this. You will break the equipment as soon as any real weight is lifted.

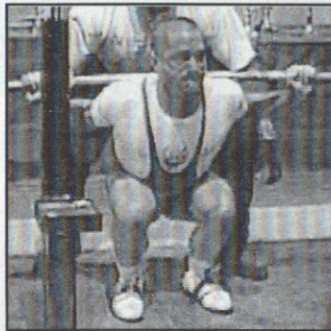
Commercial equipment is generally sold to fitness and rehabilitation centers. Its strength and quality ranges from just a step above home fitness equipment to fairly heavy duty. Tube wall thickness is typically 11 gauge (1/8") of 2 x 2, 2 x 3, up to 3 x 3 inch outside dimensions for the heavier equipment. Joints are typically bolted with flanges and have some reinforcement. Commercial equipment is often designed more for flashy looks and feel than for functionality and strength. It can be expensive, and is not recommended for hardcore use.

At the top end is the heavy duty hard core equipment. This equipment is designed to handle, with ease, the needs of the strongest lifters. Typically this stuff is seen in small hard core gyms, and the facilities used by the upper end school and pro sports teams. Tubing is at least 3 x 3 x 11 gauge (1/8" thick), 2 1/2 x 2 1/2 x 7 gauge (3/16" thick). Joints are usually welded, with just enough bolted connections, with thick flanges, to allow easier shipping and transport. Pads are made from thick boards, high quality pad and covering materials. Hard core

**"The number of bolted connections are to be just enough for reasonable shipping"**

# EQUIPMENT

## THE SELECTION OF STRONG AND SAFE HARD CORE GYM EQUIPMENT as told by John Polak, Polak Made LLC



Author John Polak squatting 450 pounds raw at 165 lbs in 100% RAW World Championship competition.

equipment will have safety devices that will handle very heavy weights. All competitive powerlifters should make the use of hard core gym equipment a must. Do not waste money and risk injury by using anything less.

Now we will discuss the types of forces and stress that gym equipment is subjected to. All weight on the earth is a force. For gym equipment this force is applied by the lifters weight and the weight of loaded barbells and plates. Forces also result when a mass traveling in any direction is slowed down or sped up.

Forces are composed of static loads, such as a loaded barbell sitting in the saddles, and dynamic loading, such as that caused by slamming a barbell into the saddles after a big lift. Forces can be applied to a single point on an object, or distributed over a length (i.e. from a flat heavy weight).

Every time a force is exerted on equipment components, a stress results in that component. Stress is force per unit area. Like forces, all stresses are classified as static and dynamic depending on the type of force acting on it. Stresses on structural parts in gym equipment are typically as follows.

Axial stress is the force is along the length of the part and either wants to pull it apart (tension) or squash it (compression). More typically, gym equipment components are in compression. Buckling occurs when a long thin part bows under compression and then collapses under a weight. Example of where this might happen is in the uprights of squat racks and bench presses.

Shear stress is when a force 90 degrees to the part wants to cut the

part straight through, like with a knife. Shear failures typically occur when a force is very near the supported end of the part. Shear failures often occur in bolts when that type of connection is used.

Bending stress occurs when the force is at right angles to a long slender part, such as a beam. When the force location is directed away from the supported ends of a beam, bending stress becomes dominant. An example of bending stress is on the cross beam between the uprights of a bench press. The use of support beams, or gussets, between two connected beams reduces bending stresses by reducing the effective length of the beam.

The bending resistance of a large thin wall tubing can be greater than a very thick wall, but smaller tube, even if the smaller tube has a considerably greater cross section area of metal.

When applied force is at an angle not 0 or 90 degrees to the part, this results in a combination of axial, shear, and bending stresses.

Bearing stress is a compressive stress that results from a shaft or bolt in a hole that wants to egg shape the hole.

Torsion stress occurs when a beam is twisted. This can occur in handle supports of machines and cross beams between uprights on

some barbell loaded equipment. Torsion stresses can result in considerable deflections.

All structural steel and aluminum have two published failure points. The yield failure point is when a component permanently deforms, and the ultimate failure point when the component breaks. Malleable materials such as soft steel, soft aluminum, and copper will have the ultimate failure point considerably higher than the yield failure point. The material will deform a lot before breaking. This is the nature of a ductile material. Materials such as strong aluminum alloys and hard high strength steels will have the ultimate failure point not much above the yield point. These materials will not deform much before breaking. These are brittle materials.

Most ductile materials are not very strong, but are resistant to the effects of sharp corners, cracks, and repeated on/off stresses. The structural steel tubing used in gym equipment is a ductile material. Many brittle materials are strong, but are often not resistant to cracks, sharp notches, and repeated on/off stresses, even if the maximum stress is considerably below the failure points. The hard alloy steel shafts and high strength fasteners are typically brittle. Welds, due to the high heat applied, are considered brittle. The application of welds also makes the surrounding metal somewhat brittle.

All metals flex and stretch under stress. If the stress is below the yield stress, the metal will bend or stretch, then return to its original shape when the load is released. This is called elastic deflection. Depending on the shape of the metal item, this non-permanent deflection can be considerable, such as in a spring.

Most gym equipment failures are due to bending, twisting, and bro

ken welds and fasteners. Beams supporting high loads in bending and torsion need to be stout for strength and minimum deflection. A weld should have a cross section that keeps the stress in the weld low. The weld should penetrate deeply into the mating parts and mix with those parts to form a solid joint. The weld joint is to be free of cracks, sharp notches, and inclusions (cavities). The pretty welds on much commercial equipment are often not strong. Skip welds (the weld is not continuous) are sometimes used when the total weld cross section is of sufficient strength. This saves on weld material and time. The strongest weld classes include V joint welds on both sides, and the weakest classes include single side fillet welds. Fasteners are to be of high strength steel and always kept tight.

All structural design utilizes safety factors. The safety factor is simply the yield stress (most often used for structures) or the ultimate failure stress divided by the working stress. Safety factors for structural systems are applied to the weakest component of a structure or machine. Safety critical items such as overhead cranes, and gym equipment, should have higher safety factors, extremely weight critical, somewhat disposable items such as military aircraft will have safety factors not much above one on yield.

In conclusion, the design of all gym equipment should minimize bending and torsion stresses, brittle components are not to have sharp corners and notches and not be subjected to frequent on/off stresses, have smooth welds (not always the prettiest) that are of sufficient size and class, strong fasteners, and minimize elastic deflections.

With the preceding information in mind, you should consider the following when purchasing hard core gym equipment:

1. Hard core equipment frames should have large heavy tubing of at least 3 x 3 x 11 gauge (1/8 wall) or 2 1/2 x 2 1/2 x 7 gauge (3/16 wall). Larger thin wall tube can have greater bending resistance, however using large tubing infringes on lifting room. Because of this, a smaller, thick walled, tube with gussets is often used. If the forces are in a single direction, such as on the cross beam on a bench press, rectangular tube may be used, at least 2 x 4 or 3 x 4, 11 gauge. Make sure the long dimension is in the force direction. The use of C-channels, angles, and I-beams are not recommended as these shapes are flimsy in at least one direction and in torsion. The size of holes (such as for power rack safety bars and barbell saddles) is not to exceed 1/3 the tube dimension on the side of the hole. Bolt hole edges are to be at least 1/2 the hole diameter from the edges of the drilled part. Check the support of the equipment. Legs and bases are to be

sturdy and set around the equipment to prevent tipping when weights are slammed back into place.

2. The number of bolted connections are to be just enough for reasonable shipping and transport. Welded joints are almost always stronger and stiffer than bolted joints. Bolted connections are to be stiff with large thick flanges and use sufficient size and grade bolts. Clamped tube in tube connections can be stiffer than flanges. Bolts to be grade 5 is better. Look at the bolt head. Three raised lines from the center is grade 5, six lines is grade 8 (the best). No lines is grade 2 (junk). Be careful of metric bolts. Metric bolts are stamped with the grade. Look for 9.8 or higher. Typically bolts in heavy weight bearing equipment are to be 3/8 inch (or 10mm) or larger diameter.



A vertical leg press machine with the sled resting on adjustable height pin set safety stands, located behind the swing out bars. (courtesy of J. Polak)

sturdy and set around the equipment to prevent tipping when weights are slammed back into place.

3. Welds are to be smooth with no holes, notches, sharp edges, and cracks and of sufficient cross section, at least 1.5X the thickness of the metal. The equipment is to be square and not twisted. Careless welding tends to distort the mating parts, even if clamped. A somewhat lumpy but smooth weld is still strong, the lumpiness is caused by the welder welding 'across corners' to minimize

distortion of the mating parts.

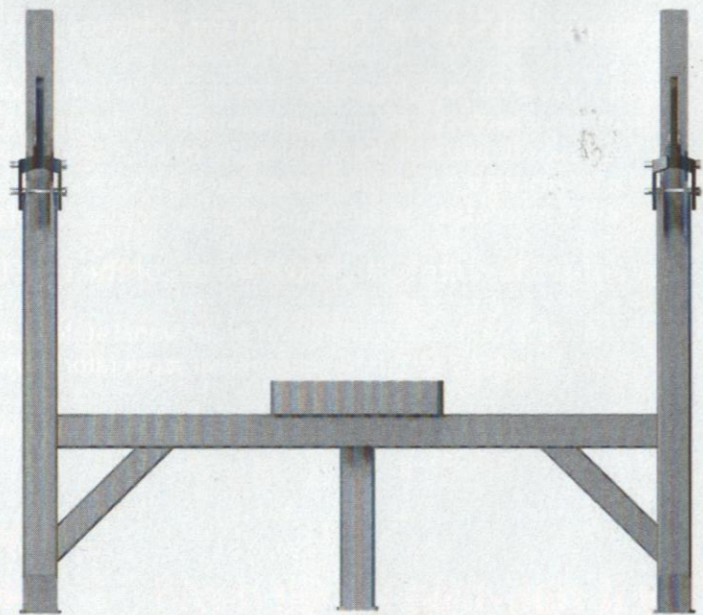
4. Shafts are to be of high quality steel, smooth and considerably stronger than the size required to hold the load. Shafts to have no holes and sharp notches and corners. This assures minimum deflection, long life, and smoothness of the sliding part. Dynamic bearings (that rotate or slide during exercise) should be bronze, a good strong slippery plastic such as PTFE, or a roller type bearing. Bearings with large side loads (such as on an 45 degree leg

press) should be a roller type bearing. There should be little or no drag on sliding parts, even with heavy weight. Static bearings (which do not rotate during exercise, i.e. pivot points on benches) are to be tight, solid, and wide to reduce wobble, use high strength, hard shafts or bolts, and be set in steel or aluminum housings or bosses (not simply holes in tube), or in roller bearings.

5. Inquire on how any weight ratings are specified. Weight ratings must be conservative and allow for static and dynamic forces. Using the same standards used for working loads on structures (typically a safety factor of 3.5 on yield, 5 on ultimate failure) is a good bet. This assures stiffness under normal use and covers those occasional abnormal uses, such as slamming barbells back into the saddles. Too much equipment has bogus weight ratings that are nothing more than the weight that will crush the equipment.

6. Particularly for machines, check the safety backup devices such as spotter bars. Power racks should have at least 1 1/2 inch diameter high alloy steel solid bars or equivalent. A 2 x 2 x 3/16 wall square structural steel tube is equivalent. Smith Machines are to have solid safety devices that stay in place. Leg presses are to have adjustable safety stops that are strong, secure and which can be set and left, and do not require swinging bars to be in place. Barbell saddles are to be sturdy with high backs of at least 2 x 1/4 inch steel bar.

7. Lastly, try the equipment and check the function. You should be able to comfortably reach the barbell or handles. Most home fitness and commercial gym equipment seem to give no thought to this. Height adjustment increments of barbell saddles to be a maximum of 2 inches. You should not have to reach way back to get the handles of machines or barbells. Guided devices such as Smith Machines and leg presses preferably should have a little float in the bar or sled to so that both legs or arms have to do the same work. There should be little or no drag on sliding parts.



Gussets are utilized to stiffen the bench press cross beam against bending

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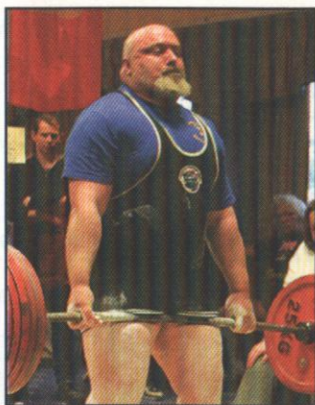


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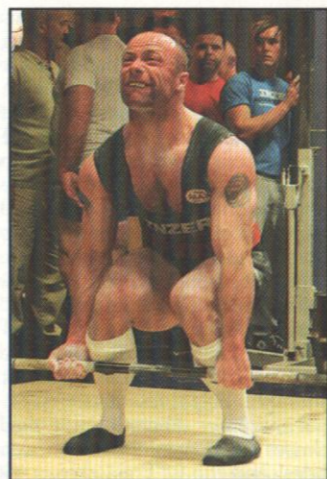
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Morgan-ENG	463	264	507	1234
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Saunders-ENG	683	479	733	1896*
Open/Master II				



**Dave Fitzhenry is from Ireland**

Sinclair-SCO	529	297	628	1455
Smith-IRE	672	479	617*	1769!
242 lbs.				
Master III				
Mitchell-ENG	—	—	—	—
Master V				
West-IRE	529	319	507	1355
148 lbs.				
Tischenk-RUS	661	474	639	1774
Open/Master I				
Norton-ENG	722	512	595	1829
Open/Master III				
Pilling-ENG	617	418	628	1664
275 lbs.				
Master II				
Lovejoy-USA	485	363	485	1333
Master III				
Davidso-SCO	440	297	440	1179
Open				
Mackerech-ENG	529	407	468	1405
Open				
Zuber-CRO	595	440	573	1609
Open				
Flaherty-IRE	589	418	628	1636
Open				
Pilling-ENG	749*	485*	750!	1984*
Teen III				
Dechamp-BEL	573*	286	573	1433
320 lbs.				
Open				
Sushchak-RUS	782	573!	688	2044
Open				
Lyon-SCO	341	297	463	1102
Open				
Herrit-FRA	402	275	507	1185
Open				
Rahmani-ENG	418	264	573!	1256*
Open/Master II				
Herbst-USA	303	281	396	981
Open/Teen II				
Wallace-USA	352!	203	402	959
Teen III				
Hayes-SCO	308	187	407	903
Teen III				
Gefen-FRA	330	253	440	1025
Smith-IRE	369!	220*	496*	1085*
Zingone-USA	341	264	536!	1140!
181 lbs.				
Junior				
Salley-IRE	308	242	529	1080*
Junior				
Stoffel-FRA	358	242	540	1140
Graddon-WAL	—	—	—	—
Master I/MPF				
Coyle-IRE	—	—	—	—
Master II				
Edwards-ENG	352*	297	463*	1113*
Master II				
Chun-CAN	374	308	463	1146
Pascal-FRA	429	286	551	1267
Lane-IRE	418	297*	556	1273
Master VI				
Waters-USA	242	165	402!	810
Open				
McEvoy-IRE	396	374	440	1212
Open				
Prothero-WAL	418	297	529	1245
Open				
Baker-ENG	451	314	584	1350*
Open				
Ryan-IRE	—	—	—	—
Smith-ENG	—	—	—	—
Open/Master III				
VanNieck-ENG	474!	286	485	1245!
Open/MPF				
Mochalo-RUS	496!	270	623!	1388!

132 lbs.				
Open				
Isaac-ENG	203	137	330!	672
138 lbs.				
Master II				
Bourdon-FRA	209!	165	325!	700!
Master IV				
Iaccarino-ITA	165*	99*	242*	507*
Open				
Reddan-IRE	220*	132*	292*	644*
Open				
Esposito-ITA	226*	143	341	711
154 lbs.				
Master II				
Golding-ENG	231	143	330	705
Open				
Stumpfova-IRE	281!	198*	358!	837!
198 lbs.				
Open				
Saussois-FRA	292	203	435!	931!
MALE				
123 lbs.				
Open/Teen I				
Wallace-USA	237!	143	308!	688!
132 lbs.				
Open/Master II				
Forbes-IRE	297!	214!	369!	881!
Teen I				
Jefferies-IRE	192	110	286*	589
Teen II				
Cornally-IRE	220	110	286	617
148 lbs.				
Junior				
Scholtes-FRA	341	237	385	964
Junior				
Claverie-FRA	374!	259	418	1052!
Master I				
Wilson-ENG	319	242	396	959
Master III				
Meredith-ENG	369!	264!	429!	1063!
Open				
Gavigan-IRE	336*	209	457*	1003*
Open/Master I				
Bedford-ENG	391!	264	474	1129!
Teen III				
Cheema-ENG	264	209	413	887
165 lbs.				
Master I				
Constant-ENG	330	253	457	1041
Master II				
Dunne-IRE	363	308	418	1091
Open				
Pollio-ITA	319	176	429	925
Open				
Martin-IRE	358	264	479	1102
Open				
Lyon-SCO	341	297	463	1102
Open				
Herrit-FRA	402	275	507	1185
Open				
Rahmani-ENG	418	264	573!	1256*
Open/Master II				
Herbst-USA	303	281	396	981
Open/Teen II				
Wallace-USA	352!	203	402	959
Teen III				
Hayes-SCO	308	187	407	903
Teen III				
Gefen-FRA	330	253	440	1025
Smith-IRE	369!	220*	496*	1085*
Zingone-USA	341	264	536!	1140!
181 lbs.				
Junior				
Salley-IRE	308	242	529	1080*
Junior				
Stoffel-FRA	358	242	540	1140
Graddon-WAL	—	—	—	—
Master I/MPF				
Coyle-IRE	—	—	—	—
Master II				
Edwards-ENG	352*	297	463*	1113*
Master II				
Chun-CAN	374	308	463	1146
Pascal-FRA	429	286	551	1267
Lane-IRE	418	297*	556	1273
Master VI				
Waters-USA	242	165	402!	810
Open				
McEvoy-IRE	396	374	440	1212
Open				
Prothero-WAL	418	297	529	1245
Open				
Baker-ENG	451	314	584	1350*
Open				
Ryan-IRE	—	—	—	—
Smith-ENG	—	—	—	—
Open/Master III				
VanNieck-ENG	474!	286	485	1245!
Open/MPF				
Mochalo-RUS	496!	270	623!	1388!



**William Brown - from Scotland.**

Teen II				
Kirwan-IRE	286	198	440	925*
Biggin-SCO	363!	286!	485!	1135!
Teen III				
Allison-ENG	330	237	474	1041
198 lbs.				
Junior				
Mealey-ENG	369	270	474	1113
Hanley-IRE	396	253	463	1113
Armstrong-SCO	451	297	540	1289
Percival-ENG	468	352*	551	1372!
Master I				
Golding-ENG	440	253	496	1190
Master III				
Brogan-IRE	330	281	485*	1096
Bonner-ENG	451	352	595!	1399
Master V				
Davies-ENG	396!	253	507!	1157*
Open				
Polshcha-RUS	363	264	440	1069
O'Duill-IRE	402	264	507	1173
Open				
Scully-IRE	385	297	512	1196
Lowe-ENG	501	369	551	1422
Servotte-BEL	578!	369	562	1510
McCabe-IRE	407	—	—	—
Teen I				
Bradsha-ENG	358!	242!	485!	1085!
	4th-DL-501			
Teen III				
Corcoran-IRE	308	226	424*	959
	4th-DL-440			
220 lbs.				
Junior				
McLaughl-IRE	363	270	507	1140
Fennelly-IRE	496*	341*	683!	1521!
Master I				
Leitch-IRE	396	286	485	1168
Master II				
Green-ENG	446	270	573	1289
Master III				
Kirillov-RUS	352	314	440	1107
Jex-ENG	496	341	628	1466
Master IV				
Christ,Sr-SCO	374	242	507	1124
Master V				
Mansfield-USA	451	242	474	1168
McConnel-IRE	507!	237	540!	1284!
	4th-SQ-518!			
Bruan-CAN	—	—	—	—
Open				
O'Reilly-IRE	440	347	529	1317
Gardner-WAL	485	319	551	1355
McDonn-USA	540	352	540	1433
Fisher-ENG	529	363	584	1477
Open				
Tischenk-RUS	529	385	633	1548
Open/Master I				
Wallace-USA	562	352	529	1444
Open/MPF				
Vowles-ENG	507!	297!	644!	1449!
242 lbs.				
Master I				
Hollowa-ENG	474	308	540	1322
Master II				
Godon-FRA	463	385	622	1471
Master IV				
Simpson-SCO	424*	242	463	1129
Leadbett-ENG	418	308*	573	



# NUTRITION

## Power Protein Bar Recipes to get you Jacked, Part 2

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

Ok folks, since I didn't include any of my favorite Protein Bar recipes last month there were a lot of hungry powerlifters just waiting to get their hands on some of these tasty protein treats. I won't disappoint you this month as this article is covered front to back with some of the tastiest protein bar recipes you will find anywhere. So now you can get out all your baking gear, throw on that apron that says "Kiss the Powerlifter", and pull all the ingredients out from the cupboard because its time to get down and dirty with some delicious Powerlifting Protein bars that will amaze you!

### These recipes are flexible

Now with these recipes what you have to realize is that they are not written in stone. Think of them as a base from which you can build upon. From the recipes that I provide you that follow you can create many different recipes simply by altering a couple of the ingredients. You may want to change the fruit source, try a different type of nut, add a little more cream if you are bulking, or reduce the water to make your bar a little less moist. What I want you to learn from these recipes is that they can be altered to suit your individual needs as well as taste. There may be some of you that like your bars soft and chewy like I do. There are others who may like them a little harder. Small things like this can be easily changed by simply altering the recipe to your specific needs. For those Power Vixens out there who spend a lot of time baking in the kitchen will know exactly what I am talking about. For the male powerlifters who don't know a hand beater from a wrap roller then this may seem a little troublesome, trying to alter recipes all the while keeping a good eye on the formulation making sure you didn't overdo or underdo any specific ingredient. If you are new to the baking thing you may want to follow the recipes word for word, but if you are the creative type then go crazy and show us what you got. By the way if you decide to go wild with altering a recipe and it comes out good, send it into me, and possibly we can get it in a future issue.

### Powerlifting USA Protein Brownies

Ingredients: 6 scoops of Chocolate Nitrean Protein Powder (At Large Nutrition); 4 tablespoons of heavy whipping cream; 2 whole eggs; 16 oz. of skim milk

Directions: 1. Combine all ingredients into blender and blend until smooth; 2. Pour into microwave safe container; 3. Microwave for 5-8 minutes; 4. Remove, cover, and let set at room temperature for 20 minutes

### Chocolate-Dipped Deluxe Power Bar

Ingredients: 1 cup (dry) oatmeal; 4 scoops of Chocolate Nitrean Protein Powder (At Large Nutrition); 1/2 cup sesame seeds, toasted and ground; 1/2 cup dried apricots (diced); 1/2 cup raisins (diced); 1 cup shredded unsweetened dried coconut; 1 cup almonds; blanched; 1/2 cup nonfat dried milk powder; 1/2 cup toasted wheat germ; 2 teaspoons Lite Becel margarine; 3/4 cup of honey; 3/4 cup Splenda; 1/4 cup natural chunky peanut butter; 1 teaspoon of orange or lemon extract; 2 teaspoons of grated orange or lemon peel; 2 cups of semi sweet chocolate chips; 4 oz paraffin

Directions: 1. Toast the sesame seeds in a frying pan for about 7 minutes; 2. Do this until they are golden in color; 3. Then when this is done grind them coarsely; 4. Toast the oats in a 300 degree oven in a 10 inch by 15 inch baking pan for 25 minutes; 5. Make sure you stir to prevent scorching; 6. Mix the seeds, apricots, raisins, coconut, almonds, dry milk, and wheat germ; 7. Mix this combination well; 8. Next mix the hot oats into the dried

fruit mixture; 9. Use the Becel to butter the hot baking pan and set it aside; 10. In the frying pan, combine the honey and Splenda; 11. Bring this to a rolling boil over medium high heat; 12. Next quickly stir in the peanut butter, orange extract, and orange peel; 13. Then pour over the oatmeal mixture and mix well; 14. Quickly spread in buttered pan and press into an even layer; 15. Then cover and chill in the fridge until firm, at least 6 hours or overnight

### Orange Vanilla Protein Sensation

Ingredients: 4 cups of rolled oats (dry); 1 1/2 cups dried milk; 1 tablespoon cinnamon; 1 cup Lite syrup; 4 scoops of Vanilla True Protein Miscellar Casein; 6 large egg whites; 1.5 cups orange juice; 1.5 teaspoons of vanilla extract; 1.5 cups of raisins or dried fruit (diced)

Directions: 1. Line cookie sheet with waxed paper; 2. Preheat oven to 325 degrees; 3. Mix all the ingredients together thoroughly; 4. Spread onto sheet; 5. Press cutting lines in to make 10 pieces; 6. Bake 15-18 minutes until golden brown;

7. Cut apart, then cool and wrap

### Strawberry Banana Power Bar

Ingredients: 1.5 cups of (dry) oatmeal; 8 scoops of strawberry Nitrean (At Large Nutrition); 1/2 cup of fat free cream cheese; 1/2 cup of non fat dry milk powder; 6 egg whites; 1/2 cup of water; 2 bananas, mashed; 2 teaspoons of canola oil

Directions: 1. Preheat oven to 325 degrees; 2. Spray a 9x9 square pan with Pam cooking spray & set aside; 3. In a medium bowl combine oatmeal, Protein powder & dry milk; 4. Set aside; 5. In another bowl beat together with an electric hand mixer, cream cheese, egg whites, bananas, water and oil; 6. Add the oat mixture & continue to beat until the two are combined; 7. Pour batter into the prepared pan & bake for 30-40 minutes

### No Guilt Protein Bar

Ingredients: 8 oz fat free cream cheese; 6 scoops of Chocolate Nitrean protein powder (At Large Nutrition); 3 cups (dry) oatmeal; 1/2 cup splenda; Dash of cinnamon

Directions: 1. Combine splenda, cream cheese, protein, and cinnamon in a bowl; 2. Mix this with an electric mixer on high until it is smooth; 3. Now add the oats and mix with the mixer until you have a fairly homogeneous mixture; 4. If it is too thick add a 1/4 cup of milk; 5. Next spray an 8x8 pan with PAM; 6. Spread the mixture in the pan; 7. Now sprinkle some additional splenda on top; 8. Place in the fridge for 3 hours.

### Chewy Chocolate Peanut Butter Protein Delight

Ingredients: 1.5 cups oat flour; 6 scoops of Chocolate Myo Milk (True Protein); 1/4 cup cocoa powder; 1/2 cup nonfat dry milk powder; 1/4 cup stevia; 1/2 teaspoon salt; 6 egg whites; 1/2 teaspoon of chocolate flavoring; 1/2 teaspoon of peanut butter flavoring; 1/4 cup creamy peanut butter; 1/4 - 1/3 cup water

Directions: 1. Preheat oven to 325 degrees; 2. Line a 9"x9" baking pan with wax paper; 3. Combine all dry ingredients in blender; 4. Process on high speed for 2-3 minutes; 5. In a bowl, beat eggs, flavorings, and peanut butter; 6. Now add the dry ingredients to the egg mixture; 7. With an electric mixer, slowly add the water until dough becomes a "gooey play-dough" consistency; 8. Pour batter in lined pan, spreading, or pressing dough to an even thickness; 9. Bake for 15-20 minutes; 10. Remove from pan and allow to partially cool; 11. Remove wax paper and

allow to cool off completely; 12. Cut into 8-10 bars

### "Lazy as a Powerlifter" Power Bar

Ingredients: 1 cup of natural peanut butter; 10 tablespoons of honey; 2 cups of oatmeal (dry); 6 scoops of True Protein's Skips Formula (Chocolate Flavor); 1 cup of milk

Directions: 1. Just mix everything up in a bowl; 2. Put it in a cake pan, and leave it in the fridge; 3. After it has solidified, cut it up into bars.

Ok, powerlifting fanatics, how are the recipes coming so far? For those of you that have tried any of the above I know what you are thinking...these are so damn good! Anyways, the preceding recipes provided you with some nice bars and brownies, but what follows are more great recipes to make your mouthwater. Don't forget that these bars are healthy too. Some are higher in carbs and fat than others, but I had to include some recipes for those that are trying to pack on some weight. See all you 123 and 132 pound lifters I didn't forget you! There are also some recipes that use dried oats as the main source of carbs so you know you are getting a nice source of complex carbs to fuel your workouts. Another nice thing is the fact that these bars are loaded to the brim with protein. Now you are now ready for the second half of these kick ass protein bar recipes.

### Chocolate Applesauce Bench Press Brownies

Ingredients: 4 scoops of Nitrean chocolate protein powder (At Large Nutrition); 1 cup of oat flour; 1/4 cup of Splenda; 3 Tablespoons of cocoa powder (unsweetened); A dash salt; 4 egg whites; 1 cup of applesauce (unsweetened); 3 Tablespoons of peanut butter; 3 Tablespoons of water; 1 Teaspoon of vanilla extract

Directions: 1. Mix the ingredients together; 2. Pour into a greased 8x8 pan; 3. Bake at 350 degrees Fahrenheit for 20 min.; 4. Take out and let cool.

### Cran-Raisin Protein Delight

Ingredients: 4 cups rolled oats; 2 cups of dry milk; 1 tbsp cinnamon; 1 cup Lite syrup; 6 scoops of Vanilla Nitrean protein powder (At Large Nutrition); 4 egg whites; 1/2 cup of orange juice; 1 teaspoon of vanilla extract; 1/2 cup raisins; 1/2 cup cranberries; 1/2 cup of chopped nuts

Directions: 1. Mix all ingredients in a mixing bowl one by one; 2. Then in a wax paper lined cookie

sheet spread the mixture out evenly; 3. Take a butter knife and cut them into 10 squares; 4. Put them in a 325' oven until lightly browned for about 15-20 minutes; 5. Take it out and let cool

### Chocolate Mass Maker

Ingredients: 12 tablespoons of natural peanut butter; 8 egg whites; 6 scoops of Chocolate Myo Milk (True Protein); 2 cups of toasted dry oats; 1/2 cup skim milk

Directions: 1. Mix the peanut butter and egg whites in a bowl; 2. Microwave on high for 30 seconds, and mix well until the mixture appears smooth; 3. Repeat 4-5 times until all traces of egg whites have dissolved into the peanut butter, and your mixture is a smooth consistent one; 4. Gradually add the protein (one scoop at a time) and stir into the mixture; 5. Next, add the milk and follow with the oats; 6. Continue mixing until a thick 'sticky' mixture is present; 7. Smooth the thick mixture into a 13x9 tray; 8. Store in the fridge for 3 hours; 9. Cut into 10 equal size bars

### "Power it Up" Protein bar

Ingredients: 2 cups of rolled oats; 2 tablespoons of flaxseed meal; 4 tablespoons of natural crunchy peanut butter; 4 egg whites and 1 whole egg; 1 banana 6 scoops of vanilla Nitrean protein powder (At Large Nutrition); 1/2 cup of almonds

Directions: 1. Preheat the oven to 350; 2. Mix all the ingredients; 3. Spray some PAM into glass pan; 4. Pour the mixture into the glass pan; 5. Cook for 15-20 minutes

### "I Am a Tight ASS" Cheap Protein Bar

Ingredients: 4 cups rolled oats; 1 1/2 cups powdered non fat milk; 1 cup sugar free pancake syrup; 6 egg whites; 1/2 cup of Orange Juice; 1 teaspoon of Vanilla extract; 1/2 cup of natural applesauce; 6 scoops of True Protein chocolate whey Isolate protein powder

Directions: 1. Preheat oven to 325; 2. Mix all the dry stuff in a bowl; 3. Add in the remaining ingredients and mix well; 4. The consistency should be that of cookie dough; 5. Spread on cooking sheet coated with non-stick spray; 6. Bake until edges are crisp and browned

### Chocolate Raspberry Euphoria

Ingredients: 1 cup oat flour; 6 scoops of Chocolate Nitrean (At Large Nutrition); 1/2 cup powdered milk; 1/2 cup of Splenda; 1/2 teaspoon salt; 2 ounces unsweetened bakers chocolate; 2 Tablespoons low fat Becel; 8 ounces fat

free cream cheese; 1/2 cup glycerin; 1 teaspoon of chocolate flavoring; 1 teaspoon of raspberry flavoring

Directions: 1. Preheat oven to 325 degrees; 2. Line a 8 1/2 "x11" baking pan with wax paper; 3. Combine all dry ingredients in blender; 4. Process on high speed for 2 minutes; 5. Melt chocolate and butter over a double boiler; 6. To make it easier you can use a microwave for 1 minute on med-high power; 7. Stir until completely melted; 8. If needed microwave an additional 30-40 seconds; 9. In a bowl, beat cream cheese, glycerin, and flavoring; 10. Using an electric mixer, add the dry ingredients to the wet mixture; 11. Pour batter into lined pan, spreading to an even thickness; 12. Bake for about 20 minutes; 13. Remove from pan and allow to partially cool; 14. Remove wax paper and cool completely; 15. Cut into 10 bars

### Peanut Butter and Banana MRP Bar

Ingredients: 1 cup oatmeal (dry); 1/2 cup fat free cream cheese; 6 scoops of True Protein's Chocolate Bedtime Formula; 6 egg whites; 1/4 cup water; 2 bananas mashed; 2 teaspoons of Canola oil; 1/4 cup of natural peanut butter

Directions: 1. Preheat oven to 325 degrees; 2. Spray a 9x9 square pan with cooking spray & set aside; 3. In a medium bowl combine oatmeal & dry milk; 4. Set aside; 5. In another bowl beat together with an electric hand mixer, cream cheese, egg whites, bananas, Peanut butter, water & oil; 6. Add the oat mixture & continue to beat until the two are combined; 7. Pour batter into the prepared pan; 8. Bake the mixture for 30-35 minutes

### Vanilla Protein Bar Sensation

Ingredients: 1 Packet Instant Sugar Free Vanilla Pudding; 1.5 cups of Oatmeal (dry); 4 Tablespoons of Natural Peanut Butter; 6 scoops of Vanilla Nitrean (At Large Nutrition); 1 cup of Skim Milk

Directions: 1. Mix the dry ingredients together; 2. Now add in the peanut butter; 3. Mix it as much as possible; 4. It should end up a dry



Athletes like Amanda Harris, at the Arnold Classic, need good, tasty food to stay on top.

mixture with an even distribution of the peanut butter; 5. Slowly add the milk until you get a moist mixture; 6. Mix thoroughly and place in baking tray; 7. Place in the fridge for 3 hours

### Conclusion

There you have it, powermongers, some of the best tasting protein bar recipes you will find this side of the galaxy. Once you start making them I can guarantee that you will need to make at least one batch every week. Trust me, a few days without them and you will be craving them...just wait and see. Give these recipes a try and see what ones are your favorites. After a hard day at work and a tough workout in the gym, don't reach for a candy bar or piece of cake, instead wrap your hands on one of these nutritious and healthy protein packed power bars that will actually do something for your performance instead of just adding a roll of flab around your waistline!

To find out more information about Nitrean you can go to their website at

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

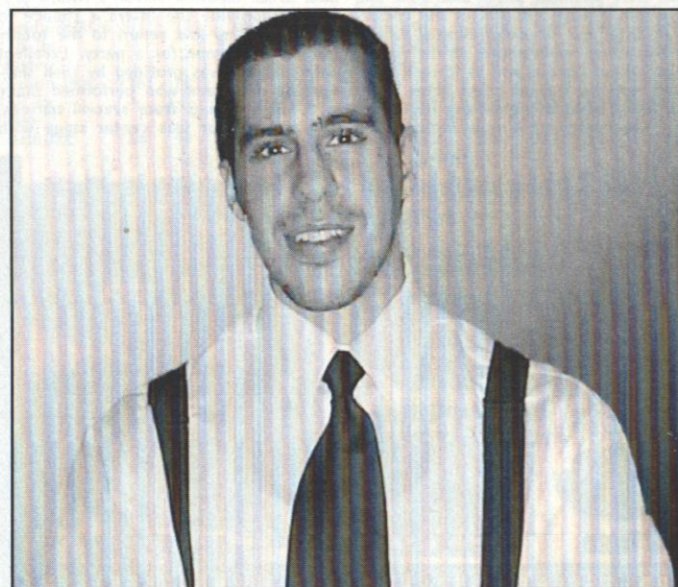
For information about the many different formulas made by True Protein check out

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

If you have any questions or comments feel free to write me at

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



Anthony Ricciuto - the food guru behind [www.NutritionXP3.com](http://www.NutritionXP3.com)





## POWER STUFF

.... People, Equipment, weird things that might be of interest to PLers. Got a submission? Send it to Power Stuff, Box 467, Camarillo, CA 93011



**John Florio's Powerlifting Reunion** (as told by Bob Fortenbaugh) "On March 24, 2007, John Florio hosted a reunion to commemorate 35 years of involvement in the sport. It was held at Contes Restaurant, an authentic Italian style restaurant, in Cleveland, Ohio. How it came about is quite an interesting story.

Back in November 2006, John Florio and I went to lunch. As usual, the conversation turned to the old days and all the people we knew and things that had happened. We wondered where they were now and what they were doing. We thought it would be a great idea to get together one last time. In January 2007,

Jack Sideris joined us for lunch and we ran the idea past him. He was in total agreement with us to go forward with the reunion.

Since John was forced to take disability retirement in 2006, he had a lot of time on his hands and not a lot of things to keep him busy. I decided that it would be a nice project to keep him busy. We compiled a list of invites and decided where we would like to hold the event. John proceeded to contact everyone and make all the arrangements. When I told him that the theme of the party should be about him he wanted to include Jack and me in it. I said absolutely not, that he had done all the work and at one time or another he had helped all the people at the reunion, some more than others. It was only fitting that he get some long overdue recognition for everything he had done for so many.

The list of attendees was a 'Who's Who of Powerlifting' in northeast Ohio, from the mid 1970s to the early 1990s. The list is as follows: John "The Godfather" Florio, Jack Sideris, Bob Fortenbaugh, Frank "The Barber" Cervelli, Steve "Bubba" Lindway, Tony Fratto, Joe James, Lenny Mintus, Pete Primeau, George Prokopovich, Dave Eller, Ed Beldhauek, Al Duganbre, Vince Anello, John Waple, Jeff Betzel, Steve Wilson, Louie Simmons, Mike Reidel, Hoss the Boss, Rich Pignatello, Steve Soca, Jeff King, Mark Majer, Joe Dougherty, Dave James, Mark Burrows, Tommy Bell, Mike Sindrich, and Jessie."



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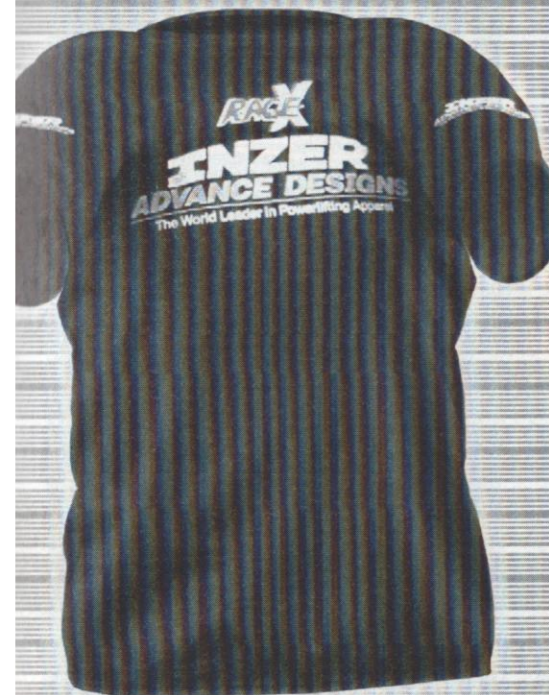
- **Reinforced thicker neck.** No cheap, flimsy "low profile neck" here. The thicker neck on The Rage creates more support for explosiveness off the chest.

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

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

# RAGE X

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



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

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

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

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

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

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

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

SEE MORE SELECTION AT INZERNET.COM

# INZER ADVANCE DESIGNS

The World Leader in Powerlifting Apparel

# PHENOM

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



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

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

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

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

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

# RADICAL DENIM

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



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

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

- Proven in countless world record breaking bench press performances.

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

# ULTIMATE DENIM

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

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

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# INZER ADVANCE DESIGNS

The World Leader in Powerlifting Apparel





**Inzer Advance Designs Logo T-Shirts**

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

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

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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.

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

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

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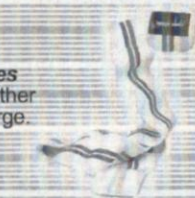
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Quality, standard leather workout gloves. Power-Surge.

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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.

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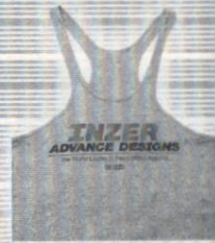
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**Camo T-shirts**

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

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**Tank Tops**

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

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**Hoodie**

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

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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"

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

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**Forever Buckle Belt 13MM**

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

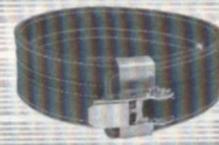
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**Forever Buckle Belt 10MM**

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

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

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**Lifting Singlet**

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

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

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**Champion Suit**

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**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.

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**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.

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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.

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**Heavy Duty Erector Shirt**

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**Heavy Duty Groove Briefs**

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

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# STARTIN' OUT A special section dedicated to the beginning lifter

Lifting belts and lifters; they go together. Wherever you see one, you see the other. The majority of gym lifters wear a lifting belt of one kind or another. The challenge for powerlifters is to use lifting belts optimally. Effective use of a lifting belt use can improve results and safety, but on the other hand, misuse can produce the opposite results.

The oldest and most widely used type of lifting belt is the thin, narrow in front and wide in the back type, traditionally worn by the Olympic lifters we've all seen on TV. This type of belt may work for that lifting sport, as well as for the average gym guy, but not necessarily for powerlifting. Olympic lifters tend to lean back during execution of their lifts, while powerlifters tend to lean forward during their competitive lifts. This critical difference requires more support in the front of the torso for the powerlifter. Deadlifting legend, Lamar Gant, knew this years ago and wore a thin in front, wide in back style belt backwards so the support would be in the front of his torso. Belt makers saw a new market and made belts that were the same width all around to meet powerlifters' unique needs.

Bio-mechanically speaking, a lifting belt allows the abdominal muscles to push against it during exertion. This helps to stabilize the spine, resulting in increased power, stability and support. The increase in intra-abdominal pressure also decreases pressure on the spinal disks, lowering chance of disk injury. This pushing action also works your abs in the process.

The down side of this is that constantly using a belt hinders the potential for a lifter's abdominals to work and grow stronger. The belt becomes a crutch and limits the development of ab and torso strength. The best answer is to limit use of a belt to sets of 3 reps or less. This guideline allows your abs to develop on the lighter, higher rep sets while providing a lifter the benefits of the belt on heavy, low rep sets. Wearing a belt can also pay dividends in your life outside the gym. Some retail stores, like home improvement stores, require employees to wear pseudo-lifting belts during work to 'protect' themselves while they are lifting and moving merchandise on the job. Ironically, what those stores have found is that numerous employees end up injuring their backs while off work. The reason for this situation is actually quite simple, wearing the belts at work substitutes for strong abs. When they lift or move objects off the job, without the belt, they have a greater tendency for injury due to underdeveloped ab strength.

I question the need to use a belt in the bench press. Compared to the deadlift and squat, there is less pressure on the spine. Also, a belt restricts a lifter's arching ability which increases the distance a lifter must press the bar to lockout. If you absolutely, positively must use a belt to bench, use a thin one, not a double or triple thick belt such as is used for squatting. On the other hand, one possible use for a belt in the bench is to help keep your bench press shirt on tight. Put the shirt on and loosely cinch the belt around your waist to better

**"Combining the lifting belt with stronger torso muscles can improve your lifting results ..."**

## LIFTING BELTS as told by Doug Daniels

hold your shirt in place to prevent slippage. Again, though, I suggest skipping using a belt for the bench.

I also do not recommend wearing a belt while doing assistance work like chins, pull-downs, curls, tricep work, etc. There is no need for it. Let your abs and other torso muscles support and stabilize your body during these exercises. They will get extra work and build strength that will come in handy.

Another issue is how tight to cinch the belt. The tighter the belt, the more support, but that can create drawbacks. First, if cinched too tightly, it could result in breathing problems or elevate heart rate and blood pressure. Also, if worn too high above the waist, it could bruise or crack a rib. Common sense is the best solution to the belt tightness and placement issue. If you are short of breath or are in pain, the belt is too tight or worn too high. You may need two helpers to get a belt on tight. Have one helper pull on the belt and the other hold the lifter and fasten the buckle. To minimize and negative effects from wearing a tight belt, tighten the belt right before you take your attempt or set. Immediately after the set or attempt, loosen or remove the belt. Common sense is usually the right answer.

There are several types of belts. Most are made of leather, which is the best choice. Belts also vary in thickness. Some are single layered; others are double or even triple layered. Most belts come with buckles but some designs use a 'lever' to open and close. I would suggest trying both to see what works best for you. I can't emphasize enough the point that you should not try out any new gear for the first time at a contest. The same advice applies for tightness and belt placement around your waist. Use your competition gear and all that goes with it in training, so you know how it works to prevent any surprises. Bring a backup belt in case your main belt gets lost, stolen or breaks.

The rules of powerlifting do not require use of a belt, unlike a one-piece singlet or shoes. Traditional rules limit the width of the belt to 10 centimeters and the thickness to 13 millimeters. This eliminates those yard-wide-in-the-back belts worn at the pretty boy health spas. Check the rules of the organization you compete in beforehand to avoid problems regarding illegal equipment. It might be too late to come up with legal gear on meet day.

I hope this article has given you some useful tidbits to think about concerning lifting belts. A lifting belt is a cornerstone of a powerlifter's equipment arsenal, both in competition and training. Using it properly can mean higher totals and reduced chance of injury, but it is important to know when and how to use one. Strengthen your abs and torso muscles by not relying on a belt during your non max, higher rep sets and assistance work. Of course, abdominal exercises like crunches still should be part of your training program. Combining the lifting belt with stronger torso muscles can improve your lifting results and safety and those two always go well together.


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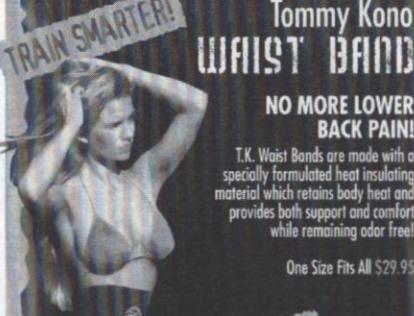
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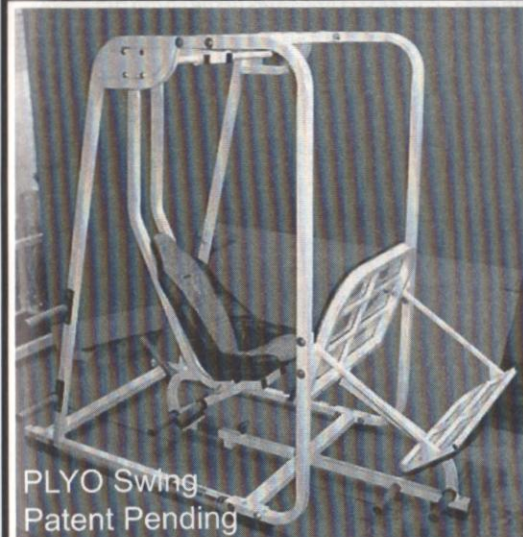
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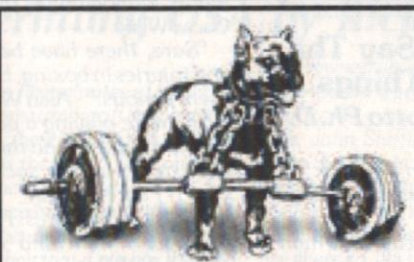
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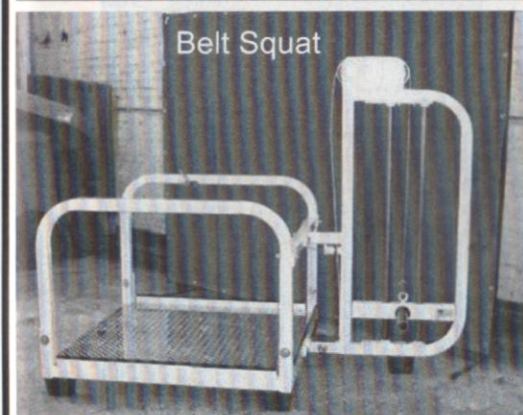


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Tread Sled

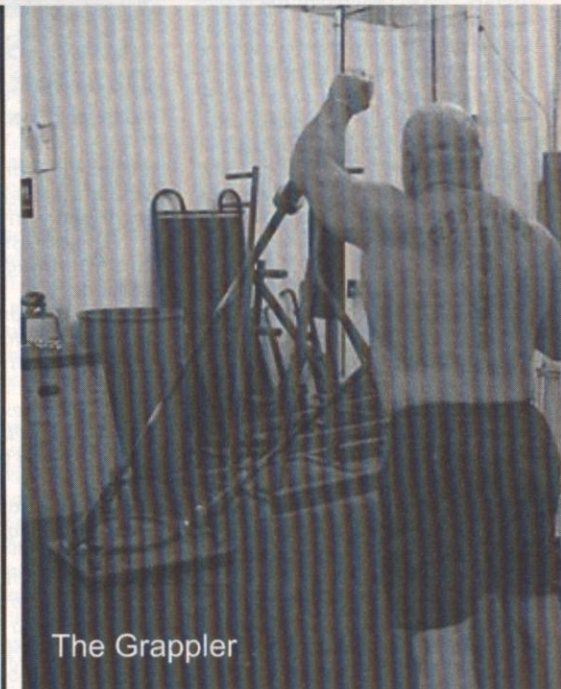
Safety Squatbar \$379

Tread Sled \$1,495

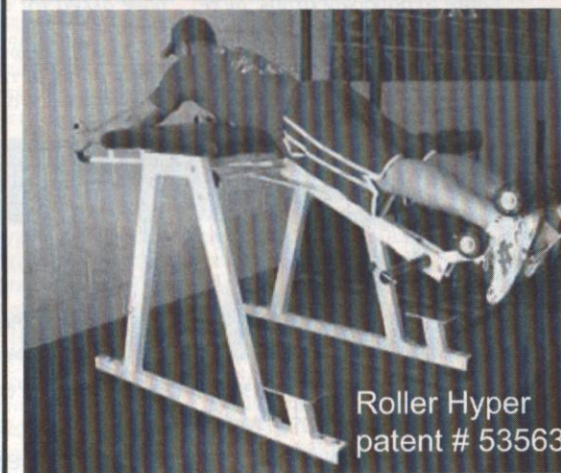
Belt Squat Machine \$2,800



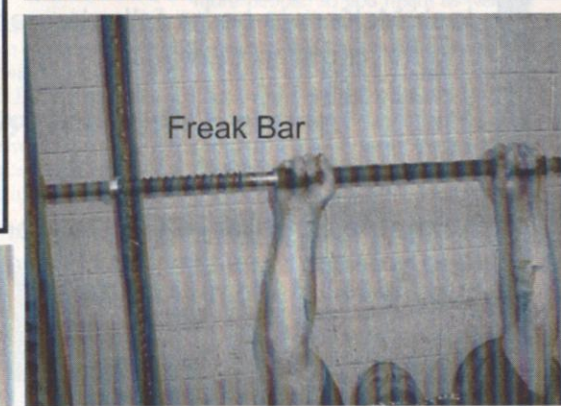
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It has been said that kids say the darndest things. The more I listen to adults, though, the better the kids are stating to sound. In fact, it seems that adults often say the darndest things, especially when the adults are athletes, celebrities, or politicians. While young children say nonsensical things because of their naive understanding of the world, adults often make absurd statements without a good explanation. The gobbledygook of small kids is good for a few laughs, but the ramblings of adults is often priceless. Take a look at some of the darndest statements that adults have made.

"I have opinions of my own -- but I don't always agree with them." - George Bush  
 "Women should be obscene and not heard." - Groucho Marx  
 "The President has kept all the promises he intended to keep." - George Stephanopoulos.  
 "It isn't pollution that's harming the environment. It's the impurities in our air and water that are doing it." - Dan Quayle  
 "Whatever women do they must do twice as well as men to be thought half as good. Luckily, this is not difficult." - Charlotte Whitton.  
 "I hate to advocate drugs, alcohol, violence, or insanity to anyone, but they've always worked for me." - Hunter S. Thompson.  
 "Women: Can't live with them,

## DR. JUDD

### ADULTS Say The Darndest Things by Judd Biasiotto Ph.D.

can't bury them in the back yard without the neighbours seeing." - Sean Williamson.  
 "The quickest way to a man's heart is through his chest." - Roseanne Barr.  
 "Love is the answer - but while you're waiting for the answer, sex raises some pretty good questions." - Woody Allen  
 "Don't have sex, man. It leads to kissing and pretty soon you have to start talking to them." - Steve Martin.  
 "If love is the answer, could you rephrase the question?" - Lilly Tomlin.  
 "I would beat my little sister up if I had to in order to win. Actually, I've done that a number of times just for the hell of it." - Judd Biasiotto  
 "I was married by a judge. I should have asked for a jury." - Jimmy Durante.  
 "Do you know what it means to come home at night to a woman who'll give you a little love, a little

affection, a little tenderness? It means you're in the wrong house, that's what it means." - George Burns.  
 "Bigamy is having one wife too many. Monogamy is the same." - Oscar Wilde  
 "Sure, there have been deaths and injuries in boxing, but none of them serious." - Alan Winter.  
 "If you're playing a poker game and you look around the table and can't tell who the sucker is, it's you." - Paul Newman.  
 "I don't make jokes. I just watch the government and report the facts." - Will Rogers.  
 "I'm not going to have some reporters pawing through our papers We are the president." - Hillary Clinton.  
 "My dad was the town drunk. Most of the time that's not so bad; but New York City?" - Henry Youngman.  
 "You can get much further with a kind word and a gun than you can with a kind word alone." - Al Capone.  
 "That loud scoundrel deserves to be kicked to death by a jackass, and I'm just the one to do it." - Congressional Candidate.  
 "I drink to make other people interesting." - George Jean Nathan.  
 "Not all chemicals are bad. Without chemicals such as hydrogen and oxygen, for example, there would be no way to make water, a vital ingredient in beer." - Dave

Bary.  
 "Thank God I'm an atheist." - Luis Buntuel.  
 "Outside of the killings and robberies, Washington has one of the lowest crime rates in the country." - Mayor Marion Barry, Washington, DC.  
 "In the beginning there was nothing and God said 'Let there be light', and there was still nothing but everybody could see it." - Dave Thomas.  
 "If love is blind, why is lingerie so popular?" - Unknown.  
 "Why does everybody stand up and sing 'Take Me Out to the Ballgame' when they're already there?" - Larry Anderson.  
 "Wild horses couldn't drag a secret out of a woman. However, women seldom have lunch with wild horses." - Ivem Boyett.  
 "It's so long since I've had sex I've forgotten who ties up who." - Joan Rivers.  
 "The big difference between sex for money and sex for free is that sex for money costs less." - Brendan Francis.  
 "Reality is just a crutch for people who can't cope with drugs." - Robin Williams.  
 "When I was a kid I used to pray every night for a new bicycle. Then I realized that the Lord doesn't work that way, so I stole one and asked Him to forgive me." - Emo Philips

Aren't computers great! Two months ago, we expected to tell you about Polak Gym, but we got out-of-order and learned Gym Etiquette first. The month before - we visited The Dungeon in Rainbow City, Alabama. We also heard some bad jokes, but we got no complaints. No one was offended, even though I know people don't like my jokes. Heck, some lifters are as thin-skinned as water balloons... ready to whine about ANYTHING. But no one was offended?! Hmmm. Maybe people just weren't paying close attention. Or maybe the whiners can't read. We need to test this with more offensive jokes. This month, we'll offend Polish people, and see if anyone complains. Let's begin: "Three travelers, one from India, one a Jew and the third a Polak are having trouble finding a room for the night.



John Polak squats in Polak Made Gym

After much searching, they finally find an Inn with only two beds left. The innkeeper offers to let the third one of them sleep in the barn.  
 They draw straws for the two beds, and the Indian is sent off to the barn for the night.  
 But within five minutes of the Jew and the Polak turning off the lights and going to bed, there is a KNOCK, KNOCK, KNOCK, on the door. They open the door and there is the Indian.  
 "I cannot sleep in the barn," says the Indian, "I am Hindu and there is a cow in the barn. Cows are sacred to us so I cannot sleep under the same roof as one."  
 The Jew volunteers to go to sleep in the

## HARD CORE GYM #61 "POLAK MADE" ..... as told to Powerlifting USA by Rick Brewer

and frowned upon in others.  
 The second type of gym is the smaller "hardcore" gym. Guys like "Captain" Kirk, John Shifflett, Louie Simmons, Allen Siegel, and many others lift in or own one of these types of gyms. Whether they choose to lift RAW or assisted, the principle remains the same. The lifters are there to lift hard and heavy, with chalk dust floating in the air. Progress is always being made, with the goal to lift heavier with more intensity each time. The sound of heavy barbells and dumbbells hitting the floor is common place.  
 Some guys, like the dude that sent in the pictures of naked stiff-legged deadlifts take this "hardcore" thing to the extreme, however as long as I don't have to see it (not allowed in our gym, unless it's a woman) that is ok for him. Progress in strength and endurance are the keys.  
 John Polak and I (Kevin Prosser) started this "hardcore" gym in May of 2006. It is a 30x30 two car garage, located in Shepherdstown, WV. It has a concrete floor, and minimum heat and AC. We opened the gym because of the attitudes of the commercial "fitness" centers and their fear of hardcore lifters. We can play our own style of music, flip tires, hit the heavy bag, use chalk to the extreme, or whatever suits our fancy.  
 Since John and I manufacture and sell all of our own equipment (www.polakmade.com) our gym is full of hardcore, heavy duty powerlifting equipment. All of the equipment is made to competition specs, and we have weighed and use only competition legal plates and bars. We make Squat Racks, Bench Press, Power Racks, Vertical Leg Press Machines, Pulley Equipment, Sit-Up Benches, and Incline Benches. This equipment is made to be able to handle what a Powerlifter can give it (heavier weights).

Our gym features two (main) powerlifters. John Polak is a Master lifter and holds World and American Records in the AAU, ADAU, & 100% RAW, Kevin Prosser (myself) has trained several World & American Record powerlifters and am working to come back after an injury on the powerlifting (platform).  
 We sent you all of the pictures of the gym and of myself flipping the tire. I truly believe that there are two types of gyms. First is the commercial "fitness center" type (the sissy gym). These gyms cater to those who need a social life and who are content to go day after day with little or no results to speak of. Talking on the cell phone and interaction with friends is acceptable. Working with some "pansy" personal trainer who has never been on the powerlifting (platform) or bodybuilding stage, or any stage for that matter is encouraged. Most of these gyms have outlawed the use of chalk, and heavy lifting or banging of weights. Their equipment is dangerous, and cheaply made. John and myself have been told by the owners and managers of these types of gyms that we use(d) their equipment too much (odd huh), and they fear that we may at some point break it (we just might). Our "type" of lifting (hard & heavy) is not allowed in some of these gyms,

In the five months that we have been training there, my lifts have increased by an average of 30%, some even more. The atmosphere is the big thing. You are not bound by (a) gym rule that says you must lift quietly while listening to techno or some other soft jazz. 400+ lb lifts are the norm, and yelling encouragement is part of the training regime.  
 That is our gym in a nutshell, hope you can enjoy and appreciate.  
 Kevin Prosser & John Polak (Polak Made Gym and Equipment) 304-876-8232

Way cool, Kevin sounds great to me! All y'all need now are some more powerlifters, but now that you have a Hard Core place for them they should come! In the meantime train some more WV hillbilly folks to lift with y'all at your next meet.  
 By the way readers, think of Polak Made Gym when y'all see the football movie "We Are Marshall", because I think that was a West Virginia tragedy to pile on top of their coal mining disasters.

Note to lifters: the Polak Made gym equipment can be found (aptly enough) at www.polakmade.com and it is exactly the kind of serious gym equipment that you would expect from a couple of tire-flipping, sled-dragging heavyweights! The equipment is designed by a structural engineer, so it's not only 'hell-for-stout' but it is well designed functionally. As John Polak says, "no middle men, buy direct from the manufacturer."  
 Now, in fairness to Polish lifters everywhere I better throw in something to offend Rednecks, blondes, or Catholics, or some other group - so that we mistreat everyone equally. OK, my girlfriend is blonde, and she is very smart (else why would she pick me?) so I'll throw in this joke with a combo of Blonde & Polak humor:

A blonde was telling a priest a Polak joke, when halfway through it the priest interrupts her, "Don't you know I'm Polish?"  
 "Oh, I'm sorry," the blonde apologizes, "do you want me to start over and talk slower?"  
 Next month, we'll probably offend more people, so you might as well get over it now. We plan to talk about Dinosaurs and/or my Baby Dinosaurs. We won't talk about Gym Etiquette, because we accidentally did that last month! Dinosaurs are more important than Etiquette, and I have a dream where one eats all of the people who whine and complain about my offensive jokes. Come see what we write about next month, because we might get out of order again. Until then; lift big, and laugh a little.

Complaints or requests for Polak Made Equipment: e-mail them at polakmade@aol.com

Article information or congratulations on my 462.7# B/P: rick@houseofpain.com

Cash and fan-mail: HOUSE OF PAIN P.O. Box 333 Fate, TX 75087

Cash and fan-mail: HOUSE OF PAIN P.O. Box 333 Fate, TX 75087



Kevin Prosser -- practicing tire flipping.

# drjudd.net

Your Inside Source

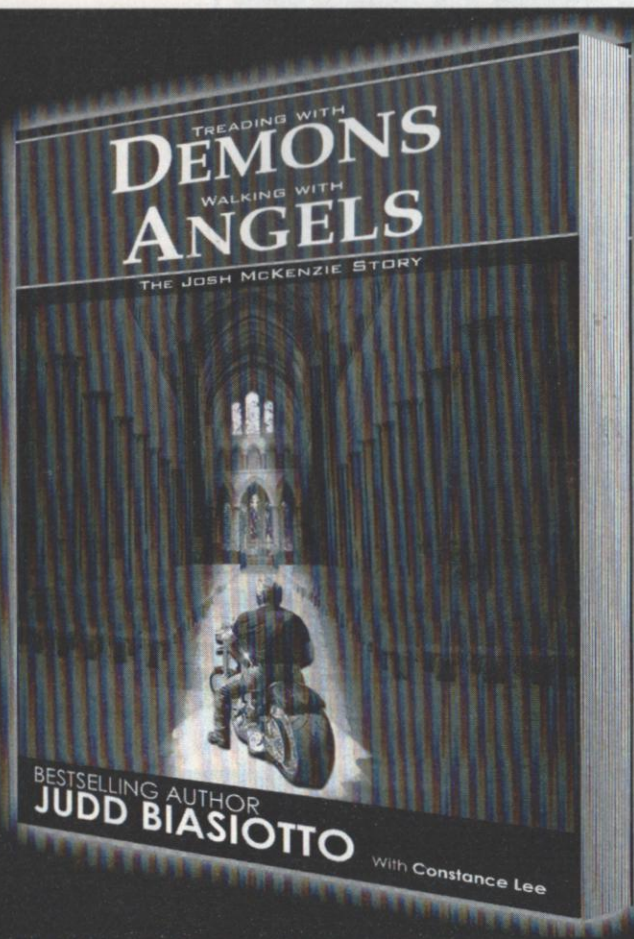
In Dr. Judd's latest work, he delves into the dark and brutal world of a young man who's life is consumed with hate and despair. Follow Josh McKenzie as he falls deeper and deeper into the growing darkness.

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# ASK THE DOCTOR

This column will feature questions on nutritional, performance and medical issues. Send your questions to Mauro Di Pasquale M.D. 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.

**Dear Doc Mauro:** I have a 12 year old son who has been competing for 2 years. There's been concern over lifting at his age and the potential for stunting of growth. Can you shed some light on this? I've revised his plan so that he would deadlift only 2 months away from a meet and not year round. Other exercises I've added are the seated bench press machine, lat pulldowns, cable curls, seated leg curl, seated leg extensions, chinning lat pulldowns, and seated cable rows. All of these exercises start out with warmup sets at 20 and 30 and go to around the 50 lb. area for the work out. He's started box squatting, and after beginning with the 20 lb. bar he's now working his way up to doing 2 reps at 85. Benches started this past fall, beginning with the 20 lb. bar and on his best day he has done 2 reps at 60 lbs. He works his upper body one night a week, and one night a week for legs. That's it for now. I'm willing to leave him time to be a kid. If for some reason my approach has been more hell bent for leather than I'd expect, tell me. I know that sports medical science is a growing field and if there are old myths to debunk please do so. Thanks for your answer and the time it took you to read all this.

... a concerned father, **John M.**

**Hi John:** Let me assure you that the way you're training your son is not only safe, but competent and commendable. I've always found it a bit perverse when sports like powerlifting are singled out as being both inappropriate and dangerous for pre-pubertal and peri-pubertal children. In my four decades of being involved in weight training in general and powerlifting in particular, I've yet to see any serious injuries in properly supervised kids using weights. It's people like you that make the sport safe for children, making sure they know how to do the lifts correctly, always staying in control, not overdoing it and keeping within their limits. And, most of all, supervising them while they're lifting. On the other hand I don't see a lot of naysayers to kids being involved in competitive sports where the chance of injury is much higher. In fact, as reported by the Consumer Products Safety Commission, roughly 4 million kids between ages 6 and 16 end up in hospital emergency rooms for sports-related injuries each year. Eight million more are treated for various medical problems caused by their participation in their sports such as shin splints, ligament, joint and tendon injuries, and stress fractures.

The short answers to your questions are: Does weight training affect linear growth? - No. Is weight training dangerous? - not if done properly. Are health professionals knowledgeable about weight training in children? - they should be, but most aren't. Now let me back up what I'm saying. The authors of a paper published in 1987 (Am J Sports Med. 1987 Sep-Oct;15(5):483-9. Strength training for prepubescent males: is it safe? Rians CB, Weltman A, Cahill BR, Janney CA, Tippett SR, Katch FI.) stated: *This study examined the safety of one type of strength training for prepubescent males. Eighteen males (average age, 8.3 +/- 1.2 years) participated in a 45 min/session, three session/week, 14 week supervised strength training program with an attendance rate of 91.5%. Concentric work was done almost exclusively. KinCom analysis showed significant strength gain in this group (P less than 0.05), while an age, sex, and activity matched control group did not gain strength. Safety was evaluated by injury surveillance, blood pressure and heart rate monitoring, scintigraphy, and creatine phosphokinase measurement. Effects on growth and development, flexibility, and motor performance were also investigated, as these are factors with an impact on sports*



How Young Is Too Young to start training?

injury occurrence. Results showed that in the short term, supervised concentric strength training results in a low injury rate and does not adversely affect bone, muscle, or epiphyses; nor does it adversely affect growth, development, flexibility, or motor performance.

A review paper in 1993 (Pediatr Nurs. 1993 Jul-Aug;19(4):325-32. Strength training and the immature athlete: an overview. Metcalf JA, Roberts SO.) stated: *The developing musculoskeletal structures of the immature athlete are uniquely susceptible to injury, particularly at the physes. These growth plates are present in arm and leg bones, and some may not close until the late teen years. Early literature suggested that weight training might be inappropriate for these athletes. However, recent evidence suggests that, properly done, strength/resistance training may not only be safe, it may also help reduce the risk of injury for the young athletes.*

In 2003 a paper (Pediatr Endocrinol Rev. 2003 Dec;1(2):120-7. Resistance training, skeletal muscle and growth. Falk B, Eliakim A.) stated: *Resistance training in youth and its effectiveness, possible effect on growth and safety considerations, has received considerable public and scientific attention in recent years. Although few early studies questioned the usefulness of resistance training in children, numerous recent studies have demonstrated its effectiveness in both children and adolescents. Nevertheless, the optimal intensity and volume of training for youths of different ages requires further study. The increase in strength following resistance training in youths, especially in prepubertal children, is believed to be due mainly to neural adaptations and only minimally, if at all, to muscle hypertrophy. Few studies have examined the long-term effect of resistance training on growth. The few which have, found that, contrary to the common misconception that resistance training may retard growth. Scientific evidence indicates that resistance training results in increased serum IGF-I and that there is no detrimental effect on linear growth. Finally, numerous studies have demonstrated that with appropriate supervision and precautions, resistance training can be safe and effective for children and adolescents.*

In November of 2006 an evidence based review paper (Clin J Sport Med. 2006 Nov;16(6):478-87. Weight training in youth-growth, maturation, and safety: an evidence-based review. Malina RM.) concluded: *Experimental training protocols with weights and resistance machines and with supervision and low instructor/participant ratios are relatively safe and do not negatively impact growth and maturation of pre- and early-pubertal youth.*

There was another study published in 2006 (J Sports Sci. 2006 Sep;24(9):987-97. The effect of a complex training and detraining programme on selected strength and power variables in early pubertal boys. Ingle L, Sleaf M, Tolfrey K.) in which the authors conclude: *In pre- and early pubertal boys, upper and lower body complex training (a combination of resistance training and plyometrics) is a time-effective and safe training modality that confers small improvements in anaerobic power and jumping, throwing and sprinting performance, and marked improvements in dynamic strength.*

The bottom line is that with intelligent guidance and supervision so that the movements are done safely, moderately, in proper form and with complete control, powerlifting is safe and healthy for all kids. And for anyone looking for my "rules of engagement" here they are:

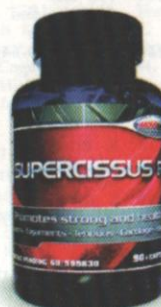
- The young powerlifter should be mentally and emotionally mature. There's no room for fooling around while you're lifting.
- The first several weeks should consist of basic physical conditioning and learning techniques.
- Don't let them attempt weights that they can't perform comfortably and with complete control.
- Training intensity and volume should be in line with what the kid can cope with easily and safely.
- Emphasize correct technique and gradual progression. Stress that success should be measured in technique perfection first and performance after.
- Repetitions should only be performed with weights that allow the last rep to be rather easily executed.
- Never overtrain and thus avoid overuse injuries and illness. Training three or four times a week is more than enough.
- And most importantly, have a Dad who really cares.

Best regards, **Mauro**

## "You're 1 Rep Away From Never Touching A Weight Again..."

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From The Desk Of:  
Jacob Geissler, Chief  
Product Formulator  
[www.USPLabsDirect.com](http://www.USPLabsDirect.com)



Dear Friend,

As a powerlifter you put it on the line every day. You pound away, attempting to add weight to the bar every week. But in doing, so your joints take a massive beating. Your elbows, knees, back, shoulders and wrists are all killing you. But you keep on adding weight and setting PR's.

But you must be careful...

As your muscles continue to get bigger and stronger...and as weight piles up on the bar...your tendons, ligaments and connective tissue get weaker and begin to degenerate.

As a powerlifter this is inevitable. How many veteran powerlifters do you know with healthy joints? You're lucky if you know a single one.

What if I told you this could be reversed? And that you can quickly, safely and effectively get rid of that joint pain once and for all while strengthening all of the tendons, ligaments and connective tissue in your body...

Would you kill to get your hands on something like this? In a heartbeat...

It's called SuperCissus RX and it's made by the company I work for, USP Labs. Our company was the first to introduce the herb Cissus Quadrangularis to the U.S.A and we've spent more than 3 years (and \$102,457) developing our Patent-pending exclusive extract...

Here's what it can do for you...

- **Significantly reduce joint pain** - Blast through new PR's with your newfound body.
- **Increase performance** - Joint pain plateaus are now a thing of the past!
- Deliver anabolic-nutrients directly to tendons, ligaments and joints.
- Scientifically proven **more powerful anti-catabolic properties than Deca & D-Bol** - Preserve muscle mass better than any natural substance!
- **Completely safe for drug tested events** - Does not contain any illegal substances.
- **Powerful pain reliever** - without damaging effects that ibuprofen brings
- **Huge boost in Confidence** - Attack heavy loads without fear!
- **100% Safe & effective** - Has been used for centuries in India.
- **Dramatically improve all of your lifts** due to healthy, productive joints

In fact, a recent survey by our customers showed that in only 6 weeks of using SuperCissus RX the average gains were...

- 22.7 pounds on your bench press
- 34.2 pounds on your squat
- 37.8 pounds on your deadlift

That's pretty impressive, don't you agree? Of course you do.

Because SuperCissus RX is enjoying enormous success, some other copycat's have tried to release a knock-off cissus product. But they have all failed miserably. The key is in the extract. Cissus Quadrangularis contains many joint-healthy vitamins, minerals and ketosterones. Get this wrong and you might as well be swallowing dirt...

So the copycats have tried to put a higher concentration of ketosterones in order to make it "stronger." Well, this is 100% wrong as this actually makes the product less effective because the natural healing properties of the herb are now missing. Ketosterones are important, but they aren't everything. Don't be fooled, stick with the real thing...SuperCissus RX.

If you order right now directly from our website, [www.USPLabsDirect.com](http://www.USPLabsDirect.com), or call 1-800-915-0007, we will rush ship your supply. In fact, if you order 3 bottles we will throw in 1 bottle for FREE and include FREE shipping. Wow, what a deal!

You can also get SuperCissus RX at the following official retailers



SuperCissus RX will help you lift more weight, gain more muscle and feel better everyday... Guaranteed!

Best,

*Jacob*  
Jacob Geissler

P.S. Parents or friends suffer from joint pain? Help them out and turn them on to SuperCissus RX™. Safe and effective for all ages.

P.P.S. WARNING: If using SuperCissus RX™ to rid injury related pain, you may experience instant relief due to its analgesic (pain killing) and cellular restructuring effects. This does not mean the injury has completely healed! Please continue your training regimen with extra caution and SuperCissus RX™ supplementation until your medical doctor announces that full recovery has been achieved. (It will be a lot faster than you could even possibly imagine!)

P.P.P.S. Don't take my word for it. Look at what these satisfied SuperCissus RX users had to say...

"I had tendonitis for over 6 months very bad in my right elbow... I had to stop doing bench press and lower my weights. I used SuperCissus RX for just one month and the pain was gone!!! Not only does it suppress the pain, but it heals the injury as well! Unbelievable! I now keep this as a staple in my supplement stack!" **Justin Hayward - Milton, MA**

"I had injured my shoulders and couldn't go heavy. I would be in so much pain I couldn't workout. I tried several remedies but nothing worked: until SuperCissus RX. The pain slowly went away as my strength came back. I was can now push more weights than I had before with no pain!" **Jason Hawkins - Frederick, MD**

"My injured elbows and knees hampered my training for years. Within 3 weeks of taking SuperCissus RX™ the pain is gone and I'm stronger than ever!" **Michael Fisher - Fairfield, CT.**

"My left shoulder bothered me for 2 years. After almost 2 weeks of taking SuperCissus RX, I noticed that the shoulder didn't hurt as it used to. Now my shoulder doesn't hurt anymore!" **Gabriel C. - Montano, Nogales, AZ 85621 Age 23**

"Ever since I started using SuperCissus RX, my normal aches and pains in my joints have subsided. I am able to lift heavy, pain free while using SuperCissus RX. The pain used to be unbearable. Now I use SuperCissus RX year round, because of the benefits. It's the best joint supplement I have ever used, and I have tried a lot of different ones such as glucosamine, chondroitin, MSM. Nothing ever worked until SuperCissus RX. Thanks!" **Jeremy Richardson - Keystone Heights, Florida**

"I decided to start using SuperCissus RX as a preventative measure. Then I sprained my knee and could barely walk. The thing that astonished me was the fact that within a few days of using SuperCissus RX I only felt mild discomfort. I'd sprained my other knee before and I remember it took me much longer to recover than it took me while I was using SuperCissus RX. I attribute my faster than usual recovery to SuperCissus RX." **Chris Manning - Seattle, WA**



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**APF Texas Cup  
4 NOV 06 - Plano, TX**

**BENCH FEMALE**

Open  
105 lbs.  
K. Lacour 137  
181 lbs.  
C. Crossland 331

**MALE**

Open  
220 lbs.  
N. Hartfield 451  
D. Bradford 380  
242 lbs.  
R. Morri 601  
P. Wylie 523  
J. Allen 402  
308 lbs.  
J. Torres  
Submaster (33-39)  
242 lbs.  
A. Haynes 440  
Master (40-44)  
242 lbs.  
R. Morris 601  
Master (45-49)  
220 lbs.  
M. Jenkins 474  
242 lbs.  
M. Gibson 418  
275 lbs.  
G. Dzuris 275  
308 lbs.  
C. Bryant 424  
Master (50-54)  
181 lbs.  
H. Hall  
Master (55-59)  
181 lbs.  
H. Meier 352  
220 lbs.  
D. Bell 374  
Master (60-64)  
SHW  
B. Taylor 336  
Master (65-69)  
FEMALE SQ BP DL TOT

Open  
132 lbs.  
L. Nesuda 198 148 253 628  
148 lbs.  
A. Lindsay 143 115 225 483  
165 lbs.  
S. Keller 418 336 490 1244  
Junior (20-23)  
148 lbs.  
J. Bennett 221 209 283 713  
165 lbs.  
S. Keller 418 336 490 1244  
Master (55-59)  
165 lbs.  
J. Mouser 214 143 314 671  
Master (60-64)  
181 lbs.  
H. Ross 281 154 275 710  
Master (65-69)  
123 lbs.  
S. Clark 187 110 214 511  
148 lbs.  
S. Clark 236 126 297 659

**MALE**

Open  
181 lbs.  
D. Cagnolatti 694 507 545 1747  
181 lbs.  
S. Blevins 485 314 440 1240  
A. SanMiguel  
220 lbs.  
C. Krutulis 804 485 622 1912  
S. Hambright 688 485 688 1862  
P. Roberts 705 424 688 1818  
R. Morris 644 402 523 1570  
M. Alexander 463 363 523 1350  
S. Jones  
242 lbs.  
S. Prosch 881 479 639 2000  
B. Clark 755 451 551 1758  
P. Wylie  
275 lbs.  
R. Pierce 1003 606 644 2254  
M. Brown 804 402 804 2011  
D. Bowden 760 518 573 1851  
308 lbs.  
M. Askew 1025 705 705 2436  
G. Tillinghast 848 727 533 2210  
J. Bolger 942 573 627 2188  
Junior (13-15)  
114 lbs.  
J. Lindsay 148 82 70 385  
123 lbs.

M. Askew Jr. 358 192 358 909  
148 lbs.  
Z. Romine 253 132 308 694  
165 lbs.  
C. Gersterner 297 170 248 716  
Junior (16-17)  
132 lbs.  
D. SanMiguel 369 220 374 964  
148 lbs.  
B. Reams 358 203 352 914  
J. German 242 143 303 688  
275 lbs.  
K. Gerstemer 677 435 551 1664  
Junior (18-19)  
242 lbs.  
B. Ramos 722 507 611 1840  
Junior (20-23)  
148 lbs.  
J. Stewart 303 248 402 953  
198 lbs.  
A. Thorpe 589 363 523 1477  
275 lbs.  
G. Williams 650 446 6628 1725  
B. Hill 226 468 562 1256  
308 lbs.  
B. Einhaus  
Submaster (33-39)  
181 lbs.

D. Denman 573 314 535 1422  
220 lbs.  
D. Roc 622 507 535 1664  
M. Dugan 290 200 578 1659  
242 lbs.  
M. Dorman 272 225 240 1625  
275 lbs.  
D. Bowden 760 518 573 1851  
J. Dunn 755 407 666 1829  
D. Charles 705 407 589 1703  
SHW  
J. Lopez 601 407 606 1614  
Master (40-44)  
181 lbs.  
S. Blevins 485 314 440 1240  
220 lbs.  
S. Hambright 688 485 688 1862  
R. Morris 644 402 523 1570  
242 lbs.  
R. Zaworski 705 446 601 1752  
C. Heasley 600 380 562 1543  
275 lbs.  
B. Moore 633 380 551 1565  
Master (45-49)  
165 lbs.  
M. Larsen 385 192 385 964  
181 lbs.  
J. Casey 418 325 424 1168

220 lbs.  
P. Roberts 705 424 688 1818  
R. Nesuda 705 325 601 1631  
242 lbs.  
J. Vasquez 722 512 672 1907  
Brockelman 661 402 556 1620  
308 lbs.  
C. Bryant  
Master (50-54)  
181 lbs.  
H. Hall  
198 lbs.  
C. Suffredini 479 336 429 1245  
D. Mullins 402 292 451 1146  
Master (60-64)  
181 lbs.  
B. Johnson 507 181 435 1124  
J. Espinza 336 275 369 981  
220 lbs.  
K. Price 496 330 451 1278  
275 lbs.  
M. Allen 501 248 440 1190  
J. Faye 474 303 396 1173  
Master (65-69)  
181 lbs.  
J. Lee 165 132 203 501  
Master (70-74)  
148 lbs.

**USAPL Michigan State  
11 NOV 06 - Plainwell, MI**

**BENCH FEMALE**

123 lbs.  
Open  
J. Smith  
132 lbs.

220 lbs.  
132 264 617  
132 lbs.  
Teen II  
K. Daniels 175  
148 lbs.  
Teen I  
G. Curtis 225  
165 lbs.  
Open  
M. Smith  
Teen III  
J. Bothwell 255  
181 lbs.  
Teen III  
Z. Stodgill 315  
360 lbs.  
M. Rulean 425  
S. Begeny 360  
198 lbs.  
Junior  
D. Rozenberg  
Master I  
R. Jones  
Master II  
J. Pedaris 285  
S. Harvey  
FEMALE  
105 lbs.  
SQ BP DL TOT

220 lbs.  
Open  
C. Kennedy 385  
Master I  
B. Birchmeir 315  
Master VI  
Hemmenway 375  
242 lbs.  
Open  
C. Swartz 435  
B. Lipinski  
Open/Master I  
J. Campion 420  
Master III  
J. Zintsmaster 360  
275 lbs.  
Junior  
L. Zimmer  
Open  
J. Chase 465  
P. Andrich 460  
Master II  
M. Casey 135  
BP DL TOT

K. Miller 305 150 280 735  
Teen II  
M. Preston 155 85 215 455  
114 lbs.  
Teen II  
S. Beebe 255 150 285 690  
Teen III  
K. Paff 225 115 230 570  
123 lbs.  
Open  
J. Smith 225  
Master I  
J. Strouse 155  
Master III  
B. Zintsmaster 265 135 315 715  
132 lbs.  
Junior  
J. Varner 235 110 275 620  
148 lbs.  
Teen I  
J. Hodgson 225 135 240 600  
Teen II  
A. Myner 205 105 250 560  
Teen III  
A. Lee 255 110 275 640  
Master V

N. Langdon 190 95 250 535  
198+ lbs.  
Teen I  
S. Lamb 235 90 265 590  
Open  
K. Reske 365 250 410 1025  
R. Hect 475 245 300 1020  
MALE  
114 lbs.  
Teen II  
S. Kapala 225 160 315 700  
123 lbs.  
Teen I  
D. Roblyer 140 300  
Teen II  
Z. Wood 315 170 330 815  
K. Daniels 250 175 315 740  
Teen III  
J. Meyers 250 160 295 705  
148 lbs.  
Teen I  
C. Curtis 300 225 365 890  
C. Mossman 305 200 330 835  
Teen III  
Spiekermann 370 220 415 1005  
Open  
A. Silterra 145 140 280 565  
Master II  
K. Kennedy 340 265 430 1035  
165 lbs.  
Teen II  
T. Wallace 400 240 400 1040  
Open/Junior  
C. Pedaris 340 260 415 1015  
Open  
M. Smith 450  
Master I  
M. Kozub 360 300 445 1105  
Master III  
G. Guthrie 400 290 470 1160  
Master VII  
D. Steele 210 145 315 670  
Teen II  
Z. Newmeyer 385 280 435 1100  
J. Riley 455 275 450 1180  
Open  
S. Begeny 365 360 495 1220  
Master VII  
R. Ringewold 425 215 470 1110  
J. Kennedy 175 100 330 605  
Teen III  
L. DiTomas 400  
Junior  
D. Rozenberg 375  
Open  
W. Mance 365 275 455 1095  
Master I  
R. Jones 405  
C. Terry 640 350 690 1680  
Master  
Williamson 350  
220 lbs.  
Teen II  
J. DeHaan 470 280 500 1250  
Junior  
A. Harrod 600 425 525 1550  
Open  
C. Kennedy 500 385 485 1370  
Master I  
B. Birchmeir 515 315 470 1300  
Open  
M. Hamilton 590  
Master III  
J. Zintsmaster 445 360 550 1355  
Master IV  
S. Coble 440 340 510 1290  
275 lbs.  
Junior  
B. Kovach 745 430 510 1685  
Open  
P. Andrich 640 460 625 1725  
Master II  
M. Marcotte 510 350 540 1415  
SHW  
Open/Junior  
A. Gibes 630 385 585 1600  
Open  
A. Foust 705 455 575 1795  
Master II  
M. Casey 545 135 145 825  
Best Bench Lifter: Miquel Rulean. Women's Lifters of the Meet: Teen/Jr-Kendra Miller, Open-Kriste Reske, Masters-Barb Zintsmaster. Men's Lifters of the Meet: Teen/Jr-Brian Kovach, Open Lt-Steven Begeny, Open Hvy-Pete Andrich, Masters-Craig Terry. (Results from USAPL)

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**APF Texas Cup  
4 NOV 06 - Plano, TX**

**BENCH FEMALE**

Open  
105 lbs.  
K. Lacour 137  
181 lbs.  
C. Crossland 331

**MALE**

Open  
220 lbs.  
N. Hartfield 451  
D. Bradford 380  
242 lbs.  
R. Morri 601  
P. Wylie 523  
J. Allen 402  
308 lbs.  
J. Torres  
Submaster (33-39)  
242 lbs.  
A. Haynes 440  
Master (40-44)  
242 lbs.  
R. Morris 601  
Master (45-49)  
220 lbs.  
M. Jenkins 474  
242 lbs.  
M. Gibson 418  
275 lbs.  
G. Dzuris 275  
308 lbs.  
C. Bryant 424  
Master (50-54)  
181 lbs.  
H. Hall  
Master (55-59)  
181 lbs.  
H. Meier 352  
220 lbs.  
D. Bell 374  
Master (60-64)  
SHW  
B. Taylor 336  
Master (65-69)  
FEMALE SQ BP DL TOT

Open  
132 lbs.  
L. Nesuda 198 148 253 628  
148 lbs.  
A. Lindsay 143 115 225 483  
165 lbs.  
S. Keller 418 336 490 1244  
Junior (20-23)  
148 lbs.  
J. Bennett 221 209 283 713  
165 lbs.  
S. Keller 418 336 490 1244  
Master (55-59)  
165 lbs.  
J. Mouser 214 143 314 671  
Master (60-64)  
181 lbs.  
H. Ross 281 154 275 710  
Master (65-69)  
123 lbs.  
S. Clark 187 110 214 511  
148 lbs.  
S. Clark 236 126 297 659

**MALE**

Open  
181 lbs.  
D. Cagnolatti 694 507 545 1747  
181 lbs.  
S. Blevins 485 314 440 1240  
A. SanMiguel  
220 lbs.  
C. Krutulis 804 485 622 1912  
S. Hambright 688 485 688 1862  
P. Roberts 705 424 688 1818  
R. Morris 644 402 523 1570  
M. Alexander 463 363 523 1350  
S. Jones  
242 lbs.  
S. Prosch 881 479 639 2000  
B. Clark 755 451 551 1758  
P. Wylie  
275 lbs.  
R. Pierce 1003 606 644 2254  
M. Brown 804 402 804 2011  
D. Bowden 760 518 573 1851  
308 lbs.  
M. Askew 1025 705 705 2436  
G. Tillinghast 848 727 533 2210  
J. Bolger 942 573 627 2188  
Junior (13-15)  
114 lbs.  
J. Lindsay 148 82 70 385  
123 lbs.

M. Askew Jr. 358 192 358 909  
148 lbs.  
Z. Romine 253 132 308 694  
165 lbs.  
C. Gersterner 297 170 248 716  
Junior (16-17)  
132 lbs.  
D. SanMiguel 369 220 374 964  
148 lbs.  
B. Reams 358 203 352 914  
J. German 242 143 303 688  
275 lbs.  
K. Gerstemer 677 435 551 1664  
Junior (18-19)  
242 lbs.  
B. Ramos 722 507 611 1840  
Junior (20-23)  
148 lbs.  
J. Stewart 303 248 402 953  
198 lbs.  
A. Thorpe 589 363 523 1477  
275 lbs.  
G. Williams 650 446 6628 1725  
B. Hill 226 468 562 1256  
308 lbs.  
B. Einhaus  
Submaster (33-39)  
181 lbs.

D. Denman 573 314 535 1422  
220 lbs.  
D. Roc 622 507 535 1664  
M. Dugan 290 200 578 1659  
242 lbs.  
M. Dorman 272 225 240 1625  
275 lbs.  
D. Bowden 760 518 573 1851  
J. Dunn 755 407 666 1829  
D. Charles 705 407 589 1703  
SHW  
J. Lopez 601 407 606 1614  
Master (40-44)  
181 lbs.  
S. Blevins 485 314 440 1240  
220 lbs.  
S. Hambright 688 485 688 1862  
R. Morris 644 402 523 1570  
242 lbs.  
R. Zaworski 705 446 601 1752  
C. Heasley 600 380 562 1543  
275 lbs.  
B. Moore 633 380 551 1565  
Master (45-49)  
165 lbs.  
M. Larsen 385 192 385 964  
181 lbs.  
J. Casey 418 325 424 1168

220 lbs.  
P. Roberts 705 424 688 1818  
R. Nesuda 705 325 601 1631  
242 lbs.  
J. Vasquez 722 512 672 1907  
Brockelman 661 402 556 1620  
308 lbs.  
C. Bryant  
Master (50-54)  
181 lbs.  
H. Hall  
198 lbs.  
C. Suffredini 479 336 429 1245  
D. Mullins 402 292 451 1146  
Master (60-64)  
181 lbs.  
B. Johnson 507 181 435 1124  
J. Espinza 336 275 369 981  
220 lbs.  
K. Price 496 330 451 1278  
275 lbs.  
M. Allen 501 248 440 1190  
J. Faye 474 303 396 1173  
Master (65-69)  
181 lbs.  
J. Lee 165 132 203 501  
Master (70-74)  
148 lbs.



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**ARGININE ALPHA-KETOGLUTARATE**

250 gm \$14.99  
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59.99  
 180 caps

**SAVINGS: \$141.66**  
**SAVE 567%!**  
**Owned!**

**L-GLUTAMINE**

500 gm \$17.99  
 1000 gm \$29.99  
 2000 gm \$54.99

89.99

**SAVINGS: \$120**  
**SAVE 400%!**  
**Sick!**

**TRIBULUS**

250 caps \$19.99  
 500 caps \$29.99

18.95  
 90 caps

**SAVINGS: \$29.95**  
**SAVE 152%!**  
**Nice!**

**KRE-ALKALYN**

250 caps \$27.99  
 500 caps \$49.99

29.99  
 120 caps

**SAVINGS: \$75**  
**SAVE 150%!**  
**Pwned!**

**WHEY PROTEIN ISOLATE**

2 lbs \$14.99  
 5 lbs \$29.99  
 44 lbs \$199.99

57.50  
 3 lbs

**SAVINGS: \$65.83**  
**SAVE 219%!**  
**Owned!**

**COMPLEX CARBS**

8 lbs \$14.99  
 50 lbs \$74.99

14.44  
 2.2 lbs

**SAVINGS: \$37.50**  
**SAVE 250%!**  
**Deal!**

**RIBOSE**

200 gm \$24.99  
 200 gm \$33.39

**SAVINGS: \$33.39**  
**SAVE 133%!**  
**Frightening!**

**HIGH PERFORMANCE CREATINE**

7.7 lbs \$29.99  
 \$79.99

**SAVINGS: \$61.94**  
**SAVE 206%!**  
**Baa-Da-Bing!**

**WHEY PROTEIN**

2 lbs \$9.99  
 5 lbs \$19.99  
 11 lbs \$37.99  
 4 lbs \$139.99

49.99  
 5 lbs

**SAVINGS: \$30**  
**SAVE 100%!**  
**Alot!**

**CREATINE ETHYL ESTER HCL**

250 gm \$14.99  
 500 gm \$24.99

34.99  
 240 gm

**SAVINGS: \$46**  
**SAVE 180%!**  
**KaPOW!**

**BCAA**

250 caps \$19.99  
 500 caps \$34.99

59.99

**SAVINGS: \$89.99**  
**SAVE 257%!**  
**Fa-Shizzle!**

**WHEY PROTEIN HYDROLYSATE**

2 lbs. \$19.99  
 2 lbs. \$46.98

**SAVINGS: \$24.95**  
**SAVE 125%!**  
**Sweet!**

**N-Acetyl-L-Glutamine**

250 gm \$14.99  
 100 serv \$59.99

**SAVINGS: \$30**  
**SAVE 100%!**  
**Good Deal!**

**PURE ZMA**

180 caps \$19.99  
 360 caps \$34.99

24.99  
 90 caps

**SAVINGS: \$65**  
**SAVE 185%!**  
**Shocker!**

**DHEA**

25 mg/100 \$6.99  
 100 mg/100 \$14.99

29.99  
 100 mg/60 caps

**SAVINGS: \$35**  
**SAVE 233%!**  
**Sick!**

**CREATINE MONOHYDRATE**

500 gm \$7.99  
 1000 gm \$13.99  
 2000 gm \$24.99

46.99  
 1200 gm

**SAVINGS: \$51.98**  
**SAVE 207%!**  
**Incredible!**

**DEXTROSE**

11 lbs \$9.99  
 50 lbs \$39.99

**SAVINGS: \$42.**  
**SAVE 106%**  
**Impressive!**

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NASA West Texas Regional  
09 DEC 06 - Hereford, TX

BENCH MALE 181 lbs. Master III				
C. Lynn	—	—	—	—
220 lbs. Open				
A. Wolf	518	214		
242 lbs. Novice				
R. Davis	—	110		
Open				
G. Alvarado	402	226		
R. Davis	—	—		
Submaster I				
G. Alvarado	402	264		
R. Davis	—	—		
Submaster Pure				
R. Davis	—	—		
275 lbs. Master I				
N. Eddins	479	264		
S. Cyranoski	474	—		
Novice				
C. Beal	—	429		
Open				
C. Beal	—	429		
Pure				
C. Beal	—	—		
Submaster I				
C. Beal	—	209		
Submaster Pure				
C. Beal	—	209		
Push Pull				
FEMALE 165 lbs. Int				
D. James	126	319	446	
MALE 181 lbs. Master III				
C. Lynn	—	—	—	
198 lbs. Junior				
B. Warren	292	413	705	
242 lbs. Submaster I				
G. Alvarado	402	501	903	
Open				
G. Alvarado	402	501	903	
308 lbs. Open				
H. Thomason	341	650	992	
SHW Police/Fire				
R. James	402	578	981	
Powerlifting	SQ	BP	DL	TOT
FEMALE 165 lbs. Int				
D. James	292	126	319	738
MALE 181 lbs. Open				
C. Golden	463	369	501	1333
Police/Fire				
C. Golden	463	369	501	1333
220 lbs. Junior				
C. Manross	479	319	501	1300
242 lbs. Junior				
E. Payson	501	308	490	1300
Submaster I				
B. Flores Jr.	429	369	457	1256
275 lbs. Master I				
S. Cyranoski	672	474	600	1747
Submaster Pure				
T. Foster	573	363	540	1477
308 lbs. Open				
H. Thomason	705	341	650	1697
SHW Police/Fire				
R. James	600	402	578	1581
Power Sports	CR	BP	DL	TOT
MALE 242 lbs. Novice				
D. Glenn	115	214	380	711
Submaster I				
B. Flores Jr.	154	369	457	981
Submaster II				
J. Reeder	143	308	451	903
275 lbs.				

Novice T. Jonas 104 203 286 595  
(Thanks to Rich Peters for these results)

APF South Texas  
10 JUN 06 - Seguin, TX

BENCH FEMALE 165 lbs. Open				
P. Lee	88	462		
MALE 181 lbs. Open				
H. Hall	314	148		
148 lbs. Junior (13-15)				
T. Barnard	259	114		
181 lbs. Master (60-64)				
J. Putnam	374	148		
242 lbs. Junior (16-17)				
G. Dzuris	209	148		
E. Wilkinson	—	220		
275 lbs. J. Chase	331	148		
J. Laskowski	—	148		
Master (40-44)				
FEMALE 165 lbs. Open				
P. Lee	192	462		
MALE 165 lbs. Master				
E. Garcia	225	181		
242 lbs. Open				
G. Dzuris	501	181		
H. Hall	435	242		
242 lbs. Open				
D. Badillo	473	181		
242 lbs. Junior (20-23)				
M. Pike	584	369	606	1559
181 lbs. T. Reiningger	562	336	562	1460
Submaster (33-39)				
S. Hartley	507	275	451	1234
SHW 275 lbs. Master (40-44)				
D. Anderson	584	435	512	1532
148 lbs. L. Tamayo	418	314	429	1162
242 lbs. K. Colchado	584	451	573	1609
K. Eddleman	545	429	529	1504
SHW K. Pitman	601	424	551	1576
Master (45-49)				
220 lbs. R. Nesuda	651	303	573	1526

Master (50-54)				
181 lbs. H. Hall	435	314	429	1179
Master (55-59)				
181 lbs. R. Contreras	462	331	534	1328
Master (60-64)				
W. Price	402	341	501	1245
308 lbs. C. Wahl	325	198	3852	876
Master (65-69)				
J. Lee	121	121	192	435
Master (70-74)				
148 lbs. D. Kling	176	137	236	551
Below Class I				
148 lbs. T. Barnard	319	259	347	925
SHW D. Anderson	584	435	512	1532
Pro SHW				
G. Frank	—	—	—	—
Best Lifter Women: Desiree Martin. Best Lifter Men 181 & Below: Thomas Reiningger. Best Lifter Men 198 & Above: Randy				

Nesuda. Best Bench Press: Scott Halbert. (Thank you to Seguin Fitness for results)

USAPL Southeastern Regional  
19 NOV 06 - Port St. Lucie, FL

BENCH FEMALE 132 lbs. Open				
J. Bracetty	110	457		
198 lbs. Open				
C. Adams	132	242		
Master (50+)				
C. Adams	132	P. Maynard	341	
Paralympic				
C. Adams	132	Raw		
MALE 165 lbs. Open				
D. Frongaglia	418	K. regan	325	
Open				
T. Hibbard	275	J. Green	501	
Master (40+)				
D. Frongaglia	418	K. Turner	374	

FEMALE 148 lbs. High School Varsity				
B. Bell	176	115	253	545
Collegiate				
J. Schmidt	198	93	248	540
198 lbs. Master (50+)				
C. Phillips	253	126	270	650
Raw				
C. Phillips	253	126	270	650
MALE 148 lbs. High School Varsity				
J. Mederos	314	—	396	711
165 lbs. HS Varsity				
D. Mederos	352	231	474	1058
181 lbs. Open				
M. Elkenany	529	451	496	1477
Teen (18-19)				
Cunningham	336	281	451	1069
Collegiate				
M. Lee	369	297	396	1063

C. Hoddup	231	132	303	666
Master (60+)				
T. Nicolini	303	187	319	810
198 lbs. Open				
J. Ulvang	562	413	551	1526
Teen (14-15)				
L. Bush	485	314	556	1355
HS Varsity				
N. Prisco	303	203	402	909
Master (40+)				
J. Ulvang	562	413	551	1526
220 lbs. Open				
L. Landau	584	407	611	1603
M. Otero	540	358	573	1471
J. Richardson	457	363	474	1295
Collegiate				
W. Ogundasi	407	314	562	1284
C. Edwards	429	303	507	1240
J. Hernandez	369	270	485	1124
Raw				
B. Beekley	479	319	501	1300
242 lbs. Open				
L. Beir	341	231	330	903
Collegiate				
G. Owens	485	330	551	1366
N. Hernandez	440	143	556	1140
Junior (20-23)				
G. Reyes	—	281	534	815
Master (40+)				
P. Maynard	385	341	402	1129
275 lbs. Open				
P. Bush	650	474	600	1725
R. Chavez	683	363	578	1625
High School Varsity				
D. Thomas	341	242	418	1003
Master (50+)				
R. Chavez	683	363	578	1625
Raw				
S. Jones	540	358	551	1449
T. Burns	463	363	523	1350
SHW Open				
B. Moore	683	556	782	2022
Master (40+)				
B. Moore	683	556	782	2022
Raw				
B. Moore	683	556	782	2022
Collegiate				
T. Schinkel	286	264	457	1008
Venue: Gold's Gym. (results from USAPL)				

USAPL Fall Classic/University Cup  
11 NOV 06 - Baton Rouge, LA

Powerlifting	SQ	BP	DL	TOT
FEMALE 114 lbs. Open				
J. Hollier	175	—	—	—
198 lbs. Master				
R. Jacobs	—	50	140	—
University Cup				
123 lbs. Collegiate				
J. Dalieden	220	135	250	605
132 lbs. Collegiate				
J. Dalieden	250	175	215	640
148 lbs. Collegiate				
K. Spinney	280	190	340	810
L. Aldridge	295	185	330	810
A. DaCosta	270	145	280	695
K. Graham	160	95	185	440
MALE Fall Classic				
198 lbs. Master				
R. Bienvenue	280	215	370	865
220 lbs. Open				
J. Clay	500	380	460	1340
University Cup				
165 lbs. Collegiate				
R. Skidmore	350	170	400	925
181 lbs. Collegiate				
A. Smith	475	315	490	1280
G. Stein	460	320	490	1270
220 lbs. Collegiate				
L. Brown	340	275	455	1070
(Thanks to USAPL for providing results)				

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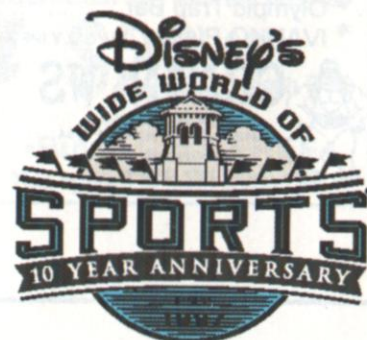
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For more information contact:

Virginia Powerlifting, Inc.  
Ph: 804.559.4624  
(after 7:00 pm EST)  
[VAPowerlifting@aol.com](mailto:VAPowerlifting@aol.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.

27-29 APR, WDFPF European Single Event Championships (Horgen, SWI) [www.wdfpf.cc](http://www.wdfpf.cc)

28 APR, AAU Don Reinhoudt Big Dawg Classic (BP/DL - Donselaar's Partyhouse, Clyde, NY) Steve Rogers, 315-365-3377

28 APR, USAPL Ketchikan Spring Record Breakers, Doug Gregg, 1225 S Pt. Higgins Rd., Ketchikan, AK 99901, 907-247-8463

28 APR, PPL Georgia State

28 APR (New Date), Kern County High School PL (Stockdale H.S., Bakersfield, CA) Steve Denison, 661-333-9800, [pwriftrs@msn.com](mailto:pwriftrs@msn.com), [www.powerliftingCA.com](http://www.powerliftingCA.com)

28 APR (REVISED new date), APF Junior Open Nationals & Windy City Open - Velocity Sports, Willowbrook, IL, Eric Stone 630-794-0594, [thestone@chicagopowerlifting.com](mailto:thestone@chicagopowerlifting.com)

28 APR, Lima YMCA Touch 'n Go Bench Press, Lima YMCA, 345 S. Elizabeth, Lima, OH 45801, [abell@wcoil.com](mailto:abell@wcoil.com)

28 APR, Mighty Christian PL II, Newton Romualdo, Mighty Gibbons Strength Center, 79 B Bassett Hwy., Dover, NJ 07801, 973-303-3645

28 APR, SPF Chattanooga Classic (East Ridge Convention Center, Chattanooga, TN) Jesse Rodgers 423-255-3672, [www.southernpowerlifting.com](http://www.southernpowerlifting.com)

28 APR, USAPL Nebraska State (NE) Tim Anderson, 2181 Hwy. 77, Lyons, NE 68038, 402-687-4182

28 APR, NASA Colorado State (Un/Equipped, PL, PS, PP, BP Only - Denver, CO) Rich Peters, PO Box 735, Noble, OK, 73068, 405-537-8513, [SQBPD@aol.com](mailto:SQBPD@aol.com)

28 APR, WABDL Southwestern Regional BP/DL (Admiral Ben Bow Hotel, Suwanee, GA) George & Sandra Herring, 770-963-6738

28 APR, NASA WV State PL, BP, PS, PP, Greg Van Hoose, RR 1 Box 166, Ravenswood, WV 26164, [www.vhepower.com](http://www.vhepower.com)

28 APR, APC California State, Bob & Kim Packer 559-322-6805, 559-323-3892

28 APR, USAPL Albany Strength PL (Albany, NY) John Payette, Meet Director, 518-433-1703

28 APR, ADAU Power Day Classic (BP, DL - Bigler, PA) Allan Siegel, 304 Daisy St., Clearfield, PA 16830, 814-765-3214, [Al@pikilup.com](mailto:Al@pikilup.com)

28 APR, 100% Raw Virginia State BP/Curl, John Shifflett, 186 Happy Hollow Rd., Ruckersville, VA 22968, [valifting@aol.com](mailto:valifting@aol.com), [www.rawpowerlifting.com](http://www.rawpowerlifting.com)

28 APR, NASA New Mexico PL, PS, PP, BP (raw & equipped - Rio Rancho, NM) Mike and Teale Adelman, 505-891-1237 or [mike@liftinglarge.com](mailto:mike@liftinglarge.com)

28 APR, SLP National BP/DL (Tuscola, IL) Dr. Darrell Latch, 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)

28 APR, WNPFF Western Pennsylvania PL & BP/DL/SC (Beaver Falls, PA) Ron 330-792-6670, [powerit103@aol.com](mailto:powerit103@aol.com)

APR, WNPFF BP/DL/SQ/SC Nationals (Atlantic City, NJ) Troy Ford, Box 142347, Fayetteville, GA, 30214, 678-817-4743, [wnpf@aol.com](mailto:wnpf@aol.com), <http://members.aol.com/wnpf>

APR, Arkansas State & Razorback Open (PL/BP) Rob Campbell, 636-219-3205, [www.usaplnationals.com](http://www.usaplnationals.com)

4-6 MAY (revised date), APF Master, Submaster, Junior Nationals (PL/BP) Russ Barlow, 175 Kennebec Trail, Turner, ME 04282, 207-225-5070 or 207-754-9927

4-6 MAY, USAPL Master Nationals (MILWAUKEE, WI), Bruce Sullivan, 1545 4 1/2 Mile Rd., Racine, WI 53402, 262-639-3210

5 MAY, Keystone Classic Full Power (Ambridge VFW, Ambridge, PA) Pat Hartig, 724-622-6378

5 MAY, AAU Florida State (PL, BP - Brandon Sports Club, 901 Lithia Pinecrest Rd., Brandon, FL 33511) Will Ziegler, 813-230-6716, [ironwillx10@hotmail.com](mailto:ironwillx10@hotmail.com), or Vince Lombardi

5 MAY, ADFPF Open & Michigan State (Lansing, MI) [www.adfpf.org](http://www.adfpf.org)

5 MAY, NASA Bartlesville Push Pull (Bartlesville, OK) Jim Duree, [jduree7086@aol.com](mailto:jduree7086@aol.com)

5 MAY, NASA Northeastern States PL, BP, PS, PP (Ligonier, PA) Greg Van Hoose, RR 1 Box 166, Ravenswood, WV 26164, [www.vhepower.com](http://www.vhepower.com)

5 MAY, USPF San Diego Open PL, BP, DL, Steve Denison, 661-333-9800, [pwriftrs@msn.com](mailto:pwriftrs@msn.com), [www.powerliftingCA.com](http://www.powerliftingCA.com)

5 MAY, Open BP/DL (Erie Community College - Buffalo, NY) Mark Becht, Dennis Green, 716-851-1748 or 851-1898

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](mailto:sqbpd@aol.com)

5 MAY, SLP Mason-Dixon Open BP/DL (Somerset, KY) Dr. Darrell Latch, 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)

6 MAY, WNPFF Furman Univ. Challenge & South Carolina PL & BP/DL/SC (Greenville, SC) Troy Ford, Box 142347, Fayetteville, GA, 30214, 678-817-4743, [wnpf@aol.com](mailto:wnpf@aol.com), <http://members.aol.com/wnpf>

12 MAY, APA Fit For Life Day Power Palooza (PL, Push Pull, BP, DL, SC - Shreveport, LA) Ryan Cidzik 318-663-0077, [rcidzik@yahoo.com](mailto:rcidzik@yahoo.com), [www.apa-wpa.com](http://www.apa-wpa.com)

12 MAY, APF/AAPF Imperium (full power, ironman, single lift - Iron Asylum gym, Tribes Hill, NY) Sandi or Zane McCaslin, 518-829-7838

## COMING EVENTS

www.ironasylumgym.com  
12 MAY, APF Summer Bash (Houston, TX) [tom\\_mccullough@texaspowerscene.com](mailto:tom_mccullough@texaspowerscene.com), 713-907-8129

12 MAY, Lifetime Natural PL Nationals (Tuscola, IL) Dr. Darrell Latch, 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)

12 MAY, WNPFF Pan-American & Georgia vs Florida PL & BP/DL/SC (Lake City, FL) Troy Ford, Box 142347, Fayetteville, GA, 30214, 678-817-4743, [wnpf@aol.com](mailto:wnpf@aol.com), <http://members.aol.com/wnpf>

12 MAY, Northern Cup BP, Dave Follansbee or Maggie Blanchard, 865 Second St., Manchester, NH 03102, 603-626-5489, [nhbodybuilding@yahoo.com](mailto:nhbodybuilding@yahoo.com), [AmericanPowerlifting.com](http://AmericanPowerlifting.com)

12 MAY, USAPL FL HS BP/PL & FL State Open BP/PL, Rob Keller, 2276 Nova Village Dr., Davie, FL 33317, 954-790-2249

12 MAY, Illinois State & Great Rivers Open (PL/BP - Harrisburg, IL) Mark Molsinger, [www.usaplnationals.com](http://www.usaplnationals.com)

19 MAY, Michigan State PL & Single Event (Lansing, MI) Jeff Buchin, Meet Director, [www.adfpf.org](http://www.adfpf.org)

19 MAY, AAU New England Push Pull, Larry Larsen, 781-767-0764 (h), [powerrack@comcast.net](mailto:powerrack@comcast.net)

19 MAY, Chickahominy YMCA BP Classic (Raw, Assisted, Sculptured Awards, Open - Sandston, VA) Phillip Battle or Nancy Burnett, 5401 Whiteside Rd., Sandston, VA 23150, 804-737-9622

19 MAY, USPF San Jose PL, BP, DL, Paul Love, 408-238-7413, [Paul.Love@sbcglobal.net](mailto:Paul.Love@sbcglobal.net), [www.powerliftingCA.com](http://www.powerliftingCA.com)

19 MAY, SLP Platinum Fitness Open BP/DL (Tulsa, OK) Dr. Darrell Latch, 122 W. Sale, Tuscola, IL 61953, 217-253-5429, [sonlight@netcare-il.com](mailto:sonlight@netcare-il.com)

### APF/AAPF/WPO Schedule

- 28 APR, APF Junior Open Nationals
- 4-6 MAY AAPF Nationals
- 4-6 MAY, APF Master, Submaster, Jr. Nationals
- 12 MAY, APF Imperium
- 12 MAY APF Summer Bash
- 2 JUN, AAPF Florida State
- 9 JUN, APF South Texas
- 15-17 JUN, APF Senior Nationals
- 23, 24 JUN, APF/AAPF Lexen Extreme
- 30 JUN, APF Florida State
- JUN, APF/AAPF Chicago Summer Bash
- 6-8 JUL, APF/AAPF West Coast High Desert
- 14 JUL, APF Texas Border Classic
- 28 JUL, APF Southeast Texas
- AUG 4, APF Florida State BP/Ironman
- 10-11 AUG, APF Teenage Nationals
- SEP, AAPF/APF Snake River
- 27 OCT, APF Wolverine Open
- 27 OCT, APF Texas Cup
- OCT, APF New England
- 1 DEC, APF Texas Gulf Coast
- 8 DEC, APF Rio Grande Valley

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

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www.sonlightpower.com  
**19 MAY**, USAPL New England States PL (Clubex Fitness, E. Bridgewater, MA) Greg Kostas, PO Box 483, Whitman, MA 02382, 781-447-6714 Sun-Thur 8-10pm.  
**19 MAY**, NASA South Texas State (Un/Equipped, PL, PS, PP, BP Only - Alvin, TX) Rich Peters, PO Box 735, Noble, OK, 73068, 405-537-8513, SQBPDL@aol.com  
**19, 20 MAY**, 100% RAW High School Nationals (Entry deadline April 21, All lifters and teams receive awards) Spero Tshontikidis, 4353 Collinwood Dr., Melbourne, FL 32901, 321-505-1194, tshontis@brevard.k12.fl.us  
**19, 20 MAY**, WNPf Youth, Teen, Junior World & WNPf Elite National PL & BP/DL/SC (Ephrata, PA) Troy Ford, Box 142347, Fayetteville, GA, 30214, 678-817-4743, wnpf@aol.com, http://members.aol.com/wnpf  
**20 MAY**, SLP Flex Fitness Arkansas Open (BP, DL - Dover, AR) Dr. Darrell Latch, 122 W. Sale, Tuscola, IL 61953, 217-253-5429, sonlight@netcare.com, www.sonlightpower.com  
**20 MAY**, North Bergen P.A.L. BP/DL

(Teen, open, grand masters, police & fire) Jim Onderdonk, 201-803-4750  
**20 MAY**, ISS Big Bench Challenge, Mike Strom, KAC, 4211 Green Bay Rd., Kenosha, WI 53144, 262-960-2155  
**26 MAY**, Parking Lot Strong Man Strong Woman (Augusta, GA) Python Gym, 2250 Lumpkin Rd., Augusta, GA 30906, 796-790-3806, pythongym@aol.com, www.pythonpowerleague.com  
**26 MAY**, NASA West Texas State (Un/Equipped, PL, PS, PP, BP Only - Hereford, TX) Rich Peters, PO Box 735, Noble, OK, 73068, 405-537-8513, SQBPDL@aol.com  
**26 MAY**, USAPL Pennsylvania State BP/DL, Niko Hulslander, 6 Church St., Stewartstown, PA 17363, 717-779-5622  
**26 MAY**, Iron Boy Powerlifting South Carolina Push Pull (Core 24 Gym, Seneca, SC) Keith Payne, 336-251-8704, keith@ironboypowerlifting.net  
**26 MAY**, WABDL Midwest Regional BP/DL (Marriott Hotel, Minneapolis West, MN) Gus Rethwisch, 763-545-8654 or 503-901-1622  
**26 MAY**, USAPL Viking Classic, Tim Anderson, 2181 Hwy 77, Lyons, NE 68038, 402-687-4182

## NASA Powerlifting & Power Sports Events

**April - 28th** - New Mexico State, Powerlifting, Bench Only, Power Sports, Push Pull, Rio Rancho, NM. **28th** - Colorado State, Equipped & Unequipped Powerlifting, Power Sports®, Push Pull, Equipped & Unequipped BP Only, Denver, CO. **28th** - West Virginia State, Power Sports®, PL'ing, BP, Push Pull, Ravenswood, WV

**May - 5th** - Bartlesville Push Pull, Bartlesville, OK. **5th** - Northeastern States, Power Sports®, PL'ing, BP, Push Pull, Ligonier, PA. (Pittsburgh area). **5th** - Western States Nats, Equipped & Unequipped Powerlifting, Power Sports®, Push Pull, Equipped & Unequipped BP Only, Mesa, AZ. **19th** - South Texas State, Equipped & Unequipped Powerlifting, Power Sports®, Push Pull, Equipped & Unequipped BP Only, Alvin, TX. **26th** - West Texas State, Equipped & Unequipped Powerlifting, Power Sports®, Push Pull, Equipped & Unequipped BP Only, Hereford, TX.

**June - 2nd** - Arkansas State, Equipped & Unequipped Powerlifting, Power Sports®, Push Pull, Equipped & Unequipped BP Only, Russellville, AR. **16th & 17th** - USA Nationals, Equipped & Unequipped Powerlifting, Power Sports®, Push Pull, Equipped & Unequipped BP Only, Las Vegas, NV. **30th** - Greater E. Texas Open, Equipped & Unequipped Powerlifting, Power Sports®, Push Pull, Equipped & Unequipped BP Only, Tyler, TX

**July - 7th** - South Texas Open, Equipped & Unequipped Powerlifting, Power Sports®, Push Pull, Equipped & Unequipped BP Only, Alvin, TX. **15th** - WV Open BP, PP, Power Sports® Championships and Car Show, Ravenswood, WV. **14th** - Grand Nationals, Equipped & Unequipped Powerlifting, Power Sports®, Push Pull, Equipped & Unequipped BP Only, Sheboygan, Wisconsin. **28th** - Tri-State Regional, Equipped & Unequipped Powerlifting, Power Sports®, Push Pull, Equipped & Unequipped BP Only, Flora, IL.

**August - 4th & 5th** - World Cup Championships, Equipped & Unequipped Powerlifting, Power Sports®, Push Pull, Equipped & Unequipped BP Only, OKC, OK. **4th** - Kansas City Push Pull, Kansas City, KS.

\*\*\* ALSO \*\*\* Unequipped Nationals (PL, BP & Power Sports) - Oklahoma City, OK - October 20/21, 2007. National Masters/Sub Masters Championships (All Events) - Mesa, AZ - Nov. 3rd, 2007

Complete NASA Coming Events List At [www.nasa-sports.com](http://www.nasa-sports.com)

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 Email BAIRDZZ@AOL.COM 515-953-6833

**26 MAY**, USPF Summerfest BP/DL (Pittsburgh, PA) Matt McCasie, Power Promotions CEO, 210 Gilbo St., Fairmont, WV 26554, 304-376-2432

**26 MAY**, West Coast Ironman Classic (South Bench Fitness, 49009 S. Coast Hwy., Newport, OR) Jason Centoni, 541-336-2779, jasoncentoni@yahoo.com

**26 MAY**, Kumite Classic Bench Press Challenge (Monroeville, PA) Gene Rychlak Jr., 143 Second St., Royersford, PA 610-948-7823

**MAY**, ADAU New Jersey Meet (NJ) Joe McAuliffe 732-544-0100

**MAY**, USAPL Florida State High School Championships (BP, PL - Ft. Lauderdale, FL) Robert Keller, 954-790-2249, rhk@verizon.net, www.geocities.com/floridausapl

**2 JUN**, WABDL River County Classic BP/DL (Gadsden, AL) Brant Bishop 256-390-4436

**2 JUN (NEW DATE)**, WABDL GLC Push-Pull Nationals BP/DL (either single lift or total, the only meet to qualify for the WABDL All Time Total list, certificates available, no state/world records) Sheraton Crescent, Phoenix, AZ) Gus Rethwisch, 763-545-8654 or 503-901-1622

**2 JUN**, USAPL Shawn Ray Classic, Dan Gaudreau, 16653 E 7th Place., Aurora, CO 80011, 303-475-3366

**2 JUN**, WNPf North Americans & Western Ohio PL (Dayton, OH) Troy Ford, Box 142347, Fayetteville, NC 30214, 678-817-4743, wnpf@aol.com, members.aol.com/wnpf

**2 JUN**, NASA Arkansas State (Russellville, AR - equipped/unequipped PL & BP, PS, PP) Rich Peters, PO Box 735, Noble, OK, 73068, 405-537-8513, SQBPDL@aol.com

**2 JUN**, AAPF Florida State PL/BP (Jacksonville, FL area) Kieran Kidder, Jim Hoskinson, 866-389-4744, www.worldpowerlifting.org

**2 JUN**, USAPL Texas State PL & BP, Willie Mastin, 13010 Ocean Glade, San Antonio, TX 78249, 210-699-0964

**2 JUN**, Pete Lanzi Memorial V, (Cleveland, OH) Gary Kanaga, 440-717-9624, gary.kanaga@nordoniahschools.org, www.usaploho.com/usapl\_ohio\_meets.htm

**3 JUN**, New England Raw PL, BP, DL (NE Sports & Rehab, Warwick, RI) Joe Reeves, 401-952-9166, www.revesnutrition.com, joemusclehead@cs.com

**2, 3 JUN**, ADAU PL Nationals (Hagerstown, MD) Kevin Prosser, 11218 Greenmount Ave., Hagerstown, MD 21740, 310-573-7833, jkprosser@yahoo.com

**9 JUN**, Summer Push/Pull, Jon Smoker, 30907 CR 16, Elkhart, IN 46516, 574-674-6683, jrsmoker@hotmail.com

**9 JUN**, WABDL Great Northern BP/DL (Red Lion Hotel, Olympia, WA) Gus Rethwisch, 763-545-8654 or 503-901-1622

**9 JUN**, USPF Muscle Beach BP & DL (Venice Beach, CA) Steve Denison, 661-333-9800, pwrlftrs@msn.com, www.powerliftingCA.com

**9 JUN**, APF South Texas (men, women, below I, masters, juniors, submasters) Flexion Strength Systems, Seguin Fitness, 114E. Mountain, Seguin, TX 78155, 800-378-6460, www.seguinfitness.com, sequinfitness@sax.rr.com

**9 JUN**, SLP Superman Classic BP/DL (Metropolis, IL) Dr. Darrell Latch, 122 W. Sale, Tuscola, IL 61953, 217-253-5429, sonlight@netcare-il.com, www.sonlightpower.com

**9 JUN**, USAPL NJ State High School, Mark Salandra, 908-874-5843, www.strengthcondition.com, 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**, Immaculate Heart of Mary Festival BP, DL, IronMan, Ron DeAmicis, 6531 New Rd., Youngstown, OH 44515, 330-792-6670

**9 JUN**, 14th Miller's Ironhouse Drug Free Bench Press (teen, women, raw, open, submaster, grand master, sculptured

awards - Cumberland, MD) Brian Miller, 301-777-0644, bmillersgym@yahoo.com

**9, 10 JUN**, USAPL Teen/Jr. Nationals, Tod Miller, 73 N. Pine Rd., Plainwell, MI 49080, 269-664-4814

**10 JUN**, Immaculate Heart of Mary Festival Strongman (6 events, teen, open, masters) Ron DeAmicis, 6531 New Rd., Youngstown, OH 44515, 330-792-6670

**10 JUN**, Gym Warriors 10th Cookout Bash (3 lift tourney, teen, trophies, money awards - Peabody, MA) Paul Desimone, 978-766-6280, www.pauldesimone.com, www.realgainz.com

**15-17 JUN (unforeseen date change)** APF Senior Nationals (Daytona Beach, FL) Kieran Kidder, 866-389-4744, www.worldpowerlifting.org

**16 JUN**, APC Northern California Open (John Ford - Meet Director), Bob Packer 559-322-6805, 559-323-3892

**16 JUN**, USAPL/FSF Sunshine State Games BP/PL, Rob Keller, 2276 Nova Village Dr., Davie, FL 33317, 954-790-2249

**16 JUN**, USAPL Central PA 'Bar Benders Invitational', Richard Davis, Box A, Rt. 26, Bellefonte, PA 16823, 814-355-4874x229

**16 JUN**, SPF Nationals (Open, Raw, PP/BP/DL/SC, BP Reprs - Holiday Inn, Sun Spree, Gatlinburg, TN) Jesse Rodgers 423-255-3672, www.southernpowerlifting.com

**16 JUN**, SLP Missouri Open (BP, DL - Chesterfield, MO) Dr. Darrell Latch, 122 W. Sale, Tuscola, IL 61953, 217-253-5429, sonlight@netcare.com, www.sonlightpower.com

**16, 17 JUN**, NASA USA Nationals (Un/Equipped, PL, PS, PP, BP Only - Las Vegas, NV) Rich Peters, PO Box 735, Noble, OK, 73068, 405-537-8513, SQBPDL@aol.com

**22, 24 JUN**, America's Cup & APC National Championships (PL/BP - Marietta, GA) Curtis Leslie & Tom Bowman, Meet Directors, 770-439-7907, 770-222-0363, www.americanpowerliftingcommittee.com

**23 JUN (NEW DATE)**, ADFPF Single Event Nationals (Century Center, South Bend, IN) Jon Smoker, 30907 CR 16, Elkhart, IN 46516, 574-674-6683, jrsmoker@hotmail.com

**23 JUN**, USA Raw BP Federation Summer Nationals (Tuscola, IL) Dr. Darrell Latch, 122 W. Sale, Tuscola, IL 61953, 217-253-5429, sonlight@netcare-il.com, www.sonlightpower.com

**23 JUN**, WNPf All Raw National PL & BP/DL/SC (Bordentown, NJ) Troy Ford, Box 142347, Fayetteville, GA, 30214, 678-817-4743, wnpf@aol.com, http://members.aol.com/wnpf

**23 JUN**, WABDL Deep South BP/DL (Baton Rouge, LA) Reed Bueche, 225-718-2646

**23 JUN**, South Carolina Upstate Push Pull Summer Classic (Greenville, SC) Kate Taillon, 864-286-0532, kathryn264@charter.net

**23 JUN**, NPA Drug Free Central States Open BP & DL (Fitness Lifestyles, 641 W. Stephenson St., Freeport, IL 61032) 815-233-2292, fitlifed@cs.com

**23 JUN**, ADFPF Single Event National (South Bend, IN) www.adfpf.org

**23 JUN**, USPF PA State BP/DL (Pittsburgh, PA) Matt McCasie, Power Promotions CEO, 210 Gilbo St., Fairmont, WV 26554, 304-376-2432

**23, 24 JUN**, AAU National BP/DL/PP & the North American PL/BP (World Qualifier - Rancho Buena Vista Performing Arts Center, Vista/San Diego, CA) Martin Drake, 951-928-4797, PO Box 108, Nuevo, CA 92567

**23, 24 JUN**, APF/AAPF Lexen Extreme Open PL, BP (Grove City, OH) Dan Dague, 614-554-8824

**23, 24 JUN**, IPA Worlds (York Barbell, 3300 Board Rd., York, PA 17406) Mark Chaillet 717-7495-0024, Ellen Chaillet, echaill@aol.com, www.ipapower.com

**23, 24 JUN**, WDFPF Europeans (Equipped & Raw - Grangemouth, SCT) Hamish Davidson,

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

**28 APR**, WNPf Western Pennsylvania  
**6 MAY**, WNPf Furman/S. Carolina  
**12 MAY**, WNPf Pan-Am/GA vs. FL  
**19, 20 MAY**, WNPf Youth/Teen/Jr.

WNPf, PO Box 142347,  
 Fayetteville, GA 30214  
 678-817-4743 or wnpf@aol.com  
 website - members.aol.com/wnpf

www.wdfpf.org, www.wdfpf.cc

**24 JUN**, WNPf New York PL & NYC Police/Fire/Military (NYC, NY) Troy Ford, Box 142347, Fayetteville, NC 30214, 678-817-4743, wnpf@aol.com, members.aol.com/wnpf

**24 JUN**, ADAU 'We Don't Need No Stinkin' Drugs' (BP/DL Reprs - Erie, PA) Joe Oregina, 4319 West 26th St., Erie, PA 16506, 814-833-3727

**30 JUN**, ADAU 12th Catasauqua Meet (BP, DL, SQ - Catasauqua, PA) Nick Theodorou, 5 Stonecroft Dr., Easton, PA 18045, 610-258-1894, nutritek@aol.com

**30 JUN**, APF Florida State PL/BP (Ft. Lauderdale, FL) Kieran Kidder, 866-389-4744, www.worldpowerlifting.org

**30 JUN**, Oregon Bench Press (Special Guest: Ryan Kennedy) Tod Becraft, www.oregonbodybuilding.com, www.juliehavenka.com/oregonbenchpress2007.html

**30 JUN**, 100% Raw Freedom USA BP, John Shifflett, 186 Happy Hollow Rd., Ruckersville, VA 22968, valifting@aol.com, www.rawpowerlifting.com

**30 JUN**, NASA Greater East Texas Open (Un/Equipped, PL, PS, PP, BP Only - Tyler, TX) Rich Peters, PO Box 735, Noble, OK, 73068, 405-537-8513, SQBPDL@aol.com

**JUN**, WNPf New York State PL & BP/DL/SC & Wnpf New York Police/Fire/Military Bench & Deadlift (Long Island, NY) Troy Ford, Box 142347, Fayetteville, GA, 30214, 678-817-4743, wnpf@aol.com, http://members.aol.com/wnpf

**JUN**, APF/AAPF Chicago Summer Bash 4 (Velocity Sports, Willowbrook, IL) Eric Stone, 630-794-0594, thestone@chicagopowerlifting.com

**JUN**, NASA USA National Championships, (PL, BP, PS, PP - Las Vegas, NV) NASA, Box 735, Noble, OK 73068, 405-527-8513, sqbpd@aol.com

**JUN**, 5th IPF/WNPf North American Powerlifting Championships (Guatemala City, Guatemala) Robert Keller, rhk@verizon.net, 954-790-2249

**6-8 JUL**, APF/AAPF West Coast High Desert Invitational PL/BP (Tuscani Suites) Clay Felton, 702-474-6016, Carol Upton, 702-2-6-5-6-6-7-6-2-2, admin@misfitsmuscle.org

**7 JUL**, USAPL Iron Eagle Open (basic gear only, Downtown Athletic Club, Hemet, CA) Mike Womelsdorf, 909-880-2948, usaplchair@aol.com

**7 JUL**, NASA South Texas Open (Un/Equipped, PL, PS, PP, BP Only - Alvin, TX) Rich Peters, PO Box 735, Noble, OK, 73068, 405-537-8513, SQBPDL@aol.com

**7 JUL**, USAPL US Open BP, Rob Keller, 2276 Nova Village Dr., Davie, FL 33317, 954-790-2249

**7 JUL (new date/title)**, WNPf Subs, Masters & Police/Fire/Military Nationals & Virginia Championships Troy Ford, Box 142347, Fayetteville, GA, 30214, 678-817-4743, wnpf@aol.com, http://members.aol.com/wnpf

**7 JUL**, ADFPF Tri-States BP & Strongman (Evansville, IN) www.adfpf.org

**7 JUL**, USAPL YMCA Seattle Summer Classic, Paula Houston, 1700 23rd Ave., Seattle, WA 98122, 206-760-8724

**7 JUL**, SLP Samson's Gym Open BP/DL (Hamilton, OH) Dr. Darrell Latch, 122 W. Sale, Tuscola, IL 61953, 217-253-5429, sonlight@netcare-il.com, www.sonlightpower.com

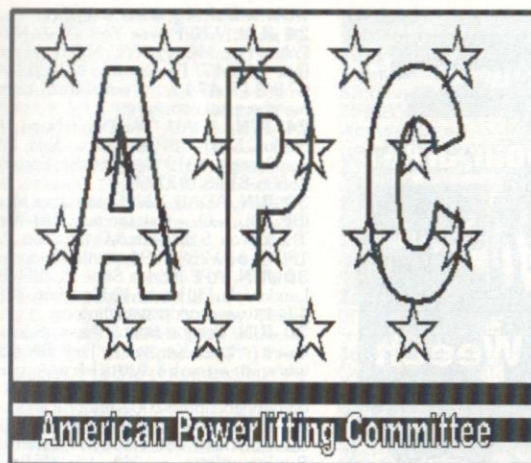
**12-15 JUL**, USAPL Men's Nationals, Harold Gaines Sr., 2 Tristan Terrace, St. Charles, MO 63303, 314-805-2044

**14 JUL**, ANPPC World Cup PL (Tuscola, IL) Dr. Darrell Latch, 122 W. Sale, Tuscola, IL 61953, 217-253-5429, sonlight@netcare-il.com, www.sonlightpower.com

**14 JUL**, WNPf USA PL & BP/DL/SC & WNPf Women's Nationals (Atlanta, GA) Troy Ford, Box 142347, Fayetteville, GA, 30214, 678-817-4743, wnpf@aol.com, http://members.aol.com/wnpf

**14 JUL**, APF Texas Border Meet (men, women, below I, masters, juniors,





The APC is the only American Federation that truly exists for the lifters. The proceeds from all membership card sales goes into the Athlete's Fund to help pay for travel to the GPC World Powerlifting Championships.

April 2007 A.P.C. California State Powerlift & Bench Press Fresno, CA. Bob Packer Phone# (559) 322-6805

April 14,2007 Georgia State Open Powerlifting and Bench Press, L.B. Baker, 770-713-3080

June 22,23, 24 2007, America's Cup and APC National Powerlifting and Bench Press Championships, Meet Directors Curtis Leslie and Tom Bowman,

L.B. Baker, 770-713-3080

For more information;

www.americanpowerliftingcommittee.com  
IronDawg Power, www.irondawg.com

submasters - McAllen, TX) Flexion Strength Systems, Seguin Fitness, 114 E. Mountain, Seguin, TX 78155, 800-378-6460, www.seguinfitness.com, sequinfitness@saxt.rr.com  
14 JUL, USAPL Mid Atlantic Open (PL/BP/DL/Ironman, Raw/Assisted) John Shifflett, 186 Happy Hollow Rd., Ruckersville, VA 22968, valifting@aol.com  
14 JUL, Nebraska's Strongest Man (American Legion Post #32, Papillion, NE) DJ Satterfield 402-592-1243 or Vince 402-214-6359 or djnechir@yahoo.com  
14 JUL, WABDL Sonny Ronolo's 3rd Waikiki BP/DL (Sheraton Waikiki Hotel, Waikiki, HI) Jocelyn Ronolo, 808-387-8776  
14 JUL, WABDL Southern Regional BP/DL (Houston, TX) Tiny Meeker, 832-723-7662  
14 JUL (New Date), NASA Grand Nationals (Un/Equipped/PL/PS/PP/PP Only - Sheboygan, WI) Rich Peters, PO Box 735, Noble, OK, 73068, 405-537-8513, SQBPDL@aol.com  
15 JUL, NASA WV Open BP, PP, PS & WV Open Car Show, Greg Van Hoose, RR 1 Box 166, Ravenswood, WV 26164, www.vhepower.com

800-272-0051, 405-275-3689  
22 JUL, SLP Oklahoma Summer Open BP/DL (Sallisaw, OK) Dr. Darrell Latch, 122 W. Sale, Tuscola, IL 61953, 217-253-5429, sonlight@netcare-il.com, www.sonlightpower.com  
27 JUL (Tentative) AAU Military Nationals (Knoxville, TN) vapowerlifting@aol.com, 804-559-4624  
28 JUL, SPG Georgia State (City Club Fitness, Lafayette, GA) Jesse Rodgers 4 2 3 - 2 5 5 - 3 6 7 2, www.southernpowerlifting.com  
28 JUL, USPF MD State BP/DL (Baltimore, MD) Matt McCashe, Power Promotions CEO, 210 Gilbo St., Fairmont, WV 26554, 304-376-2432  
28 JUL, APF Southeast Texas Championships (men, women, below I, masters, juniors, submasters - Beaumont, TX) Flexion Strength Systems, Seguin Fitness, 114 E. Mountain, Seguin, TX 78155, 800-378-6460, www.seguinfitness.com,

sequinfitness@saxt.rr.com  
28 JUL, ADFFPF Powerlifting Nationals (Grand Rapids, MI) www.adfpf.org  
28 JUL, 100% RAW North Carolina BP/PL (Currituck, VA) Gene Berry, rawlifting@aol.com  
28 JUL, WABDL Allegheny Mountain Classic BP/DL (World qualifier, 4th attempts for records) Steve Dussia, 148 Eskel Ln., Ridgeway, PA 15853, 814-772-4275  
28 JUL, NASA Tri-State Regional (national qualifier, fund raiser for Flora High School sports) Smitty 618-662-3413, lesmitty@bseedy.com  
28 JUL, Vermont State Open Raw BP, Rick Poston, 1881 Williston Rd., Burlington, VT 05403, 802-865-3068/3167, allamericanfitnessvt@yahoo.com  
28,29 JUL, AAU Junior Olympics and BP (Knoxville, TN) www.aausports.org  
28,29 JUL, WABDL National BP/DL (Marriott Hotel, Rancho Cordova/

Sacramento, CA) Jody Woods, 916-485-3808  
29 JUL, WNPF Drug Free Nationals (Youngstown, OH) Ron 330-792-6670, power1103@aol.com  
JUL, WNPF Arizona PL & BP/DL/SC (Tucson, AZ) Troy Ford, Box 142347, Fayetteville, GA, 30214, 678-817-4743, wnpl@aol.com, http://members.aol.com/wnpl  
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/floridusapl  
JUL, USAPL/USOC Tropical Games Championships (BP, DL - West Palm Beach, FL) Robert Keller, 954-790-2249, rhk@verizon.net, www.geocities.com/floridusapl  
JUL/AUG, AWPC Worlds (Chicago, IL) Amy Jackson and Ernie Frantz, 6 3 0 - 8 9 6 - 7 3 0 9, amyjackson@aol.com  
4 AUG (DATE CHANGE), NASA Kansas City Push Pull (Kansas City, KS) Jim Duree, jduree7086@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, 100% RAW Nebraska State PL (Sorensen Center, Omaha, NE) DJ Satterfield 402-592-1243 or Vince 402-214-6359 or djnechir@yahoo.com  
4 AUG, Northern VA Raw PL/BP (Sterling, Virginia) John James, 703-475-9885, www.northernarawpower.com  
4 AUG, APF Florida State BP/Ironman (Boca Raton, FL) Bob Yourings, Ed Rectenwald, Lance Mosley, 561-718-9877, southsidebarbell@hotmail.com  
4 AUG (REVISED New Date/Sanction), USAPL Larry Garro Memorial (PL, BP, DL, Curl, Ironman - Baltimore, MD) Brian Washington 410-265-8264, brian@usbf.net  
4 AUG, WNPF New Jersey PL & BP/DL/SC (Bordentown, NJ) Troy Ford, Box 142347, Fayetteville, GA, 30214, 678-817-4743, wnpl@aol.com, http://members.aol.com/wnpl  
4,5 AUG, NASA World Cup (Un/Equipped, PL, PS, PP, BP Only - Oklahoma City, OK) Rich Peters, PO Box 735, Noble, OK, 73068, 405-537-8513, SQBPDL@aol.com  
4,5 AUG, USAPL State Games of America, Dan Gaudreau, 16653 E 7th Place, Aurora, CO 80011, 303-475-3366  
5 AUG, WNPF Delaware BP/DL/SC & Delaware vs Maryland (Seaford, DE) Troy Ford, Box 142347, Fayetteville, GA, 30214, 678-817-4743, wnpl@aol.com, http://members.aol.com/wnpl  
5 AUG, SLP Vince Soto Memorial Ohio State Fair BP/DL (Columbus, OH) Dr. Darrell Latch, 122 W. Sale, Tuscola, IL 61953, 217-253-5429, sonlight@netcare-il.com, www.sonlightpower.com  
10-11 AUG, APF Teenage Nationals (Dallas, Texas) Kieran Kidder, 866-

389-4744, www.worldpowerlifting.org  
10,11 AUG, WPO Clash of the Titans (no PL shirts/suits - SQ, BP, DL, BP for reps, cash & prizes, Dallas Convention Center), Seanzilla@HardcorePowerlifting.com, 503-221-2238, www.supershowexpo.com/titans.php  
11 AUG, USPF National Powerlifting (Open, Jr., Master, men, women - Las Vegas, NV) Steve Denison, 661-333-9800, pwriftr@msn.com, www.powerliftingCA.com  
11 AUG, WABDL Nevada BP/DL (Stockman's Hotel & Casino, Elko, NV) Raul Lopez, 775-753-2374  
11 AUG, WABDL Alki BP/DL (Seattle, WA) Bull Stewart, 206-725-7894  
11 AUG, SLP Wisconsin State Fair BP/DL (West Allis, WI) Dr. Darrell Latch, 122 W. Sale, Tuscola, IL 61953, 217-253-5429, sonlight@netcare-il.com, www.sonlightpower.com  
11 AUG (New Date), USPF National PL/BP/DL (Open, jr., master for men and women - Las Vegas, NV) Steve Denison, 661-333-9800, pwriftr@msn.com, www.powerliftingCA.com  
11 AUG, ADFFPF Powerlifting Nationals (Six Lakes, MI) www.adfpf.org  
11,12 AUG, 100% RAW Teenage National Championships (Entry deadline July 14, All lifters and teens receive awards) Spero Tshontilkidis, 4353 Collinwood Dr., Melbourne, FL 32901, 321-505-1194, tshontis@brevard.k12.fl.us  
12 AUG, SLP Indiana State Fair BP/DL (Indianapolis, IN) Dr. Darrell Latch, 122 W. Sale, Tuscola, IL 61953, 217-253-5429, sonlight@netcare-il.com, www.sonlightpower.com  
15,19 AUG, WPC/AWPC Eurasian Cup (Kursk, RU) Igor Umerenkov, eurasian-2007@yandex.ru, www.powerlifting-umerenkov.ru/eurasian/english.html  
18 AUG, USAPL IV Southern Ohio PL/BP, Dave Ricks, 8835 Winston Farm Ln., Dayton, OH 45458, 937-435-2127  
18 AUG, 23rd Iowa State Fair Bench Press & Deadlift Contest (pure, natural, masters 1,2, & 3, submaster, teen, women, beginners, team, raw - IA) Jeff Baird, 515-953-6833, Bairdz@aol.com  
18 AUG, SLP Missouri State Fair BP/DL (Sedalia, MO) Dr. Darrell Latch, 122 W. Sale, Tuscola, IL 61953, 217-253-5429, sonlight@netcare-il.com, www.sonlightpower.com  
19 AUG, SLP Illinois State Fair BP/DL (Springfield, IL) Dr. Darrell Latch, 122 W. Sale, Tuscola, IL 61953, 217-253-5429, sonlight@netcare-il.com, www.sonlightpower.com  
24-26 AUG, WPC Can Am PL/BP & WPO Semifinals (Lake George, NY) Kieran Kidder, 866-389-4744, www.worldpowerlifting.org  
25 AUG, USPF Ohio State Fair BP/DL (Columbus, OH) Matt McCashe, Power Promotions CEO, 210 Gilbo St., Fairmont, WV 26554, 304-376-2432  
25 AUG (New Date), WNPF Tennessee PL & BP/DL/SC (Cleveland, TN) Troy Ford, Box 142347, Fayetteville, GA, 30214, 678-817-4743, wnpl@aol.com, http://members.aol.com/wnpl  
25 AUG, SLP Kentucky State Fair BP/DL (Louisville, KY) Dr. Darrell Latch, 122 W. Sale, Tuscola, IL 61953, 217-253-5429, sonlight@netcare-il.com, www.sonlightpower.com  
26 AUG (NEW DATE), WABDL World Cup (Manchester Convention Center, Manchester/Nashville, TN) Ken Millrany, 931-962-1596  
AUG, USAPL Deadlift Push Pull Nationals, Jim Hart, Box 82264, Lincoln, NE 68501, 402-47-3672  
8 SEP, WABDL Hawaii BP/DL (Waimanalo, HI) Keith Ward, 808-375-8700  
8 SEP, NASA New Mexico Regionals PL, PS, PP, BP (raw & equipped - Rio Rancho, NM) Mike and Teale Adelman, 505-891-1237 or mike@liftinglarge.com  
8 SEP (New Date), WNPF 4th Southern USA BP/DL/SC (Wamer Robins, GA) Troy Ford, Box 142347, Fayetteville, GA, 30214, 678-817-4743, wnpl@aol.com, http://members.aol.com/wnpl  
8 SEP, AAU Marsh Monster BP, Larry Larsen, 781-767-0764 (h), powerrack@comcast.net  
8 SEP, USPF Muscle Beach PL, BP, DL (Venice Beach, CA) Steve Denison, 661-333-9800, pwriftr@msn.com, www.powerliftingCA.com  
8 SEP, SLP Tennessee State Fair BP/DL (Nashville, TN) Dr. Darrell Latch, 122 W. Sale, Tuscola, IL 61953, 217-253-5429, sonlight@netcare-il.com, www.sonlightpower.com  
15 SEP, WABDL Night of Champions BP/DL (All America Gym, Lakeland, FL) Louis Baltz & Ken Snell, 863-687-6268  
15 SEP, NPA Drug Free National Open BP & DL (Fitness Lifestyles, 641 W. Stephenson St., Freeport, IL 61032) 815-233-2292, Fitlifed@cs.com  
15 SEP, WABDL Washington BP/DL (Aberdeen, WA) Don Bell, 360-533-6620  
15 SEP, SPF Bench Bash for Cash (Holiday Inn, Bristol, VA) Jesse Rodgers 423-255-3672, www.southernpowerlifting.com

# GET READY TO LIFT HEAVY!



## Events Calendar

### 2007 IPA WORLD POWERLIFTING CHAMPIONSHIPS

York Barbell Company  
York, Pennsylvania  
June 23 - 24, 2007

### 2007 IPA SENIOR NATIONAL POWERLIFTING CHAMPIONSHIPS

York Barbell Company  
York, Pennsylvania  
November 17 - 18, 2007

For information about the meet and lodging, visit www.IPAPOWER.com for a downloadable entry form.

### Meet Directors

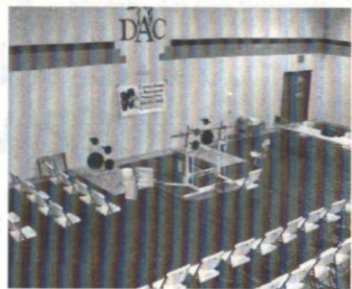
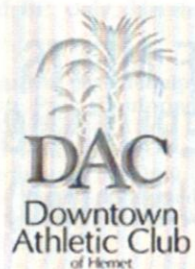
Mark Chaillet at 717-495-0024,  
Chaillet's Private Fitness,  
190 Arsenal Rd, York, PA 17404  
Or Email: Ellen Chaillet  
at echaillet@aol.com

Thanks to our Event Sponsors:



York Barbell  
3300 Board Rd., York, PA 17406

15 SEP, USA Raw BP Federation Fall Nationals (Holland, MI) Dr. Darrell Latch, 122 W. Sale, Tuscola, IL 61953, 217-253-5429, sonlight@netcare-il.com, www.sonlightpower.com  
15 SEP, WNPF Lifetime Drug Free PL & BP/DL/SC (Bordentown, NJ) Troy Ford, Box 142347, Fayetteville, GA, 30214, 678-817-4743, wnpl@aol.com, http://members.aol.com/wnpl  
16 SEP, WNPF Pennsylvania PL & BP/DL/SC (Ephrata, PA) Troy Ford, Box 142347, Fayetteville, GA, 30214, 678-817-4743, wnpl@aol.com, http://members.aol.com/wnpl  
21,22 SEP, 7th Iron Boy BP Classic & IBP Regional (Winston Salem, NC) Keith Payne 336-766-3347, keith@ironboypowerlifting.com  
22 SEP, NASA Bartlesville Classic (Bartlesville, OK) Jim Duree, jduree7086@aol.com  
22 SEP, SLP The Body Building Open II BP/DL (Van Wert, OH) Dr. Darrell Latch, 122 W. Sale, Tuscola, IL 61953, 217-253-5429, sonlight@netcare-il.com, www.sonlightpower.com  
22 SEP, WNPF Alabama PL & BP/DL/SC (Birmingham, Montgomery or Bessemer, AL) Troy Ford, Box 142347, Fayetteville, GA, 30214, 678-817-4743, wnpl@aol.com, http://members.aol.com/wnpl  
22 SEP, Upstate Battle of the Beasts (Greenville, SC) Kate Taillon, 864-286-0532, kathryn264@charter.net  
29 SEP, SLP National PL (Tuscola, IL) Dr. Darrell Latch, 122 W. Sale, Tuscola, IL 61953, 217-253-5429, sonlight@netcare-il.com, www.sonlightpower.com  
29-30 SEP, WPO The Kings of the Bench (Mr. Olympia Expo, Las Vegas, no bench shirts, cash & prizes, qualify at Clash of Titans), www.mrolympia.com/bench.htm, 503-221-2238  
29-30 SEP, West Coast Open PL (Cash Prize) Kent Hoskoetter, 541-761-5309, (Grants Pass, OR)  
SEP, AAPF/APF Snake River (Idaho Falls, ID) Michael Higgins, 208-520-8773, snakeriverp@yahoo.com  
SEP, ADAU PL/BP (Staunton, VA) Dean Griffin, 412 Betsybell Rd., Apt. 103, Staunton, VA 24401, deangriffin06@adelphia.net  
SEP, WNPF Upstate NY II (Clay, NY) Troy Ford, Box 142347, Fayetteville, GA, 30214, 678-817-4743, wnpl@aol.com, http://members.aol.com/wnpl  
6 OCT, SPF Worlds (Open, Raw, PP/BP/DL/SC, BP Reps - Holiday Inn, Sun Spree, Gatlinburg, TN) Jesse Rodgers 423-255-3672, www.southernpowerlifting.com  
6 OCT, SLP Tennessee State BP/DL (Lexington, TN) Dr. Darrell Latch, 122 W. Sale, Tuscola, IL 61953, 217-253-5429, sonlight@netcare-il.com, www.sonlightpower.com  
6 OCT, USPF Central California Open PL/BP/DL (Modesto, CA) Steve Denison, 661-333-9800, pwriftr@msn.com, www.powerliftingCA.com  
6 OCT, NASA East Texas Regional (Un/Equipped, PL, PS, PP, BP Only - Tyler, TX) Rich Peters, PO Box 735, Noble, OK, 73068, 405-537-8513, SQBPDL@aol.com  
6 OCT (New Date), USPF Central California Open PL, BP, DL (Modesto) Steve Denison, 661-333-9800, pwriftr@msn.com, www.powerliftingCA.com  
12-14 OCT, WDFPF Single Event World Championship (Montesivajo, Italy) www.wdfpf.cc  
12-14 OCT, AAU 3 lift World, Single BP, Single DL, Push-Pull (Disney World, Orlando, FL) vapowerlifting@aol.com, 804-559-4624  
13 OCT, NASA Arkansas Regional (Un/Equipped, PL, PS, PP, BP Only - Russellville, AR) Rich Peters, PO Box 735, Noble, OK, 73068, 405-537-8513, SQBPDL@aol.com  
13 OCT, SLP Oklahoma State BP/DL (Tulsa, OK) Dr. Darrell Latch, 122 W. Sale, Tuscola, IL 61953, 217-253-5429, sonlight@netcare-il.com, www.sonlightpower.com  
20 OCT, PPL Nationals Drug Free (PL, BP, BP Reps, DL, PP, 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, sqbpl@aol.com  
20 OCT, USPF Monster Bench and Night of the Living Deadlift (Chatsworth, CA) Kevin Meskew, 818-899-7555, warrior01@earthlink.net, www.powerliftingCA.com  
20 OCT, ADAU Central PA Open (Bigler, PA) Allan Siegel, 304 Daisy St., Clearfield, PA 16830, 814-765-3214, Al@pikkipup.com  
20 OCT, SLP Chicago Open BP/DL (Chicago, IL) Dr. Darrell Latch, 122 W. Sale, Tuscola, IL 61953, 217-253-5429, sonlight@netcare-il.com, www.sonlightpower.com  
27 OCT, USAPL Central PA 'Halloween Havoc' (Richard Davis, Box A, Rt. 26, Bellefonte, PA 15525, 814-355-4874, x229)  
27 OCT, ANPPC National PL (Tuscola, IL) Dr. Darrell Latch, 122 W. Sale, Tuscola, IL 61953, 217-253-5429, sonlight@netcare-il.com, www.sonlightpower.com  
27 OCT, 3rd Westminster Family Center Open BP, WFC, 11 Longwell Ave., Westminster, MD 21157, Scott Bixler, 443-789-9452, sbixler1229@verizon.net  
27 OCT, WNPF Single Lift Nationals & WNPF



JULY 7, 2007 USAPL  
Iron Eagle Powerlifting Championship  
"Basic Gear Only"  
Sponsored by the Downtown Athletic Club and MW Builders

This is one meet you don't want to miss!  
Located in Hemet, California  
The Venue is fantastic, and the atmosphere will be Pumped!

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USAPLCACHAIR@AOL.COM  
Or Chester Smith 951.652.4303  
crazychet666@hotmail.com  
For entry forms, or call to have one mailed.  
http://www.usapl-ca.org



Powerfest 2K7 (Atlantic City, NJ) Troy Ford, Box 142347, Fayetteville, GA, 30214, 678-817-4743, wn timer@aol.com, http://members.aol.com/wn timer

27 OCT, APF Texas Cup (men, women, below I, masters, juniors, submasters - Plano, TX) Flexion Strength Systems, Seguin Fitness, 114 E. Mountain, Seguin, TX 78155, 800-378-6460, www.seguinfitness.com, sequinfitness@saxr.com

27 OCT, APF Wolverine Open (\$2K in prize money) Mike White, 269-207-8316

27 OCT, NASA Iowa Regional (Un/Equipped, PL, PS, PP, BP Only - Des Moines, IA) Rich Peters, PO Box 735, Noble, OK, 73068, 405-537-8513, SQBPDL@aol.com

27-28 OCT, USAPL New York, Frank J. Panaro, 839 Route 52, Walden, NY 12586, 845-778-1884, fpanaro@hvc.com

28 OCT (NEW DATE), 5th Tom Foley BP/DL Classic (Drug Tested) Premier Fitness, 430 Nanuet Mall South, Nanuet, NY 10954, 845-920-0501. Proceeds go to the Thomas J. Foley Memorial Scholarship to Clarkstown South High School. Tom Foley lost his life on September 11th, helping rescue people from the Twin Towers, and was part of Rescue 3.

OCT, USAPL FL Collegiate State BP/PL, Jim Dundon, 717 Zebra Pl., Ft. Myers, FL 33913, 239-590-7709

OCT, NASA Kentucky Regional (PP, BP, PL, PS - Hester's Fitness Center, Louisville, KY) Greg & Susan Van Hoose, Rt. 1 Box 166, Ravenswood, WV 26164, 304-273-2283, gvhl@wirefire.com

OCT, APF New England Open BP (Amsoskeag Inn, Manchester, NH) Dave Follansbee or Maggie Blanchard, 865 Second St., Manchester, NH 03102, 603-626-5489, nhbodybuilding@yahoo.com, AmericanPowerlifting.com

OCT, WNPF Palmetto Bench, Deadlift & Strict Curl (Greenville, ?) Troy Ford, Box 142347, Fayetteville, GA, 30214, 678-817-4743, wn timer@aol.com, http://members.aol.com/wn timer

OCT, WNPF Can-Am (Youngstown, OH) Ron 330-792-6670, powerit103@aol.com

3 NOV, NASA Masters & Submasters Nationals (Un/Equipped/PL/PS/PP/BP Only - Mesa, AZ) Rich Peters, PO Box 735, Noble, OK, 73068, 405-537-8513, SQBPDL@aol.com

3 NOV, Northern VA Raw PL/BP (Sterling, Virginia) John James, 703-475-9885, www.northernvapower.com

3 NOV, USA Raw BP Federation World (Tuscola, IL) Dr. Darrell Latch, 122 W. Sale, Tuscola, IL 61953, 217-253-5429, sonlight@netcare-il.com, www.sonlightpower.com

9-11 NOV (NEW DATE), 16th WNPF World PL & BP/DL/SC (Atlanta, GA) Troy Ford, Box 142347, Fayetteville, GA, 30214, 678-817-4743, wn timer@aol.com, http://members.aol.com/wn timer

10 NOV, USAPL Southeastern USA Regional BP/PL, Rob Keller, 2276 Nova Village Dr., Davie, FL 33317, 954-790-2249

10 NOV (DATE CHANGE), NASA Kansas City Regional (Kansas City, KS) Jim Duree, jduree7086@aol.com

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

15-20 NOV, WABDL World Championships (Anaheim Hilton Hotel, Anaheim, CA) Gus Rethwisch, 763-545-8654 or 503-901-1622

17 NOV, SLP Kentucky State BP/DL (Louisville, KY) Dr. Darrell Latch, 122 W. Sale, Tuscola, IL 61953, 217-253-5429, sonlight@netcare-il.com, www.sonlightpower.com

17 NOV, USAPL MA/RI States Open PL (Clubex Fitness, E. Bridgewater, MA) Greg Kostas, PO Box 483, Whitman, MA 02382, 781-447-6714 Sun-Thur 8-10pm

17 NOV, NASA Colorado Regional (Un/Equipped, PL, PS, PP, BP Only - Denver, CO) Rich Peters, PO Box 735, Noble, OK,

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73068, 405-537-8513, SQBPDL@aol.com

17,18 NOV, IPA Senior Nationals (York Barbell, 3300 Board Rd., York, PA 17406) Mark Chaillet 717-7495-0024, Ellen Chaillet, echaillet@aol.com, www.ipapower.com

17,18 NOV, WDPFF PL Worlds (Grangemouth, SCT) Hamish Davidson, www.wdppf.org, www.wdppf.cc

18 NOV, ADAU Connecticut State Open (Brookfield, CT) Rob Delavega, 71 Commerce Dr., Brookfield, CT 06804, 203-775-8548, phgbrookfield@sbcglobal.net

24 NOV, NASA Kansas Regional (Un/Equipped, PL, PS, PP, BP Only - Salina, KS) Rich Peters, PO Box 735, Noble, OK, 73068, 405-537-8513, SQBPDL@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

1 DEC, NASA New Mexico Championships (PS, PP - Rio Rancho, NM) Mike & Teale Adelman, mike@liftinglarge.com

1 DEC, NASA Missouri Regional (Un/Equipped, PL, PS, PP, BP Only - Joplin, MO) Rich Peters, PO Box 735, Noble, OK, 73068, 405-537-8513, SQBPDL@aol.com

1 DEC, APF Texas Gulf Coast (men, women, below I, masters, juniors, submasters - Beaumont, TX) Flexion Strength Systems, Seguin Fitness, 114 E. Mountain, Seguin, TX 78155, 800-378-6460, www.seguinfitness.com, sequinfitness@saxr.com

1 DEC, SLP Tennessee Christmas for Kids BP/DL (Memphis, TN) Dr. Darrell Latch, 122 W. Sale, Tuscola, IL 61953, 217-253-5429, sonlight@netcare-il.com, www.sonlightpower.com

1 DEC, USAPL Midwest Sr. States (Iowa), Tim Anderson, 2181 Hwy 77, Lyons, NE 68038, 402-687-4182

1,2 DEC, 100% RAW Teenage World Championships (Entry deadline November 3, All lifters and teams receive awards - location??) Spero Tshontikidis, 4353 Collinwood Dr., Melbourne, FL 32901, 321-505-1194, tshontis@brevard.k12.fl.us

1,2 DEC, 100% RAW Open & Masters World Championships (Entry Deadline November 3, All lifters and teams receive awards) Spero Tshontikidis, 4353 Collinwood Dr.,

Melbourne, FL 32901, 321-505-1194, tshontis@brevard.k12.fl.us

1,2 DEC, AAU International BP/DL/PP/PL (Ballroom Plaza hotel, Las Vegas NV) Martin Drake, PO Box 108, Nuevo, CA 92567, 951-928-4797

1,2 DEC, USAPL American Open PL/BP (Scranton, PA) Steve Mann, www.purepowerlifting.com

8 DEC, APF Rio Grande Valley (men, women, below I, masters, juniors, submasters - McAllen, TX) Flexion Strength Systems, Seguin Fitness, 114 E. Mountain, Seguin, TX 78155, 800-378-6460, www.seguinfitness.com, sequinfitness@saxr.com

8 DEC, 54th APC Ironman Open, Bob & Kim Packer 559-322-6805, 559-323-3892

8 DEC, WNPF Sarge McCray BP/DL/SC (Bordentown, NJ) Troy Ford, Box 142347, Fayetteville, GA, 30214, 678-817-4743, wn timer@aol.com, http://members.aol.com/wn timer

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

8 DEC, NASA West Texas Regional (Un/Equipped, PL, PS, PP, BP Only - Hereford, TX) Rich Peters, PO Box 735, Noble, OK, 73068, 405-537-8513, SQBPDL@aol.com

8-9 DEC, USAPL Colorado State, Dan Gaudreau, 16653 E 7th Place., Aurora, CO 80011, 303-475-3366

9 DEC, ADAU Coal Country Classic (Bigler, PA) Allan Siegel, 304 Daisy St., Clearfield, PA 16830, 814-765-3214, Al@piktitop.com

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

15 DEC, NASA Illinois Christmas Regional (Un/Equipped, PL, PS, PP, BP Only - Flora, IL) Rich Peters, PO Box 735, Noble, OK, 73068, 405-537-8513, SQBPDL@aol.com

15 DEC, AAU Massachusetts State Open, Larry Larsen, 781-767-0764 (h), powerrack@comcast.net

15 DEC, 100% Raw Christmas Classic BP, John Shifflett, 186 Happy Hollow Rd., Ruckersville, VA 22968, valifting@aol.com, www.rawpowerlifting.com

29 DEC, SLP The Last One! BP/DL (Tuscola, IL) Dr. Darrell Latch, 122 W. Sale, Tuscola, IL 61953, 217-253-5429, sonlight@netcare-il.com,

www.sonlightpower.com

DEC, WNPF Florida PL & BP/DL/SC (TBA) Troy Ford, Box 142347, Fayetteville, GA, 30214, 678-817-4743, wn timer@aol.com, http://members.aol.com/wn timer

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

15 MAR 08, NASA Power Sports Nationals (Un/Equipped/PS/BP/PP - Oklahoma City, OK) Rich Peters, PO Box 735, Noble, OK, 73068, 405-537-8513, SQBPDL@aol.com

16 MAR 08, NASA 1st Annual Pro Power Sports Championships (Oklahoma City, OK) Rich Peters, PO Box 735, Noble, OK, 73068, 405-537-8513, SQBPDL@aol.com

28-30 MAR 08, USAPL High School Nationals, Tod Miller, 73 Pine Rd., Plainwell, MI 49080, 269-664-4814

29,30 MAR 08, NASA High School Nationals (Un/Equipped, PL, PS, PP, BP Only - Oklahoma City, OK) Rich Peters, PO Box 735, Noble, OK, 73068, 405-537-8513, SQBPDL@aol.com

MAR 08, NASA Kentucky (PL, PS, PP, BP Only -) Greg & Susan Van Hoose, Rt. 1 Box 166, Ravenswood, WV 26164, 304-273-2283, gvhl@wirefire.com

7-11 MAY 08, USAPL Master Nationals, Robert Keller, Box 291571, Davie, FL 33329, 954-790-2249

MAY '08, WDPFF European Single Event Championship (Como, Italy) www.wdppf.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, WDPFF Single Event World Championship (Belgium) www.wdppf.cc

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APF NC State

27 Jan 07 - Clayton, NC

BENCH FEMALE J. Smith 705 C. Rabon 711 J. Standley 358 M. Larson 226 A. Coleman 661

MALE M. Bouton 429 J. Morrow 551 A. Coleman 661

C. Tucker D. Shealey 292 A. Yezer DEADLIFT 220 lbs. M. Holbrook 606 R. Sanders 507

242 lbs. McCambridge 407 B. Johnson 573 D. McLeod 275 lbs. Z. Darnell 512

275 lbs. E. Hubbs 573 J. Pinder Powerlifting SQ BP DL TOT

FEMALE 123 lbs. K. McLaughlin 226 165 281 672

148 lbs. H. Johnson 374 253 363 992 181 lbs. C. Clodfelter 297 181 402 881

MALE Teen D. Smith 110 93 121 325 148 lbs. J. Tiley 402 402 440 1245

165 lbs. D. Willcox 529 303 501 1333 M. Hunter 451 319 457 1229

A. Pfundi 451 319 451 1223 M. Gardner 429 154 440 1025 181 lbs. T. Garland 628 507 545 1681

R. Stafford 573 319 501 1394 R. Bagley 512 336 501 1350

L. Walker 551 551 507 507 A. Driggers 920 584 661 2166

B. Hooker 749 501 606 1857 A. Morrison 501 303 518 1322

S. Maxson 529 297 518 1344 G. Crook 731 731 672 672

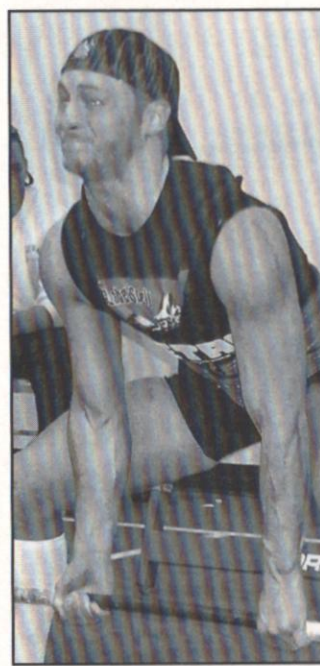
C. Smith K. McLeod 744 507 551 1802 G. Flowers 722 341 529 1592

B. Jordan 429 275 479 1185 D. Campbell 374 369 358 1102

M. Johnston 650 727 1377 J. Willard 474 429 512 1416

M. Hudson 402 347 501 1251 B. Edwards 722 600 501 1824

B. Warren 832 832 G. Austin 275 lbs.



Derek Wilcox pulling 501 to win 1st in the Open 165s at the APF North Carolina State meet. (this photograph was provided by the courtesy of Jr. Joey Smith)

M. Prevette 804 518 722 2044 W. Hancock 628 463 567 1659 B. Sturdivant 744 496 562 1802

J. Rakes 551 507 655 1967 D. Stiefel 804 507 655 1967

P. Deaver 903 606 650 2160 B. Wood 903 606 650 2160

J. Chantler Hosted by NC APF Chairman Kyle Robertson. (results from Joseph P. Smith)

APA Battle on the Bayou

17 FEB 07 - Natchitoches, LA

BENCH MALE 220 lbs. Open 165 lbs. J. Allen 525

Push Pull 181 lbs. Tested J. Bozzelle 410 550 960

220 lbs. Open G. Alles 365 400 765

Full Power WOMEN 165 lbs. Open T. Waller 185 150 225 560\*

Tested T. Waller 185 150 225 560\* 4th-DL-245\*

MALE 123 lbs. Teen II 210 198 lbs. Teen II 325

Tested R. McClure 480 270 500 1250 4th-DL-550\*

181 lbs. Tested C. Jackson 535 350 530 1035

J. Bozzelle-BL 625\* 410 550 1585\*!

Teen (18-19) C. Jackson 535\* 350\* 530\* 1035\* 220 lbs. Tested R. Cidzik 725\* 430 600\* 1755\*

Master (60-69) J. Cassels 335 285 410 1030

R. Jinkins 385\* 295\* 435\* 1115\* Best Lifter: Joe Bozzelle \*State Records. WR=World Records. Lifters from Louisiana and Mississippi battled it out in the

second annual APA Battle on the Bayou. In the full meet, NSU student Tunisia Waller hit state records in the DL and Total in her first meet. Fellow student Charles Jackson also had an awesome meet running the record board in the Teen division. We expect great things from these two in the future. 165 lifter Rand McClure (who build all of our racks) had a nice day setting state records in the DL and Total. Two lifters battled it out in the 181's with Best Lifter and new World Record holder Joe Bozzelle coming out on top with his tested Total record of 1585. In the 220's, two Master (60-69) lifters were very competitive. Julius Cassels set PR's all day while Ron Jinkins set records in all 3 lifts along with his 1115 Total. Meet director and APA Louisiana State Chair Ryan Cidzik decided to also lift in the meet despite having some bench shirt problems. Cidzik, lifting in the tested 220's, set state records with his 725 SQ, 600 DL, and 1755 Total. Coming from Mississippi along with Jinkins, George Alles had a nice day in the Push-Pull meet

with his 365 BP and 435 DL. HUGE 220 benchner Joel Allen decided to pull after helping out all day at the meet and just missed locking out a 575 DL. Teen (18-19) lifter Kenny Simms also came over from MS and just missed a World Record bench of 405. Special thanks to NSU's Health and Human Performance Department, Dr. Whitehead, Joel Allen, all of our spotters and judges, MuscleMilk, all of our great lifters, and everyone who made this meet possible. (Thanks to Ryan P. Cidzik, APAss. Louisiana State Chairman, for the results)

USAPL Indiana/Bucks Gym

9 DEC 06 - New Castle, IN

BENCH Indiana State 148 lbs. Teen II M. Wheat 220 198 lbs. Teen II A. Pencek 325

MALE 123 lbs. Indiana State 123 lbs. Master III S. Meadows 335 240 430 1005

165 lbs. Open M. Giese 435 285 500 1220 Youth J. Kozub 250 165 325 740

Teen II R. Horn 410 270 405 1085 Master I F. Kozub 375 305 440 1120

181 lbs. Police/Fire J. Whiteman 235 265 395 895 198 lbs. Open K. Hunt 515 315 485 1315

B. Berryman 510 315 455 1280 J. Bales 510 315 455 1280 M. Lawrence 340 475 375 375 545 1455

P. Schafer 405 330 445 1180 Master I J. Harvey 430 255 450 1135

Master III J. Willis 415 300 505 1220 Master IV A. Glover 500 350 475 1325

Bucks Gym 181 lbs. Open/Master I J. Mumaw 450 270 500 1220

(Thank you to USAPL for providing results)

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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 WDPFF 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/WDPFF 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/WDPFF. 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 WDPFF 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 WDPFF 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 \_\_\_\_\_

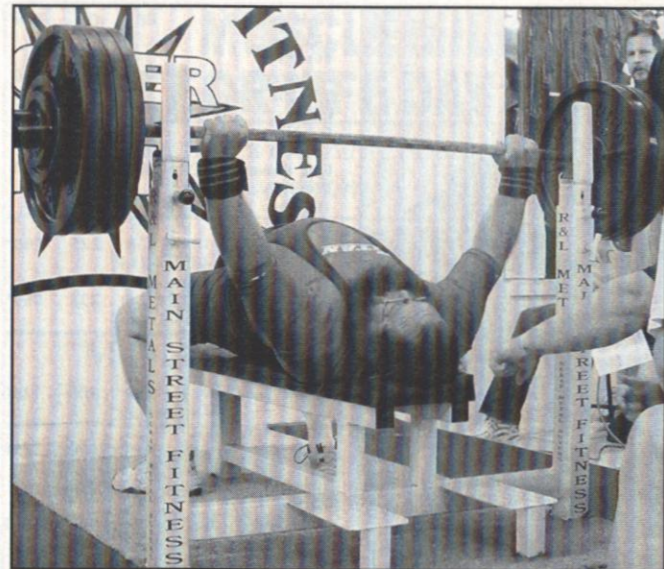
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**APA Iron Warrior Open**  
3 FEB 07 - Zephyrhills, FL

BENCH	J. Sunde	35		
FEMALE	148 lbs.			
Teen DT	S. O'Grady	135		
K. Justice	80	181 lbs.		
MALE	Teen (13-15) DT			
148 lbs.	R. Dodds	90		
Submaster DT	220 lbs.			
S. O'Grady	330	Master II DT		
165 lbs.	J. Thayer	130		
Teen (16-17) DT	275 lbs.			
N. Graham	235	Master I DT		
181 lbs.	D. Brown	140		
Teen (13-15) DT	Open DT			
R. Dodds	220*	D. Brown	140	
Teen (16-17) DT	308 lbs.			
B. Bouthot	265*	Open DT		
198 lbs.	B. Bradford	195		
Teen (16-17) DT	A. Manske	145		
B. Silk	295	D. Nelson	140	
Raw Master DT	DEADLIFT			
J. May	260	FEMALE		
220 lbs.	148 lbs.			
Teen (16-17) DT	Teen DT			
A. Pacheca	375	K. Justice	180	
Master I DT	Open DT			
S. Schwarzer	—	T. Bishoff	250	
242 lbs.	Master DT			
Teen (16-17) DT	T. Bishoff	250		
M. Jones	285	MALE		
Open	165 lbs.			
J. Jacobs	—	Teen (13-15) DT		
Master I DT	E. Marquie	320		
G. Boldissar	—	181 lbs.		
Teen (16-17) DT	Teen (13-15) DT			
J. Fowler	290	R. Dodds	365	
Master I DT	Open			
R. Hoover	450	J. McElroy	660	
275 lbs.	198 lbs.			
Master I DT	Open DT			
J. French	440*	K. Mackey	560	
Master II DT	242 lbs.			
L. Ford	—	Teen (16-17) DT		
Raw Master DT	M. Hickman	392		
S. Schultz	320	Raw		
308 lbs.	B. Asmann	690		
Raw DT	Master I DT			
A. Manske	485	G. Boldissar	475	
CURL	275 lbs.			
MALE	Open			
114 lbs.	G. Jurkowski	700		
Push Pull	BP	DL	TOT	
FEMALE	148 lbs.			
123 lbs.	(14-16)			
Teen DT	D. Miskinis	180		
B. Rains	132 lbs.	140*	187*	327
Teen DT	C. Smith	190		
M. Ray	105	237	342	
MALE	114 lbs.			
Subteen DT	J. Sunde	90	190!	290
Subteen DT	T. Baggett	65	150	215
165 lbs.	Teen (13-15) DT			
B. Muscatello	185*	385	570	
Raw DT	J. Ostromeck	240	375	615
198 lbs.	Poffenberger	310		
Teen (16-17) DT	J. Henkel	250		
A. Carpini	250	480*	730	
Teen (18-19) DT	J. Henkel	250		
D. Raebig	300	500*	800	
Open	(14-16) raw			
C. Clearwater	385	525	910	
220 lbs.	Raw DT			
D. Cheraz	270	385	655	
242 lbs.	Teen (13-15) DT			
R. Martin	210*	410*	620	
Teen (16-17) DT	J. Birdmark	265	365	630
Master I DT	R. Suk	315	505	820
275 lbs.	Teen (16-17) DT			
J. Duggen	300	—	—	



Jeff French benching at the APA Iron Warrior Open (Scott Taylor)

tors: Scott Taylor, David Brown, and Lisa Valentine. (Results courtesy Scott Taylor)	Push Pull	BP	DL	TOT
FEMALE	105 lbs.			
(10-11) Raw	A. Miskinis	65	135	200
MALE	97 lbs.			
(14-16) Raw	D. Campanella	75	125	200
148 lbs.	D. Miskinis	180	390	570
(14-16) Raw	DEADLIFT			
FEMALE	181 lbs.			
(17-19) Raw	M. Dings	340	500	840
(10-11) Raw	R. Kraning	290	450	740
A. Miskinis	135			
(14-16) Raw	Campanella	65		
(40+) Raw	F. Combust	180		
MALE	97 lbs.			
(12-13) Raw	Campanella	75		
148 lbs.	(40+) Raw			
(14-16)	D. Miskinis	180		
MALE	50 lbs.			
(17-19) Raw	C. Smith	190		
(4 years) Raw	A. Begue	38		
97 lbs.	(14-16) Raw			
(12-13) Raw	T. Adkins	215		
Open Raw	Campanella	125		
A. Haught	275			
(33-39) Raw	B. Kautz	280		
198 lbs.	(14-16) Raw			
(17-19) Raw	Z. Marshall	375		
C. Swigert	275			
220 lbs.	(14-16) Raw			
Open Raw	J. Miller	300		
Poffenberger	310			
J. Henkel	250			
(40+) Raw	Pffenberg	430		
J. Henkel	250			
242 lbs.	(40+) Raw			
(14-16) raw	R. Combust	425		
T. Kwasnicka	250			

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lights included were four year old Aeden Begue pulled a PR 38 lb. second attempt deadlift, 74 year old Florence Combust pulled a raw 180 lb. deadlift, 75 year old Russell Combust pulled a raw 425 lbs. and benched a raw 275 lbs. in the 242 lbs. class, Jim Smith pushed the biggest bench of the day with his 575 lbs. effort in the 275 lb. division, and 20 year old Nick Roman finished the day strongly with a raw 650 lb. pull in the 242 lbs. Jay Bednar was awarded teenage best lifter with a push pull total of 1050, while Lonnie Newman was awarded the open best lifter award with a push pull total of 1065. The top four lifter team n the high school bench press was from Louisville High School, consisting of Tyler Adkins, Tyler Kwasnicka, Clay Swigert, and Dan Westlake. The top adult bench team consisted of Shea Poffenberger, Ricky Kranning, Ryan Miller, and Shane Ware. Special thanks go out to all the volunteer workers, spotters, judges, and score keepers. We would also like to thank World of Weights in Akron, Ohio, for their generous sponsorship and support of powerlifting. Also, thank you to Janson Industries of Canton, Ohio, for donating the stage curtain that separated the warm-up room from the main platform. (Thanks to Dave Rosler for providing the results)

**USAPL New York State**  
10 FEB 07 - Kingston, NY

BENCH	B. Swanson	470		
FEMALE	J. Rusk	205		
132 lbs.	220 lbs.			
Master V	Master II			
H. Sauer	*220	P. DarBouze	450	
148 lbs.	242 lbs.			
Open Raw	Master VIII			
T. Buxton	*85	S. Levy	195	
Submaster Raw	Teen (15) Raw			
K. Snyder	*70	A. Normyle	*290	
MALE	Master V			
181 lbs.	C. Tallman	*445		
(17-19) Raw	Open			
Special Olympian	L. Saviano	—		
C. Pendell	240	275 lbs.		
132 lbs.	Fire/Police			
Master II	S. Bower	350		
C. Margra	210	148 lbs.		
Teen Raw	Master I			
M. Margra	190	R. Scott	—	
165 lbs.	SHW			
Junior Raw	Master I			
R. Sanchez	160	A. Gonzalez	405	
Open Raw	Open/Master III			
C. DeJoy	340	B. Klingner	*600	
Master I	Master III			
E. Czerwin	*450	K. Johnson	585	
T. Albano	DEADLIFT			
Master Raw	MALE			
J. Micik	250	181 lbs.		
198 lbs.	Open			
Open	H. Roca	575		
Push Pull	BP	DL	TOT	
MALE				
132 lbs.				
Master II				
B. Coisson	260	350	610	
181 lbs.	Open			
Open	J. Sagazie	330	495	825
J. Sagazie	360	420	780	
M. Perpetua	225	510	735	
K. Protano	198 lbs.			
Open	A. Torres	275	440	715
A. Torres	220 lbs.			
Junior	K. Palmer	*340	430	750
Open Raw	B. Hannington	315	500	815
B. Hannington	A. Meoli	365	475	740
A. Meoli	Open Raw			
M. Lynn	405	550	935	
Master II	R. Brunk	*460	600	1060
R. Brunk	242 lbs.			
Open Raw	T. Davis	*410	500	910
T. Davis	275 lbs.			
Open	J. Bogart	505	520	1025

**APF/AAPF Illinois Record Breakers**  
11 NOV 06 - Willowbrook, IL

BENCH	Master (45-49)			
FEMALE	McConaughy700			
AAPF	Master (50-54)			
165 lbs.	D. Murphy	491		
Master (40-44)	SHW			
T. Brewton	187	Open		
UNL	R. Vick	—		
Master (50-54)	Submaster			
S. Thoms	336	R. Vick	—	
APF	APF			
UNL	181 lbs.			
Master (50-54)	Open			
S. Thoms	336	M. Strom	546	
MALE	220 lbs.			
AAPF	Open			
148 lbs.	R. Luyando	805		
Teen (16-17)	Submaster			
Fredenhagen	231	R. Luyando	805	
165 lbs.	242 lbs.			
Master (40-44)	Open			
C. Morse	325	B. Carpenter	711	
181 lbs.	P. Rodriguez	546		
Open	Master (50-54)			
M. Strom	546	D. Murphy	491	
198 lbs.	275 lbs.			
Submaster	Open			
B. Dierzen	—	E. Czerwin	474	
Master (40-44)	308 lbs.			
E. Taber	452	Open		
220 lbs.	J. Leach	755		
Junior	Submaster			
D. Bauer	386	J. Leach	755	
242 lbs.	M. Grimm	457		
Open	SHW			
D. Walker	634	Open		
McConaughy700	R. Vick	—		
Master (40-44)	Submaster			
D. Walker	634	R. Vick	—	
Ironman	BP	DL	TOT	
FEMALE				
AAPF				
165 lbs.				
Master (40-44)				
C. Terwilliger	430	259	474	1163
Master (45-49)				
V. Scelfo	502	281	375	1157
D. Klein	402	237	402	1042
Master (70-74)				
K. Anderson	303	204	248	755
198 lbs.				
Open				
S. Kuderick	—	—	—	—
J. Thomas	716	480	656	1852
Teen (18-19)				
Z. Zenzen	650	375	513	1538
Submaster				
M. Hibbing	551	320	452	1323
220 lbs.				
Open				
J. Augenstein	783	463	656	1901
M. Szudarek	799	402	639	1841
242 lbs.				
Open				
S. Donegan	805	579	551	1935
Submaster				
S. Donegan	805	579	551	1935
Master (45-49)				
B. McCord	601	402	524	1527
275 lbs.				
Open				
R. Makiejus	810	480	568	1857
148 lbs.				
Junior				
W. Eid	336	—	—	—
198 lbs.				
Open				
J. Power	711	513	573	1797
S. Jeschenig	689	468	551	1709
Teen (16-17)				
J. Hines	513	364	551	1427
E. Lilliebridge	480	314	606	
1400				
Submaster				
T. Quatrochi	—	—	—	—
220 lbs.				
Open				
Z. Kroeger	—	—	—	—
Junior				
D. Hogan	601	386	502	1488
Master (50-54)				
D. Zenzen	722	424	562	1709
242 lbs.				
Open				
S. Donegan	805	579	551	1935
M. Roberts	865	705	722	2293
Master (50-54)				
J. Gnerre	755	529	683	1968
275 lbs.				



Robert Simnick with his State Record squat of 804 at the Illinois Record Breakers meet. (photograph courtesy of Eric Stone)

**APF/AAPF Membership Application**

Check the box that applies below

AMERICAN POWERLIFTING FEDERATION

AMATEUR AMERICAN POWERLIFTING FEDERATION  
PLEASE PRINT CLEARLY • COMPLETE ALL ENTRIES



LAST NAME FIRST NAME INITIAL

STREET ADDRESS DATE OF APPLICATION

CITY STATE ZIP CODE

AREA CODE TELEPHONE NUMBER DATE OF BIRTH MO DATE YEAR AGE SEX US CITIZEN YES NO

REGISTRATION FEE (CIRCLE APPROPRIATE FEE) APF \$30 AAPF \$30 APF & AAPF \$40 REGISTRATION NUMBER E-MAIL ADDRESS

ARE YOU A PREVIOUS APF OR AAPF MEMBER?  YES  NO

IF UNDER 18, HAVE PARENT INITIAL I CERTIFY THAT THE ABOVE ANSWERS ARE CORRECT AND THAT I AM ELIGIBLE IN ACCORDANCE WITH THE RULES OF THE APF OR AAPF SIGNATURE X

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APF	148 lbs.			
Master (40-44)				
C. Terwilliger	430	259	474	1163
Master (45-49)				
V. Scelfo	502	281	375	1157
D. Klein	402	237	402	1042
Master (70-74)				
K. Anderson	303	204	248	755
198 lbs.				
Open				
S. Kuderick	—	—	—	—
J. Thomas	716	480	656	1852
Teen (18-19)				
Z. Zenzen	650	375	513	1538
Submaster				
M. Hibbing	551	320	452	1323
220 lbs.				
Open				
J. Augenstein	783	463	656	1901
M. Szudarek	799	402	639	



**SPF Strongest in the South**  
3 DEC 06 - Chattanooga, TN



**Bryan Stanfield benched 550 raw in the 220 lb. class at the SPF Strongest in the South contest, and also did 55 reps with 220 lbs. (Photo from Jesse Rodgers)**

BENCH	198 lbs.		
FEMALE	K. Harmon	350	
Raw	Master (65-69)		
Teen	181 lbs.		
165 lbs.	M. Harrell	185	
M. Harmon	75	220 lbs.	
MALE	K. Rowan	275	
Open	G. Lambdin	225	
Teen	259 lbs.		
242 lbs.	J. Tummins	320	
D. Perry	310	4th-340	
198 lbs.	CURL		
J. Hodges	455	MALE	
220 lbs.	Teen		
C. Nunley	500	220 lbs.	
Master (50-54)	D. Monroe	150	
275 lbs.	4th-165		
M. Haden	520	Master (60-64)	
Master (65-69)	198 lbs.		
181 lbs.	K. Harmon	150	
M. Harrell	215	4th-165	
4th-225	Master (65-69)		
Raw	181 lbs.		
Teen	M. Harrell	105	
165 lbs.	242 lbs.		
Z. Harmon	135	125	
Open	P. Crane		
148 lbs.	DEADLIFT		
E. Patton	275	MALE	
165 lbs.	Raw		
D. Delerenz	355	Junior	
220 lbs.	242 lbs.		
B. Stanfield	550	Open	
Master (40-44)	242 lbs.		
308 lbs.	J. Taylor	645	
E. Paul	475	181 lbs.	
4th-485	Master (65-69)		
Master (60-64)	242 lbs.		
BENCH	P. Crane	350	
MALE	Lbs. Repts.		
Raw			
Teen	165 lbs.		
220 lbs.	E. Layne	70 280 350	
D. Monroe	210 19	Master (40-44)	
Junior	132 lbs.		
242 lbs.	S. Jones	100 275 375	
C. Ellison	235 11	MALE	
Open	Open		
181 lbs.	Teen		
B. Watson	180 26	165 lbs.	
220 lbs.	R. Whitmore	240 385 625	
B. Stanfield	220 55	4th-DL-475	
242 lbs.	R. Johnson	380 460 840	
N. Peppers	240 31	242 lbs.	
Master (45-49)	N. Peppers	505 640 1140	
242 lbs.	259 lbs.		
B. Monroe	235 24	J. Burnette	480 530 1010

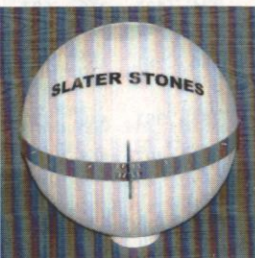
Master (40-44)			
220 lbs.			
J. Pickett	500	600	1100
Raw			
Teen			
165 lbs.			
K. Suria	275	455	730
198 lbs.			
C. Sexton	270	365	635
259 lbs.			
K. Kimsey	245	360	605
Open			
181 lbs.			
T. Humbert	335	475	810
220 lbs.			
S. Catlett	375	525	900
B. Leitch	300	435	735
Submaster			
198 lbs.			
J. Adcock	270	515	785
Master (40-44)			
181 lbs.			
J. Johnston	225	405	630
Best Lifter Bench: Bryan Stanfield from TN.			
Best Lifter Raw Push Pull: Tim Humbert.			
Best Lifter Push Pull: Nicky Peppers. Team Trophy: Dallas Bay Barbell, Captain Jim Pickett. The SPF would like to thank Scotty Cox for the great job as head judge, Todd Weller as right side judge and announcing, Pit Bull Searcy as right side judge, Nick Maddux as left side judge, Rick Lewis as left side judge and left side spotter, and JB McCarver for the great job of loading and spotting the right side all day. We also want to thank the great crowd, as they really came alive and supported the lifters. It was a large and a very loud crowd that really knew how to have fun. (Thanks to SPF President, Jesse Rodgers, for results)			

K. Suria	285	455	740	
C. Simmons	200	300	500	
198 lbs.				
C. Sexton	335	469	795	
242 lbs.				
J. Caines		450		
		4th-DL-475		
(16-19)	SQ	BP	DL	TOT
165 lbs.				
S. Ingram	400	205455		1060
4th-DL-460				
K. Calloway	330	190	375	895
181 lbs.				
H. Finklea	370	175	400	945
D. Gilley	315	235	375	925
4th-DL-400				
198 lbs.				
R. May Jr.	385	220	500	1115
R. Turner	325	250	4220	995
4th-DL-440				
C. Stewart	350	225	300	875
220 lbs.				
D. Gargus	530	345	510	1385
J. Brownell	475	300	500	1275
4th-DL-530				
A. Head	405	250	425	1080
J. Pynes	375	255	415	1045
242 lbs.				
T. Olicer	385	205	450	1040
259 lbs.				
C. Brown	385	204	450	1165
4th-DL-475				
D. Olesen	425	225	450	10085
308 lbs.				
D. Lazenby	450	260	525	1235
4th-DL-550				
Teen Open				
198 lbs.				
Z. Jernigan	515	315	450	1280
Venue: Body by Scotty Gym. We want to give a special thanks to Scotty Cox for hosting the event and for being the Meet Director. (Thanks to SPF President, Jesse Rodgers, for providing the contest results)				

SPF Teenage Power			
28 JAN 07 - Hartford, AL			
Push Pull			
Raw			
(13-15)			
114 lbs.			
S. Smith	120	240	360
123 lbs.			
J. Ward	115	235	350
181 lbs.			
H. Robinson	150	275	425
4th-DL-290			
(16-19)			
148 lbs.			
N. McCarty	205	385	590
K. McBrayer	165	400	565
165 lbs.			

USAPL Mississippi State				
18 NOV 06 - Gulfport, MS				
BENCH				
MALE	S. Self		370	
275 lbs.				
Master (40-44)	Master (60-69)			
220 lbs.	S. Sison		425*	
Powerlifting	SQ	BP	DL	TOT
FEMALE				
181 lbs.				
Megan	280	140	280	700
MALE				
123 lbs.				
Teen (18-19)				
C. Tran	325*	170*	385*	880*
148 lbs.				
Teen (18-19)				
R. Savell	395*	25*	395*	1015*
Master (50-54)				
R. Blaumuller	270	205*	330*	805*
181 lbs.				
Teen (18-19)				
F. Knight	445	255	550*	1250
198 lbs.				
Junior				
J. Walker	530*	350*	650*	1530*
Master (40-44)				
T. Longo	505	305	505	1315
Open				
J. Vining	135			
J. Hahn	475	290	485	1250
242 lbs.				
Teen (18-19)				
C. Anderson	425	300	450	1175
Submaster				
R. Billiot	600*	350*	525*	1475*
Master (40-44)				
J. Douglas	775	530	625	1930
Open				
J. Reape	665	525	565	1755
C. Parker	545	405	520	1470
275 lbs.				
Master (40-44)				
B. Nichols	660*	600*	605*	1865*
Open				
B. Nichols	660	600*	605	1865*
J. Goussset	625	540	545	1710
SHW				
Junior				
T. Westbrook	615*	355*	530*	1500*
Master (45-49)				
R. Smith	565	450*	545	1560
*=MS State Records. Best Lifters: Floyd Knight-Teen (18-19), Jeff Douglas-Master, Bryon Nichols-Open. (Thanks to Doc Rhodes, Meet Director, for these results)				

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- Easy to make, hard to break. Our molds are constructed of Heavy duty Polystyrene and Lexan for ease of making stones and time after time uses.
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or www.marunde-muscle.com

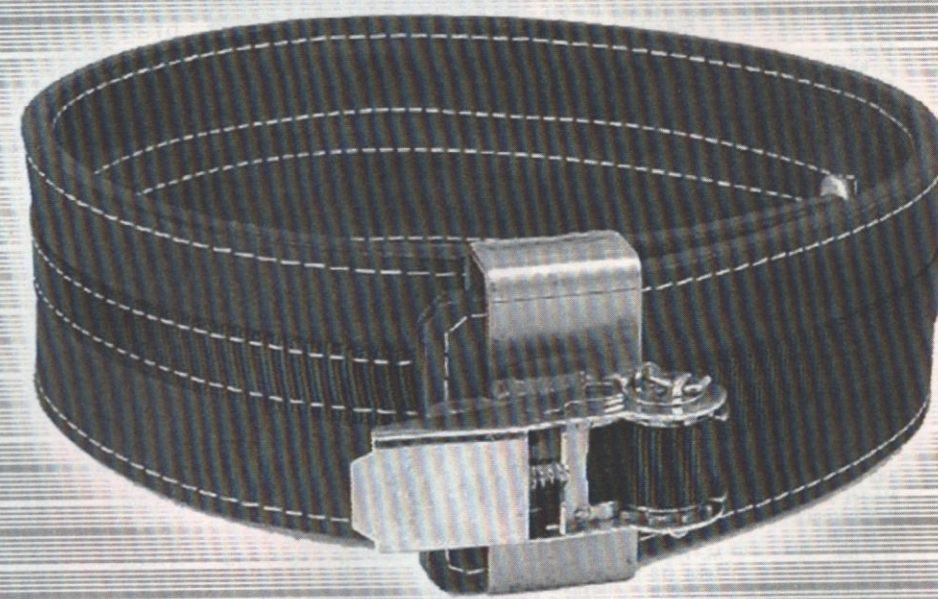
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ST120	8"	Diameter	apx weight	23lbs.....	\$50.00
ST120	10"	Diameter	apx weight	42lbs.....	\$55.00
ST120	12"	Diameter	apx weight	72lbs.....	\$59.00
ST140	14"	Diameter	apx weight	116lbs.....	\$79.00
ST160	16"	Diameter	apx weight	175lbs.....	\$99.00
ST180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

**PR BELT**

**A big step forward in Powerlifting Belts! For the first time ever a powerlifting belt provides you with the power to fit yourself differently each set, precisely how you need it. The new, patented PR Belt™ (POWER-RATCHET BELT™) gives you the freedom of unlimited adjustability and precise fit**

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



**HOW THE PR BELT IS WORN**

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

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

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**ADVANCE DESIGNS**

The World Leader in Powerlifting Apparel



APA Grand Floridian Open  
16 DEC 06 - Zephyrhills, FL

BENCH FEMALE 123 lbs.	165 lbs. Master III L. Lichtle	135		
Teen	4th-140*			
B. Rains	Open DT	135		
Open	L. Lichtle			
B. Claypool	4th-140*	305*		
148 lbs.	DEADLIFT			
Teen	FEMALE			
K. Justice	132 lbs.	85		
MALE	Teen			
148 lbs.	M. Ray	235		
Teen (13-15)	148 lbs.			
R. Taylor	Teen (13-15)	150		
165 lbs.	R. Taylor	200		
Open	Teen			
S. Kearney	K. Justice	335	185	
Open DT	165 lbs.			
S. Kearney	Master I	335		
Master I	Montgomery		335	
S. Kearney	MALE	335		
181 lbs.	165 lbs.			
Teen (16-17)	Teen (13-15)			
T. Jeter	B. Muscatello	385*	345	
B. Bouthat	181 lbs.	260		
198 lbs.	Teen (13-15)			
Teen (18-19)	R. Dodds	405		
D. Raebig	4th-415f	275		
Junior	Open			
B. Lessman	Clearwater		450	
Master II	198 lbs.			
B. Grey	Teen (16-17)	335		
Master III	A. Carpanini		475	
J. May	Teen (18-19)	255		
220 lbs.	D. Raebig	482		
Teen (16-17)	L. Skjefte	480		
A. Pacheco	220 lbs.	305		
4th-315	Open DT			
242 lbs.	J. Menendez	520		
Master I	242 lbs.			
R. Lawrence	Teen (13-15)	605*		
J. Jacobs	R. Martin		390	
275 lbs.	M. Hickman	355		
Master II	Teen (18-19)			
T. Gainer	G. Smith	425		
CURL	4th-540			
MALE	Master II			
123 lbs.	L. Bucchioni	510		
Open DT	275 lbs.			
B. Claypool	Teen (16-17)	110		
148 lbs.	P. Duggan	420		
Teen (13-15)	4th-430			
R. Taylor	BP			
Push Pull	DL			
FEMALE	TOT			
123 lbs.				
Master I				
M. Kirkland	215	400*	615	
165 lbs.				



Julian Menendez pulled 520 to win the Open 220s at the APA Grand Floridian Open (photo-graph courtesy of Greg Jurkowski/Gearman Nutrition)

APPLICATION FOR REGISTRATION

American Powerlifting Association World Powerlifting Alliance



First Name	Last Name	Middle Initial	Today's Date
Street Address	City	State	Zip Code
Telephone Number	E-Mail address	Date of Birth	
Sex	Social Security Number	Signature (Parent if under 18 years old)	

\$25 Adult Membership  \$15 High School Student

Make Checks Payable to: APA, P.O. Box 27204, El Jobcan, Florida 33927-7204

220 lbs.	BP	DL	TOT
Master III			
L. Barry	380	480	860
242 lbs.			
Submaster			
J. Bellamare	390	635	1025
Master I			
R. Suk	325	500	825
275 lbs.			
Master I			
L. Widener	405	565	970
Open DT			
N. Young	425	685	1110
308 lbs.			
Open DT			
D. Nelson	430	—	—

USAPL TN State/Appalachian

2 DEC 06 - Elizabethton, TN

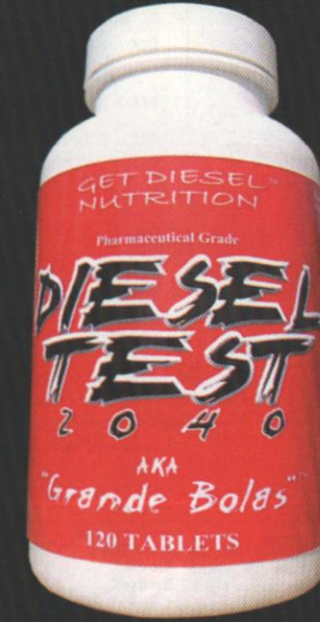
BENCH	242 lbs.			
MALE	Master II			
220 lbs.	S. Caldwell	225		
Open				
A. Campbell	350			
Powerlifting	SQ			
FEMALE				
114 lbs.	Teen I			
J. Rice	125	75	185	385
165 lbs.	Junior			
J. Porter	315	220	350	885
MALE				
148 lbs.	Teen II			
Hollingsworth	320	240	365	925
J. Hall	305	175	295	775
L. Clifton	270	165	315	750
165 lbs.	Teen I			
C. Green	285	185	350	820
A. Garcia	245	135	340	715
Teen II				
J. Robinson	225	135	300	660
Teen III				
L. Birchfield	425	215	450	1090
Junior				
J. Smith	315	260	425	975
Open				
S. Durham	525	355	530	1410
181 lbs.	Teen II			
C. Conner	415	265	455	1135
A. Sizemore	350	175	405	930
W. Wagner	325	210	350	885
Teen III				
J. Howar	445	300	425	1170

The 2006 USAPL Tennessee State Championships and Appalachian Open was a huge success. After a five year absence, the USAPL made its return with eleven lifters last year. This year, there were almost three times that many lifters, with 29 lifters competing. Not only were the numbers up, but the quality was also good as six of the 18 teens, two of the three juniors, and both of the master's lifters qualified for the nationals. In the female division, there were two fine lifters. Jerissa Rice posted a 385 lb. total in her first meet to qualify for the high school nationals, and Jessica Porter hit an awesome total of 885 lbs. in the 165 lb. class to make it to the juniors. In the light teen flight, there were some great male lifters. Mark Hollingsworth qualified for the high school nationals with a nice raw 925 lb. total. Logan Birchfield won best teen lifter with a super 1090 lbs. total in the 165 flight, and just missed a stupendous 500 pound pull that would have put him well over 1100 lbs. He also re-qualified for the high school nationals and seems poised for a podium spot this time. In the heavy teen flight, there was also plenty of noise in being made. Charlie Conner lifted all raw in his first sanctioned meet and did not disappoint with a nice 1135 lb. total. Joe Howard was not to be outdone with his 1170 lb. total also at 181. Nease also did some fine lifting right out of football season with a super 500 pound deadlift with a huge jump to 585 lbs. that just was not to be on this day. All three of these young men qualified for the high school nationals with their fine performances. The old guys would not be up-staged with some fine lifting of their own in the adult flight. Sam Durham won best lifter with his fine first meet performance of 1410 lbs. in just the 165 lb. flight. Justin Vitatoe totaled an awesome 1560 lbs. raw at 242. Jim Compton came off a severe hamstring tear to hit a nice 600 squat, 475 bench press and just tokened with a 405 lb. deadlift to get qualified for the junior nationals. Mike Nease would not let the younger guys have all the fun as the Master's II lifter opened with a stunning 775 lb. deadlift that was 50 pounds over the American record (it was unofficial here). He then jumped big for the largest master's deadlift in history with 880 lbs. He had it within a couple inches of lockout but just could not finish it. Steve Caldwell was able to return to the platform after a serious injury to post a nice bench to make his way back to master's nationals. It was a great meet with many first time lifters and some great experienced veterans. Thanks to the best back spotter in the business, Jake Jenkins, plus the other spotters and loaders that did a fine job. The score table attendants, Matt Estep and Mark Norman, did not allow one misload or skipped lifter the entire day. We also thank three of the finest judges in the business, Doc Holloway, Jennifer Thompson, and Phillip Battle. We hope to see you next year, and hopefully we will experience the same type of growth we saw this year. (Thank you to Alex Campbell, the USAPL Tennessee State Chairman, for providing these results)

USAPL Virginia State  
9 DEC 06 - Culpeper, VA

BENCH	(60-64)			
123 lbs.	W. Morris	424		
Raw	Supers			
T. Konieczny	(20-23)	121		
132 lbs.	M. Roberts	451		
Open	Open			
D. Hanson	P. Battle	176	529	
181 lbs.	T. Slaughter		463	
Open	Out of State			
A. Mamola	165 lbs.	435		
220 lbs.	(16-17) Raw			
(40-44)	C. Meara		159	
T. Mitchell	Open	451		
(65-69) Raw	J. Mouzon		451	
T. Amiss	181 lbs.	209		
242 lbs.	(18-19) Raw			
(40-44)	J. Jahn		248	
J. Chumley	Open Raw	325		
(55-59)	S. Appell		314	
J. Sheckler	220 lbs.	347		
275 lbs.	Open			
IronMan/Woman	M. Jones		413	
123 lbs.	BP			
(50-54)				
K. Schmeets		137	275	413
132 lbs.				
Open				
D. Hanson		176	253	677
198 lbs.				
Open				
J. Lafferty		347	435	782
Open Raw				
M. Crist		303	429	733
(18-19) Raw				
J. Peachey		264	429	694
275 lbs.				
Open				
W. Jordan		402	512	1003
105 lbs.	SQ			
(40-44)				
Open				
K. Ryman		214	126	187
123 lbs.				
(50-54)				
K. Schmeets		242	137	275
Open Raw		176	93	253
A. Corney				
132 lbs.				
Open				
D. Hanson		248	176	253
Open Raw				
E. Rupp		181	110	237
148 lbs.				
(40-44) Raw				
G. Updyke		181	104	248
181 lbs.				
(20-23)				
Raw Open				
J. Dalton		385	319	396
(40-44)				
D. Pierce		440	330	424
(45-49) Raw				
McCollough		281	237	402
(50-54)				
D. Smith		457	314	380
Open				
R. Maggi		380	352	396
198 lbs.				
(14-15) Raw				
J. Clayton		292	170	319
(50-54) Raw				
K. Cassell		451	281	507
Open Raw				
J. Intihar		451	253	463
220 lbs.				
(20-23) Raw				
G. Walters		716	529	644
(20-23)				
M. Makara		457	341	606
College Raw				
D. Kozlik		501	297	567
M. Mezzer		369	319	485
(40-44)				
T. Mitchell		501	451	407
(45-49)				
G. Stang		479	413	451
(55-59)				
H. Campbell		440	253	474
242 lbs.				
Open Raw				
J. Ferguson		617	429	655
Open				
A. Rozewicz		490	418	600
R. Bostrick		584	363	501
(40-44) Raw				
G. Mendoza		451	330	424
(45-49)				
R. Shiley		407	319	457

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(60-64)	SQ	BP	DL	TOT
M. Nichols	380	297	485	1162
Police				
B. Rochefort	573	407	578	1559
275 lbs.				
(45-49)				
Police				
K. Ryder	622	402	700	1725
Police				
A. Lewis	573	369	584	1526
Supers				
Open				
J. Wehrmann	672	573	600	1846
S. Slaughter	661	523	518	1703
(40-44) Raw				
R. Armstead	523	369	523	1416
Out of State				
114 lbs.				
(14-15)				
R. Ondedonk	99	82	137	319
132 lbs.				
(14-15)				
J. Mora	242	126	226	595
148 lbs.				
(14-15)				
A. Vavasa	319	165	380	865
181 lbs.				
(18-19)				
M. Mora	457	341	529	1328
198 lbs.				
Open Raw				



18th Indian Summer Meet  
22 OCT 06 - Wyoming, MI

BENCH	165 lbs.			
FEMALE	Natural			
114 lbs.	C. Davis	300		
Submaster	Open			
C. Strbik	95	L. Boshoven 525		
165 lbs.	MALE			
Novice	181 lbs.			
A. Case	115	Youth	175	
Open	S. King	148 lbs.		
L. Boshoven	270	Master (55+)		
MALE	220 lbs.	M. Wider	430	
220 lbs.	181 lbs.	Natural		
Master	A. Reed	R. Salvagni	650	
Master (50+)	220 lbs.	220 lbs.	650	
T. Sheehan	425	Master (50+)		
242 lbs.	T. Sheehan	550		
Master (55+)	G. Heiss	270	Master	540
G. Heiss	270	DEADLIFT		
DEADLIFT	M. King	540		
FEMALE	Submaster			
148 lbs.	M. Davis	460		
Master	242 lbs.			
K. Hagerman	230	Master (55+)		
	G. Heiss	450		

For a small meet, the 18th annual Indian Summer BP/DL Meet sure produced a couple of big time lifts by two of the stalwarts of the Michigan lifting scene. First up was Lynne Boshoven, as healthy and happy as she has been in years, she pulled a magnificent 525 at 165 bwt. It came up smooth, proving there's more where that came from. And, the fact that she's now in her late 40's just made it all the more amazing. Then there was Rich Salvagni. After a rough time getting back down to 181, he pulled a very easy 650, which will put him around the top ten. So easy in fact, he went to 700. He got it just to his knees and in his own words, he just "couldn't get his legs to fire." With more conditioning it should be there, which has him contemplating another run at the USAPL Nationals or the bench in a very



Lynne Boshoven pulled a 525 deadlift in the 165s at Jon Smoker's Indian Summer meet

Gold - 250<sup>00</sup>  
Silver - 140<sup>00</sup>

Gold - 225<sup>00</sup>  
Silver - 125<sup>00</sup>

2" x 2"  
Gold - 1,200<sup>00</sup>  
Silver - 500<sup>00</sup>

Gold - 270<sup>00</sup>  
Silver - 160<sup>00</sup>

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loose bench shirt. Getting PRs in the deadlift were Stephen King in the youth division with a 175 at 97 lbs. bodyweight, Celeste Davis with her first 300 in the 165 Natural, with the song Brick House playing in the background, and Mike Ferg Davis with a 460 in the Submaster 220. Once he tweaks his technique a bit, his deadlift will go nowhere but up. Also, having a very good day, was Lynne's soul mate, Tim Sheehan, who got a very nice 550 in the 220s, also to the tune of Brick House. Hey, when you've got it, why not flaunt it? He'll soon be cutting down bodyweight again to compete in the Southern States Bodybuilding Show, which he won a couple of years ago, with a very high quality physique. (Thank you to Jon Smoker for providing these meet results)

APF/AAPF Alabama Open  
18 MAR 06 - Attalla, AL

BENCH Only	A. Harper	369				
AAPF	Master (50-54)					
MALE	M. Harden	418				
165 lbs.	SHW					
Open	Open					
F. Klein	286	B. McConnell	—			
(13-15)	APF					
J. Ladnier	203	FEMALE				
181 lbs.	165 lbs.	Guest				
Submaster	Guest					
B. Parsley	352	K. Bohigian	451			
198 lbs.	MALE					
Master (55-59)	165 lbs.	J. Ray	600	429	683	1714
L. McCormick	198	Submaster				
Novice	R. Groce	540				
Champion II	451	198 lbs.				
Open	Open					
D. Millrany	363	R. Hicks	—			
220 lbs.	220 lbs.	T. Ryan	633	418	501	1554
Master (45-49)	Open	275 lbs.				
T. Womack	352	E. Downey	—			
Master (60-64)	242 lbs.	D. Davidson	650	—	—	650
M. Glasco	—	308 lbs.				
Submaster	K. Millrany	666				
B. Bishop	529	V. Breaux	413			
242 lbs.	Master (60-64)	K. Overbey	771	523	606	1901
Master (40-44)	V. Hartman	380				
K. Millrany	666	Novice				
Open	R. Groce	540				
K. Millrany	666	K. Millrany	666			
(16-17)	J. Moxley	595				
D. Perry	231	Open				
275 lbs.	N. Peppers	485				
Junior	(13-15)					

J. Ladnier	203	SHW					
Guest	Open						
S. Byrd	—	B. McConnell	—				
Guest Raw	(45-49)	Guest/(40-44)					
M. Green	523	G. Frank	848				
275 lbs.	Open	DEADLIFT					
D. Bowman	705	MALE					
B. Pickett	551	Guest					
Guest	—	D. Davidson	749				
J. Ladnier	—	G. Theriot	771				
Powerlifting	SQ	BP	DL	TOT			
AAPF							
MALE							
181 lbs.	Open						
Open	K. Kirby	622	270	—	892		
K. Kirby	622	J. Finlayson	529	319	507	1355	
Submaster	—	—	—	—	—	—	—
B. Parsley	—	—	—	—	—	—	—
198 lbs.	Open						
Junior	M. Christie	661	446	622	1730		
M. Christie	661	Lichtenberger	639	501	529	1670	
Novice	639	Novice					
C. Graham	523	C. Graham	523	319	551	1394	
D. Millrany	—	D. Millrany	—	—	—	—	—
220 lbs.	220 lbs.						
R. Proctor	578	R. Proctor	578	380	485	1444	
(55-59)	(55-59)						
T. Butler	523	T. Butler	523	374	551	1449	
Open	Open						
J. Ray	600	J. Ray	600	429	683	1714	
Submaster	—	Submaster	—	—	—	—	—
B. Bishop	—	B. Bishop	—	—	—	—	—
J. Ray	600	J. Ray	600	429	683	1714	
242 lbs.	242 lbs.						
Novice	Novice						
W. Hamilton	424	W. Hamilton	424	363	562	1350	
T. Ryan	633	T. Ryan	633	418	501	1554	
275 lbs.	275 lbs.						
D. Davidson	650	D. Davidson	650	—	—	650	
308 lbs.	308 lbs.						
Open	Open						
C. Robinson	705	C. Robinson	705	407	600	1714	
K. Overbey	771	K. Overbey	771	523	606	1901	
Submaster	—	Submaster	—	—	—	—	—
K. Overbey	771	K. Overbey	771	523	606	1901	
APF		APF					
MALE		MALE					
148 lbs.	(16-17)						
R. Blunski	429	R. Blunski	429	253	440	1124	
165 lbs.	165 lbs.						

(13-15)	J. Ladnier	418	203	402	1025		
181 lbs.	181 lbs.						
(45-49)	B. White	507	336	429	1273		
Open	Open						
K. Kirby	622	K. Kirby	622	270	—	892	
(40-44)	198 lbs.						
A. Massie	562	A. Massie	562	303	463	1328	
B. Tracey	804	B. Tracey	804	523	633	1962	
(45-49)	T. Buckley	661	407	540	1609		
Open	Open						
A. Massie	562	A. Massie	562	303	463	1328	
M. Lockett	749	M. Lockett	749	562	644	1956	
Submaster	—	Submaster	—	—	—	—	—
B. Pennington	—	B. Pennington	—	—	—	—	—
220 lbs.	220 lbs.						
M. Shealy	467	M. Shealy	467	330	374	1172	
Open	Open						
A. Guice	584	A. Guice	584	—	—	584	
K. Taylor	585	K. Taylor	585	402	474	1461	
J. Ray	600	J. Ray	600	429	683	1714	
K. Champion	749	K. Champion	749	407	600	1758	
J. McCracken	799	J. McCracken	799	545	551	1896	
Submaster	—	Submaster	—	—	—	—	—
S. Johnson	584	S. Johnson	584	352	468	1405	
J. Ray	600	J. Ray	600	429	683	1714	
242 lbs.	242 lbs.						
(40-44)	J. Flowers	540	402	451	1394		
Open	Open						
V. Breaux	330	V. Breaux	330	412	529	1272	
Novice	688	Novice	688	501	600	1791	
R. Groce	688	R. Groce	688	501	600	1791	
Open	Open						
R. Tinney	—	R. Tinney	—	—	—	—	—
S. McKinney	661	S. McKinney	661	523	—	1185	
S. Radford	765	S. Radford	765	600	600	1966	
Submaster	—	Submaster	—	—	—	—	—
R. Groce	688	R. Groce	688	501	600	1791	
275 lbs.	275 lbs.						
Open	Open						
G. Theriot	—	G. Theriot	—	—	—	—	—
G. Chathan	771	G. Chathan	771	507	573	1851	
Submaster	—	Submaster	—	—	—	—	—
C. Livingston	600	C. Livingston	600	451	551	1603	
D. Hoard	722	D. Hoard	722	611	584	1918	
308 lbs.	308 lbs.						
Open	Open						
C. Dennis Jr.	749	C. Dennis Jr.	749	545	711	2006	
SHW	—	SHW	—	—	—	—	—
Submaster	—	Submaster	—	—	—	—	—
M. Beatty	705	M. Beatty	705	529	677	1912	
(16-17)	165 lbs.						

SPF North Georgia  
13 JAN 07 - LaFayette, GA

BENCH	220 lbs.		
Open	C. Ellison	275	
Police/Fire & Military	Submaster		
259 lbs.	259 lbs.		
B. Tindull	525	T. Snelling	460
Submaster	SHW		
181 lbs.	K. Crump	425	
J. Huddleston	365	Master (65-69)	
259 lbs.	198 lbs.		
T. Snellings	460	M. Harrell	200
SHW	CURL		
J. Carter	625	Teen	
Master (45-49)	220 lbs.	D. Monroe	170
259 lbs.	Master (65-69)		
B. Tindull	525	242 lbs.	
Master (50-54)	P. Crane	130	
275 lbs.	DEADLIFT		
M. Harden	530	Submaster	
Master (65-69)	259 lbs.		
198 lbs.	T. Snellings	605	
M. Harrell	225	Master (45-49)	
4th-230	220 lbs.		
Raw	S. Brown	615	
Teen	Master (55-59)		
165 lbs.	165 lbs.		
V. Queen	255	R. Posey	405
181 lbs.	Open		
K. Futral	270	Submaster	
220 lbs.	259 lbs.		
D. Monroe	315	T. Snellings	605
	BP	Reps	
Bench for Reps			
Teen	220	21	
220 lbs.			
D. Monroe			
Junior			
242 lbs.			
S. Dwelle	225	25	
Open			
259 lbs.			
N. Peppers	250	27	
Master (45-49)			
242 lbs.			
B. Monroe	240	24	
Master (50-54)			
181 lbs.			
T. Peppers	180	21	
Push Pull	BP	DL	TOT
Teen			
165 lbs.			
R. Smis	225	325	550
259 lbs.			
R. Johnson	350	485	835
Open			
181 lbs.			
S. Sargent	365	485	850
220 lbs.			
J. Overbay	330	475	805
242 lbs.			
S. Dwelle	645	620	1265
B. Brown	365	405	770
259 lbs.			
C. Davis	460	570	1030
Submaster			
259 lbs.			
T. Snellings	460	605	1065
Master (40-44)			
220 lbs.			
C. Angel	505	450	955
Master (45-49)			
198 lbs.			
D. Overbay	295	455	750
Raw			
Teen			
165 lbs.			
K. Suria	275	455	730
198 lbs.			
C. Sexton	310	430	740
Submaster			
259 lbs.			
T. Snelling	460	605	1065
Master (40-44)			
220 lbs.			
D. Bohannon	335	450	785
4th-BP-475			
Master (50-54)			
181 lbs.			
T. Peppers	260	350	610

Best Lifter Bench: James Carter. Best Lifter Push Pull: Steve Dwelle. We would like to give thanks to Heather Dendy, the owner of the City Club, for hosting the event. We also would like to thank Jim Pickett, Head Judge, Brent Pickett, Side Judge, Rick Lewis, Side Judge, Nicky Peppers, Danny Stone, Richie Whitmore, and everyone else that helped make this meet run smooth. A great big thank you

goes to Victoria Rodgers, our records keeper, for doing a perfect job running the score table and keeping the meet running smooth and on time. (Thank you to Southern Powerlifting Federation President, Jesse Rodgers, for the meet results)

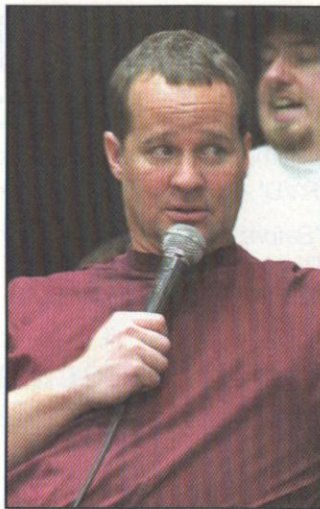
APC 53rd Iron Man  
9,10 DEC 06 - Fresno, CA

BENCH	148 lbs.	
WOMEN	148 lbs.	
(40-44)	(45-49)	



WABDL/APF 8th Washington  
23 SEP 06 - Aberdeen, WA

BENCH	T. Clendaniel 181	165 lbs.
114 lbs.	Master (54-60)	
Master (61-67)	M. Jameson 303*	
M. Buchanan 104	D. Higgins 253	
123 lbs.	Law/Fire Open	
Teen (14-15)	A. Jackson 402*	
M. Barada 82	Class I	
Master (61-67)	J. Dorsey 292	
G. Camp 101*	181 lbs.	
132 lbs.	Elite Open	
Teen (14-15)	T. Furusho —	
P. Fao 104	Submaster (33-39)	
Law/Fire	J. Cranston 358	
Master	4th-363#	
T. Hall 104*	T. Furusho —	
Open	Master (40-46)	
M. Hobbs 187	J. Noblit 407	
148 lbs.	S. Hodge 381*	
Teen (16-19)	Master (47-53)	
A. Barada 82	Marxheimer 352	
Junior	Master (54-60)	
M. Boyd II 176	P. Plush 374*	
Submaster	Master (61-67)	
R. Unson 181	T. Camp 308	
Master (54-60)	R. Goncalves 203	
B. Heriford 237*	Open	
L. Lastufka 137	Keawe-aiko 485	
Master (61-67)	Class I	
B. Anderson 170	C. Hogan 253*	
Open	T. Swisher 248	
B. Heriford 237*	Junior (20-25)	
M. Rochat 203	S. Hart 248	
165 lbs.	Teen (12-13)	
Submaster	C. Herr 159*	
N. Harmon 159	Teen (14-15)	
Master (40-46)	J. Jochimsen 209	
T. Jacobs 214*	Teen (16-19)	
R. Rouska 121	C. Hogan 253	
181 lbs.	198 lbs.	
Master (40-46)	Submaster (33-39)	
D. Backiel 176*	C. Wu 330	
E. Harwood 159	Master (47-53)	
Master (54-60)	L. Woodley 380	
M. Goett 264*	Master (54-60)	
198 lbs.	G. Holzinger 336	
Teen (14-15)	Master (61-67)	
K. Sua 192*	D. Hawkins 341	
Submaster	4th-353*	
M. Ichiyama 264*	R. Heriford 314	
Master (40-46)	Open	
S. Jackson 270	M. Inter 325	
Master (47-53)	Teen (12-13)	
P. Michaels 205	I. Ackerman 88	
4th-209*	4th-93*	
C. Erickson 181	220 lbs.	
Master (54-60)	Submaster (33-39)	
G. Holzinger 336	M. Weil 501*	
Master (61-67)	Master (40-46)	
W. Pristell 165*	L. Fuhrman 501	
J. Hill 93	4th-512*	
199+ lbs.	Master (47-53)	



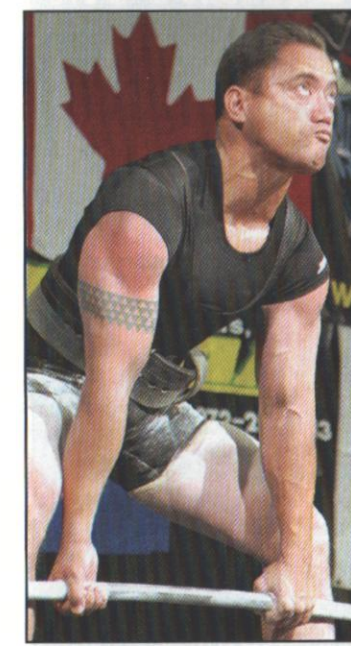
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K. Engelke 501*	Open	259 lbs.
B. Heriford 371*	Open	
M. Rachat 358	Open	
L. Tan-Wu 270	Open	
D. Groves 501	Submaster (33-39)	165 lbs.
P. Fittschen 457	Master (40-46)	
T. Pennella 451	Master (40-46)	
T. Jacobs 402*	Open	
Crossen Jr. 518	Open	
N. Bewer 446	Master (40-46)	181 lbs.
Master (54-60)	D. Harkins 231	
Class I	E. Harwood 270	
J. Martin 424	Master (47-53)	
M. Valdez 181	M. Goett —	
275 lbs.	Master (61-67)	
Law/Fire Open	D. Backiel 308*	
C. McConnell 358	P. Robey 275	
4th-380*	Master (40-46)	
Master (40-46)	S. Jackson 402	
R. West —	Master (47-53)	
Junior (20-25)	S. Michaels 336	
C. Barada 374	4th-341*	
308 lbs.	Teen (14-15)	
Master (40-46)	K. Sua 374*	
J. Barada 501	199 lbs.	
Master (47-53)	J. Mickelson 496	
J. Mickelson 496	Master (61-67)	
Master (61-67)	R. Smith 529#	
Master (68-74)	J. Noggles —	
J. Noggles —	Law/Fire Open	
F. Sua 501*	Open	
Open	C. Bird 203	
J. Mickelson 496	Teen (16-19)	
309+ lbs.	T. Belen 374	
Law/Fire	Class I	
Master (40-47)	T. Belen 374	
R. Arnold 600*	148 lbs.	
Teen (16-19)	Teen (16-19)	
Junior (20-25)	T. Clendaniel 352	
K. Dupont 259	Junior (20-25)	
Submaster (33-39)	FEMALE	
C. Balanga 154	Master (47-53)	
Master (40-46)	M. Vermes 231	
K. Southwood 358	4th-220*	
Master (54-60)	114 lbs.	
D. Jamison 369	Master (47-53)	
Open	J. Morris 275	
C. Balanga 154	132 lbs.	
165 lbs.	Teen (14-15)	
Law/Fire	P. Fao 214	
Submaster	4th-220*	
A. Jackson 567*	148 lbs.	
Master (54-60)	Junior	
D. Higgins 473*	M. Boyd II 330	
M. Jameson 440	Master (40-46)	
J. Benesi 352	S. Southwood 242	
Open	Master (47-53)	
D. Higgins 473	B. Heriford 371*	
Class I	L. Lastufka 275	


J. Dorsey 501\* Teen (14-15)  
181 lbs. J. Garbush 468\*  
Teen (12-13) Teen (16-19)  
C. Herr 236 D. Winslow 584\*  
Teen (14-15) Master (47-53)  
J. Jochimsen 358 L. Benner 545  
N. Harmon 347 Teen (16-19)  
C. Hogan 496 Master (40-46)  
T. Jacobs 402\* D. Benner 529  
S. Hart 407 Master (47-53)  
Submaster (33-39) D. Seath 462  
J. Cranston 551 Open  
Master (40-46) K. Engelke 584  
S. Hodge 479 Class I  
Master (54-60) K. Engelke 584  
J. Rankin 429 259 lbs.  
Master (61-67) Master (40-46)  
D. Backiel 308\* T. Pennella 641\*  
Class I Master (54-60)  
C. Hogan 496 D. Harkins 363  
T. Swisher 380 275 lbs.  
Master (40-46) Master (40-46)  
R. West 496 R. West 496  
Class I Class I  
V. Brumfield 633  
D. Barth 606\* 4th-650  
Submaster (33-39) 308 lbs.  
J. Moore 507 Master (47-53)  
A. Medak 650\*  
L. Woodley 650 J. Mickelson 606\*  
Master (54-60) Open  
G. Holzinger 424 A. Medak 650  
Open J. Mickelson 606  
L. Woodley 650 309 lbs.  
Master (40-46) Master (40-46)  
V. Eldridge 655

\* State Record. ! World. # National. I couldn't have been happier with the contest this year. This was our eighth year as the WABDL Washington Championships. The WABDL side drew about 135 lifters and we added an APF which drew about 15 or so. I can't say enough good things about Inzer Advanced Design for products. Powerlifting USA Magazine, Coca-Cola, Liquid Health, Barlean's Flax Oil, Paratex All American, Irongladiators.com, The House of Pain, CSS Sports, and the city of Aberdeen for their help. The camaraderie at the event was outstanding. That's why I enjoy the type of sport we have. Everybody helps everybody to do the best they can. The food was fantastic again thanks to Ron Enstrom, who slow cooked up about a hundred pounds of prime rib and about forty pounds of pork tenderloin. He is the master! Despite the rumors about Gus eating four home cooked cinnamon rolls at the contest, I personally only saw him eat three. All participants received a free House of Pain duffel bag full of goodies. The awards were seven foot spears for the bench, and swords for the deadlift and full power. I would really like to thank Gus Rethwisch for all his help along with Gary and Elma, Brent Mikesell, Terry Luehrs, Gustavo Warrington, Donna Dellaree, Roger Keubler, Mike Lund, John Smith, Ron White, Don Beatty, Jason Lake, Jeremy Grove, Bill and Karla Carpenter, Darrin Rabe, Turbo Tom and his bro Todd, Dad and Linda, David and Derik Harris, and Michele for the concessions. We had some great lifts in the WABDL bench. Bob Arnold locked out a 601 for a WA State Law/Fire record. Dee Jaye Baekiel pushed up a 176 lb. state record for the Master women 40-46. Joe Beteta set an OR state record with a fourth at 370 lb. in the 61-67 age bracket. Gloria Camp grabbed a state and world record in the 61-67 with a 101 lb. press. Jody Craston from Canada set a national record with a 364 lb. press in the Submaster 181. Lance Fuhrman achieved a WA record in the 40-46 age bracket with a 512 lb. press. Terry Hall earned a state record in the 132s with a 105 lb. press. Jerry Gladson, like Gus, has been lifting weights since they were made out of rocks represented the Master 68-74 division and shoved up a 265 lb. press for a WA state record. Daryle Hawkins in the 61-67 nabbed a record in the 198s with 354 lb. press. Betty Heriford put on quite the show with a press of 238 lb. in the Master Women 54-60 for a state and world record. Mr. Steve Hodge not only paid his entry fee early, but actually made an appearance for a WA State record in the Master 40-46. Michelle Ichiyama pushed up a 265 lb. bench for a WA State record in the Submaster Women. Teresa

Jacobs also with an impressive 215 lb. press in the Master women's 40-46 165 lb. class. Another gentleman who has been doing meets since the first one was held in a cave by torch light was Michael Jameson in the 54-60 age range got a WA state record with a 303 lb. press. All the way from Montana for a Law/Fire state record was Craig McConnel with a 380 pounder. Powerful Pam Olsen from the Barbarian Babe team pushed up a 210# press for a WA state record in the women's 47-53. from Team Headquarters Perry Plush cranked up a color coordinated 375 pounder for a WA State record at 54-60. Winifred Pristell in the Master Women 61-67 benched a solid 165 lb. press in the 198s for a state and world records. Robert O'Smith from Canada captured a national and world record with a 530 lb. press in the Master 61-67. Mr. Frank Sua broke into a WA state record with 501 press in the Law/Fire open. Kayla Sua in the Teen girls pushed up an impressive 192. Mel Weil from the great state of Montana achieved two records with 501 press in the Submasters and Open. Alfred Jackson earned a WA State record with a 402 lb. press in the Law/Fire Open. Colin Hogan set a record in the 181 lb. class with a 253 lb. press for Class I. Also in Class I, Kegan Engelke pushed up 501 for a state record in the 242s. David Barth came all the way from Pennsylvania to set a record in the 220s with a 435. A Utah state record was set by Nathen Baptist with 435 lb. press in the supers. In the Teen 12-13 age group, Taylr Smerski pressed up 90 lbs. in the 148s for a WA state and world record. Christian Herr in the 12-13 age benched 160 for a record as well as Isaac Ackerman with a 94 lb. press. Bel lifters for the bench were Robert Arnold, Willard Crossen Jr., Robert O'Smith and Betty Heriford. We had some great deadlifting on Saturday and Sunday as well. Alfred Jackson earned a state and world record with a 567 lb. pull in the Law/Fire. Tom Pennella hoisted a WA State record 641 lb. pun in the Master 40-46. Andy Medak yanked a 650 for us and a WA State record in the Master 47-53. Our WA state chair big Joe Mickelson hoisted a 606 for a state record. Dave Higgins picked up 474 lbs. in the 165 lb. 54-60. In the Master 61-67 Ron Goncalves lifted 315 for a state record. Teresa Jacobs reached a WA State record with 402 in the Women's Master 40-46. "Ah node" would be proud of Maria Vermes with her 231 lb. California State record in the 97 lb. weight class. In the 47-53 Women's Master Pamela Olsen earned a



Monte Hokoana travels all the way from Hawaii to the mainland to compete in WABDL/APF contests



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If under 18, have parent initial \_\_\_\_\_ Signature \_\_\_\_\_

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

deadlift record with a 342 pound yank. In the 54-60 age range and open Betty Heriford took ownership of an OR state and world record. Dana Backiel in the women's 61-67 lifted an incredible 309 pounder for a WA state and world record. Miss Paisley Fao impressed the crowd with a WA State record of 220 lbs. in the Teen Women 14-15. Kayla Sua also nabbed a teen gal record with 375 lb. dead in the 198 lb. 14-15 class. In Class I Jason Dorsey lifted 501 for a WA state record. A tall and muscular Vashon Brumfield handled 650 lbs. quite easily for a WA State record. Dave Barth of Pennsylvania set a state record in the Juniors with a 606 lb. lift. Jake Garbush in the Teen Men 14-15 lifted 468 lbs. for a record. Daniel Winslow from Idaho set a state record in the 16-19 with a 585 lb. lift. Best lifters for the deadlift were Leamon Woodley, and Leamon Woodley again, and Jason Dorsey. We had a good time on the APF side of things with a big 850 squat from Jeff Seath in the 275s. Ben Rogers who looks like he could walk onto a bodybuilding stage at any moment squatted a very controlled 650. Monte Hokoana from Hawaii squatted an impressive 605 in the 181s. In the bench press we had a pair of 600 pounders, who were Jeff Seath and Ben Rogers. Gary Thomas was also impressive with 360 lb. lift come back after serious injuries. I think it's important to recognize some of our great coaches. A man once said, you could tell a person's greatness by his following. Joe Head from Team Headquarters brought an outstanding group of lifters that all did real well. I would also like to thank Joe Barrada, Todd Christian, Donna Dellaree, and Larry Benner for coaching. (Thanks to Dr. Don Bell, Meet Director, for results)

APF Aberdeen Meet				
23 SEP 06 - Aberdeen, WA				
WOMEN	SQ	BP	DL	TOT
Open				
181 lbs.				
N. Pettis	175	115	190	480
MEN				
148 lbs.				
B. Walczak	465	285	415	1165*
T. Kelley	350	255	350	955
165 lbs.				
M. Kokoana	605	385	575	1565
B. Conani	505	290	370	1165
181 lbs.				
J. Cranston	—	—	—	—
S. Hodge	—	—	—	—

squat. He hit 290 in the bench and pulled 370. The kid is a senior and has a great chance of winning the State High School Championship. Hawaiian favorite Monte Hokoana made the trip across the Pacific, and performed well with a 1565 total with a 605 squat in hardly any gear. At any other meet, he may have had 'best lifter' wrapped up, but he ran into a buzz saw for that title. There were 2 at 198, but neither competing against one another. Steve Franks put up a nice 1240 total and Brian Baertlein knocked out a 1620 with a nice 460 bench. Brian is improving all the time. Keep it up. At 220, we had 2, one a master and the other a young buck. The master, Mark Straley, totaled 1535 with a nice 535 pull and a 635 squat. The young buck, Ben Seath, did a 1475 with a nice 415 bench. The Seath family will get his numbers up quick. Harland Barrett continues to work hard and make progress. He did a 635 squat and pulled 585 to total 1620 at 242. The other 242er was Joe Collins, a first timer who set PRs in all three with 355, 230, and 420. Joe has motivation to improve and has promised such will happen in the future. The 275 class saw Jesse Ward do a 1565 by way of a 590, 435, and 540. Hard to compete against any 275er on this day. The next two saw really good numbers. Ben Rogers went 650, 600, and 660. He's a heartbeat away from squatting and pulling 700. When that happens, 2000 is in his grasp. Without a doubt, the star of the day was Jeff Seath, who was rumored to be going for a big squat and pull. Jeff did an easy 815, very deep on his second squat. He took 850 on a third and mused it up. He rammed up 600 in the bench and then uncorked a 700 in the dead and scored a 2150 total. Just to complete the day, Jeff asked for 750 on his last deadlift to get a huge PR and a 2200 total, and got it up a ways. You might see him soon in national meets. He did all those lifts at a bodyweight of 251! We had one bench only guy in the APF. One of the most impressive I've seen in a while. Gary Thomas lifted at 308, recently coming back from shoulder surgery. The man was 60+ years old and pushed 315, 340, and then 360 all without any wrist wraps or a bench shirt, just a singlet. It is amazing to me that he can press with a pause nearly 400 pounds at 60+ years of age in a t-shirt. Best lifter went to Gary Thomas in bench only and to Jeff Seath in powerlifting. Let's get this meet up to 40 lifters next year. (Thanks to Brent Mikesell for providing the results)



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As a condition of membership to USAPL, I understand and accept that I am prohibited from using any substance or doping method that is banned by the United States Olympic Committee. It is my sole responsibility to stay current with any USOC banned substance or doping method, including those most recently banned. I further accept sole responsibility for what I take into my body and that should I consume a banned substance unknowingly, and test positive for that banned substance, I shall be solely responsible for the consumption of that banned substance and shall accept the results and consequences of that test. If I am suspended from membership for any reason, including testing positive for a banned substance or doping method, I permit USAPL to publish my name as a suspended member and/or a member who is suspended for testing positive for a banned substance or doping method on the internet, in *Powerlifting USA*, or any other publication that USAPL so chooses.

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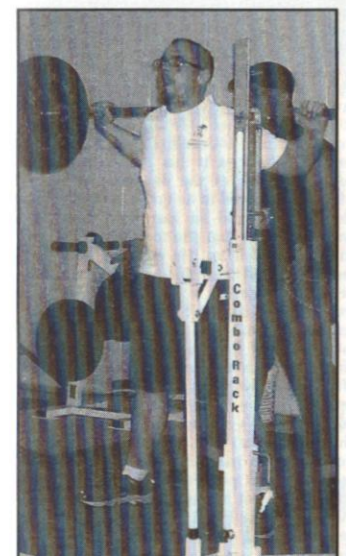
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 • White Referee Designation Polo - \$30.00 (size \_\_\_\_ qty \_\_\_\_)  
 • Logo Patch - \$5.00 (qty. \_\_\_\_)(Shpg for patch: 50) • Tanks - see e.store on website  
 • Lifter Classification Patch - \$5.00 (qty. \_\_\_\_)(must provide meet results) • Singlets - see e.store • Caps and Beanies - \$15.00 (qty. \_\_\_\_)(colors: Navy)

Check/Money Order # \_\_\_\_\_ Membership Price: \$ \_\_\_\_\_  
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**APF Indiana State/Hawg Farm**  
**17 FEB 07 - Evansville, PA**

BENCH	E. Clark	605		
MALE	DEADLIFT			
242 lbs.	MALE			
Open	242 lbs.			
D. Minks	Open	475		
Submatser	D. Minks	615		
MALE	SQ			
165 lbs.	BP			
Open	DL			
G. Devers	550*	315*	530*	1415
181 lbs.				
Open				
A. Glen	460	300	410	1120
220 lbs.				
Teen (16)				
M. Pippa	660*	350	610*	1620*
Open				
M. Pippa	660*	350	610*	1620*
242 lbs.				
Open				
D. Minks	710	475	615	1800
Submaster				
K. Perkin	550	275	480	1305
E. Clark	735	605	540	1880
275 lbs.				
Open				
B. Foster	650	425	525	1600



**Chester Smith** squatting 325 at the USAPL Iron Eagle competition (photo by Mike Womelsdorf)

308 lbs.  
 Master I  
 R. Kolbeizer 955 545 700 2200  
 \*State Records. !=American Records. Best Lifters: Garrett Devers and Ed Clark.  
 Venue: Evansville Plaza. (Larry Hoover)  
 Editor's Note: Kolbeizer's squat exceeds the previous mark of Tom Waddell as the heaviest squat in Indiana lifting history.

**USAPL Iron Eagle Powerlifting**  
**17 FEB 07 - Hemet, CA**

BENCH Only				
130+ lbs.				
G. Womelsdorf	75			
Powerlifting	SQ	BP	DL	TOT
FEMALE				
Open				
130+ lbs.				
Merkelbach	105	115	245	465
C. LaMantia	70	65	200	335
MALE				
Open				
114 lbs.				
C. LaMantia	55	60	145	260
165 lbs.				
M. Garcia	250	265	400	915
C. Cadenhead	200	220	260	680
198 lbs.				
D. Osborn	315	320	410	1045
C. Smith	325	200	315	840
J. Lindquist	235	320	285	840
Z. Schmidt	190	185	270	645
220 lbs.				
T. Whitney	315	220	385	920

The Down Town Athletic Club of Hemet, California, put on its first Iron Eagle Open Powerlifting championships. This meet was a follow up meet for the USAPL clinic that was held a month earlier at the club. The owner of the club Philip Smith and his general manager Chester Smith set up the venue to look like a National event. All the lifters really appreciated the effort that was put into the platform and spectator area. This was an in unsanctioned raw meet which was the first meet the owner put on. The motivation of this contest was a 10+, with only two of the lifters ever being on a platform before. In the 114 pound class, Charlie LaMantia did a fine job for such a young man with a total of 260 pounds. The competition was turned up a notch with the 165 pound class with Mark Garcia and Chris Cadenhead competing against each other. In the 198 pound class that's when things got really exciting. We had four new lifters and there was good battle to see who would be the best in this class. David Osborn did real well with 1045 pound total for his first event ever. Chester Smith and Jeff Lindquist went toe to toe for second place both with 840 pound total but Chester

winning by one pound lighter body weight. Zach Smith performed well also in his first contest with a 645 pound total. Tyler Whitney competing in the 230 pound class had the biggest dead lift of the day with 385 pounds. In the woman's class Teresa Merkelback and Catherine LaManita did a fine job each with both young ladies pushing some heavy weights. We had one woman bencher Glenda Womelsdorf with her first time out competing with a 75 pound bench press. We wish to thank our judges Ron Scott, Jim Merlino and Chuck McGuire for helping the lifters through

there mistakes and inspiring confidence in them. We had three spotter loaders which did a fine job Morgan Long, Philip Smith and Alan Sunpanilla and they also were able to help the new guys get over the jitters. Big thanks also to Sam Aludenda for being there for the lifters when they left the platform. He was a huge help in critiquing the lifters for their next attempts. Once again a big thanks to Philip Smith owner of The Down Town Athletic Club in Hemet for putting on a fine meet, and lastly Michael Womelsdorf for being the meet director. (Thanks to Mike Womelsdorf for results)

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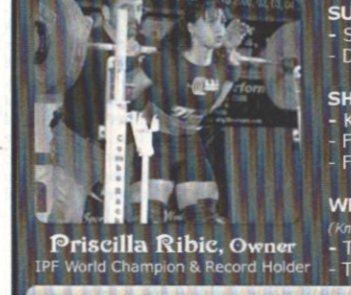
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**100% Raw Old Dominion Classic**  
**27 JAN 07 - Stanardsville, VA**

BENCH	Open		
MALE	J. Self	385	
123 lbs.	220 lbs.		
Open	(25-29)		
T. Lilly	115	O. Shuaib	350
132 lbs.	(30-34)		
Open	J. Kelly	345	
K. Self	175*	(40-44)	
148 lbs.	D. Smith	415*	
(12-13)	(50-54)		
C. Wimer	190*	B. Cook	300
(20-24)	242 lbs.		
J. Donegan	250*	(20-24)	
165 lbs.	C. Greg	270	
(18-19)	275 lbs.		
Z. Nichols	275	(35-39)	
D. Robinson	210	E. Lewis	360
(20-24)	(45-49)		
L. Dyles	355*	T. Patterson	345*
181 lbs.	308 lbs.		
(18-19)	(25-29)		
C. Cooper	310*	S. Dellinger	430*
198 lbs.			

! = National Records. \* = Virginia State Records. Here are a few highlights from the 100% Raw Old Dominion. There were 17 lifters in the meet, eight lifters set Virginia State records, and three National records were set. Kerry Self was the only female lifter. She was lifting for the first time in the 132 class setting a new state record weighing at 126 bwt. Travis Lilly was a real crowd favorite hitting 115 in the 123 class. Travis is a great lifter and wonderful person. In the 148 class 13 year Coy Wimer nailed his second National record in the two months hitting a impressive 190 pounds weighing in at 134 pounds. James Donegan moved his state record to 250 in the junior class. In the 165 class Zac Nichols tied the National record with a nice 275 pound lift in the 18-19 class. David Robinson placed second in his first meet with 210 pounds. Muscular Larry Dyles from Fredericksburg hit a state and national junior record with 355 pounds. Chris Cooper from JMU did a nice job hitting a state record going 310 pounds winning the 181/18-19 class. John Self sporting a new pair of Nike "Raw Dogs" shoes did a easy 385 at 183 winning the 198 class. John hold the Open record in the 165.181 and 198 in Virginia. The 220 class had Bob Cook lifting in his first ever meet at 50 years young getting 300 pounds. Omar Shuaib won the 220/25-29 class with 350 in his first meet weighing in at 199. Daniel Smith set the 40-44 National record with a strong 415 lift. Daniel has been training with bands and improving his bench press. Jason Kelly won both the Open and 30-34 with a strong lift of 345 pounds. Chris Greg in his first meet lifting in the 242 class did a nice job going 270 pounds in the junior class. Tim Patterson set another 275/45-49 record with a nice lift of 345 pounds. Eddie Lewis was strong getting a easy 360 pound lift in the 35-39 class. Steve Dellinger had the top lift of the meet with a state record 430 pounds in the 25-29/308 class. He just missed a PR 455 pounds. Scott Kuzma was the head judge for the whole meet and did a nice job. A big thank you to Jason Kelly, John Self and Steve Dellinger for judging in the flights that they did not lift. Thank the Lord for a good safe day! (Results from John Shifflett)



These are the **RAW DOGS** from the Old Dominion Bench Press Classic. (photograph provided by the courtesy of Mr. John Shifflett)

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**SCI Meet**  
**12-13 JAN 07 - Georgetown, DE**

MALE	SQ	BP	DL	TOT
148 lbs.				
Hollingsworth	305	300	375	980
A. Biasi	305	225	405	935
J. Handy	225	300	—	535
J. Dupree	225	155	—	380
R. Keiser	—	250	—	250
165 lbs.				
J. Long	350	330	500	1180
N. Lee	355	270	465	1090
J. Cooper	350	300	400	1050
T. Wheels	250	225	440	915
N. Henry	315	205	365	885
A. Mangehi	225	225	400	850
E. Amaro	315	—	315	630
182 lbs.				
D. Hardy Sr.	420	310	500	1230
H. Ross	405	285	450	1140
D. Glover	340	350	400	1190
T. Mehrtens	315	225	245	1085
J. Kashner	315	225	275	1015
R. Barlow	340	235	400	975
A. Jones	315	205	315	835
S. Bowen	405	285	—	790
199 lbs.				
C. Clark	365	355	600	1320
H. Ross	335	295	505	1135
R. Lavon	315	285	405	1005
J. Glover	365	250	385	1000
A. Doyle	—	225	525	750
G. McNair	315	430	—	745

216 lbs.  
 J. Travis 385 315 540 1240  
 N. Cole 300 335 500 1135  
 J. Curry 275 325 385 985  
 233 lbs.  
 G. Samuels 375 375 440 1190  
 G. Richard 355 340 390 1085  
 250 lbs.  
 W. Casson 315 315 400 1030  
 J. Watson 405 225 230 860  
 267 lbs.  
 L. Harmon 225 270 315 810  
 SHW (306+ lbs.)  
 R. Williams 600 500 600 1705  
 W. Scott 450 335 415 1200  
 R. Barlow, Senior lifter age 65, was named Lifter of the Day for an outstanding performance. We would like to thank the wonderful Warden Rick Kearney, and Deputy Warden Mike Delay for allowing this event to take place. A big thank you goes out to the Director of Recreation, Scott "The Weasel" Morgan and his assistant Tom "Where's the Top Stash" Carven for making this event one to remember. Also, thanks go out to all other Correctional Staff for supervising the event. Special thanks go out Warren E. Perry, a.k.a. "The Mighty Mandingo Warrior" whom has worked for the Department of Corrections for over 27 years for organizing and keeping score of the event. Thanks go out to Big Frank Williams, Willie Joe Powell a.k.a. Big Joe

for their wonderful job of judging and referring this event and keeping the crowd under control "because some of these ol-boy thought that a full squat was a 1/4 squat, much to their surprise, they crashed and were scratched and at times this was very humorous. You boys should have trained at legal depths and you would have no complaints!" I would also like to thank all the people who took part or lifted in this event. Thanks to the spotters and loaders, Big Frank Williams, Big Will, Alberto "Pretty Boy" Colman, Butchy "Blue" Bland. If I missed anyone, go to commissary and get a honey bun in my name. Thanks to Bey-Bey "The Boar Watson" for showing up. These men trained like animals and their results show it. "Fish" took some time off and had a short time to get ready for this meet, and took second placed. Would like to see Big R. Williams continue to lift so he may increase his numbers and take them to the outside to compete. This is Great Stuff! In 2008 & 2009 we will attempt to make this event one to remember. Every weight lifted, every basket ball shot, every curl, every softball hit, every mile jogged is for the fatherless child and those courageous soldiers fighting for the Red, White and Blue all over the world. A big thank you to Powerlifting USA for a great magazine, which inspires us along with many lifters around the world. (Results by Mike Clough)

**100% RAW Powerlifting Federation**  
 Membership Application

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 AREA CODE / TELEPHONE: \_\_\_\_\_ DATE OF BIRTH: \_\_\_\_\_  
 AGE: \_\_\_\_\_ SEX: \_\_\_\_\_ E-MAIL ADDRESS: \_\_\_\_\_

<p><b>REGISTRATION FEE</b></p> <p>\$25 - ADULTS</p> <p>\$10 - HIGH SCHOOL</p>	<p><b>MAKE CHECK PAYABLE TO: 100% RAW</b>                  139 MARLAS WAY, CAMDEN, NC 27921</p> <p><b>NOTE: Your 100% RAW Membership Will Expire One Year From The Date of Application.</b></p>
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LIFTERS SIGNATURE: \_\_\_\_\_ PARENTS SIGNATURE IF UNDER 18 YRS. OLD \_\_\_\_\_  
 DATE OF APPLICATION: \_\_\_\_\_ (This Will Be Your Renewal Date)

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

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

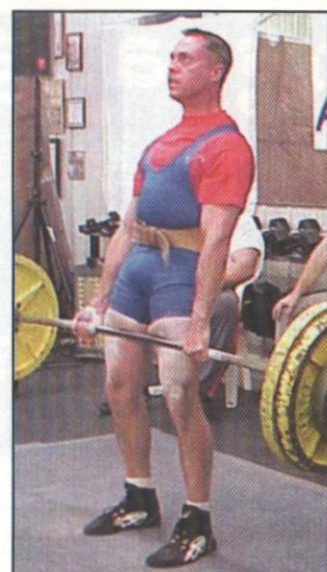


**AAU Sooner State Winter Games**  
3 FEB 07 - Shawnee, OK

BENCH	
MALE	
165 lbs.	M. Florie 290
MJB	J. Caputo 400
J. Caputo 145	R. Green 540
M. Florie 195	181 lbs.
198 lbs.	MSD
MMB	MJD
J. Parsons 400*	D. Dillon 310
220 lbs.	198 lbs.
MMB	MMD
C. Caputo 350	B. Crouch 425
242 lbs.	220 lbs.
MJB	MMD
C. Maker 315	C. Caputo 535
275 lbs.	MJD
MMB	D. Hunt 385
G. Knight 360*	C. Maker 500
308 lbs.	275 lbs.
MMB	MMD
R. Wolf 415*	S. McClure 355*
D. McConnell 405	308 lbs.
DEADLIFT	MOD
MALE	D. McConnell 600
165 lbs.	R. Lepley 640

**USAPL Nor Cal Winter**  
13 JAN 07 - Napa, CA

BENCH	
FEMALE	
198+ lbs.	M. Short 292
Master V	Master I
S. O'Neill 88	H. Fritz 259
MALE	Master II
148 lbs.	K. Schiessl 330
Teen I	Master IV
T. Bloomer 275	D. Cummerow 336
Open	220 lbs.
J. Arnold 275	Teen III
Master I	A. Contreras 286
S. Bloomer 270	Open
165 lbs.	S. Pena 512
Open	S. Buckley 380
S. Dias 407	Master I
181 lbs.	DeGennaro 413
Open	Master II
	M. Murray 446
	242 lbs.



**Randy Green, 39, took 1st in the Submasters division at the AAU Sooner State Winter Games. He is the Pastor of First Baptist Church of Coyle, Oklahoma. (photo from Rickey Dale Crain)**

Master I	A. Barnhill 214	143	319	677		
181 lbs.	Master I	B. Behm 226	181	248	655	
MALE	123 lbs.	Teen II	M. Nelson 203	104	252	556
Master IV	H. Shiviae 297	176	330	804		
148 lbs.	Junior	K. Breaw 330	248	369	948	
Open	J. Arnold 214	275	347	837		
165 lbs.	Teen III	D. Sanders 396	286	474	1157	
Open	F. Harrah 336	225	369	931		
Master VI	R. Mattison 308	366	418	964		
181 lbs.	Open	K. Schiessl 512	330	490	1333	
Open	Master I	L. Slaughter 385	341	429	1157	
K. Schiessl 512	330	490	1333			
198 lbs.	Teen III	M. Koufos 369	220	303	892	
Master II	B. Pacheco 402	358	451	1212		
Master V	S. O'Neill 4007	253	424	1085		
220 lbs.	Open	S. Pena 507	512	220	1240	
Open	242 lbs.	Teen II	J. Paredes 440	402	584	1427
Open	J. Paredes 440	402	584	1427		
P. Harmon 424	347	479	1251			
S. Waits 650	363	600	1614			
Master I	R. Exum	562	—	—		
Master V	J. Evans 143	314	396	854		
275 lbs.	Master II	M. Goodwin 518	462	562	1543	
Open	M. Goodwin 518	462	562	1543		
275+ lbs.	Open	A. Gonzalez 523	523	529	1576	
Open	Best Lifter Bench Press: Open-James Hunter, Master-Frank Beeler. Best Lifter Powerlifting: Women Open-Alison Barnhill,					

Women Master-Alison Barnhill, Men's Open-Rob Meulenber, Men's Master-Robert Mattison, Men's Teen/Junior-Joel Paredes. Spotters: Aaron Pete, Brad King, Troy Richards, Greg Buffinton, roy Lamont, Craig Saewong. Score Table: Betty Lee, Burnell, Dave "The Legend" VanBrocklin, Mike Musto. Expditer: Mike Knight. Cameras: Ava Burnell, Jerry "Bootsy" Pujol, Susan Andrews, Mike Womelsdorf. Trophy Girl: Samantha Burnell. Emergency Problem Solver: Kendal Buffinton. Referees: Joseph Randazzo, Will Satterthwaite, Scott Cartwright, Steve Denison, Jason Burnell, Lance T. Slaughter. This years Nor Cal started off on a sad note when longtime lifter and everyone's friend Jeff Stanley tore a quad, as he was descending on his opening squat. Jeff is the kind of guy that always greets you with a huge smile and no matter what kind of day you're having he makes it better. So, it was with sadness that we watched him being taken away in the ambulance. Before he left he was already assuring me that he'd be back on the platform next year. No doubt! Heal Fast, buddy! Fortunately, the rest of the day held no more such surprises and we made it through intact. Susan O'Neill, made her lifting debut several years ago at this very meet and came back to bench press with us, putting up a nice 88 lbs. Our two teen men Travis Bloomer and Adam Contreras pressed up 275 and 286 lbs, respectively. In the men's Open, Jason Arnold keeps getting better putting up 275 today. Shawn Dias decided to return to the Iron Game after taking about three years off and benched 407 at 165. Nice. Matthew Short entered the open as a teenager and did himself proud by breaking a couple of teenage state records! In the open 220, Shawn Buckley made his debut and had a great day pushing up 380. Steve Pena has been struggling to up his own state record at 220 for a couple of years now and nudged it up a bit from 507 to 512. In the 242s, James Hunter had a bit of an off day making only one attempt of 628 lbs. That's a decent squat for most of us. He just missed another new state record with 644 but I'm sure he'll get it next time. Mel Goodwin put up a beautiful 463 at 275 and Leo Contreras but up a 407 at 275+. Jim Chaaban made his debut at Submaster 242 with a 363. Scott Bloomer, one of our father son pairs, pushed up a nice 270 lbs., falling just 5 lbs. shy of Travis' 275. That will make for some competitive training sessions in the coming months! Hoddy Fritz, lifting in his first meet, benched a nice 259 and told me as

he was leaving that he's hooked On the sport. Who can blame him? It got us all! In the 181s Keith Scheissl and Dave Cummerow were in with 330 and 336. Dave has been on the comeback trail after some injuries. Looks like he's getting back in shape as he set a new state record on his third attempt. Keith is part of another of our father son teams. His other half was coaching this day. At 220, Mike DeGennaro and Mike Murray put up some nice 400+ benches, as did Dave Marba at 242. At MII 275, Mel Goodwin put up a sweet 463. At Master VI 275, Mike Bonifield put up a 341. Mike is a great ambassador for the sport and his love for lifting shows and he brings lifters with him wherever he goes. In the masters 275+, Leo Contreras and Frank Beeler closed out the benches with a nice 407 for Leo, and a huge 573 for Frank. In the full power meet, the lightest lady lifter, Alexandra Vallejo, had a rough day, making only openers in the BP and DL plus a second in the squat, but she still almost was able to capture the Women's Best Lifter Award. In the Women's 132's,

Shawna Stains went 7 for 9 and took second. In first was Alison Barnhill, who had the biggest total of all the women. Barbara Behm, had a very nice day going 8 for 9 and finishing with a 297.5 total. In the men's Teen/Junior division, Mark Nelson made his powerlifting debut at 132 and made three strong deadlifts to finish well. At 148 Kyle Breaw had a great 8 for 9 day. Dylan Sanders made a 525 kg. total at 165 in Teen III. At 198 Mitchell Koufos made six lifts en route to a 405 kg. total. Teen/Junior Best Lifter Joel Paredes nailed a huge 652.5 kg. total bolstered by his strong pulling. Master's Veteran Homi Shiviae rode some solid lifting to a 7 for 9 day at 123. At MVI 165, Robert Mattison had a perfect 9 for 9 day fighting out some tough lifts finishing with a 437.5 total. A surprise entry at Ml 181 was former slim guy Lance Slaughter. Lance needed to qualify for Master's Nationals and did it easily with a 9 for 9 day. Keith Schiessl hit a 605 total at MII 181 and Brian Pacheco went 8 for 9 for a 550 total at submaster 198. Shane O'Neill, posted a 492.5 kilo

total at MV 198. At MV 242, Jim Evans took a token attempt in the squat and then went 5 for 6 in his remaining attempts putting up nice numbers in the bench and dead. Robert Exum came to pull and set two state deadlift records. Mel Goodwin totaled 700 kg. at MII 275. In the Men's Open 148s, Jason Arnold totaled 380 kgs. on 6 for 9 lifting. Frank Harrah had a good start to his powerlifting career with a 422.5 kg. total at 165. At 242, Scott Waits came back to Cali to qualify for Masters and did so easily with a 732.5 kg. total. Parish Harmon had a 6 for 9 day going 567.5. At 275, Mel Goodwin set hit a big 700 kg. total for second place. Rob Meulenber had a huge day. He's been after the state deadlift record for a few years only to have it literally ripped from his hands. Not this day. He started by ramming a huge 370 kg. squat home easily. He followed that with a solid 215 kg. bench. His opening DL gave him grip problems and he had to repeat it but he was not to be denied this day. He reversed his over under grip and ripped up the easiest 733 I've ever seen. Impressive

doesn't even cover it. Finishing off at 275+, one of my training partners, Armando Gonzales, came to the meet with two goals. Don't bomb. Hit PRs. He bombed out of his first three lift meet at the American Open but finished perfectly this day hitting every lift and setting PRs across the board. Way to come back big! Basics Gym, once again hosted us and allowed us to take over and run this meet. They've been very supportive of our efforts over the years. Thanks Ken! I also have to thank all of the people that make a meet like this possible. Meets simply can't be run without a host of volunteers. We had a great crew and several people called me or emailed me to volunteer their help for this meet. To everyone, the lifters appreciate your help and I, especially, appreciate your help. Finally, I have to thank our sponsors, Glass Act of Sacramento and Inzer Advance Designs. Without you guys we couldn't keep this ship afloat! Thanks! (Thanks to Jason Burnell for providing these results)

**YMCA Garage Ink Powerlifting**  
10 FEB 07 - Shrewsbury, PA

BENCH	
MEN	
181 lbs.	B. Mornigstar 315
198 lbs.	N. Cessna 315
Powerlifting	SQ BP DL TOT
WOMEN	
123 lbs.	T. Niel 100 80 140 320
148 lbs.	C. Gibson 255 150 280 685
198+ lbs.	L. Schaech — 75 225 300
MEN	
132 lbs.	J. Schlappich 215 185 315 715
181 lbs.	R Schlappich 275 235 420 930
198 lbs.	H. Asche 505 340 505 1350
J. Benzel 350	335 405 1090
R. Kilgore 310	235 405 950
J. Strayer 300	225 405 930
T. Meckley 315	155 365 835
220 lbs.	J. Hirsch 550 415 505 1470
E. Ruth 450	275 475 1200
A. Shipley 242 lbs.	275 275 475 1025
D. Fowler 225	345 405 975
275 lbs.	J. Britcher 275 280 425 980
J. Zwick 225	260 235 720

First and foremost I want to thank all the help from my volunteers, the guys from Garage Ink Tea. Daryl Matin, Tom Getsinger, Jere Hess, Dan Ratchford, Tony Forella, my wife Dyan Hulslander, and Ryan Reevie. You guys were all awesome! Thank you so much for making this little contest a success! We had 18 lifters compete! I was very impressed with the turn out! For a little show that was no frills, for beginners and others who wanted to get some more experience, I think we had a great time! We started on time at noon and were done with all three lifts by 2:30pm! I don't think that's too bad. We even took two breaks in between the lifts for all to warm up. Lifters came from as far away as Scranton, Baltimore, Carlisle, and others were local, from the Shrewsbury and the Stewartstown areas. I want to thank the Shrewsbury YMCA for allowing Garage Ink Powerlifting to come in and run the show. I am excited about the upcoming USAPL PA State BP & DL contest that will be held at this venue on May 26th! The crowd today was fantastic! They supported all the lifters and were very, very, very vocal! It was kind of cool, we were stuck in the Y's weight room, crowded for the fans, but a nice balcony that they could go up to and look down on the action. May's contest will be held in a spacious and accommodating roller rink attached to the Y. Thank you once again. I think we all had a great time and hopefully we'll get to see you back in May! Great job! www.garageinkpowerlifting.com (Thanks to Niko Hulslander, from Garage Ink Powerlifting, for providing these results)

**AAU ATHLETE INDIVIDUAL MEMBERSHIP APPLICATION**

AAU Membership Year is September 1 to August 31. A membership card will be forwarded to you.

Use Legal Name

First	Middle	Last
Street Address		
City	County	State Zip
Application Date	Work Phone/Ext.	Home Phone
E-Mail Address		Fax Number
Birth Date	Gender	Cell Number
Do you have Health and Accident Insurance?		Sport Code (see list below)
<input type="checkbox"/> YES <input type="checkbox"/> NO		
Club Code (if Known)	Club Name (if Known)	

By paying or authorizing payment of my annual membership dues, I certify that: 1) 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; and, 2) this application is correct in every material aspect, including but not limited to my (street) address and birth date. The Applicant agrees to be bound by the AAU Code, including all AAU Policies, which are available for review on the AAU Web site at [www.aasports.org](http://www.aasports.org). NOTE: Parent/Guardian signature if member is under 18 years old.

Member's Signature	Parent/Guardian Signature
Date	Date



## World Natural Powerlifting Federation (WNPF) Membership Registration

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

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

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

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

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

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

FILL OUT ENTIRE APPLICATION AND MAIL WITH FEE TO:  
WNPF, PO BOX 142347, FAYETTEVILLE, GA 30214  
(678) 817-4743

SIGNATURE / PARENTS SIGNATURE IF UNDER 18 \_\_\_\_\_  
DATE \_\_\_\_\_ (memberships are valid for one year)

I agree to submit to any testing procedures in or out of contest by WNPF officials and shall accept the results and will not challenge them in any way. I also agree not to sue the WNPF for injuries that may occur during competition, traveling to or away from competition. I realize that powerlifting is a dangerous sport and I choose to compete at my own risk.

### APF/AAPF Bench for Cash 27 Jan 07 - Clawson, MI

BENCH	J. Zemmin	198 lbs.
MALE	SHW	242 lbs.
Junior (20-23)	T. Webster	308 lbs.
148 lbs.	Master (45-49)	J. Shell
N. Dreisig	220 lbs.	285 lbs.
260	M. Cullen	242 lbs.
165 lbs.	475	500
T. Vallone Jr.	242 lbs.	500
330	N. Cairi	275 lbs.
Master (40-44)	500	480
198 lbs.	M. Flagg	480
T. Wallace	400	480
P. Haley	400	480
220 lbs.	Master (50-54)	242 lbs.
J. Martin	242 lbs.	242 lbs.
242 lbs.	D. Abbott	242 lbs.
T. Butson	220 lbs.	242 lbs.
275 lbs.	Master (65-69)	315
J. Skonupa	570	315
SHW	Master (70-74)	148 lbs.
P. Savy	600	240
Cash	Open	165 lbs.
181 lbs.	165 lbs.	65
M. Ryan	365	181 lbs.
T. Hensley	242 lbs.	475
242 lbs.	M. Ruelan Jr.	475
R. Luyando	835	198 lbs.
C. Tallman	715	330
Kroczaleski	650	220 lbs.
275 lbs.	T. Runde	565
B. Carpenter	750	J. Caporosso
B. Lipinski	620	242 lbs.

T. Butson — 198 lbs.  
J. Hernandez 285  
J. Skorupa 570 242 lbs.  
S. Martin 405 P. Snodgrass 350  
J. Shell — 308 lbs.  
D. Forstner 625  
Submaster (33-39)  
APF Michigan held its annual Bench for Cash at Metro Beach, in the spacious Thomas Welch Activity Center. The weather was nice considering it was the end of January at a venue right on the lake. There were 33 lifters, and close to 150 spectators showed up to watch some excellent benching by both novices and world class lifters. The meet was sponsored by Edge Nutrition of Madison Heights, MI, Supplementology.net, Titan Support Systems, Schiek Sports (sponsor of Mr. Olympia Jay Cutler), and Anthony Rucciuto of NutritionXP3. In the state meet, there were 24 lifters who battled it out on this day. In the Junior class, Tony Vallone Jr. set an AAPF state record with a 330# bench in the 165# class. Tony won best lifter in the junior class and received a 5# jug of protein from supplementology.net, a pair of lifting straps from Schiek lifting supplies, and a best lifter sculpture provided by Carl Seeker. Neil Dreisig took second in the juniors with an AAPF state record bench of 260# in the 148# class. In the

Submaster class, Dave Forstner took first place with a strong 625# bench in the 308# class. This lift also gave Dave overall best lifter in the state meet. As a result of this honor, Dave received a real Katana sword provided by Titan Support Systems, a 10# jug of protein from Edge Nutrition, a 5# jug of protein from supplementology.net, a pair of lifting straps from Schiek lifting supplies, and a sculptured trophy from Carl Seeker. Second place in the submasters went to Peter Snodgrass with a nice 350# bench. Joe Hernandez rounded out the class with a 285# lift. In the Master 40-44 age group, Paul Sazy took first place with a 600# bench in the SHW class. Jeff Skorupa took second with a new state record 570# bench in the 275# class finishing just one formula point behind Paul. Third place was a fun battle between Patrick Haley and Terrance Wallace with both finishing with a 400# bench. Pat won by being the lighter lifter. In the 45-49 group, Norm Cairi took first with a 500# lift. Michael Cullen came in second with Mitchell Flagg coming in third. In the 65-69 group, Jose Durazo was the sole lifter going 3 for 3 finishing with a nice 315# bench. Richard Gidcumb made an unofficial world record in the 70-74 age group with a 240# bench in the 148# class. In the Open division, David Hermans won the

165s and best lifter lightweight with a 465# bench. Dave received a 5# jug of protein from supplementology.net, a pair of lifting straps from Schiek lifting supplies, and a best lifter sculpture provided by Carl Seeker. In the 181s, Migud Ruelan Jr. went 3 for 3 finishing with a very strong 475# bench. In the 198s, Nik Gojcaj won with a 335# bench. Tony Runde came out from Iowa for this meet and missed 610# on his attempts. Tony is very capable of this weight and more but just had an off day. The 220s saw Jamie Caporosso win best lifter heavyweights with a 565# bench. Jamie received a 5# jug of protein from supplementology.net, a pair of lifting straps from Schiek lifting supplies, and a best lifter sculpture provided by Carl Seeker. In the 275s, Jeff Skorupa took first with his 570# bench. Scott Martin took three attempts to get 405 in but pulled it out. The Cash meet had nine male lifters battling for a light, middle and heavyweight cash prize of \$500. The girls were afraid to come out today so there were no takers for the \$500 cash prize for them. The lightweights had a battle between Mike Ryan and Tim Hensley. Tim is capable of hitting 600# but couldn't get 560 to lockout on this day. He'll be back but that left Mike Ryan taking home the \$500 along with a 10# jug of protein from Edge Nutrition, a 5# jug of protein from supplementology.net, a pair of lifting straps from Schiek lifting supplies, and a sculptured trophy from Carl Seeker. The middleweights had Rob Luyando, Matt Kroczaleski, and Chip Tallman battling for the cash. WPO champ Matt K came in third with a solid 650# bench and Chip came in second with an AAPF state record 715 bench. Rob Luyando just keeps getting stronger each meet and as the weight goes up, his lifts get cleaner. Rob hit his opener easily with 815# then jumped to 835# on his second and the win. Rob ended up overall best lifter in the meet along with his \$500, he received a real Katana sword provided by Titan Support Systems, a 10# jug of protein from Edge Nutrition, a 5# jug of protein from supplementology.net, a pair of lifting straps from Schiek lifting supplies, and an awesome outstanding lifter plaque from Carl Seeker. He then received a free nutrition program, compliments of Anthony Rucciuto of NutrironXP3. The heavyweights had four lifters going for the gold. John Zemmin tweaked his shoulder on his 825# opener and ended up with a very rare bombout. John had six consecutive meets in which he benched over 800#, including winning both Kenny Patterson's and Bill Carpenter's cash meets. Bob Lipinski hit 620# to take third place and Bill Carpenter smoked his opener of 750# to take second. He had two solid attempts at 810# but came up just short of lockout on them. The winner of \$500 going three for three was 22 year old Tom Webster. Tom had a scare the week before at Bill Carpenter's meet dumping 735# onto his face. Outstanding spotting saved him from injury and he was able to put it out of his mind ending today with a solid 755# bench. Along with the cash, he also received a 10# jug of protein from Edge Nutrition, a 5# jug of protein from supplementology.net, a pair of lifting straps from Schiek lifting supplies, and a sculptured trophy from Carl Seeker. Rob Fuciarelli, Roger Bailey, and John Wagner spotted and loaded all day doing a fantastic job, no misloads and no dropped bars. This is the most important job at any meet and these guys made it happen, big thanks to you. Judges included world judge Mike Szudarek, WPO champ Matt Zweng, and fellow meet director Mike White. It was solid judging all day long with no complaints from the lifters and no gifts given. Mike White's experience helped keep the meet going when the sound system failed more than once during the day. I also want to thank Rob Johnson who ran the door for me on last minute notice. The meet was photographed by the outstanding ONL productions. They do an amazing job capturing the event as it is happening. You owe it to your lifters to use them if you run a meet. Thanks to Mike White for bringing an extra bench to the meet, Dennis Abbott for bringing his chalk stand and Detroit

Barbell for a bench and bars. A huge thanks to those who stayed around to help tear down after the meet which is always a thankless job. (results by Jim Harbourne)

### NASA Arizona State 3 FEB 07 - Mesa, AZ

BENCH	198 lbs.		
FEMALE	Int		
198 lbs.	N. Oshita	369	
Master I	PS BENCH		
S. Collins	154	MALE	
181 lbs.	181 lbs.		
High School	Master II		
J. Owens	209	C. Lindbloom	237
Master IV	Master Pure		
M. Stainbrook	203	C. Lindbloom	237
198 lbs.	Open		
Open	198 lbs.		
A. Dickey	391	Master Pure	
Submaster I	Schmuecker	319	
A. Dickey	391	PS CURL	
Submaster Pure	MALE		
A. Dickey	391	181 lbs.	
242 lbs.	Master II		
Junior	C. Lindbloom	115	
D. Chacon	380	Master Pure	
275 lbs.	C. Lindbloom	115	
Master Pure	Open		
M. McKinney	352	C. Lindbloom	115
RAW BENCH	198 lbs.		
MALE	Master III		
148 lbs.	J. Homer	137	
Master III	220 lbs.		
L. Janhunen	187	Master II	
165 lbs.	W. Jones	132	
Pure	275 lbs.		
D. Jordan	275	Master Pure	
181 lbs.	M. McKinney	148	
Master IV	PS DEADLIFT		
M. Stainbrook	203	MALE	
Master Pure	198		
M. Stainbrook	203	Master III	
Push Pull	J. Homer	330	
FEMALE	BP DL TOT		
123 lbs.			
Submaster II			
S. Jostes	132 214 347		
MALE			
165 lbs.			
Police/Fire			
D. Jordan	275 402 677		
181 lbs.			
Novice			
D. Murdock	220 352 573		
SHW			
Submaster I			
J. Anderson	429 633 1063		
Powerlifting	SQ BP DL TOT		
MALE			
148 lbs.			
Int			
S. Westwood	468 292 463 1223		
Junior			
A. Adame	358 237 468 1063		
Master I			
J. Bissen	429 237 451 1118		
Pure			
S. Westwood	468 292 463 1223		
Teen			
A. Adame	358 237 468 1063		
165 lbs.			
High School			
H. Bookman	407 275 451 1135		
198 lbs.			
Submaster II			
R. Phillips	523 391 512 1427		
220 lbs.			
Int			
R. Lazowski	705 451 672 1829		
Pure			
R. Lazowski	705 451 672 1829		
Raw			
165 lbs.			
Int			
C. Souza	314 259 451 1025		
Submaster I			
D. Jordan	297 275 402 975		
181 lbs.			
High School			
J. Kennedy	347 242 418 1008		
242 lbs.			
Submaster Pure			
J. Kennedy	407 374 418 1201		
SHW			
Submaster I			
J. Anderson	573 429 633 1636		

## INTERNATIONAL IDA ASSOCIATION Lifters for Lifters Pro-Am Powerlifting

### Application for Registration

Office use only, do not complete

Last Name \_\_\_\_\_ First \_\_\_\_\_ Initial \_\_\_\_\_ New Member \_\_\_\_\_ Renewal \_\_\_\_\_ Exp. Date \_\_\_\_\_

Street Address \_\_\_\_\_ City \_\_\_\_\_

State or Providence \_\_\_\_\_ Zip Code \_\_\_\_\_ Country \_\_\_\_\_

Telephone \_\_\_\_\_ Email Address \_\_\_\_\_ Date of Birth \_\_\_\_\_ Age \_\_\_\_\_ Sex \_\_\_\_\_

Pro \_\_\_\_\_ Am \_\_\_\_\_

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

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

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

Power Sports	CR	BP	DL	TOT	T. Manno	49	77	181	308	A. Whitten	148	275	474	898
FEMALE					148 lbs.					Submaster Pure				
105 lbs.					Teen					W. Exham	170	286	540	997
Master III					C. Wilson	143	231	358	733	A. Whitten	148	275	474	898
M. Grimes	49	82	203	336	165 lbs.					198 lbs.				
123 lbs.					High School					Master III				
Master I					R. Lauck	143	214	363	722	J. Homer	137	330	330	799
V. Brown	55	88	203	347	Master I					Open				
Submaster II					D. Morgan	121	209	374	705	J. Homer	137	330	330	799
S. Jostes	66	132	214	413	Master III					220 lbs.				
198 lbs.					B. Exham Jr.	121	237	314	672	Master II				
Master I					Submaster I					W. Jones	132	292	352	777
S. Collins	90	154	308	553	D. Jordan	137	275	402	815	Master Pure				
Open					Teen					R. Cheateam	137	341	429	909
S. Collins	90	154	308	553	A. Lemelin	115	203	385	705	242 lbs.				
MALE					Open					Teen				
114 lbs.					A. Whitten	148	275	474	898	M. Marquez	132	264	429	826
Youth					Pure					275 lbs.				
K. Ishimatsu	38	66	165	270	A. Whitten	148	275	474	898	Submaster I				
132 lbs.					Submaster I					J. Salem	137	314	402	854
Youth										(Thanks to Rich Peters for these results)				



## Application for Registration UNITED STATES POWERLIFTING FEDERATION

(801) 776-2300 • FAX (801) 776-4600

Last Name \_\_\_\_\_ First Name \_\_\_\_\_ Initial \_\_\_\_\_ Renewal \_\_\_\_\_ Current Card # (if Renewal) \_\_\_\_\_

Street Address \_\_\_\_\_ Club Name \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_ Area Code/Telephone \_\_\_\_\_

Current USPF Classification	Referee Status	Current High School	Special Olympian	Inmate
Elite Master I II III IV	IPF Cat. 1 Cat. 2 Nat. State	Y N	Y N	Y N

Current Collegiate	U.S. Citizen	Date of Birth	Sex	Today's Date	Card Issued By
Y N	Y N	/ /	M F	/ /	

Registration Fee \$25.00  
Make checks payable to and Mail to:  
UNITED STATES POWERLIFTING FEDERATION  
NATIONAL HEADQUARTERS  
P.O. Box 650  
Roy, Utah 84067

NOTE: \$10 SPECIAL FEE APPLIES TO: Special Olympians; High School with proof of enrollment; and inmates when paid with institution check. All USPF sanctioned meets will be subject to drug testing.

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

If Under 18 have Parent Initial \_\_\_\_\_

Signature \_\_\_\_\_

**REFEREE STATUS:** National Referee \_\_\_\_\_ State Referee \_\_\_\_\_

Club No. \_\_\_\_\_ Club Name: \_\_\_\_\_

Membership good for 1 year from date of application. For information on registration and program, call your State Chairman or 814-833-3727. A.D.A.U. membership provides each member with an opportunity to participate in A.D.A.U. events.

Adult  25.00 Youth  15.00

### MEMBERSHIP APPLICATION:

I agree to submit to any drug testing procedure, either in meet, or out of meet without any prior notice, deemed appropriate by the A.D.A.U. rule book. NOTE: Parent/Guardian signature required if member under 18 years old.

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

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

For more information, contact:  
Allan Siegel, President, CFO  
304 Daisy Street • Clearfield, PA 16830  
Phone or Fax: 814-768-9400  
E-mail: al@pikilup.com • Website: www.pikilup.com

**ANTI-DRUG ATHLETES UNITED, INC.**

Date of Birth \_\_\_\_\_ Age \_\_\_\_\_ Sex \_\_\_\_\_ Application Date \_\_\_\_\_ Social Security Number \_\_\_\_\_

First Name \_\_\_\_\_ Middle Name \_\_\_\_\_ Last Name \_\_\_\_\_

Address \_\_\_\_\_

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

E-mail \_\_\_\_\_ Phone (With Area Code) \_\_\_\_\_



**Detroit Barbell Open**  
26 AUG 06 - Taylor, MI

BENCH		Open		320	
AAPF		Garvin		345	
FEMALE		Snodgrass		308 lbs.	
148 lbs.		Open			
Hadovek	105	Masters (55-59)		385	
165 lbs.		Leake Jr.			
Master (60-64)		SHW			
Turshnuik	115	Open		405	
181 lbs.		Harris			
Master (75-79)		APF			
Howard	90	MALE			
275 lbs.		198 lbs.			
Open		Junior		425	
Hinze	105	Kerul			
MALE		220 lbs.			
165 lbs.		Masters (40-44)		525	
Junior		Martin			
Vallone Jr.	315	Open		500	
198 lbs.		Westhoff			
Open		242 lbs.			
Ladach	345	Masters (50-54)		570	
Wallace	400	Smolinski			
220 lbs.		308 lbs.			
Open		Open		700	
Troia	550	Schott			
242 lbs.		Submaster		645	
AAPF		Shell			
MALE	SQ	BP	DL	TOT	
148 lbs.					
Junior		280	235	385	900
T. Mach					
181 lbs.					
Masters (60-64)		210	105	245	560
Wexelberg					
198 lbs.					
Junior		385	240	425	1050
K. Shermann					
Masters (70-74)					
A. Geraty	200	165	300	665	
242 lbs.					
Novice		460	300	600	1360
J. Gunter					
Open					
A. Plagens	545	350	555	1450	
J. Cheney	705	455	605	1765	
275 lbs.					
Open		325	245	475	1045
D. Roberts					
308 lbs.					
Open		585	385	505	1475
D. Frady					
AAPF/APF		365	550	1540	
FEMALE					
148 lbs.					
Junior		225	165	235	625
N. Carr					
MALE					
165 lbs.					
Open/Submaster		625	365	550	1540
B. Campbell					
Masters (50-54)					
J. Harris	465	355	515	1335	
APF					
MALE					
165 lbs.					
Master (50-54)		480	330	555	1365
M. Simon					
181 lbs.					
Open		450	350	475	1275
B. Knapp					
198 lbs.					
Masters (65-69)					

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L. Hughes 280 200 300 780 Lifter LW APF Ben Knapp. Best Lifter HW APF John Wagner. This meet was held at the beautiful Taylor recreation center. We had about 200 people come and go throughout the day to watch the festivities. The lifters were provided food, water and Gatorade all day. The first flight consisted of everyone but the open lifters. We had at least two junior lifters entering their first meet putting up some good totals, TJ Mach 900 at 148, and Kevin Sherman, 1050 at 198. The Best Master's lifter came out of this group, Jim Harris going 1335 at 165 via, 465, 355, 515. The Best Lifter Woman also came out of this flight, Natalie Carr came up from Ohio to go 625 at 148. Alan Geraty, 74 years old, almost 75, went 665 at 198. The second flight was all the open lifters APF and AAPF. The Best Lifter AAPF LW went to Brian Campbell coming from IN, going 1540 at 165 in his first APF/AAPF meet ever, with many more to come. The

Best Lifter AAPF HW was Jason Cheney, 1765 at 242, with a lot left on the platform and much bigger numbers to come. Ben Knapp, owner and operator of Power Nutrition, in his first meet came away with Best Lifter honors in the APF LW division, 1275 at a sleek 181. John Wagner earned Best Lifter honors in the APF HW division going 1880 at 242, having an awesome day. Some other people to note were Scott Martin who sat in the hole for about seven seconds waiting for me to call him up, squatted a very easy 635 and went 1425 at 308. Dain Soppelsa hit a big 800 pound squat as a junior with a bright future ahead of him. Abdul Wesolowski, in an almost see through Marathon DL suit, smoked a 725 lb. DL with no belt. We also had 18 lifters entered in the bench only with a special guest lifter. The biggest bench of the day went to Mark Schott, who hit a fairly easy 700 lb. bench, as clean of lifts as they come. Joe Smolinski hit what would have been an American WR, had we had the proper judges, 570 at 242. William Leake, Jr. came off of his police duties to hit a nice 385 at 308 in his first meet. Another police officer Tommy Westhoff hit his first 500 at 220. Jamie Shell put up a great 645 at 308. Lena Howard, 76 years old, benched a terrific 90 at 181, unbelievable to still be lifting like that at 76 yrs old. Guest Lifter Matt Kroczaleski took time out from his WPO semi's training to hit a solid 660 at 242. I would like to thank every from Detroit Barbell that helped make this meet a success. Doug Parks and Brian Klaus ran the table like professionals, if it wasn't for them we wouldn't have made it though as fast as we did. All the judges; Jim Hinze was head judge, Jim Harboume, Martin Howard, John Zemmin, and whoever else I forgot that helped judge. I want to also thank the help for everything you did, you guys know who you are, you made the meet what it was. I would also like to thank our sponsors, without you we would have had a hard time: [www.powernutrition.net](http://www.powernutrition.net), the cheapest supplements out there and the best service, GNLProductions.com for the picture & video crew, nobody does better work, Malarkey's Irish Pub, Baldo's Restaurant, Karen Siota ART Specialist, Rob Twining, Ohio APF State Chair & PowerQuest owner, Inzer Advance Designs, the best powerlifting gear out there, and to whomever I may have forgot, thanks. Detroit Barbell will be running the 2007 MI State Meet and will be involved with 2006 Wolverine open in December, as well as the 2007 Bench Bash for Cash in January in MI. Detroit Barbell for life! (Thanks to Jeremy Thomas for the results)

**USAPL Longhorn Open**  
18 NOV 06 -

BENCH		R. Johnson		429
MALE		Master I		
Open		Open		
165 lbs.		R. Purdy		474
J. Hopkins	347	Master II		
242 lbs.		Open		
A. Pusch	374	D. Abernathy		485
Powerlifting	SQ	BP	DL	TOT
FEMALE				
98 lbs.				
C Division				
A. Summers	220	110	242	573
Teen I				
P. Summers	132	60	154	347
105 lbs.				
C Division				
K. Hernandez	209	88	220	518
O. Trevino	187	88	203	479
Teen I				
M. McDonald	198	99	176	474
C. Sheblak	143	71	181	396
Teen II				
V. Phung	253	110	275	639
114 lbs.				
C Division				
H. Hager	214	121	253	589
Open				
R. Lopez	242	137	314	694
Teen II				
B. Morales	253	1433	259	622
123 lbs.				
C Division				
S. Baker	275	126	308	711


Teen II	SQ	BP	DL	TOT
S. Salinas	308	176	314	799
B. Parker	214	88	203	507
J. Jarratt	203	93	203	501
M. Kalmus	176	93	214	485
132 lbs.				
Open				
L. Smith	187	126	281	595
Teen I				
K. Kallus	148	44	154	347
Teen II				
J. Hase	325	137	303	766
Teen III				
Youngblood	259	187	275	722
A. Lamp	253	104	264	622
148 lbs.				
C Division				
S. Thomas	330	132	380	843
V. Recio	242	99	270	611
Teen I				
T. Hartley	226	115	226	567
L. Crabb	203	93	209	507
165 lbs.				
C Division				
R. Bryant	369	181	314	865
E. Fucik	341	137	314	793
A. Holmes	286	148	330	766
Open				
R. McGill	209	137	242	589
Teen I				
G. Cason	214	104	220	540
de los Santos	226	126	303	655
Teen III				
D. James	363	187	468	1019
181 lbs.				
C Division				
S. Sebastian	391	231	429	1052
Master II				
D. Bryant	325	159	314	799
Teen II				
G. Martinez	352	159	319	832
Teen III				
C. Cason	253	159	341	755
198 lbs.				
Teen II				
K. Bryan	281	154	330	766
198+ lbs.				
C Division				
B. Kean	330	187	325	843
Teen I				
M. Rivera	352	159	303	815
Teen II				
S. Rosales	463	209	352	1025
MALE				
114 lbs.				
Teen I				
C. Messimer	314	209	325	848
123 lbs.				
C Division				
J. Freeman	396	203	418	1019
Teen II				
N. Rodriguez	407	220	352	981
132 lbs.				
C Division				
N. King	418	264	413	1096
148 lbs.				
C Division				
Seaward Jr.	374	209	385	970
M. Gibbens	363	248	369	981
J. Melancon	402	297	429	1129
J. Padro	429	275	501	1207
	SQ	BP	DL	TOT
M. Ruiz	501	132	578	1212
K. Price	231	176	242	650
Teen II				
B. Hare	402	226	407	1036
Teen III				
C. Baum	325	203	336	865
165 lbs.				
C Division				
A. Tolerton	275	209	314	799
J. Rose	402	237	424	1063
B. Dobadie	369	292	429	1091
A. Evans	457	253	501	1212
L. Brittain	457	281	518	1256
M. Melancon	440	336	501	1278
R. Nagele	507	314	474	1295
D. Credeur	523	292	540	1355
181 lbs.				
C Division				
N. Gutierrez	628	391	567	1587
D. White	562	303	567	1433
J. Pritchard	501	314	534	1350
T. Garrett	440	319	518	1278
C. Dorff	457	341	474	1273
K. Kloc	451	336	463	1251
B. Bishop	429	248	551	1229
S. Soulen	474	253	474	1201
C. Cathey	303	264	418	986
Master IV				

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Rings ordered for before the current year add \$30.00. Your ring will show the year in which you became a CHAMPION. Shipping and insurance are included in the price. Your ring will be shipped directly from JOSTENS, Ohio purchasers add 6% sales tax. Send order, money order, above requested data, and make payable to:

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Email: [ring-lee@webtv.net](mailto:ring-lee@webtv.net)

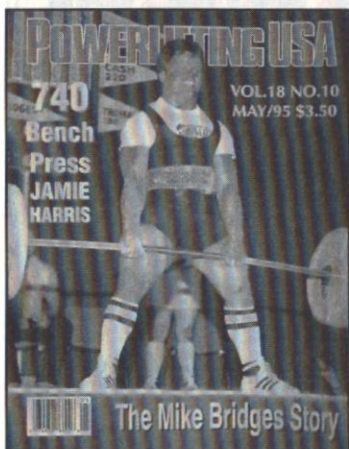
Allow 8-10 weeks for delivery, 10-12 weeks for order Oct-Jan.

D. Webster	391	253	446	1091
Open				
H. Tan	534	380	474	1388
198 lbs.				
C Division				
K. Louque	567	303	589	1460
Q. Smith	567	347	540	1455
J. Smiley	545	407	501	1455
R. Davenport	534	303	540	1377
	SQ	BP	DL	TOT
M. Bristol	512	325	496	1333
D. Chatham	457	314	507	1278
J. King	407	325	523	1256
I. Madison	424	314	512	1251
D. King	402	319	468	1190
C. Hauser	391	297	463	1151
C. Harlin	396	292	457	1146
Junior				
S. Strefas	341	314	407	1063
D. Booth	325	264	336	925
Master II				
Master I	567	369	567	1504
Master VI				
G. Thornton	231	181	330	744
Teen I				
T. Peyronel	220	181	286	688
Teen III				
S. Montalvo	440	231	512	1185
220 lbs.				
C Division				
J. Scaparra	611	385	633	1631
W. Blackmon	556	402	567	1526
J. Carney	551	369	523	1444
B. Strubberg	468	319	529	214
J. Gates	501	297	496	1295
B. Dyck	429	330	507	1267
Junior				
O. Dixon	512	347	540	1399
Master I				
G. Titus	407	352	440	1201
Master II				
T. Tomjack	429	418	429	1278
Master IV				
J. Lucio	435	275	457	1168
Open				
J. Williams	501	341	573	1416
Teen III				
T. Wojcik	402	231	407	1041
242 lbs.				
C Division				
M. Peterson	672	424	650	1747
R. Reyna	578	402	573	1554
C. Owens	562	407	463	1110
O. McLendon	556	369	501	1427
M. Busch	523	275	523	1322
J. Schneebill	451	303	507	1262
A. Estrada	440	286	501	1229
Master I				
D. Broseman	633	374	600	1609
Open				
J. King	622	451	633	1708
J. Lavergne	451	424	451	1328
275 lbs.				
C Division				
A. Brown	281	214	374	870
Junior				
Cressionnie	617			



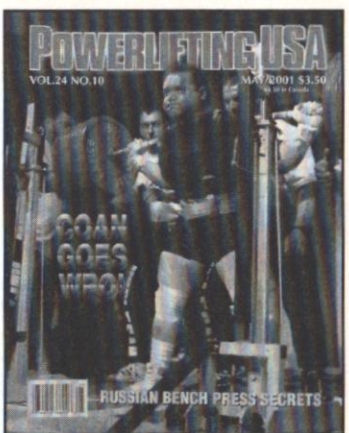
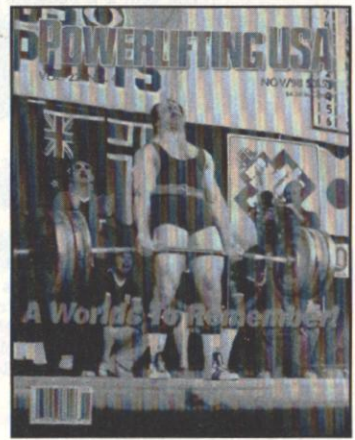
# PL USA BACK ISSUES

**Aug/93...** USPF Seniors, USPF Masters, NASA Masters, Legends of PL, World Record Breakers, Rack Training, TOP 100 SHWs, ADFPA TOP 20 181s  
**Sep/93...** ADFPA Men's Natls., NASA Grand Nationals, Female Confessions, O.K.G., Craig Tokarski Seminar, TOP 100 114s, ADFPA TOP 20 198s  
**Oct/93...** APF Seniors, NASA World Cup, Grant Pitts Profile, ADFPA DL Nationals, Rest Pause, Bombing Out, TOP 100 123s, ADFPA TOP 20 220s  
**Dec/93 ...** WDFPF Worlds, Anthony Clark Profile, Ed Coan Interview Pt. 2, Nick Theodorou Interview, Louie on Reverse Hypers, TOP 100 148s.  
**Jan/94...** IPF Men/Women Worlds, IPF Jr/Master Worlds, WPC Worlds, Greg Lowe Squat, Cycling Systems, TOP 100 165s, ADFPA TOP 20 SHWs.  
**Feb/94...** Drug Test Methods, ADFPA National Masters, Malibu Classic VI, Greg Warr BP Workout, Hernia Surgery, TOP 181s, ADFPA TOP 114s  
**Mar/94...** Women's TOP 20, Drug Testing Methods Pt. II, The Trap Bar, Teen Training, Tamara Grimwood, TOP 100 198, ADFPA TOP 20 123s  
**Apr/94...** Saliva Tests, Coan DL Video, Bob Dempsey Profile, Psyching Up or Psyching Out?, WNPF Worlds, TOP 100 220, ADFPA TOP 20 132s  
**May/94...** USPF/ADFP Collegiates, USPF Jr. Natls., IPF World Bench Press, Budweiser Record Breakers, Fluids, TOP 100 242s, ADFPA TOP 20 148s  
**Jun/94...** NASA Natural Natls, WPA Worlds, DASH Record Breakers, Bill Nichols Profile, Sticking Points, TOP 100 275s, ADFPA TOP 165s  
**Jul/94...** USPF National Masters, Rickey Crain Profile, Lower Back Training, Mike MacDonald Bench Legacy, TOP 100 SHWs, ADFPA TOP 20 181s  
**Aug/94...** APF SRs, Paula Suzuki Interview, Shane Hamman Squat Workout, Leg Training by Louie Simmons, TOP 100 114s, ADFPA TOP 20 198s  
**Sep/94...** ADFPA Men's, USPF Men/Women's Srs., Relieve Pain With Aloe, Box Squats, Phytochemicals, TOP 100 123s, ADFPA TOP 20 220s.  
**Nov/94...** WDFPF Worlds, Goodwill Games, Is PL a Mockery of Strength?, Craig Tokarski Interview, Isometrics, TOP 100 148s, ADFPA TOP 20 275s.  
**Dec/94...** Jon Cole, Asian Championships, Conjugate Training, USPF BP Nationals, Euro Jrs/Women's, United We Stand, TOP 100 165s.  
**Jan/95...** WPC Worlds, IPF Worlds, IPF World Masters, Greatest All Time Squatter, Karl Saliger of Austria, Meet Performance Review, TOP 100 181s.

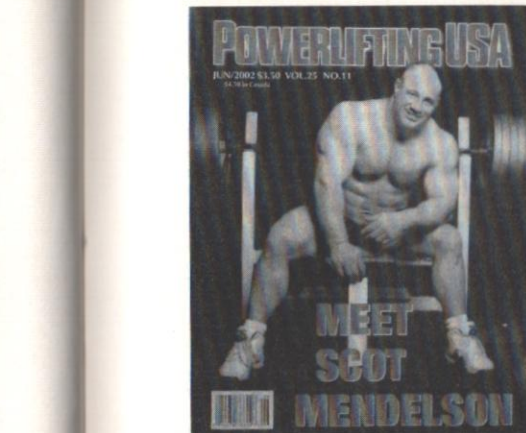


**Feb/95...** World's Strongest Man, Jesse Kellum Squat Workout, Willie Williams 705 Bench Press, Video/Computer Technology, TOP 100 198 lbs.  
**Mar/95...** Women's TOP 20, Don Reinhoudt, Ethics of Ergogenics, Karvoski Squats, Tamara Rainwater-Grimwood BP Routine, TOP 100 220s  
**Apr/95...** NASA Natural Nationals, Deadlifting without Deadlifting, Raising Work Capacity, Bruce Wilhelm, L.M.W. Compounds, TOP 100 242s.  
**May/95 ...** Mike Bridges, James Henderson, Ecdysterone, Ernie Frantz & Bill Gillespie Interviews, Louie on Changing wt. classes, TOP 100 275s  
**Jun/95...** Antonio Krastev, USPF Collegiates/Bench Natls, Overtraining or Adaptation?, Greg Warr Interview, Curt Leslie BP Workout, TOP 100 SHW  
**Jul/95...** IPF Women's Worlds, Nick Lavitola Deadlift Workout, Pec Tear Nightmare, Aloe Vera for Training, Off Season Hints, TOP 100 Flyweights  
**Sep/95...** Triple SENIORS ISSUE ADFPA/ APF/USPF, How to Use Creatine, Chris Confessore Interview, Women & the Success Syndrome, TOP 100 132s  
**Oct/95...** Jamie Harris Interview, Successful Deadlift Strategies, Elite Level Supplements, AAU Jr. Olympics, New Training Devices, TOP 100 148s.  
**Dec/95...** Walter Thomas Interview, IPF World Bench Press, Trainers of Tomorrow, Leo Stern Profile, 6 Week Peaking Routine, TOP 100 181s  
**Jan/96...** IPF/WPC/WDFPF Worlds, Percent Training Pt. II, IPF World Masters, World's Strongest Man, Hank Hill Interview, TOP 100 198s  
**Mar/96...** TOP 20 Women/Masters/Teen Rankings, Chromium, Plant Extracts, Multi-Year Training System, First Seniors, Framework for the Novice.  
**Jul/96...** AAU Men's, USPF JRs., DHEA, '65 vs. '95 Top Ten, "Chain Reactis" by Louie S., Rob Wagner, TOP 100 114s  
**Aug/96...** ADFPA Men's, APF Sr. Natls, "Ban All Equipment", Rest Pause Revisited, Specializing in the DL by Louie S., FIBO Show, TOP 100 123s.  
**Oct/96...** WDFPF Worlds, Ed Coan/Kirk Karvoski Interview, Anthony Clark Interview, Herb G. "Responds to the Response", TOP 100 148s  
**Nov/96...** APF Can-AM, Clark benches 780, James Henderson says "Face Me", Tribroxin, Wade Hooper Squat Workout, Paul Wrenn, TOP 100 165s  
**Feb/97...** Power of Compelling Outcomes, WPC Worlds, IPA Natls, Formula for Success, Making Weight, USPF Biography, TOP 100 220s

**Apr/97...** Clark Benches 800 - Waterman 600 @ 181, Powerlifting Crisis, World's Strongest Man, USA PL Decline, John Ford Pt. 2, TOP 100 242s.  
**May/97...** Dream Team Pt. 1, Kick Start Your Squat, Ken Ufford 800 lb. Deadlift Workout, Pyruvate, the Art of Winning, Deadlift Primer, TOP 100 275s.  
**Jun/97...** J.M. Blakley, Dream Team Pt. 2, ADFPA Nationals Chronology, IPF TOP 25, Good Mornings, Scott Smith BP Workout, TOP SHW  
**Jul/97...** Shane Hamman Profile, Doug Heath Squat Workout Pt. 1, WDFPF Champ. Chronology, EPF Europeans, The Warmup Room, TOP 100 114s.  
**Aug/97...** Power of Color, How to BP 500 Easy by Louie S., ADFPA TOP 25 All Time, APF Seniors Chronology, Mark Pasillo, TOP 100 123s  
**Sep/97...** USAPL/USPF/APF Triple Seniors, IPF Women's Worlds, World's Strongest Team, NEW Mineral Orotates, Progressive Overload, TOP 100 132s.  
**Oct/97...** Brad Gillingham Profile, Resistance Training by Louie Simmons, Ken Emrich, Power Biceps Training, Larry Miller interview, TOP 100 Ltwt.  
**Nov/97...** U.S. Strongest Man Contest, World's FASTEST Bench Presser, Rick Gaugler Profile, Light Training Days, Diabetes & PL, TOP 100 165s.  
**Dec/97...** Vicki Steenrod, Functional Protein Powders, Louie Simmons Squat Workout, USPF's Best Women, Walt Austen DL, TOP 100 181s  
**Jan/98...** IPF Men - Master - Jr. Worlds, WDFPF Men - Teen - Jr. - Master Worlds, World's Strongest Man Qualifiers, Best IPF Women, TOP 198s  
**Mar/98...** Mark Philippi Interview, TOP 20 Women, Teen, Master Rankings, James Henderson, George Nelson, 1st Worlds, Brad Gillingham backstage  
**Apr/98...** Bull Stewart Speaks, USAPL Women's, APF All Time TOP Women, Westside Invitational, Foundational Training by Louie, TOP 242s.  
**Jun/98...** Mark Henry, Ernie Milian, Olympic Cycle, Louie on "Researching Resistance", 10 Keys to Success, AAUPC/WDFPF Split, TOP 100 SHWs.  
**Jul/98...** Kirk Karvoski, Angelo Berardinelli, World's Strongest Man Jouko Ahola, Jon Arenberg, IPF Women's Worlds, TOP 100 Flywts..  
**Aug/98...** USAPL Men's, Platform Deadlifts, ADFPA Women, Yueh-Chun Chang, IPF World's, APF Nationals, Shane Hammon, Top 100 Bantam.  
**Sep/98...** APF Seniors. Part 1, the Ed Coan Decision, Power Bells, York Summer Picnic, Visit to Westside, 3x3 Training Plan Part 1, TOP 100 132s  
**Nov/98...** A Worlds to Remember, Japan Nationals, PL Weapons, Pat Beaumaster, Joe Dube, Jackie Davis, TOP 100 Middlelwts., Isoflavones.  
**Jan/99...** IPF Worlds, WABDL Worlds, Dave Ricks Interview, Russian Mystery, Extra Workouts by Louie Simmons, Strongman II, TOP 100 198s  
**Feb/00 ...** WPC Worlds Pt. I, Battle of the Giants, The Real Triac, IPF World BP, IPA Natls, Best Lifters of the Century, Big BPs by Louie S., TOP 100 220s  
**Mar/00 ...** USAPL Women's, WPC Worlds Pt. II, World's Strongest Man, TOP 20 Women - Teen - Masters, The Conjugate Method by Lou Simmons  
**Apr/00 ...** Arnold Classic, WPF Worlds, Mike Danforth, Leonard McCormick Interview, PL USA Cover Chronology, Methoxivone, TOP 100 242s  
**May/00 ...** Dennis Cieri, J.M. Press?, Knee Wraps, the Passing of Tamara Rainwater-Grimwood, One Arm Rows, Chemical Exercise, TOP 100 275s.  
**Jun/00 ...** Garry Frank Profile, Black's Health World, Dawn Reshel Dies, From Canada to Westside, BP by Larry Miller, Fred Peterson, TOP 100 SHWs.

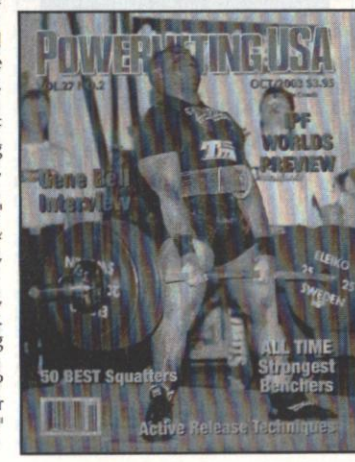


**Dec/98 ...** IPF Masters-Juniors - Mens/WPC/WDFPF/AAU / AAFP World Meets, Injury Avoidance, USA All Time 800 DLs, Dennis Brady, TOP 100 181s  
**Feb/99 ...** WPC Worlds Pt. 2, Coan goes 2463, USPF Worlds, IPF World Bench, Anthony Harris Interview, Joe Onosai, TOP 100 123s  
**Apr/99 ...** The ED COAN Book, Why Whey?, Gordon Santee, 3x3 Training Pt. 5, Training Methodologies by Louie Simmons, TOP 100 242s.  
**May/99 ...** LA Tech Program, "Sir Guggulot", Arnold Classic, Westside Invitational, USAPL Women's Nationals, Russian Stretches, TOP100 275s.  
**Jun/99 ...** Powerlifters as Bodybuilders, 1st Women's Worlds, USAPL Collegiates, Louie S. on Pre-Meet Training, "Choking", TOP 100 SHWs  
**Jul/99 ...** Dave Waterman Interview (1st lighthouse to BP 600!), IPF Women's Worlds, Louie on Overcoming Plateaus, Tim Bruner Profile, TOP 100 114s.  
**Aug/99 ...** the Rubber Band Man, the "Muscle Town USA" book, Beauty & the Beast, IGF-1, Overcoming Plateaus Part 2 by Louie Simmons, TOP 100 123s  
**Sep/99 ...** USAPL Men's, APF SRs. Pt. 1, Mike Bridges Workout, Special Olympics World Games, Zenith = Triac, York Spectacular, TOP 100 132s  
**Oct/99 ...** USPF Seniors, APF Seniors Pt. 2, Ribose, Backstage with Ed Coan, Horace Lane Interview, Circa Maximal Phase by Louie Simmons, TOP 148s  
**Nov/99 ...** Muscle Beach Lives, East German Breakthrough, DL Details, Walk Away From Death, Dynamic Duo by Louie S., TOP 100 165s.  
**Dec/99 ...** IPF World Masters/Juniors, USAPL/AAU BP Natls, Meet Information Management, Maximal Resistance Method by Louis S. TOP 100 181s  
**Jan/00 ...** IPF Worlds, WABDL Worlds, Dave Ricks Interview, Russian Mystery, Extra Workouts by Louie Simmons, Strongman II, TOP 100 198s  
**Feb/00 ...** WPC Worlds Pt. I, Battle of the Giants, The Real Triac, IPF World BP, IPA Natls, Best Lifters of the Century, Big BPs by Louie S., TOP 100 220s  
**Mar/00 ...** USAPL Women's, WPC Worlds Pt. II, World's Strongest Man, TOP 20 Women - Teen - Masters, The Conjugate Method by Lou Simmons  
**Apr/00 ...** Arnold Classic, WPF Worlds, Mike Danforth, Leonard McCormick Interview, PL USA Cover Chronology, Methoxivone, TOP 100 242s  
**May/00 ...** Dennis Cieri, J.M. Press?, Knee Wraps, the Passing of Tamara Rainwater-Grimwood, One Arm Rows, Chemical Exercise, TOP 100 275s.  
**Jun/00 ...** Garry Frank Profile, Black's Health World, Dawn Reshel Dies, From Canada to Westside, BP by Larry Miller, Fred Peterson, TOP 100 SHWs.



**Jul/00 ...** WPO Pro Championships, The 900 Lb. Squat Club, Beyond Diminishing Returns, Louie on Squatting in the 800s and 900s, TOP 100 114s  
**Aug/00 ...** USAPL Men's, APF Srs. Pt. 1, AAPF/APF Natls., IPF Women's Worlds, Wade Hooper Interview, Joe Onosai, TOP 100 123s  
**Sep/00 ...** USPF Srs, IPA Worlds, WABDL BP/DL, Pre-Meet Checklist, Do the SQ - by Louie, Ernie Frantz Insights, Rick Weil BP, TOP 100 132s  
**Oct/00 ...** Positive Illusions, Tako not Taco, Powerlifting's Salvation?, Beauty & the Beast, Women's 300 Bench Press Club, TOP 100 148s.  
**Nov/00 ...** Best Bench of All Time, final More from Ken Leistner, Drug Free BzJ Guide, Advanced Squat Cycle by Louie Simmons, TOP 100 165s  
**Dec/00 ...** Tao of Competition Pt. I, IPF Jr. + Masters Worlds, More World Record Benches by Louie Simmons, the Bench Press Shirt, TOP 100 181s  
**Jan/01 ...** IPF Men's Worlds, WABDL Worlds, AWPC Worlds, Roy Fokken BP Workout, Eccentric & Concentric Training by Louis S., TOP 100 198s  
**Feb/01 ...** Garry Frank Goes 2500, WPC Worlds Pt. I, IPA Nationals, How Brad Gillingham Won, Louie on Special Strengths, TOP 100 220s.  
**Mar/01 ...** TOP 20 Women - Teen - Masters Rankings, Hooking Up the Bands, USAPL Women's Natls, Westside Deadlifting, WPC Worlds Pt. II/BP  
**Apr/01 ...** Arnold Classic, Frank Goes 2535, Bill Crawford BPs 750, Daisuke Midote, Jeremy Arias, Extra Workouts by Louie S., TOP 100 242s  
**May/01 ...** Ed Coan Interview, Russian BP Training, Russian Nationals, Rob Fusner's Program, Why Can't I Gain Weight by J.M. Blakley, TOP 100 275's  
**Jun/01 ...** Sioux-Z Hartwig, Russian Squat Cycle, Big Boys Menu Plan by J.M., Victor Naleikin Interview, Diane Siveny Interview, Top 100 SHWs  
**Jul/01 ...** IPF Women's Worlds, Bill Crawford, APF Nationals., Shane Hamman, Leslie Look SQ Workout, Fixing Lockout, TOP 100 114s  
**Aug/01 ...** Garry Frank Goes 2601 - APF Seniors, USAPL Men's, FIBO, Stretching With Bands, Box Squats by Louie S., Warrior Spirit., TOP 100 123s  
**Sep/01 ...** WPO Semis, "No Deadlift" Routine, Ray Benemerito, Knee Pain & MSM, Louie on Exercises for the Triceps, Chalk & Powder, TOP 100 132s  
**Oct/01 ...** World Games, Tom Manno, Jamie Harris Interview, John Corsello Jr. Interview, 700 BP Club, Speed Cycling by Louie S., TOP 100 148s.  
**Nov/01 ...** Nance Avigliano, USAPL BP Nationals, IPF Jr. Worlds, T.J. Hoerner Squat Workout, "Analyzing Your Squat" by Louie S., TOP 100 165s

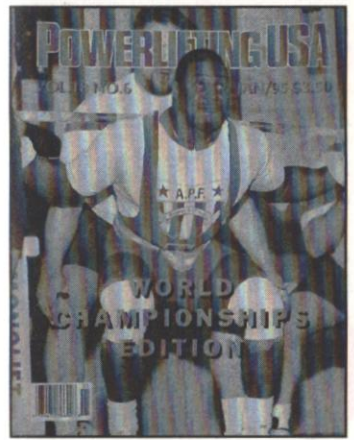
**Dec/01 ...** IPF World Masters, WPC Can Ams, Halbert Video, WPO BP for Cash, Westside Success, Jill Mills, Rich Salvagni, TOP 181s  
**Jan/02 ...** IPF Men's Worlds, WABDL BP Worlds, Garry Frank goes 2606, IPA Nationals, Carmen Perrotta Interview, Training the Lockout, TOP 100 198s  
**Feb/002 ...** WABDL DL Worlds, IPF BP Worlds, WNPF Worlds, WPC Worlds, Halbert on Lockout, Blakley on Shoulders, All Time SQs, TOP 100 220s  
**Mar/02 ...** USAPL Women's Natls, TOP 20 Teen/Women/Masters, Russ Barlow, Becca Swanson, 850 DLs, Louie on "the Repetition Method"  
**Apr/02 ...** WPO Finals/Qualifier/Arnold Bench Bash, Ano Turtiainen, Louie on DL Training, Jennifer Thompson, Back Up Your BP, TOP 242s  
**Jun/02 ...** Meet Scot Mendelson, IPF World Masters BP, Fatten Up Your Total, Louie Simmons on Volume, Dan Austin Interview, TOP 100 SHWs.  
**Jul/02 ...** Kennelly Benches 780, IPF Women's Worlds, APF Nationals, Carbohydrate Manifesto Pt. 1, Karen Sizemore Interview, TOP 100 114s.  
**Sep/02 ...** Kennelly BPs 800, American Strongman, Training Organization Pt. 1 by Louie S., Preventive Maintenance, Mikesell Interview, TOP 100 132s  
**Oct/02 ...** 556 squat @132 by Nance Avigliano, USAPL BP Natls, Powerhouse Grains, The Positive of Negatives, Bench Shirt Blues, TOP 100 148s  
**Nov/02 ...** Sivokon Speaks, IPF Jr. Worlds, Serious Mass Pt. 1, Priscilla Ribic Interview, Willie Wessels Interview, Ed Coan DL, TOP 100 165s  
**Dec/02 ...** WPO Semis (931 DL), Bench Bash for Cash, WPC Worlds, IPF Subjr. Worlds, Fred Hatfield, Louie on Explosive Strength, TOP 100 181  
**Jan/03 ...** IPF Men's Worlds, WABDL BP Worlds, IPF Masters Worlds, Becca Swanson Squats 705, Intensity Zone Loading Pt. 1 by Louie, TOP 100 198s.  
**Feb/03 ...** IPF BP Worlds, WABDL DL Worlds, Steve Goggins Interview, "Lessons Learned", All Time 308 & SHW rankings, Ken Patera, TOP 100 220s.  
**Mar/03 ...** Brad Gillingham Comeback, Men's 300 kg & Women's 300 lb. BP lists, Controlled Chaos BP, The Tendo Unit, TOP 20 Women/Master/Teen lists  
**Apr/03 ...** WPO Finals & Bench Bash for Cash, Crawford Benches 785, Jamie Harris Pt. I, Equipment, Never Looking Back by Louie, TOP 100 242s.  
**May/03 ...** Bill Crawford's Road Back, Odd Haugen, Virtual Force by Louie, Bill Kazmaier Profile Pt. 1, Women's 500 lb. SQs & DLs, TOP 100 275s.  
**Aug/03 ...** Mendelson Benches 804, 821, 825, 832, 875 ... APF Seniors, Mikesell Squats 1107, Louie on The



**Bench Press Shirt, Vince Anello Deadlift Workout, Team PL, TOP 100 SHWs**  
**SEP/03 ...** USAPL Men's Natls, Bench America, Keeping Iron in the Blood, 1000 lb. Squat Club, What You Need in Your Gym, TOP 100 114s  
**Oct/03 ...** Gene Bell, John Ware Workout, Sioux-z Hartwig, A.R.T. Techniques, 50 Best SQs/BPs, Louie S. on Training the Back, TOP 100 132s.  
**Dec/03 ...** WPO Finals, Rychlak BPs 900, IPF World Masters, Ausby Alexander, "Story of Arthur Jones", Speed Day Pt. 1 by Louie S., TOP 100 165s  
**Jan/04 ...** IPF Worlds, WPC Worlds, IPA Seniors, Acetylcholine, Wade Hooper SQ, Atlantis Foundation, Louie on Max Effort Day, Mabel Rader, TOP 165s  
**Feb/04 ...** IPF World BP, WABDL Worlds, Hyperhydration, Coan Update, Low Back Pain, Becca Benches 465, All Time Best BPs, TOP 100 198s  
**Mar/04 ...** USAPL Women's Natls., Becca benches 501, Water Technology Pt. 2, Brent Mikesell Interview, IPF President's Message, TOP 100 220s  
**Apr/04 ...** Frank Goes 2706/2805!, Arnold Classic, Power Nutrition Recipes, Louie on "The Staggered Load", California Hall of Fame, TOP 100 242s  
**Jun/04 ...** TOP 20 Women, Teen, Masters, Greatest Men's & Women's Ratings, 15 Min. Injury Solution, Delayed Transformation by Louie S.  
**Jul/04 ...** APF Seniors, Bench America II, APF Nationals, Louie Simmons on his "Virtual Force Swing", Digit Ratios and Strength, TOP 100 275s  
**Aug/04 ...** IPF Women's Worlds, USAPL Men's Nationals, World Powers by Louie Simmons, Luke Iams, Women's All Time SQ/TOT, TOP 100 SHWs  
**Sep/04 ...** IPA Worlds, Mountaineer Cup, Becca Swanson, Shrugs for a Big BP, Advanced System for Beginners by Louie Simmons, TOP 100 114s  
**Oct/04 ...** WPO Finals, Recuperative Modalities, Optimal Eccentrics by Louie S., Shrugs, Never Quit!, Cognitive Control, All Time Squats, TOP 123s  
**Nov/04 ...** WPC World PL/BP, BA Worlds, Louie S. on Speed Work, Travis Mash & Tony Conyers Interview, Jon Smoker Squat Workout, TOP 100 132s.  
**Dec/04 ...** Rychlak BPs 1005, IPF Worlds, Siders Interview, Louie on DL Training, Women's/Men's All Time BPs, Scott Lade BP Workout, TOP 100 148s  
**Jan/05 ...** WABDL Worlds, IPF World Masters, General Physical Preparedness by Louie, Jo Walker DL Workout, All Time Squats/Totals, TOP 100 165s  
**Feb/05 ...** Mike Miller's 1200 lb. Squat, IPF BP Worlds, Louie on "Prepare to Bench", IPA Sr. Nationals, 400 Kilo DL Club, All Time DLers, TOP 100 165s  
**Mar/05 ...** Mendelson BP Classic, Louie S. on Accommodation, Mikesell SQ Workout, 1st Hawaii Record Breakers, All Time BP/DL lists, TOP 100 198s  
**Apr/05 ...** WPO Arnold Classic BP & PL, USAPL Women's Nationals, Karvoski Re-Emerges, Jim Kilts Interview, 800# Drug Free DL Workout, TOP 100 220s  
**Jun/05 ...** Anthony Clark Passes, USAPL Men's & Masters, Beau Moore & Brad Kelley Interviews, John Black Recollections Pt. 1, TOP 100 242s.  
**Jul/05 ...** Roger Estep Passes, APF Seniors, IPF Women's Worlds, Louie on BP Training WSM Super Series, Scott Mendelson Profile, TOP 100 275s.  
**Aug/05 ...** Louie Simmons on the Pendulum Wave, 1000 lb. Squat Club, Marc Bartley (1058 lbs.) Squat Workout, Best Master Lifters, TOP 100 SHWs.  
**Sep/05 ...** IPA Worlds, York Hall of Fame, Equipment for Sumo, Reactive Methods by Louie Simmons, Mendelson

**Tries 1008 BP, TOP 100 114s.**  
**Oct/05 ...** Deadlift Training by Louie Simmons, Raw Benching Westside Style, Brian Schwab Squat Workout, World Top 20 lists, AWPC Words, TOP 123s  
**Nov/05 ...** Kettlebells for PLers, Tony Conyers' 2033 total @ 165, Raw Squatting by Jim Wendler, Fan Fanaticism, Seguin Fitness, TOP 132s.  
**Dec/05 ...** WDFPF Single Lift Worlds, Bench America, WPO Semis (1201 squat!), AAU PushPull, GPC Worlds, Jason Beck Worlds Routine, TOP 148s  
**Jan/06 ...** WPC Worlds - 970 DL!, IPA Naitonals, AAU World Push Pull, Louie S. on Isometrics, Ted Arcidi, Tiny Meeker Interview, Herb Stroke, TOP 100 165s  
**Feb/06 ...** WABDL Worlds, WDFPF Worlds, IPF World BP, Good Mornings, Old School DL, Becca Swanson's Quest for the 2000 Total, TOP 100 181s.  
**Mar/06 ...** Mendelson BPs 1008, Westside BP Routine, 'One Car Garage Training', IPF Men's Worlds, Jeff Lewis Interview, WNPF Worlds, TOP 100 198  
**Apr/06 ...** WPO Finals/Bench Bash, USAPL Women's Natls, Louie Simmons Squat Workout of the Month, Pler at the Olympics, Gunda Von B., TOP 220s.  
**May/06 ...** Ryan Kennelly, More with Bands, Tales from the Olympics, Nick Minneti Interview, 2005 TOP 20 Women, Teenage, and Masters Rankings.  
**Jun/06 ...** Kennelly's Path to Power, Kara Bohigian BP program, Things Louie S. Thinks You Should Know, Running A Successful Meet, TOP 100 242s.  
**Jul/06 ...** APF Seniors, Louie on 'the Lightened Method', Brad Gillingham Interview, John Stafford Interview, Quest American, NERB, TOP 100 242s.  
**Aug/06 ...** APC Natls., George Frenn, Westside's Top BPers, Bill Gillespie, Priscilla Ribic, Brent Howard Interviews, Singles Training, TOP 100 Superheroes  
**Sep/06 ...** Mike Wolfe - IPF's Detlev Albrings - Wade Hooper Interviews, Shawn Frankl - Janet Faraone Profiles, Louie on Kettlebells, TOP 100 114s.  
**Oct/06 -** Scott Weech Interview, Training the Posterior Chain, USPF Srs., USAPL Men's, RAW Natls., ADAU Natls., AAU Jr. Olympics, TOP 123s.  
**Nov/06 ...** WPC Europeans, IPA Worlds, Otis Brown, Iran at the Asian BP, Louie on Explosive Strength, Jennifer Thompson Interview, TOP 100 132s  
**Dec/06 ...** 1003 lb. Deadlift, WPC Worlds, Phil Pfister wins World's Strongest Man, WNPF Worlds, Donnie Thompson Interview, TOP 100 148s  
**Jan/07 ...** IPF Men/Women Worlds, "Help Wanted" by Louie, IPA Srs., Travis Mash, GPC Worlds, Johnny Graham, Deadlift Basics Pt 2, TOP 100 165s.  
**Feb-Mar/07 ...** WABDL Worlds, Louie Simmons reviews Training Methods, Jim Williams Memorial, Master Benching, WDFPF Worlds, TOP 100 181s.

LIST THE ISSUES YOU WOULD LIKE (AND ALTERNATES), MAKE OUT YOUR CHECK (\$5 PER ISSUE, INCLUDING S&H, OR A BETTER PRICE FOR HIGHER QUANTITIES), SEND TO PL USA BACK ISSUES, BOX 467, CAMARILLO, CA 93011. (PRICE ON MULTIPLE QUANTITIES: 2-3 ISSUES - \$4.50 EA., 4-9 ISSUES - \$4 EA., 10-24 ISSUES - \$3.50 EA., FOR 25+ ISSUE ORDERS - WE WILL NEGOTIATE)







Greg Fields was Best Lifter at the Sci-Fit meet, with his 500 lb. Bench Press at 181 bodywt., with Meet Director Joe Deverville on the right.

Sci Fit 8th Bench Championships  
16 SEP 06 - Macon, GA

BENCH	198 lbs.	B. Hogan	187	Master II (50-59)	275+ lbs.	K. Johnson	578			
FEMALE	Novice	N. Hulslander	628							
Light	B. Jackson	350	FEMALE	SQ	BP	DL	TOT			
Medium	Open		114 lbs.							
Heavy	M. Driggers	540	Teen II (16-17)	A. Baillet	82	71	165	319		
D. Digrazia	175	D. Patterson	430	123 lbs.						
M. Toole	150	H. Gillis	405	Teen I (14-15)	S. Kane	181	104	214	501	
MALE	Raw	J. Hunnicutt	365	Teen II (16-17)	J. Shaw	143	71	220	435	
Light	W. Lattimore	330	Novice	High School JV						
Medium	S. Purvis	430	Open	S. Kane	181	104	214	501		
Heavy	J. Benson	525	Master II (50-59)	J. Greener	121	77	220	418		
S. Hammock	555	M. Braswell	405	132 lbs.						
T. Sheffield	330	Raw	242 lbs.	Master I (40-49)	P. Krawczyk	237	93	242	573	
Master	M. Howell	425	148 lbs.	J. Miller	176	110	214	501		
Light	Novice		148 lbs.	Collegiate	K. Dormer	187	104	248	540	
Medium	M. Howell	425	148 lbs.	Teen II (16-17)	G. Moore	248	126	286	661	
Heavy	C. Williams	405	165 lbs.	Open	D. Mauriello	248	148	286	683	
W. Lattimore	330	J. Colquitt	525	275 lbs.	Raw	C. Hanes	260			
W. Bunkley	—	J. Rowland	525	Raw	D. Mauriello	248	148	286	683	
Heavy	275 lbs.	C. Edalgo	—	Open	C. Woody	490				
D. Moore	500	Raw	275 lbs.	114 lbs.	S. Elmore	—				
148 lbs.	Open		148 lbs.	Open	K. Morgan	—				
Open	W. James	365	148 lbs.	Open	R. Ullman	297	187	330	815	
181 lbs.	Novice		148 lbs.	Open	L. Weinstein	501	314	529	1344	
Novice	D. Walton	300	165 lbs.	Master III (60-69)	J. Wolff	253	165	385	804	
D. Russ	250	W. Watts	550	165 lbs.	Open	M. Cagliola	556	429	479	1466
Open	G. Fields	500	165 lbs.	Open	Deppenschmi	308	286	424	1019	
(Thanks to Joe Deverville for the results)				Teen I (14-15)	N. Miller	253	121	336	711	

USAPL NE Regional  
9-10 DEC 06 - Aston, PA

BENCH	165 lbs.	R. Harrington	319	
Teen (14-15)	Open	J. Bogart	507	
M. Dunn	242	P. Riley	385	
181 lbs.	Open	M. Donnelly	292	
Open	Teen (14-15)	M. Beans	374	
M. Ciupinski	463	Master (60-69)	S. Chatis	325
M. Salandra	281	Police/Fire/Military	P. Riley	385
Junior (20-23)	Open	275 lbs.	Open	
D. Figler	396	J. Sabat	412	
Master I (40-45)	Open	Master I (40-45)	J. Zwick	314
M. Salandra	281	198 lbs.	Open	
198 lbs.	Open	181 lbs.	Open	
Open	Fitzsimmons	374	Open	
220 lbs.	Raw	Master III (60-69)	J. Brudzinski	479
Raw				

Teen I (14-15)	N. Deluca	474	292	440	1207	
J. Wahl	292	187	352	832		
Teen III (18-19)	F. Marucci	512	297	507	1317	
Master I (40-49)	M. Salandra	99	281	143	523	
Raw	T. Jones	325	259	451	1036	
Collegiate	F. Marucci	512	297	507	1317	
198 lbs.	Open	J. Hess	523	341	556	1422
Open	C. Miller	485	259	545	1289	
J. Hess	523	341	556	1422		
Master II (50-59)	R. Thomas	88	259	143	490	
Master III (60-69)	H. Farrison	479	352	512	1344	
Collegiate	J. Chaffee	407	319	463	1190	
J. Hess	523	341	556	1422		
Master I (40-49)	D. Ernst	501	286	573	1361	
Raw	D. Ernst	501	286	573	1361	
D. Ernst	501	286	573	1361		
Thompson Jr.	330	259	518	1107		
Thompson Sr.	264	242	369	876		
High School Varsity	D. Ryan	518	352	518	1388	
D. Ryan	518	352	518	1388		
Collegiate	J. Hess	523	341	556	1422	
J. Hess	523	341	556	1422		
Police/Fire/Military	S. Davenport	407	369	490	1267	
S. Davenport	407	369	490	1267		
220 lbs.	Open	R. Zsido	551	435	562	1548
Open	T. Gelsinger	479	435	578	1493	
R. Zsido	551	435	562	1548		
T. Gelsinger	479	435	578	1493		
R. Gayda	451	341	551	1344		
R. Gayda	451	341	551	1344		
Teen II (16-17)						

J. Hundley	303	253	380	937		
L. Cepil	468	341	—	—		
Junior (20-23)	R. Destefano	606	363	567	1537	
Continenza	540	380	584	1504		
Raw	M. Barcelone	551	314	545	1410	
Open	R. Hannigan	463	319	507	1289	
High School Varsity	L. Cepil	468	341	—	—	
Collegiate	S. Biechy	451	402	507	1361	
S. Biechy	451	402	507	1361		
242 lbs.	Open	P. Johnson	705	518	595	1818
Open	J. Nicolosi	688	435	518	1642	
P. Johnson	705	518	595	1818		
J. Nicolosi	688	435	518	1642		
B. Lowery	628	429	573	1631		
B. Lowery	628	429	573	1631		
J. Bogart	507	507	468	1482		
J. Bogart	507	507	468	1482		
242 lbs.	Open	E. Frattanudo	—	—	—	
Open	D. Ryan	518	352	518	1388	
E. Frattanudo	—	—	—	—		
Junior (20-23)	E. Frattanudo	—	—	—		
Master II (50-59)	R. Thomas	88	259	143	490	
Master III (60-69)	H. Farrison	479	352	512	1344	
Collegiate	J. Chaffee	407	319	463	1190	
J. Chaffee	407	319	463	1190		
275 lbs.	Open	W. Droesser	639	507	672	1818
Open	R. Ebner	705	457	644	1807	
W. Droesser	639	507	672	1818		
R. Ebner	705	457	644	1807		
T. Forella	617	407	540	1565		
T. Forella	617	407	540	1565		
Teen I (14-15)	E. Jecintho	418	325	352	1096	
E. Jecintho	418	325	352	1096		
Junior (20-23)	L. DeMarco	440	281	436	1157	
L. DeMarco	440	281	436	1157		
275+ lbs.	Open	D. Hulslander	766	628	738	2133
Open	J. Fiss	777	562	600	1940	
D. Hulslander	766	628	738	2133		
J. Fiss	777	562	600	1940		
J. Weiss	622	385	622	1631		
J. Weiss	622	385	622	1631		
Master I (40-49)	J. Weiss	622	385	622	1631	
Master III (60-69)	R. Edwards	126	115	303	545	
R. Edwards	126	115	303	545		
Teen II (16-17)						

USAPL Maryland State  
2 DEC 06 - Arnold, MD

BENCH	181 lbs.	I. Burgess	143			
FEMALE	Open	J. Halbert	243			
Open	132 lbs.	198 lbs.				
J. Shultis	143	H. Sturman	397			
J. Shultis	143	H. Sturman	397			
MALE	Open	M. Bance	325			
Open	132 lbs.	275 lbs.				
C. Felix	457					
C. Felix	457					
FEMALE	SQ	BP	DL	TOT		
Open	J. Shultis	226	148	331	700	
132 lbs.	J. Shultis	226	148	331	700	
148 lbs.	P. Krawczyk	231	127	237	595	
P. Krawczyk	231	127	237	595		
MALE	Open	A. Kang	369	160	413	942
Open	148 lbs.	165 lbs.				
F. Yang	276	204	364	844		
F. Yang	276	204	364	844		
181 lbs.	J. Halbert	391	243	457	1091	
J. Halbert	391	243	457	1091		
105 lbs.	M. Sichelman	480	265	496	1241	
M. Sichelman	480	265	496	1241		
242 lbs.	L. Atkinson	165	132	265	562	
L. Atkinson	165	132	265	562		
198 lbs.	B. Rowe	606	375	529	1510	
B. Rowe	606	375	529	1510		
Open	Z. Cerrone	541	325	535	1401	
Z. Cerrone	541	325	535	1401		
123 lbs.	J. Russo	507	342	529	1378	
J. Russo	507	342	529	1378		
148 lbs.	B. Fleming	452	358	507	1317	
B. Fleming	452	358	507	1317		
Open	K. Conlogue	474	2342	468	1284	
K. Conlogue	474	2342	468	1284		
181 lbs.	J. Allen	452	347	457	1256	
J. Allen	452	347	457	1256		
Open	J. Velasquez	419	331	457	1207	
J. Velasquez	419	331	457	1207		
242 lbs.	P. Krawczyk	435	265	446	1146	
P. Krawczyk	435	265	446	1146		
198 lbs.	H. Smith	424	276	408	1108	
H. Smith	424	276	408	1108		
Open	D. Reamy	314	187	408	909	
D. Reamy	314	187	408	909		
220 lbs.	R. Tamburello	463	386	529	1378	
R. Tamburello	463	386	529	1378		
123 lbs.	W. Slade	408	292	413	1113	
W. Slade	408	292	413	1113		
132 lbs.	T. Gill	430	143	441	1014	
T. Gill	430	143	441	1014		
165 lbs.	M. Bance	—	325	424	—	
M. Bance	—	325	424	—		
242 lbs.	M. Gary	584	375	579	1538	
M. Gary	584	375	579	1538		
181 lbs.	C. Felix	353	457	320	1130	
C. Felix	353	457	320	1130		
Open	Best Lifter Overall Female:	Jan Shultis.				
Best Lifter Overall Male:	Benjamin Rowe.					
Coordinator:	Mark Daniel.					
The 2006 Maryland State Championship was held for the first time at the student union building of Anne Arundel Community College. The						

Pull BIG - NOW!



2 time IPF World Champ Brad Gillingham's Deadlift DVD shows you the training program that produced 40 plus contest deadlifts over 800 lbs. ... plus the "5 X 5" squat program that lets you blast up both lifts at the same time. \$25.95 plus \$6.00 shipping and handling (\$31.95 total) to Powerlifting USA, Box 467, Camarillo, CA 93011 or call us at 800-448-7693 to use your Visa or MasterCard.

lifting area was roomy, well ventilated, and able to hold many spectators. The warm-up area was in a separate room, where the lifters could see all that was going on at the platform. Besides the help and assistance of the Bardsley family, Jim, James, and Brenda, we had an outstanding crew of referees, spotters, loaders, announcers, and runners. The lifters ranged from 19 years young to 80 years young! Many state records were set and many pr's were set. It was a great meet and we hope to hold the 2007 Maryland State Championship at Anne Arundel Community College. (Thanks to USAPL for these results)

USAPL Wisconsin State & Open  
27 JAN 07 - Milwaukee, WI

BENCH	114 lbs.	Open	165 lbs.	
Wisconsin State	D. Parker	303		
114 lbs.	198 lbs.			
P. Rotar	—	B. Hanselman	513	
P. Rotar	—	B. Hanselman	513	
165 lbs.	Open	220 lbs.		
A. Johnson	231	D. Johnson	—	
A. Johnson	231	D. Johnson	—	
Collegiate/Junior	123 lbs.	242 lbs.		
123 lbs.	J. Prins	—	T. Dierks	342
J. Prins	—	T. Dierks	342	
148 lbs.	148 lbs.	B. Cardoza	535	
148 lbs.	148 lbs.	B. Cardoza	535	
C. Staat	—	265 lbs.		
C. Staat	—	265 lbs.		
220 lbs.	R. Ebner	705	457	644
R. Ebner				







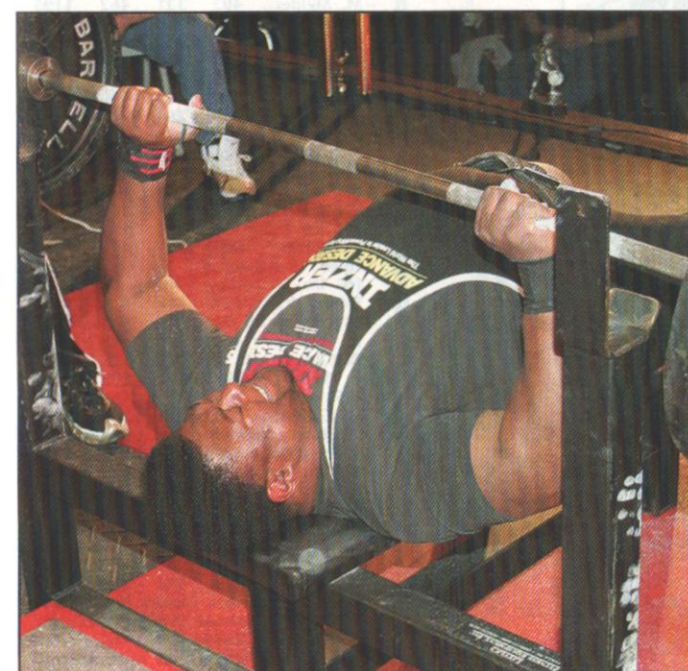
**IBP Regional Push Pull**  
27 JAN 07 - Clemmons, NC

BENCH Only	
MALE	Novice
308+ lbs.	J. Riggan 345
Intermediate (24-34)	Open
C. Admas 425	D. Ezzell 340
4th-440	Intermediate (24-34)
Raw	D. Ezzell 340
132 lbs.	Master (40-44)
Teen (12-13)	L. Scales 365
G. Dale Jr. 105	E. Clark 325
148 lbs.	Master (50-54)
Open	S. Whitted 345
E. Wright 270	Open
4th-280	K. Faust 340
Submaster (35-39)	242 lbs.
E. Wright 270	Submaster (35-39)
4th-280	R. Rochester 350
165 lbs.	275 lbs.
Intermediate (24-34)	Master (40-44)
F. Beauford 245	B. Cullen 500
181 lbs.	Master (50-54)
Submaster (35-39)	W. Ferguson 350
G. Dale 405	4th-360
Master (45-49)	308+ lbs.
B. Upchurch 305	Teen (18-19)
198 lbs.	R. Carter 350
Submaster (35-39)	Intermediate (24-34)
J. Riggan 345	L. Williams 410
Master (50-54)	Open
E. Goode 265	L. Williams 410
M. Rodgers 240	Submaster (35-39)
	T. Reid 470
	BP DL TOT



James Gentry won Outstanding Open lifter at the IBP Regional Push Pull (contest photographs by the courtesy of Keith Payne)

FEMALE	
Raw	
132 lbs.	
Master (40-44)	
V. Marrow 100	100 200
198+ lbs.	
Junior (20-23)	
A. Marrow 220	320 765
4th-BP-320	
Master (40-44)	
L. Marrow 210	300 510
MALE	
181 lbs.	
Master (60-64)	
J. Shoaf 285	350 635
198 lbs.	
Submaster (35-39)	
A. Smith 300	325 625
4th-BP-310	DL-345
Police/Fire	
A. Smith 300	325 625
4th-BP-310	DL-345
Master (40-44)	
B. Nichols 425	600 1025
Master (55-59)	
L. Brodie 380	430 810
220 lbs.	
Police/Fire	



Tim Reid won the 308+ raw Submasters at the IBP Regionals with 470

C. Smith 300	475 775
Master (50-54)	
B. Lanfendild 260	380 640
242 lbs.	
Police/Fire	
T. Isbell 500	400 900
Open	
M. Loew 380	515 895
Master (40-44)	
M. Farris 420	550 970
Raw	
88 lbs.	
Teen (12-13)	
P. Green 65	145 210
4th-DL-160	
97 lbs.	
Teen (12-13)	
G. Daubenmire 70	155 225
4th-DL-165	
114 lbs.	
Teen (12-13)	
J. Shue 125	250 375
4th-DL-265	
Teen (14-15)	
B. Etringer 135	240 375
Open	
J. Shue 125	250 375
4th-DL-265	

B. Etringer 135	240 375
123 lbs.	
Teen (12-13)	
M. Hrabar 100	225 325
132 lbs.	
Teen (14-15)	
A. Nelson 165	325 490
Open	
M. Hrabar 100	225 325
132 lbs.	
Teen (12-13)	
K. Washam 100	235 335
4th-DL-245	
85	220 305
4th-DL-245	
C. Ladd 150	315 465
148 lbs.	
Teen (12-13)	
D. Wright 80	190 270
165 lbs.	
Teen (10-11)	
A. Hodges 80	205 285
181 lbs.	
Teen (12-13)	
L. Power 125	225 350
4th-DL-235	
75	155 230

P. Whinston 245	400 645
Novice	
W. Watson 198	lbs.
198 lbs.	
Teen (16-17)	
J. Marrow 335	405 740
4th-BP-345	
Teen (18-19)	
G. Marrow II 280	520 800
Open	
S. Carringer 330	550 880
380	450 830
4th-DL-475	
Master (40-44)	
M. Crawford 150	250 400
4th-DL-315	
Master (45-49)	
T. Whitted 245	430 675
Intermediate (24-34)	
S. Carringer 330	550 880
C. Drew 320	550 870
220 lbs.	
Intermediate (24-34)	
C. Ellis 350	470 820
Master (40-44)	
R. McMillan 285	500 785
L. Marrow Jr. 225	340 565
Master (45-49)	
B. Jones 315	515 830
Master (60-64)	
J. Michael 250	370 620
242 lbs.	
Intermediate (24-34)	
C. Carter 260	380 640
Master (60-64)	
J. Michael 250	370 620
275 lbs.	
Teen (16-17)	
A. Isaacs 350	350
4th-DL-400	
Teen (18-19)	
B. Presnell 330	470 800
4th-DL-485	
Master (40-44)	
G. Marrow Sr. 350	425 770
308 lbs.	
Master (40-44)	
W. Marrow 325	525 850
308+ lbs.	
Submaster (35-39)	
J. Gentry 435	620 1055
4th-BP-440	
N. Terrell 330	510 840
4th-DL-520	

Best Team Push Pull Mixed: Project Lift.	
Best Team Push Pull Teen: Arms Powerlifting.	
Best Team Bench Only Open: Vern's Power Palace.	
Outstanding Female Lifter Open: America Marrow.	
Outstanding Female Lifter Master: Leontyne Marrow.	
Outstanding Male Lifter Open: James Gentry.	
Outstanding Male Lifter Master: Buddy Nichols.	
Outstanding Male Lifter Teen: General Marrow II.	
(courtesy Keith Payne)	

NASA Missouri State	
17 FEB 07 - Joplin, MO	
BENCH	181 lbs.
MALE	
Junior	T. Carlisle 259
165 lbs.	Master II
Maestas Jr. 259	T. Bowland 259
PS BENCH	Master III
MALE	198 lbs.
Master I	W. Smith 242

PS CURL	
MALE	
High School	
148 lbs.	
D. Doyle 82	
Power Sports CR	
FEMALE	
High School	
148 lbs.	
K. Gilmartin 55	88 198 341
181 lbs.	
H. Brown 66	115 226 407
198+ lbs.	
L. Leveritt 60	88 281 429
Teen	
132 lbs.	
S. Seaton 44	82 203 330
MALE	
High School	
114 lbs.	
E. Le 82	154 64 501
132 lbs.	
S. White 106	198 330 636
B. Moore 93	154 352 600
T. Lu 66	126 286 479
148 lbs.	
T. Webb 110	192 352 655
P. Pham 82	121 275 479
165 lbs.	
B. Roark 104	165 468 738
Z. Wade 99	176 347 622
181 lbs.	
J. Davis 126	231 418 777
D. Carter 110	226 440 777
198 lbs.	
M. Ryan 132	231 457 821
J. Justis 104	209 385 700
220 lbs.	
J. Bradley 126	237 451 815
K. Truong 93	192 341 628
242 lbs.	
Kilongkilong 132	264 474 870
K. Highfill 115	242 451 810
N. Wright 115	214 270 600
275 lbs.	
C. Hughey 121	264 507 892
308 lbs.	
N. Wright 121	231 485 837
Teen	
165 lbs.	
M. Snow 121	198 380 700
181 lbs.	
J. Dickson 137	264 380 782
198 lbs.	
J. Metcalf 93	192 319 606
242 lbs.	
S. Badali 165	402 468 1036
C. Raper 126	270 440 837
275 lbs.	
A. Ruesch 115	231 413 760
Novice	
123 lbs.	
D. Bowman 55	104 220 380
132 lbs.	
C. Rogers 55	115 248 418
148 lbs.	
B. Freitas 82	165 347 595
165 lbs.	
G. Hughes 99	192 341 633
181 lbs.	
J. Langley 121	231 330 683
198 lbs.	
T. Voohris 104	148 303 556
N. Cline 77	143 259 479
220 lbs.	
M. Belker 104	242 418 766
Master I	
220 lbs.	
Maestas Sr. 137	292 424 854
Junior	
308 lbs.	
M. Elliott 143	336 451 931
Powerlifting	
SQ	BP DL TOT
FEMALE	
Raw	
High School	
198+ lbs.	
J. Cooper 137	137 292 567
C. Hunter 121	88 203 413
MALE	
Teen	
165 lbs.	
Maestas Jr. 137	259 440 837
Raw	
Submaster Pure	
181 lbs.	
B. Rihlmann 341	308 402 1052
Master III	
198 lbs.	
W. Smith 55	242 203 501

Master I	
181 lbs.	
T. Carlisle 88	
Master II	
181 lbs.	
T. Bowland 143	
BP DL TOT	

Teen	
242 lbs.	
S. Badali 435	402 468 1306
Novice	
SHW	
J. Johnson 562	374 556 1493
Pure	
SHW	
J. Johnson 562	374 556 1493
High School	
114 lbs.	
W. Hober 154	93 237 485
148 lbs.	
D. Doyle 187	165 325 677
165 lbs.	
R. Crewse 253	192 407 854
Z. Clinton 248	154 402 804
J. Johnson 253	165 341 760
181 lbs.	
C. Younger 314	181 402 898
H. Owens 319	209 369 898
220 lbs.	
C. Woodard 237	237 402 876
242 lbs.	
D. Barton 396	259 413 1069
SHW	
Z. Shockey 347	259 402 1008

Special Thanks go out to Tom & Sabrina Bagby, Bob Johnson, Doug Martin, Jacob Johnson, Art Capstick, Mr. & Mrs. Bill Rogers, and especially John Fickel, for all their support and help at the meet. (Thanks to Rich Peters of NASA for these results)	
12th Lockheed Martin Bench	
13 OCT 06 - Littleton, CO	
BENCH	J. Behnke 251
FEMALE	181 lbs.
Submaster (30-34)	T. Cencich 436
165 lbs.	E. Beach 185
L. Dean 136	Master (50-54)
J. Miller 136	181 lbs.
MALE	S. Norris 251
Master (45-49)	Master (55-59)
132 lbs.	181 lbs.
J. Vincent 226	S. Reimer 226
148 lbs.	Open

Raw	
198 lbs.	
R. Roberto 366	
Submaster (30-34)	
275 lbs.	
C. Rhoades 351	
Junior	
181 lbs.	
C. Girard 415	
(18-19)	
J. Sagherian 545	
D. Slivka 475	
Raw	
J. Marcotte 455	
Push Pull	
MALE	
165 lbs.	
Open	
J. DiGirolano 410	500 910
181 lbs.	
Open	
J. Capizzi 250	335 585
198 lbs.	
Open	
D. Hagggett 505	605 1110
Raw	
T. Rowett	
Submaster	
R. Clark 425	635 1060
220 lbs.	
Open	
A. Abbott 325	455 780
J. Soucy 445	— 445
Raw	
J. McDonald 280	445 725
242 lbs.	
Open	
B. White 425	455 880
Submaster	
B. White 425	455 880
275 lbs.	
Open	
T. Forbes 525	700 1225
Submaster	
M. Peters 475	600 1085
4th-DL-640	
330	— 330
Open	
B. Goff	
C. McWilliams	
Open	

APA Northeast US Open	
27 JAN 07 - Wallingford, CT	
BENCH	
FEMALE	
181 lbs.	
Raw	
L. Hall 135	
MALE	
114 lbs.	
(11-12)	
N. Litowski 130	
(16-17)	
S. Gittleman 130	
165 lbs.	
Master	
A. Bonola 395	
181 lbs.	
Junior	
M. Cassella 260	
Raw	
J. Micik 250	
198 lbs.	
Open	
M. Peters 190!	
Submaster	
M. Peters 190	
Master II	
S. Grossman 150	
242 lbs.	
Open	
L. Saviano	
308 lbs.	
Master I	

Raw	
198 lbs.	
Master I	
B. Swanson 480	
Open	
B. Swanson 480	
242 lbs.	
Open	
L. Saviano	
308 lbs.	
Master I	

Raw	
198 lbs.	
Master I	
B. Swanson 480	
Open	
B. Swanson 480	
242 lbs.	
Open	
L. Saviano	
308 lbs.	
Master I	

Raw	
198 lbs.	
Master I	
B. Swanson 480	
Open	
B. Swanson 480	
242 lbs.	
Open	
L. Saviano	
308 lbs.	
Master I	

Raw	
198 lbs.	
Master I	
B. Swanson 480	
Open	
B. Swanson 480	
242 lbs.	
Open	
L. Saviano	
308 lbs.	
Master I	

Raw	
198 lbs.	
Master I	
B. Swanson 480	
Open	
B. Swanson 480	
242 lbs.	
Open	
L. Saviano	
308 lbs.	
Master I	

Raw	
198 lbs.	
Master I	
B. Swanson 480	
Open	
B. Swanson 480	
242 lbs.	
Open	
L. Saviano	
308 lbs.	
Master I	

Raw	
198 lbs.	
Master I	
B. Swanson 480	
Open	
B. Swanson 480	
242 lbs.	
Open	
L. Saviano	
308 lbs.	
Master I	

Raw	
198 lbs.	
Master I	
B. Swanson 480	
Open	
B. Swanson 480	
242 lbs.	
Open	
L. Saviano	
308 lbs.	
Master I	

Raw	
198 lbs.</	



**NASA Natural Nationals**  
27-28 JAN 07 - Okla. City, OK

BENCH Only	C. Spurrison	545
FEMALE	Open	
114 lbs.	C. Spurrison	545
Submaster I	Police/Fire	
H. Patel	M. Austin	424
Submaster Pure	SHW	
H. Patel	Master I	
123 lbs.	T. Manno	540
Master I	Master Pure	
K. Hughes	T. Manno	540
Master Pure	D. Oylar	407
K. Hughes	Open	
Open	T. Manno	540
T. Adelmann	Submaster I	
Submaster II	J. Freeman	
T. Adelmann	Raw	
132 lbs.	198 lbs.	
Master II	Master I	
T. Ishimatsu	F. Rodriguez	369
148 lbs.	Novice	
Master I	B. Brock	275
M. Hetzel	Pure	
Master Pure	J. McDougal	429
M. Hetzel	275 lbs.	
198+ lbs.	Master III	
Master II	G. Knight	352
A. McTighe	Open	
Master Pure	R. Anderson	413
A. McTighe	Submaster	
Open	J. Lynn III	
A. McTighe	SHW	
Pure	Master I	
A. McTighe	T. Manno	540
MALE	Open	
165 lbs.	T. Manno	540
Master II	PS BENCH	
D. Constant	MALE	
Submaster	148 lbs.	
J. Murphy	Youth	
181 lbs.	H. Davidson	88
Intermediate	165 lbs.	
S. Lyon	Master III	
Master III	G. McGuire	203
C. Lynn	198 lbs.	
Submaster Pure	Submaster I	
R. Widdison	C. Long	
198 lbs.	220 lbs.	
Master II	High School	
J. Parsons	R. Davidson	192
Master III	242 lbs.	
T. White	Master I	
242 lbs.	R. Summers	319
Master III	Master II	
B. Helmich	J. Fickle	341
Open	275 lbs.	
D. Martin	R. Harris	314
Pure	Submaster I	
D. Martin	H. Patel	314
Submaster II	Push Pull	
T. Meeker	Master I	
R. Johnson	T. Manno	540
J. Nichols	Master V	
D. Martin	PS CURL	
275 lbs.	132 lbs.	
Intermediate	148 lbs.	
T. Crosson	Intermediate	
Master I	B. Kutsch	115
M. Adelmann	H. Davidson	55
S. Cyranoski	165 lbs.	
J. McKay	Master III	
Nat	G. McGuire	88
J. Lynn III	220 lbs.	
Submaster II	High School	
J. Lynn III	R. Davidson	110
308 lbs.	242 lbs.	
Master I	Master I	



**2007 Natural Nationals Team Bench Press Champions:** The McDermott Team has captured 28 National Team titles since the early 1990s. Team members also stood out at the 2006 Athlete of the Year Awards Banquet, Saturday Night, Jan. 27, 2007. Left to right, back row, Lois Hintz, Tom Manno\*, Howard Blackmon\*, Richard Baker\*, Brian Hughes, Alan Borden\*, Earl Evatt\*\*, Brad Triplett\*; middle row - Diane Manno\*, Jason Murphy\*, Mark Woodworth\*\*\*, Krysti Hughes\*, Alannah McTighe\*, John Lynn III\*, (front row) Terri Aronovitz, Mary Hetzel\*, Heena Patel\*, Jim McDermott (coach). Missing from the photo are Terry Hedrick\*\*, Jeff Blaine\*, and David Oylar\*. \* - received awards at the NASA Athlete of the Year Banquet, \*\* Inducted into the NASA National Hall of Fame, \*\*\* Overall Athlete of the Year. (photograph was provided courtesy of Krysti Hughes.)

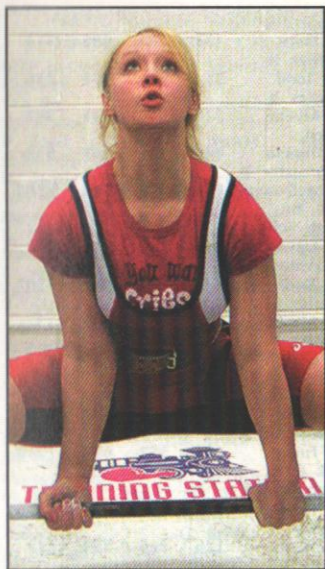
R. Summers	148	Submaster Pure	S. Bagby	143	330	474			
275 lbs.	H. Patel	314	BP	DL	TOT				
J. McKay	143	MALE	Master III	E. Waugh	93	220	314		
Master II	148 lbs.	Intermediate	MALE						
R. Harris	176	B. Kutsch	407	132 lbs.					
Master III	H. Heyman	126	Youth	High School					
H. Davidson	88	H. Davidson	242	121	264	463			
165 lbs.	Open	165 lbs.	242						
Master III	J. McKay	143	308 lbs.	121	264	463			
G. McGuire	203	Master III	220 lbs.						
198 lbs.	Pure	G. McGuire	336	Intermediate					
Submaster I	J. McKay	143	High School	E. Finley	104	170	275		
C. Long	308 lbs.	Master I	242 lbs.	Master I					
220 lbs.	Open	C. Spurrison	203	242 lbs.					
High School	PS DEADLIFT	203	Master I	Master II					
R. Davidson	192	M. Bean	501	D. Constant	314	435	749		
242 lbs.	275 lbs.	275 lbs.	501	Pure					
Master I	114 lbs.	Master II	402	T. Hedrick	297	479	777		
C. Spurrison	314	Submaster I	402	Submaster Pure					
203	H. Patel	314	BP	T. Abernathy	132	209			
PS DEADLIFT	Push Pull		DL	181 lbs.					
FEMALE	114 lbs.		TOT	High School					
114 lbs.	Submaster I			275	352	628			
Submaster I	165 lbs.			Master III					
H. Davidson	55			D. Boykin	192	297	490		
165 lbs.	Open			Master V					
Master III	Pure			B. Ammerman	429	507	937		
G. McGuire	88			Novice					
220 lbs.	D. Manno	165	253	418	Z. Mayhugh	308	485	793	
High School	Pure				Intermediate				
R. Davidson	110				B. Marselus	325	474	799	
242 lbs.	Intermediate				Master I	457	567	1025	
Master I	D. James	176	308	485	Master II				
Master II	Master II				P. Daniels	457	567	1025	
					C. Golden	463	369	479	1311
					Police/Fire				
					C. Golden	463	369	479	1311
					Submaster II				
					J. Murphy	589	451	501	1543
					Submaster Pure				
					J. Murphy	589	451	501	1543
					E. Campos	446	303	479	1229
					181 lbs.				
					Master II				
					R. Sherwood	507	308	496	1311
					Master III				
					C. Lynn	237	275	352	865
					Master V				
					B. Ammerman	518	429	507	1455
					R. Sherwood	507	308	496	1311
					Open				
					T. Perkins	633	380	540	1554
					198 lbs.				
					Junior				
					N. Vance	501	396	446	1344
					220 lbs.				
					Intermediate				

B. Chambers	507	551	1058	
BP	DL	TOT		
—	650	—		
D. Scott	407	143	551	
Master III				
B. Helmich				
Pure				
S. Donegan	457	—	—	
Submaster II				
T. Meeker	518	540	1058	
Submaster Pure				
S. Donegan	457	—	—	
275 lbs.				
Master I				
P. Wylie	—	—	—	
Open				
P. Wylie	—	—	—	
Submaster II				
J. Chaney	440	567	1008	
308 lbs.				
Intermediate				
H. Thomason	352	650	1003	
SHW				
Master I				
D. Oylar	407	617	1025	
Master Pure				
D. Oylar	407	617	1025	
Police/Fire				
R. James	451	584	1036	
Submaster I				
S. Tully	352	501	854	
J. Freeman	—	529	—	
Submaster II				
T. Guiney	463	617	1080	
Submaster Pure				
T. Guiney	463	617	1080	
Powerlifting	SQ	BP	DL	TOT
FEMALE				
123 lbs.				
Master I				
K. Hughes	203	176	292	672
132 lbs.				
Master III				
S. Sermay	209	121	192	523
148 lbs.				
Master I				
M. Hetzel	369	198	347	914
D. Manno	231	165	253	650
Master				
Pure				
M. Hetzel	369	198	347	914
165 lbs.				
Intermediate				
D. James	308	176	308	793
Master II				
S. Bagby	292	143	330	766
198 lbs.				
Youth				
Porfirio-Milto	55	82	187	325
198+ lbs.				
Novice				
S. Myers	275	192	248	716
MALE				
148 lbs.				
Submaster II				
S. Goldberg	374	270	402	1047
165 lbs.				
High School				
R. Crain	440	231	440	1113
Junior				
C. Golden	463	369	479	1311
Master I				
E. Vaughn	633	363	545	1543
Woodworth	551	341	540	1433
Master V				
Woodworth	551	341	540	1433
Open				
J. Murphy	589	451	501	1543
E. Vaughn	633	363	545	1543
C. Golden	463	369	479	1311
Police/Fire				
C. Golden	463	369	479	1311
Submaster II				
J. Murphy	589	451	501	1543
Submaster Pure				
J. Murphy	589	451	501	1543
E. Campos	446	303	479	1229
181 lbs.				
Master II				
R. Sherwood	507	308	496	1311
Master III				
C. Lynn	237	275	352	865
Master V				
B. Ammerman	518	429	507	1455
R. Sherwood	507	308	496	1311
Open				
T. Perkins	633	380	540	1554
198 lbs.				
Junior				
N. Vance	501	396	446	1344
220 lbs.				
Intermediate				

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B. Marselus	474	325	474	1273	Open	R. Chaney	126	88	176	391
Master I					132 lbs.	Master I				
Powerlifting	SQ	BP	DL	TOT	Novice	J. Phillips	418	281	523	1223
P. Daniels	325	446	529	1300	148 lbs.	Open				
G. Bishop	518	143	518	1179	C. Donegan	187	104	203	496	628
Master IV					High School					
Rosenberger	275	176	363	815	T. Cookson	220	170	325	716	628
Novice					B. Umerham	209	115	275	600	628
Rosenberger	275	176	363	815	Junior	B. Meeker	220	148	253	622
Pure					Master I	J. Phillips	418	281	523	1223
K. Foster	534	380	529	1444	Open					
242 lbs.					J. Phillips	418	281	523	1223	1223
Master I					165 lbs.					
N. Eddins	545	463	622	1631	High School					
K. Smith	463	330	352	1146	C. Fowler	220	110	226	556	556
Police/Fire					Intermediate					
J. Blaine	628	402	567	1598	E. Finley	170	104	170	446	446
R. Tavanello	523	330	474	1328	Master III					
Pure					P. Miller	286	181	325	793	793
T. Meyers	766	496	677	1940	G. McGuire	214	203	336	755	755
J. Weinstein	551	330	595	1477	Master V					
Submaster II					G. McGuire	214	203	336	755	755
R. Baker	468	270	496	1234	181 lbs.					
B. Tanner	463	402	479	1344	High School					
275 lbs.					E. Cyranoski	358	237	380	975	975
Intermediate					Open					
J. May	650	451	606	1708	C. Harris	418	325	523	1267	1267
Master I					Submaster I					
S. Cyranoski	683	485	633	1802	C. Harris	418	325	523	1267	1267
Master III					220 lbs.					
H. Heyman	220	242	275	738	Master					
Novice					Pure					
J. May	650	451	606	1708	C. Truoccolo	490	352	490	1333	1333
R. Sanchez	540	474	518	1532	242 lbs.					
Open					Master I					
J. May	650	451	606	1708	R. Summers	—	319	—	319	319
Submaster					Master II					
Pure					J. Moody	330	264	330	925	925
R. Kahle	777	584	705	2066	Novice					
308 lbs.					J. Burke	479	347	501	1328	1328
Intermediate					Submaster Pure					
H. Thomason	782	352	650</							





Sara Biddle (14) deadlifted 235 at the APA Indy Open. (photograph by APA Prez Scott Taylor)

**Python Power Nationals**  
21 OCT 06 - Augusta, GA

BENCH		Bench for Reps	
MALE	FEMALE	MALE	FEMALE
165 lbs.	165 lbs.	Teen	Teen
Master (70-79)	E. Luster 42	MALE	MALE
B. Tinkler 225*	181 lbs.	Teen	Teen
181 lbs.	J. Luster 28	Open	Open
Master (50-59)	W. Waldren 23	Master (40-49)	Master (40-49)
A. Duncan 230*	198 lbs.	R. Sutton 12	R. Sutton 12
198 lbs.	Master (40-49)	B. Bridges 12	B. Bridges 12
Master (40-49)	DEADLIFT	Police/Fire	DEADLIFT
R. Sutton 280	MALE	Military	MALE
220 lbs.	165 lbs.	W. Thacker 415	165 lbs.
220 lbs.	Master (70-79)	242 lbs.	Master (70-79)
Police/Fire	B. Tinkler 330*	242 lbs.	B. Tinkler 330*
Military	275 lbs.	275 lbs.	275 lbs.
W. Thacker 415	Teen (17-19)	275 lbs.	Teen (17-19)
242 lbs.	B. Louis 350*	275 lbs.	B. Louis 350*
Master (40-49)	BP DL TOT	275 lbs.	BP DL TOT
F. Carpenter 475	260 370 630	275 lbs.	260 370 630
275 lbs.	4th-DL-380*	275 lbs.	4th-DL-380*
Teen (17-19)	198 lbs.	275 lbs.	198 lbs.
B. Louis 350*	Master (60-69)	275 lbs.	Master (60-69)
Ironman	E. Cadle	275 lbs.	E. Cadle
MALE	Teen (17-19)	275 lbs.	Teen (17-19)
148 lbs.	J. Chapman	275 lbs.	J. Chapman
Raw	220 lbs.	275 lbs.	220 lbs.
E. Patton	290 380 670	275 lbs.	290 380 670
198 lbs.	290 380 670	275 lbs.	290 380 670
Master (60-69)	290 380 670	275 lbs.	290 380 670
E. Cadle	290 380 670	275 lbs.	290 380 670
Teen (17-19)	290 380 670	275 lbs.	290 380 670
J. Chapman	290 380 670	275 lbs.	290 380 670
220 lbs.	290 380 670	275 lbs.	290 380 670
Master (40-49)	290 380 670	275 lbs.	290 380 670
B. Bridges	290 380 670	275 lbs.	290 380 670
242 lbs.	290 380 670	275 lbs.	290 380 670
Master (50-59)	290 380 670	275 lbs.	290 380 670
C. Eddings	290 380 670	275 lbs.	290 380 670
Full Power	290 380 670	275 lbs.	290 380 670
SQ BP DL TOT	290 380 670	275 lbs.	290 380 670
325 540 865*	290 380 670	275 lbs.	290 380 670
FEMALE	290 380 670	275 lbs.	290 380 670
132 lbs.	290 380 670	275 lbs.	290 380 670
Police/Fire/Military	290 380 670	275 lbs.	290 380 670
T. Watts	290 380 670	275 lbs.	290 380 670
150* 85*	290 380 670	275 lbs.	290 380 670
200 430*	290 380 670	275 lbs.	290 380 670
4th-DL-225*	290 380 670	275 lbs.	290 380 670
Teen (14-15)	290 380 670	275 lbs.	290 380 670
E. Luster	290 380 670	275 lbs.	290 380 670
135* 145 225*	290 380 670	275 lbs.	290 380 670
506*	290 380 670	275 lbs.	290 380 670
4th-BP-155*	290 380 670	275 lbs.	290 380 670
165 lbs.	290 380 670	275 lbs.	290 380 670
Police/Fire/Military	290 380 670	275 lbs.	290 380 670
A. Faulk	290 380 670	275 lbs.	290 380 670
175* 140*	290 380 670	275 lbs.	290 380 670
260* 665*	290 380 670	275 lbs.	290 380 670
MALE	290 380 670	275 lbs.	290 380 670
148 lbs.	290 380 670	275 lbs.	290 380 670
Teen (14-16)	290 380 670	275 lbs.	290 380 670
J. Luster	290 380 670	275 lbs.	290 380 670
300* 255 370*	290 380 670	275 lbs.	290 380 670
925*	290 380 670	275 lbs.	290 380 670
4th-BP-205*	290 380 670	275 lbs.	290 380 670
Teen (10-13)	290 380 670	275 lbs.	290 380 670
C. Mize	290 380 670	275 lbs.	290 380 670
305 155 205 755	290 380 670	275 lbs.	290 380 670
165 lbs.	290 380 670	275 lbs.	290 380 670
Teen (14-16)	290 380 670	275 lbs.	290 380 670
R. Johnson	290 380 670	275 lbs.	290 380 670
340 245* 350 935	290 380 670	275 lbs.	290 380 670
181 lbs.	290 380 670	275 lbs.	290 380 670
Teen (17-19)	290 380 670	275 lbs.	290 380 670
B. Ducworth	290 380 670	275 lbs.	290 380 670
390 305 516 1210*	290 380 670	275 lbs.	290 380 670
Raw	290 380 670	275 lbs.	290 380 670
Open	290 380 670	275 lbs.	290 380 670
S. Skrip	290 380 670	275 lbs.	290 380 670
500 310 500 1310*	290 380 670	275 lbs.	290 380 670
275 lbs.	290 380 670	275 lbs.	290 380 670
P. Bush	290 380 670	275 lbs.	290 380 670
— — — —	290 380 670	275 lbs.	290 380 670
*=WNPF Records. Best Female Lifter: Erica Luster. Best Squat Master Lifter: Bill Tinkler. Biggest Bench: Fred Carpenter. Biggest Deadlift: Carles Eddings. Best Teen Lifter: Bryan Ducworth. Best Lifter Full Power: Shawn Skrip. Another year has passed and the Pythons gathered for a great time at the Cross Rhodes Christian Center, for some family powerlifting at a nice, relaxing facility. Some of the stars of the show were Jason Luster, the teenage phenom with a close miss with a 400 lb. squat and a ?? lb. deadlift at a bodyweight of only 139 lbs.! His sister Erica "Bad News" Luster, the queen of the ??, came in sick and still managed to bench 155 lbs. at 128 lbs. bodyweight! Bryan "Diesel" Duckworth, best teen lifter and best deadlifter, cleaned house for the Warner Robins, GA Team. His teammate Shwan "Da Shaker" Skrip brought up the rear with the best squat and best lifter award. 72 year old, Bill Tinkler and loaders and also our referee's who did an incredible job. The majority of lifters in this event lifted raw and put up some substantial numbers. Nick Winters benched an incredible raw 625 lbs. and went on to attempt 675 lbs., but was unfortunately unsuccessful. Brian Hoffman benched an incredible 635 lbs. as a light 275er Weighing in at only 243 bodyweight. (Thank you to Scott Taylor for providing these results)			

**APA Indy Open**  
17 FEB 07 - Indianapolis, IN

BENCH		Submaster DT	
MALE	FEMALE	MALE	FEMALE
220 lbs.	220 lbs.	Teen	Teen
UNL	L. Wolz 220	MALE	MALE
242 lbs.	242 lbs.	Teen	Teen
Junior DT	J. Macklin 275	Open DT	Open DT
K. Tompkins 175	275 lbs.	Open DT	Open DT
Open DT	275 lbs.	Open DT	Open DT
K. Tompkins 175	275 lbs.	Open DT	Open DT
DF DT	275 lbs.	Open DT	Open DT
K. Tompkins 175	275 lbs.	Open DT	Open DT
Raw	275 lbs.	Open DT	Open DT
148 lbs.	275 lbs.	Open DT	Open DT
Teen DT	275 lbs.	Open DT	Open DT
S. Biddle 130	275 lbs.	Open DT	Open DT
MALE	275 lbs.	Open DT	Open DT
242 lbs.	275 lbs.	Open DT	Open DT
Master (50-59) DT	275 lbs.	Open DT	Open DT
D. Goble 450	275 lbs.	Open DT	Open DT
275 lbs.	275 lbs.	Open DT	Open DT
Master (40-49) DT	275 lbs.	Open DT	Open DT
P. Linville 500	275 lbs.	Open DT	Open DT
Open DT	275 lbs.	Open DT	Open DT
B. Hoffman 635	275 lbs.	Open DT	Open DT
DEADLIFT	275 lbs.	Open DT	Open DT
P. Linville 500	275 lbs.	Open DT	Open DT
Open DT	275 lbs.	Open DT	Open DT
B. Hoffman 635	275 lbs.	Open DT	Open DT
148 lbs.	275 lbs.	Open DT	Open DT
P. Linville 500	275 lbs.	Open DT	Open DT
Submaster	275 lbs.	Open DT	Open DT
B. Hoffman 635	275 lbs.	Open DT	Open DT
MALE	275 lbs.	Open DT	Open DT
Raw	275 lbs.	Open DT	Open DT
123 lbs.	275 lbs.	Open DT	Open DT
Teen (13-15) DT	275 lbs.	Open DT	Open DT
T. Wolz 160	275 lbs.	Open DT	Open DT
165 lbs.	275 lbs.	Open DT	Open DT
Teen (18-19) DT	275 lbs.	Open DT	Open DT
K. Halvorson 285	275 lbs.	Open DT	Open DT
198 lbs.	275 lbs.	Open DT	Open DT
Teen (13-15) DT	275 lbs.	Open DT	Open DT
C. Miller 200	275 lbs.	Open DT	Open DT
Push Pull	275 lbs.	Open DT	Open DT
BP DL TOT	275 lbs.	Open DT	Open DT
130i 235 365	275 lbs.	Open DT	Open DT
DT=Drug Tested. *=World Records. !=American Records. Best Lifters: Sara Biddle, Bryan Hoffman, Brandon Cox, Josh Macklin. Venue: The Training Station. Regardless of a large snowstorm several still turned out to participate in this event. Special thanks to Doug Walker for providing a great meet site and excellent spotters and loaders and also our referee's who did an incredible job. The majority of lifters in this event lifted raw and put up some substantial numbers. Nick Winters benched an incredible raw 625 lbs. and went on to attempt 675 lbs., but was unfortunately unsuccessful. Brian Hoffman benched an incredible 635 lbs. as a light 275er Weighing in at only 243 bodyweight. (Thank you to Scott Taylor for providing these results)			

**APF PA States**  
2 SEP 06 -

BENCH		Teen	
Open	Open	Open	Open
181 lbs.	181 lbs.	148 lbs.	148 lbs.
C. Wargo 425	J. Meixell 180	DEADLIFT	DEADLIFT
198 lbs.	220 lbs.	Open	Open
J. Patterson 440	220 lbs.	Open	Open
220 lbs.	G. Butia 605	Open	Open
C. Dworek 570	275 lbs.	Open	Open
275 lbs.	B. Rosyk 475	Open	Open
B. Rosyk 475	Powerlifting	Open	Open
Master (45-49)	SQ BP DL TOT	Open	Open
114 lbs.	114 lbs.	Open	Open
G. Zeolla 415	215 400 1030	Open	Open
Open	198 lbs.	Open	Open
198 lbs.	C. Guban 540	Open	Open
C. Guban 540	400 580 1520	Open	Open
F. D'Angelo 600	325 555 1480	Open	Open
J. Ludwig 335	200 430 965	Open	Open
242 lbs.	242 lbs.	Open	Open
Bartosiewicz 535	385 500 1445	Open	Open
242 lbs.	DEADLIFT	Open	Open
M. Nelson 660	365 550 1575	Open	Open
275 lbs.	275 lbs.	Open	Open
J. Holecchik 640	425 555 1620	Open	Open
308 lbs.	308 lbs.	Open	Open
M. White 1000	575 755 2330	Open	Open
198 lbs.	198 lbs.	Open	Open
Junior	Junior	Open	Open
198 lbs.	198 lbs.	Open	Open
R. Garvey 535	340 500 1375	Open	Open
A. Martick 585	380 — —	Open	Open
(Thanks to Amy Jackson for these results)		Open	Open

**Push Pull Meet**  
DEC 06 - Harrisburg, IL

Push Pull		BP		DL		TOT	
MALE	MALE	MALE	MALE	MALE	MALE	MALE	MALE
220 lbs.	220 lbs.	220 lbs.	220 lbs.	220 lbs.	220 lbs.	220 lbs.	220 lbs.
Pre/Teen	Pre/Teen	Pre/Teen	Pre/Teen	Pre/Teen	Pre/Teen	Pre/Teen	Pre/Teen
G. Motesinger	50 125 175	G. Motesinger	50 125 175	G. Motesinger	50 125 175	G. Motesinger	50 125 175
M. Phipps	75 140 215	M. Phipps	75 140 215	M. Phipps	75 140 215	M. Phipps	75 140 215
A. Phipps	65 120 185	A. Phipps	65 120 185	A. Phipps	65 120 185	A. Phipps	65 120 185
Teen I	Teen I	Teen I	Teen I	Teen I	Teen I	Teen I	Teen I
98 lbs.	98 lbs.	98 lbs.	98 lbs.	98 lbs.	98 lbs.	98 lbs.	98 lbs.
B. Rowlen	40 100 140	B. Rowlen	40 100 140	B. Rowlen	40 100 140	B. Rowlen	40 100 140
123 lbs.	123 lbs.	123 lbs.	123 lbs.	123 lbs.	123 lbs.	123 lbs.	123 lbs.
J. Johnson	60 165 225	J. Johnson	60 165 225	J. Johnson	60 165 225	J. Johnson	60 165 225
132 lbs.	132 lbs.	132 lbs.	132 lbs.	132 lbs.	132 lbs.	132 lbs.	132 lbs.
E. Phipps!	80 185 265	E. Phipps!	80 185 265	E. Phipps!	80 185 265	E. Phipps!	80 185 265
148 lbs.	148 lbs.	148 lbs.	148 lbs.	148 lbs.	148 lbs.	148 lbs.	148 lbs.
A. Kennedy	60 — 60	A. Kennedy	60 — 60	A. Kennedy	60 — 60	A. Kennedy	60 — 60
198+ lbs.	90 200 290	198+ lbs.	90 200 290	198+ lbs.	90 200 290	198+ lbs.	90 200 290
A. Griggs	75 130 205	A. Griggs	75 130 205	A. Griggs	75 130 205	A. Griggs	75 130 205
Teen II	Teen II	Teen II	Teen II	Teen II	Teen II	Teen II	Teen II
98 lbs.	98 lbs.	98 lbs.	98 lbs.	98 lbs.	98 lbs.	98 lbs.	98 lbs.
A. Krahulec	50 90 140	A. Krahulec	50 90 140	A. Krahulec	50 90 140	A. Krahulec	50 90 140
123 lbs.	123 lbs.	123 lbs.	123 lbs.	123 lbs.	123 lbs.	123 lbs.	123 lbs.
C. Edmunds	480 70 165 235	C. Edmunds	480 70 165 235	C. Edmunds	480 70 165 235	C. Edmunds	480 70 165 235
S. Lane	70 165 235	S. Lane	70 165 235	S. Lane	70 165 235	S. Lane	70 165 235
C. Peek	70 185 255	C. Peek	70 185 255	C. Peek	70 185 255	C. Peek	70 185 255
132 lbs.	132 lbs.	132 lbs.	132 lbs.	132 lbs.	132 lbs.	132 lbs.	132 lbs.
A. Mitchell!	110 225 335	A. Mitchell!	110 225 335	A. Mitchell!	110 225 335	A. Mitchell!	110 225 335
198+ lbs.	85 220 305	198+ lbs.	85 220 305	198+ lbs.	85 220 305	198+ lbs.	85 220 305
S. Walker	85 220 305	S. Walker	85 220 305	S. Walker	85 220 305	S. Walker	85 220 305
Teen III	Teen III	Teen III	Teen III	Teen III	Teen III	Teen III	Teen III
148 lbs.	148 lbs.	148 lbs.	148 lbs.	148 lbs.	148 lbs.	148 lbs.	148 lbs.
S. Morse!	80 210 290	S. Morse!	80 210 290	S. Morse!	80 210 290	S. Morse!	80 210 290



**Orlando Barbell Classic**  
27 JAN 07 - Orlando, FL

BENCH		
FEMALE		
Teen (17-19)	123 lbs.	
D. Thompson	90	
132 lbs.		
A. Daniel	165	
MALE		
Teen (13-16)	198 lbs.	
D. Castellano	265	
Teen (17-19)	165 lbs.	
J. Ladson	—	
SHW		
D. Garvey	—	
Junior		
165 lbs.	Open	
K. Chester	350	
Open	220 lbs.	
G. Manney	600	
R. Parras	495	
275 lbs.	S. Scoleri	485
J. Ladnier	—	
308 lbs.	D. Rollins	—
SHW		
K. Southwood	550	
Submaster (33-39)	198 lbs.	
Wahrenberge	330	
Master (40-44)	275 lbs.	
Ironman	FEMALE	
Open	132 lbs.	
A. Daniel	165	
L. Jaskiewicz	160	
MALE		
Teen (13-16)	114 lbs.	
W. Flesh	105	
132 lbs.	M. Brantley	115
181 lbs.	J. Ladnier	250
Junior	198 lbs.	



Brian Tincer, Wayne Flesh Jr., and Brian Schwab at the Orlando Barbell Classic (photograph provided by the courtesy of Brian S.)

M. Beville	365	500	865	
Open	165 lbs.	—	—	
G. Larkins	500	—	—	
Master (55-59)	220 lbs.	—	—	
L. Russell	640	—	—	
BP	DL	TOT	—	
S. Prosek	500	650	1150	
B. Thomas	555	585	1140	
N. Posey	470	575	1045	
308 lbs.	A. Mikler	285	450	735
Master (45-49)	198 lbs.	—	—	
K. Brantley	365	455	820	
242 lbs.	G. Hayes	505	525	1030
Master (50-54)	198 lbs.	—	—	
J. Lynch	350	565	915	
Master (55-59)	275 lbs.	—	—	

M. Ruiz 295 500 795  
Master (60+) 165 lbs.  
B. Tinkler 225 325 550  
Woman Bench Only Best Lifter: Allie Daniel. Men Bench Only Best Lifter: Gary Manney. Ironman Woman Best Lifter: Leigh Ann Jaskiewicz. Ironman Man Best Lifter: Scott Prosek. Man Deadlift Only Best Lifter: Larry Russell. This was Orlando Barbell's third meet and was a huge success. There were nearly 40 competitors, ranging in age from 14 year old Joey Ladnier to Wayne Flesh to 72 year old Bill Tinkler. Lifters came from near and far including Daryl Meloche who was visiting from Climax, Michigan, Scott Prosek from Bad Attitude Gym in Plano, Texas, and father and son team Joe and Joey Ladnier from Vanleave, Mississippi. The biggest lifts of the day were a 600 lb. bench from local 204 lb. Gary Manney and a 650 lb. deadlift from 275 lb. Scott Prosek, followed closely by 640 from 59 year old, 220er Larry Russell, who nearly had 675. Orlando Barbell's own SHW Teen Darrell Garvey attempted to open with 650 with his sights set on the all time teen record but failed to achieve a good lift. This was heard to be Joe Ladnier's only meet planned this year in preparation for the Animal Cage at the Arnold, but he lost the bar on his 705 bench opener and feared a torn bicep. I have since heard from him that he is okay. Allie Daniel had the biggest bench of the day for the females with 165 in the 18-19/132 class. Leigh Ann Jaskiewicz had the biggest pull for the females with a big 380 in the open 165s. The best lifters received \$300 in cash prizes divided amongst them along with prizes from EliteFTS.com. All of the lifters received free food and giveaways from CriticalBench.com and MHP. While the scorekeepers were calculating the results additional prizes from EliteFTS were raffled off to the spectators. Thanks to everyone who helped to make this possible, including Bob Youngs from Southside Barbell, Tommy Fannon from Tampa Barbell, the entire Orlando Barbell crew for moving equipment, spotting, and loading, additional sponsors Al Reiss and Jim Lynch, John Land who was a great MC, Jo Jordan for video taping, our chef Dutch, Melanie Flesh, Heather Crouse, Elizabeth Lessmann and of course my wife Trinity for scorekeeping. We hope to make our next event a full meet as they keep getting bigger and better. (Thanks to Brian Schwab for providing these competition results)

123 lbs.	J. Nieland	245	125	275	645		
M. Downs	215	170	230	615			
132 lbs.		L. Dugan	300	180	375*	855	
A. Demme	250	150	265	665			
B. Tilton	215	125	280	620			
148 lbs.		S. Matt	250	150	255	655	
S. Weichsel	255	130	260	645			
S. Scarlato	225	165	245	635			
S. Foxton	185	120	275	580			
MALE		123 lbs.	D. Pope	315	205	335	855
132 lbs.	W. Lee	450	250	465	1165		
S. Aoyagi	345	255	385	955			
148 lbs.		J. Picconie	385	260	450	1095	
J. Navarre	365	265	415	1045			
S. Rocha	245	225	385	955			
165 lbs.		M. Bebee	405	305	485	1195	
Richards	415	285	445	1145			
M. McHugh	395	305	430	1130			
A. Beatty	365	275	445	1085			
181 lbs.		J. Major	445	405	475	1325	
W. Spears	475	315	500	1290			
S. Schultz	415	315	525	1255			
J. Oldach	380	350	440	1170			
B. Rapach	405	310	430	1145			
B. Pimentel	365	295	440	1100			
D. Jamous	—	—	—	—			
198 lbs.		W. Garner	500	450*	560	1510	
Z. Wagner	400	375	500	1275			
220 lbs.		J. Mandia	475	415	520	1410	
S. Huekel	490	360	54	1390			
Kragmanshaus	455	335	525	1315			
Kowalewski	365	205	445	1015			
J. Pearson	—	—	—	—			
242 lbs.		J. Hackman	575	330	580	1485	
P. Ward	500	280	600	1380			
J. Broome	55	330	450	835			
L. Acosta	600	400	620	1620			

It was a great meet. All the lifters from Army and Navy showed great pride in their teams and put on a great show for all in attendance at West Point. Many lifters had huge lifts but Army was especially proud of Trey Garner and Lisa Dugan, who both set American collegiate records. Once again, thanks to Charlie Schroder, NYS Chairman, and all the judges and loaders for a great job. Army was proud to retain the trophy as top military team for a fifth straight year. Coordinator: Matt Acosta and Rick Scarpulla. (results from USAPL)

**USAPL Midwest Senior States**  
9 DEC 06 - Council Bluffs, IA

BENCH					
FEMALE					
Open	181 lbs.				
M. Dowling	391				
S. Singer	231				
132 lbs.	C. Balcer	170			
220 lbs.	S. Fergen	457			
148 lbs.	A. Taylor	165			
J. Probasco	—				
198 lbs.	K. Farley	—			
T. Maloun	181				
275 lbs.	T. Westfall	214			
MALE					
Powerlifting	SQ	BP	DL	TOT	
Open	98 lbs.	—	—	—	
L. Engelman	115	66	159	341	
148 lbs.	K. Lambert	286	—	308	—
A. Taylor	253	165	275	694	
S. Steele	203	121	270	595	
198 lbs.	K. Sharp	363	264	374	1003
T. Maloun	275	181	308	766	
FEMALE					
Open	132 lbs.				
J. Osceola	203	115	281	600	
P. Buffalo	99	115	248	463	
148 lbs.	R. Billie Jr.	181	132	319	633
S. Athey	—	—	—	275	—
165 lbs.	J. Jarrott	192	154	314	661
M. Mejia	—	—	—	—	—
181 lbs.	—	—	—	—	—

**USAPL Tri Service Collegiate**  
6 NOV 06 - West Point, NY

Powerlifting	SQ	BP	DL	TOT
FEMALE		114 lbs.	—	—
L. Champion	195	120	245	560
A. Pervdich	200	100	200	500
C. Acosta	175	95	215	485

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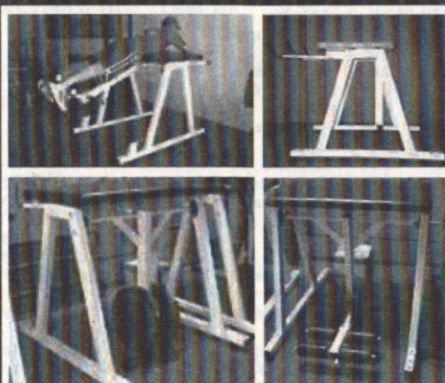
S. Auxier	457	341	562	1361		
C. Laing	501	330	523	1355		
T. Nique	—	176	407	—		
W. Heri	—	—	—	—		
198 lbs.		C. Herbert	529	341	463	1333
R. Overfield	512	292	501	1306		
P. Saad	457	314	479	1251		
T. Cote	281	181	402	865		
W. Jarabek	248	198	341	788		
220 lbs.		M. Tuley	501	391	578	1471
J. Peters	286	192	385	865		
A. Hersi	165	110	286	562		
S. Bronoski	—	—	—	—		
242 lbs.		Ahlschwede	573	418	600	1592
B. Sindelar	529	402	529	1460		
J. Marlowe	336	231	385	953		
275 lbs.		J. Kunzman	545	402	551	1499
J. Shatka	529	374	578	1482		
T. Oberle	—	—	—	—		
275+ lbs.		C. Robinson	573	446	584	1603
Women's Best Lifter: Kacie Sharp, Team SD. Men's Light Best Lifter: Chris Laing, Team NE. Men's Heavyweight Best Lifter: Mitch Ahlschwede, Team IA. Best Bench: Steve Fergen, Team KS. (results by USAPL)	—	—	—	—	—	
APA DELAWARE OPEN		10 FEB 07 - Dover, DE	—	—	—	
BENCH		FEMALE	105 lbs.	Open	—	
Master II DT	B. Slaughter	85	165	lbs.	Master I DT	—
Raw	—	—	—	—	—	—
K. Baird	250	—	—	—	—	—
Teen (18-19) DT	E. Urdahl	105	—	—	—	—
MALE	198 lbs.	—	—	—	—	—
Teen (18-19) DT	Master I DT	—	—	—	—	—

105 lbs.	Raw Junior (20-23) DT	D. Long	345	515	860
Master II DT	D. Pike	375	500	875	4th-DL-545*
B. Slaughter	155	—	—	—	—
165 lbs.	Raw Master I DT	—	—	—	—
Teen (18-19) DT	C. Webb	375	500	875	—
E. Urdahl	225	—	—	—	—
Guest	Raw Master II DT	—	—	—	—
K. Baird	410	—	—	—	—
4th-430*	B. Beerman	315	520	835	—
Raw	W. Campbell	405	600	1005	—
181 lbs.	242 lbs.	—	—	—	—
Teen (16-17) DT	Master I DT	—	—	—	—
D. Reed	190	—	—	—	—
MALE		165 lbs.	—	—	—
Submaster DT	P. Timmons	425	—	—	—
Open DT	P. Timmons	425	—	—	—
220 lbs.	Open	—	—	—	—
S. Beam	530	—	—	—	—
4th-555*	242 lbs.	—	—	—	—
Open	D. Cospito	530	—	—	—
Raw	D. Cospito	530	—	—	—
Master I	Master I	650	—	—	—
T. Hunter	Master I	650	—	—	—
D. Cospito	530	—	—	—	—
BP	DL	TOT	—	—	—



Kate Baird with a 260 raw BP at the APA Delaware Open (S. Taylor)

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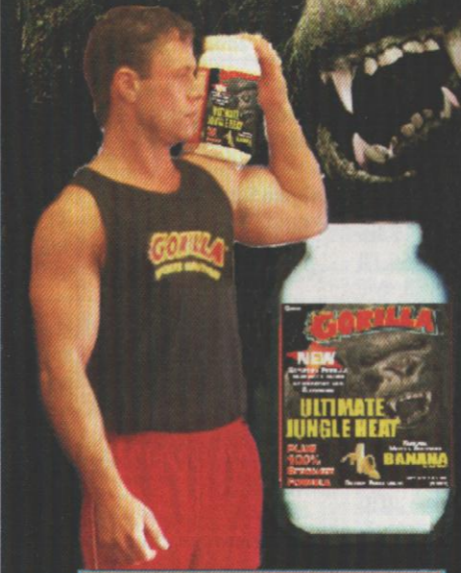




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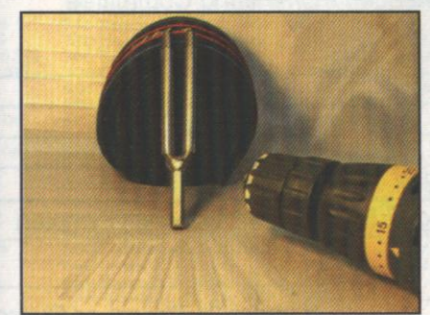
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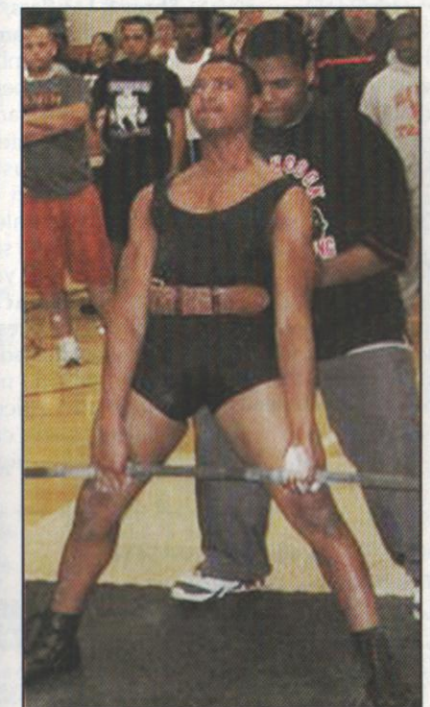
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A.J. Mangum ... is a senior at Van Vleck High School in Texas, and is seen above deadlifting a fantastic 655 lbs. in a Texas High School Powerlifting Association qualifying meet at Hitchcock, TX, on February 17th, 2007, where he totaled 1385. He usually weighs 168-170, and actually only trains the deadlift once or twice a month. A humble athlete, "Aj's personality is a coach's dream.." says his coach, Jim Ashworth. A.J.'s loving parents support him at every powerlifting meet he competes in. A.J. is a good student (B average GPA) who hopes to continue his lifting at the collegiate level.

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## TOP 100

For standard 198 lb./90 Kg. USA lifters in results received from JAN/2006 through DEC/2006

SQUAT	BENCH	DEADLIFT	TOTAL
1 1003 Byrd, S.8/26/06	710 Coker, J.6/3/06	733 Meyers, T.10/28/06	2243 Frankl, S.2/4/06
2 914 Cartinian, M.3/3/06	705 Wolfey, M.3/3/06	725 Williams, D.10/28/06	2182 Cartinian, M.3/3/06
3 877 Frankl, S.2/4/06	683 Frankl, S.2/4/06	720 McGlynn, J.7/23/06	2105 Delmonte, P.11/4/06
4 865 Harrington, P.6/3/06	675 Sceppe, S.10/14/06	716 Kegrice, J.12/10/06	2050 Driggers, A.11/4/06
5 854 Delmonte, P.O.11/4/06	670 Caminita, F.5/6/06	710 Eisman, T.10/28/06	2028 Byrd, S.8/26/06
6 854 Driggers, A.11/4/06	661 Warrington, G.7/15/06	705 Terry, C.5/6/06	1967 Coker, J.6/3/06
7 804 Tracey, B.3/18/06	660 Handshue, M.7/16/06	705 Delmonte, P.11/4/06	1962 Tracey, B.3/18/06
8 800 Moore, D.11/11/06	650 Fry, J.3/25/06	694 Thomas, J.12/2/06	1956 Luckett, M.3/18/06
9 782 Strang, A.12/2/06	650 Rabine, S.9/2/06	683 Frankl, S.2/4/06	1901 Strang, A.12/2/06
10 780 Rapp, B.9/9/06	644 Cartinian, M.11/4/06	680 Smith, C.7/8/06	1895 McGlynn, J.7/23/06
11 777 Coker, J.11/2/06	639 Burdette, J.11/18/06	680 Sadiv, J.7/15/06	1890 Crook, G.4/1/06
12 775 Crook, G.4/1/06	634 Jewett, T.11/18/06	675 Wood, J.11/11/06	1890 Kegrice, J.7/23/06
13 770 Kegrice, J.7/23/06	610 Williams, B.4/1/06	672 Shelton, T.5/13/06	1879 Flesch, W.6/3/06
14 760 Caplan, M.7/8/06	610 Piggee, D.9/16/06	672 Lemarie, S.11/16/06	1870 Gentges, N.4/8/06
15 755 Delgado, B.7/23/06	600 Heck, B.2/4/06	661 Driggers, A.1/28/06	1865 Petrillo, D.5/20/06
16 750 Bishop, B.4/2/06	590 Cieri, D.3/26/06	661 Hayes, A.7/16/06	1855 Soule, J.2/26/06
17 749 Luckett, M.3/18/06	584 Driggers, A.6/3/06	660 Timonen, S.2/25/06	1851 Caplan, M.7/8/06
18 749 Flesch, W.6/3/06	580 Strom, M.7/15/06	660 Lewis, R.4/8/06	1851 Thomas, J.11/11/06
19 749 Paras, R.12/3/06	575 Lowe, D.10/14/06	660 Rapp, B.9/9/06	1835 Paras, R.6/10/06
20 740 Buyan, D.11/11/06	570 Gentges, N.4/8/06	656 Woods, J.11/16/06	1807 Rebera, J.4/9/06
21 733 May, J.4/1/06	567 Alvarado, J.8/26/06	655 Coleman, J.11/4/06	1805 Delgado, B.7/23/06
22 727 Kuderick, S.6/3/06	565 Koffler, C.3/5/06	650 Myers, T.3/11/06	1805 Williams, D.10/28/06
23 722 Rebera, J.4/9/06	562 Luckett, M.3/18/06	650 Rodriguez, R.3/19/06	1800 Ramos, T.2/4/06
24 722 Thomas, J.6/3/06	562 Coleman, J.6/3/06	650 Bishop, B.4/2/06	1800 Moore, D.11/11/06
25 720 McGlynn, J.7/23/06	555 Ramos, T.2/4/06	650 Jones, G.5/6/06	1796 Rodriguez, R.3/19/06
26 715 Urchick, J.2/26/06	555 Waites, B.4/15/06	650 Celler, R.5/6/06	1796 Power, J.11/11/06
27 711 Power, J.11/11/06	555 Hensley, T.9/16/06	650 Petrillo, D.5/20/06	1791 Couick, J.1/28/06
28 710 Jeurink, J.8/5/06	551 Runde, T.2/4/06	650 Davis, J.7/8/06	1791 Jones, G.7/8/06
29 705 Couick, J.1/28/06	551 Delmote, P.6/3/06	650 Decker, J.7/8/06	1790 Koffler, C.3/5/06
30 705 Rodriguez, R.3/19/06	550 Masello, B.3/26/06	650 Woodley, L.9/23/05	1774 Hanson, J.6/3/06
31 705 Cohen, L.3/19/06	545 Hartlaub, S.3/25/06	650 Driggers, M.10/14/06	1770 Buyan, D.11/11/06
32 705 Petrillo, D.5/20/06	545 Dussault, S.12/16/06	650 Walker, J.11/18/06	1769 Smith, C.6/17/06
33 705 Rekas, C.6/17/06	540 McAuliffe, J.4/21/06	645 Grogan, T.3/25/06	1760 Wood, R.12/3/06
34 705 Hejl, L.7/22/06	540 Milburn, E.5/13/06	644 Cartinian, M.3/3/06	1755 Smith, C.7/8/06
35 700 Lindsey, J.2/4/06	540 Stevens, B.6/10/06	644 Luckett, M.3/18/06	1752 Wade, M.7/8/06
36 700 Soule, J.2/26/06	540 Driggers, M.9/16/06	644 Green, T.10/14/06	1752 Pena, J.7/8/06
37 700 Gentges, N.4/8/06	540 Moore, D.11/11/06	644 Strang, A.12/2/06	1741 Christie, M.8/26/06
38 700 Carson, B.7/23/06	540 Soto, D.11/18/06	644 Salvagni, R.1/29/06	1736 Judd, T.4/7/06
39 700 McCloskey, A.11/12/06	535 Marrama, R.3/25/06	640 Soule, J.2/26/06	1719 May, J.4/1/06
40 700 Wood, R.12/3/06	534 Ramsey, B.2/18/06	635 Rhoades, L.4/22/06	1719 Terry, C.5/6/06
41 699 Jackson, J.4/1/06	534 May, J.4/1/06	635 King, J.8/12/06	1710 Lindsey, J.2/4/06
42 688 Smith, C.6/17/06	530 Lauffer, P.6/10/06	633 Tracy, B.3/18/06	1710 Celli, R.5/6/06
43 688 Jeschenig, S.11/11/06	529 McGill, J.7/29/06	633 Garrett, M.4/1/06	1708 Jeschenig, S.11/11/06
44 683 Pena, J.7/8/06	529 Baker, E.9/24/06	633 Walters, C.4/15/06	1700 Gibson, T.12/2/06
45 680 Whaley, S.12/3/06	527 Bivens, R.9/2/06	633 Calia, V.6/3/06	1700 Whaley, S.12/3/06
46 677 Prewitt, M.6/3/06	525 Moore, S.3/18/06	633 Wade, M.7/8/06	1697 Green, T.10/14/06
47 677 Jones, G.7/8/06	525 Lacy, L.4/8/06	633 Dicaldo, S.7/8/06	1692 Rekas, C.6/17/06
48 675 Koffler, C.3/5/06	523 Tracey, B.3/18/06	630 Glembin, T.2/18/06	1692 McCloskey, K.7/8/06
49 675 Griffin, A.4/2/06	523 Paras, R.6/10/06	630 Clark, M.3/25/06	1686 Cohen, L.3/19/06
50 672 Judd, T.4/7/06	523 Aliu, L.6/10/06	630 Delgado, B.7/23/06	1681 Lamb, S.12/3/06
51 672 Hanson, J.6/3/06	523 Byrd, S.8/26/06	630 Boothe, W.9/9/06	1680 Levy, S.7/23/06
52 672 Oglesby, J.6/10/06	523 Flesch, W.9/9/06	628 Walsh, D.6/18/06	1670 Heinemann, V.4/1/06
53 672 Christie, M.8/26/06	520 Strohline, T.6/3/06	628 Christie, M.8/26/06	1669 Lichtenberger, J.3/18/06
54 672 Kirby, K.11/18/06	520 Tipton, S.9/9/06	628 Pardue, T.11/18/06	1669 Walters, G.4/15/06
55 670 Ramos, T.2/4/06	518 Thomas, J.4/7/06	625 Macadio, A.2/25/06	1669 Oglesby, J.6/10/06
56 666 Williams, D.6/18/06	518 Grohoski, P.5/20/06	625 Ibe, R.3/25/06	1665 Urchick, J.2/26/06
57 666 Sansbury, T.10/7/06	518 Mickelson, A.6/17/06	625 Clark, B.4/29/06	1665 Moore, S.3/18/06
58 665 Seftel, E.5/20/06	515 Soule, J.2/26/06	625 Guntermann, M.5/27/06	1665 Seftel, E.5/20/06
59 661 Buckley, T.3/10/06	515 Reese, T.4/1/06	625 Gibson, T.12/2/06	1660 Nichols, B.10/7/06
60 660 Nichols, B.10/7/06	515 Judd, T.10/28/06	622 Richesson, L.5/20/06	1658 Nelson, C.6/18/06
61 655 Ibe, R.3/25/06	512 Power, J.8/12/06	622 Caplan, M.7/8/06	1655 Boothe, W.9/9/06
62 650 Moore, S.3/18/06	510 Hailey, S.2/18/06	622 Hunt, K.7/8/06	1655 Griffin, A.9/16/06
63 650 Clark, M.3/25/06	510 Petrillo, D.5/20/06	622 Tortorelli, A.7/8/06	1655 McCloskey, A.11/12/06
64 650 Driggers, M.4/8/06	510 Watts, S.7/8/06	622 Clark, J.7/22/06	1655 D'Angelo, F.12/2/06
65 650 Timonen, S.4/29/06	508 Baker, E.5/12/06	617 Flesch, W.6/3/06	1653 Hodges, L.1/28/06
66 650 Terry, C.5/6/06	570 Haggert, D.6/3/06	617 Favre, C.6/18/06	1650 Carson, B.7/23/06
67 650 Vega, J.6/7/06	507 Weithoff, T.12/2/06	615 Crook, G.4/1/06	1647 Pardue, T.11/18/06
68 650 Smith, C.7/8/06	505 Crook, G.9/09/06	615 Anderson, J.4/22/06	1642 Shelton, T.5/13/06
69 650 Wade, M.7/8/06	505 Buyan, D.11/11/06	615 Cervero, J.9/30/06	1636 Kuderick, S.6/3/06
70 650 Levy, S.7/23/06	505 Matta, J.12/16/06	611 Icenhour, J.3/25/06	1636 Calia, V.9/9/06
71 650 Williams, J.9/9/06	502 Pritchard, M.3/18/06	611 Oglesby, J.6/10/06	1631 Dicaldo, S.7/8/06
72 650 Zenzen, Z.11/11/06	501 Washburn, C.2/18/06	611 Johnson, A.11/17/06	1631 Sansbury, T.10/7/06
73 650 Bailey, M.12/16/06	501 Lichtenberger, J.3/18/06	610 Judd, T.10/28/06	1625 Hejl, L.7/22/06
74 644 Lamb, S.12/3/06	501 Hanson, J.6/3/06	610 Schonebeck, N.11/4/06	1620 Stuart, T.1/28/06
75 640 Conklin, T.4/8/06	501 Strang, A.6/3/06	606 Green, G.1/28/06	1620 Prewitt, M.6/3/06
76 640 Boothe, W.9/9/06	501 Townsend, J.7/8/06	606 McDougal, J.1/28/06	1620 Davis, 7/8/06
77 640 D'Angelo, F.12/2/06	501 Jones, A.7/22/06	606 Pena, J.7/8/06	1615 Clark, M.3/25/06
78 639 Lichtenberger, M.3/18/06	501 Gunter, M.8/26/06	606 Kirkland, M.7/06	1615 Smith, B.9/2/06
79 639 Davidson, D.3/18/06	501 Prose, W.11/18/06	606 Lillibridge, E.11/11/06	1614 Ayala, R.4/1/06
80 639 Rowe, B.6/17/06	500 Santarone, N.2/18/06	605 Morong, D.1/28/06	1614 Timonen, S.7/8/06
81 635 Heinemann, V.4/1/06	500 Kuphal, J.3/5/06	605 Conklin, T.4/8/06	1614 Williams, J.9/9/06
82 633 Ayala, R.4/1/06	500 Heinemann, V.4/1/06	605 Parets, V.8/12/06	1610 Baertlein, B.9/23/06
83 633 Nelson, C.6/18/06	500 Wargo, C.4/2/06	605 Savage, J.8/26/06	1610 Kanemoto, K.11/11/06
84 633 Hunt, K.7/8/06	500 Lewis, R.4/8/06	600 Couick, J.1/28/06	1609 Buckley, T.3/10/06
85 628 Green, G.6/17/06	500 Highnote, B.5/6/06	600 Chesno, D.2/25/06	1609 Hunt, K.7/8/06
86 628 O'Malley, S.9/9/06	500 Warstler, K.6/18/06	600 Scolaro, A.3/4/06	1603 Ingravera, R.5/13/06
87 628 Green, T.10/14/06	500 Shaffer, G.10/14/06	600 Hudson, J.3/9/06	1603 Lemire, W.10/14/06
88 625 Yvars, A.5/13/06	495 Celli, R.5/6/06	600 Zuege, R.3/18/06	1600 Jones, M.7/15/06
89 625 Scholnick, H.10/14/06	491 Woods, J.7/8/06	600 Gaudagno, C.3/25/06	1590 Grogan, T.3/25/06
90 625 Gibson, T.12/2/06	490 Swanson, B.6/17/06	600 Stiwak, S.4/2/06	1587 Green, G.1/28/06
91 622 Hodges, L.1/28/06	490 Sanders, A.8/12/06	600 Dean, K.4/2/06	1587 Decker, J.7/8/06
92 622 Ingravera, R.5/13/06	490 Wood, R.12/3/06	600 Gentges, N.4/8/06	1587 Kirby, K.11/18/06
93 622 Walys, T.11/18/06	485 Couick, J.1/28/06	600 Rebera, J.4/9/06	1581 Brown, J.6/17/06
94 620 Baertlein, B.9/25/06	485 Stuart, T.1/28/06	600 Dwyer, J.4/22/06	1581 Buffington, G.8/26/06
95 620 Kanemoto, K.11/11/06	485 Phipps, D.2/4/06	600 Manning, E.4/22/06	1581 Vega, J.12/2/06
96 617 Jones, M.1/28/06	485 Rebera, J.4/1/06	600 Mitchell, K.4/22/06	1580 Bailey, M.12/16/06
97 617 Walsh, D.6/18/06	485 Phillips, C.4/22/06	600 Nichols, B.5/13/06	1576 Legard, J.7/8/06
98 617 Hayes, A.7/16/06	485 Gibson, G.7/8/06	600 Seftel, E.5/20/06	1576 Rowe, B.8/12/06



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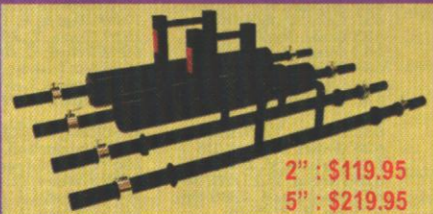
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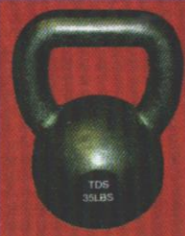
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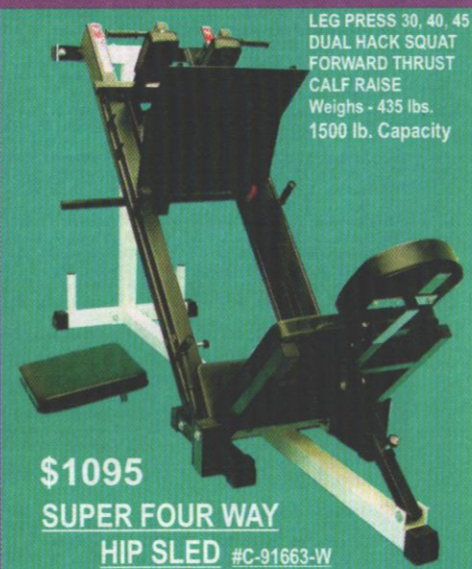
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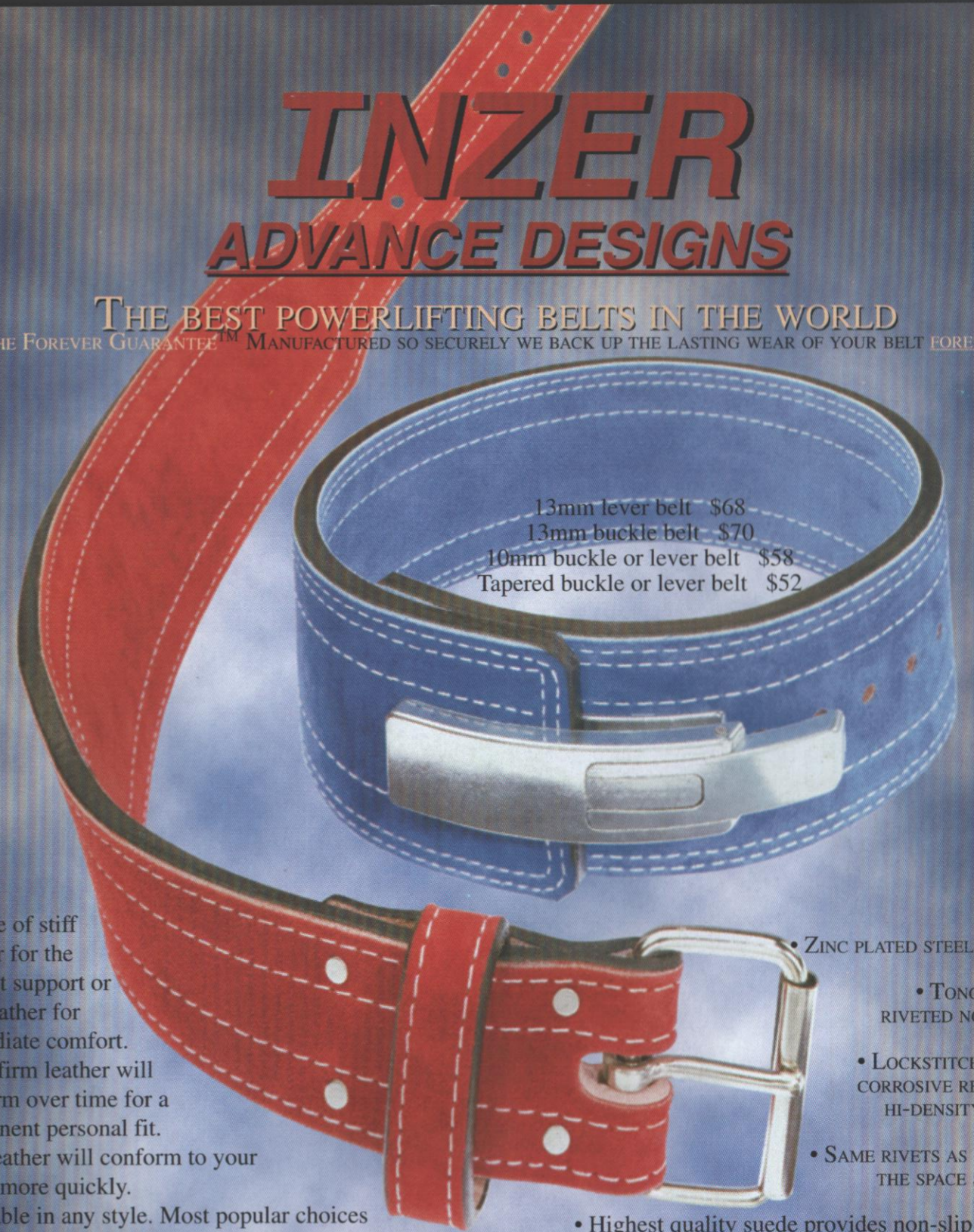
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