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JOE MAZZA

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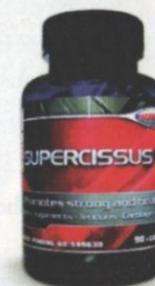
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From The Desk Of:
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Dear Friend,

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...

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

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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, 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,

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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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"...the most important people in the production of this publication are the many hundreds of lifters, fans, meet directors, advertisers, and administrators who have made enormous contributions to its success, ... through their own love for the sport ... this is their magazine."

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MUSCLE MENU

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ON THE COVER ... Joe Mazza of Nazareth Barbell. (photo by Larry Fink Photography, Box 295, Martins Creek, PA 18063).

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POWERLIFTING USA Magazine

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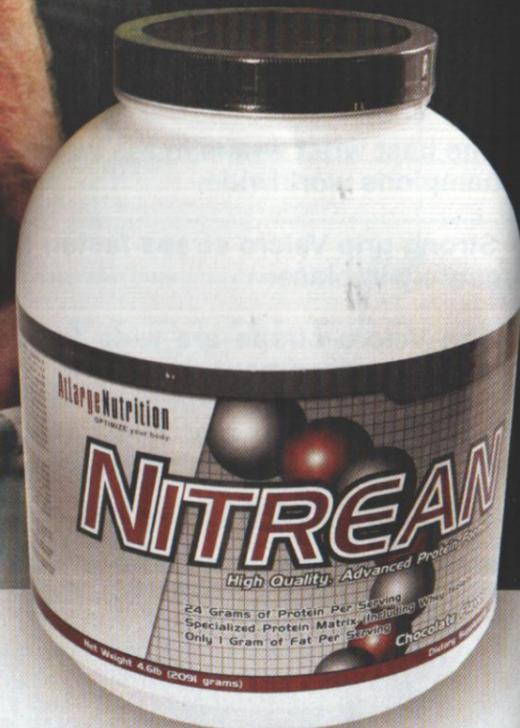
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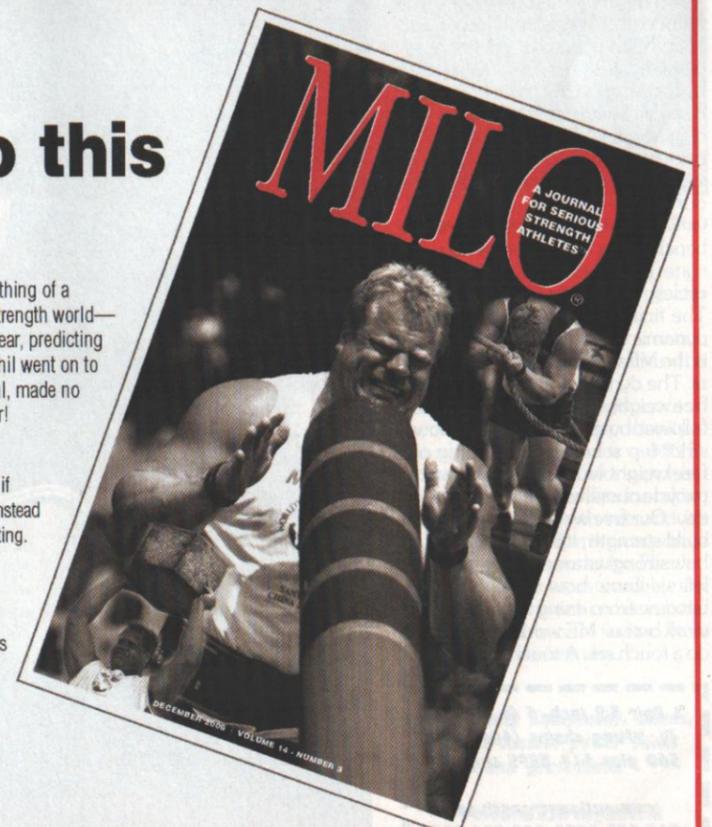
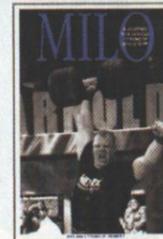


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STRENGTH SYSTEMS

This led to this



We won't say that it's 100% perfect, but it is true that *MILO* has something of a crystal ball when it comes to sensing what's about to happen in the strength world—which is why we put Phil Pfister on the cover of our June issue last year, predicting that it might be his year to win the World's Strongest Man contest. Phil went on to win—the first American since Bill Kazmaier—and Phil, bless his soul, made no bones about what fired him up to win the big one . . . it was our cover!

We can't guarantee you'll make the cover of *MILO*, or that even if you do, you'll win the World's Strongest Man contest—but we can guarantee that if you read *MILO*, you'll be better equipped to win at whatever you do and instead of throwing your money away, you'll have bought something worth collecting.

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I'm Joe Mazza, I currently live in Succasanna, NJ. I am a police officer in Saddlebrook, NJ, and I'm married with 3 children.

I've been ranked #1 in the 165-pound weight class in the U.S. for the past several years. I recently competed at the Olympia, lifting in the raw bench exhibition, benching 420. Two weeks later I competed in an IPA meet and benched 625, just missing 660 for the all-time 165 record. My current goal is to bench 4 x body weight. I feel strongest weighing 175 and would therefore have to bench 700. I recently benched 705 in the gym and just missed 725.

I'm sponsored by MHP sports nutrition. I have used MHP supplements my entire career. They have helped me reach every one of my powerlifting goals this far in my career and they will continue to fuel me to break world records. My favorite MHP products right now are Up Your MASS - the most powerful weight gainer ever developed, and T-BOMB II - the ultimate pro test-sterone formula.

I train at Nazareth Barbell in Nazareth, PA, owned by Mike Miller. I train with and am coached by Jim Parrish. I have been training with Jim off and on since 1998. Five to six years ago, Jim developed the Joe Average (JA) strength system, we primarily train with heavy band tensions and this is where I have made my strongest gains.

The JA strength system was founded on Westside, Nazbar and Metal Militia principles. As Jim developed the system, he discovered that by focusing on the basic core exercises we were able to make our biggest gains. Rather than rotating through numerous exercises, we stick to basic benching and rotate our band tensions. Similar to WSB, we alternate between a dynamic bench and a max effort bench.

The JA system consists of 6 cycles, each cycle lasting 2 weeks. The first week of each cycle is the dynamic week and the second week is the ME week or max effort week.

The dynamic week consists of a free weight set to failure, a touch set, followed by speed work. We follow a strict rep scheme when doing our free weight work and this allows us to cycle ourselves to a peak on meet day. Our free weight work does not build strength, it just indicates to us how strong we are at that given time - lets us know how strong we have become from doing the heavy band work on our ME workout. We then do a touch set. A touch set is similar

WORKOUT OF THE MONTH

A new concept in weight training instruction. A workout by workout, set by set, rep by rep workout plan, with exact training poundages specified over the entire span of a strength training cycle, laid out for you by a Powerlifting authority. Each month, a different lift is analyzed. For those of different strength levels than the starting poundage specified, simply increase or decrease the training weights in direct proportion. For example; if your lift is 400, and the starting lift for the program is 500, multiply the training poundages by .8 (400 divided by 500); if your lift is 600, multiply the poundages specified 1.2 (600 divided by 500).

Joe Mazza's Bench Routine

to doing a negative, but we focus on handling max plus weight and bringing the weight down fast. Handling 150 pounds over your max gives you the confidence to handle max weight on meet day and touch sets must be done in a properly altered bench shirt. We bring the bar down

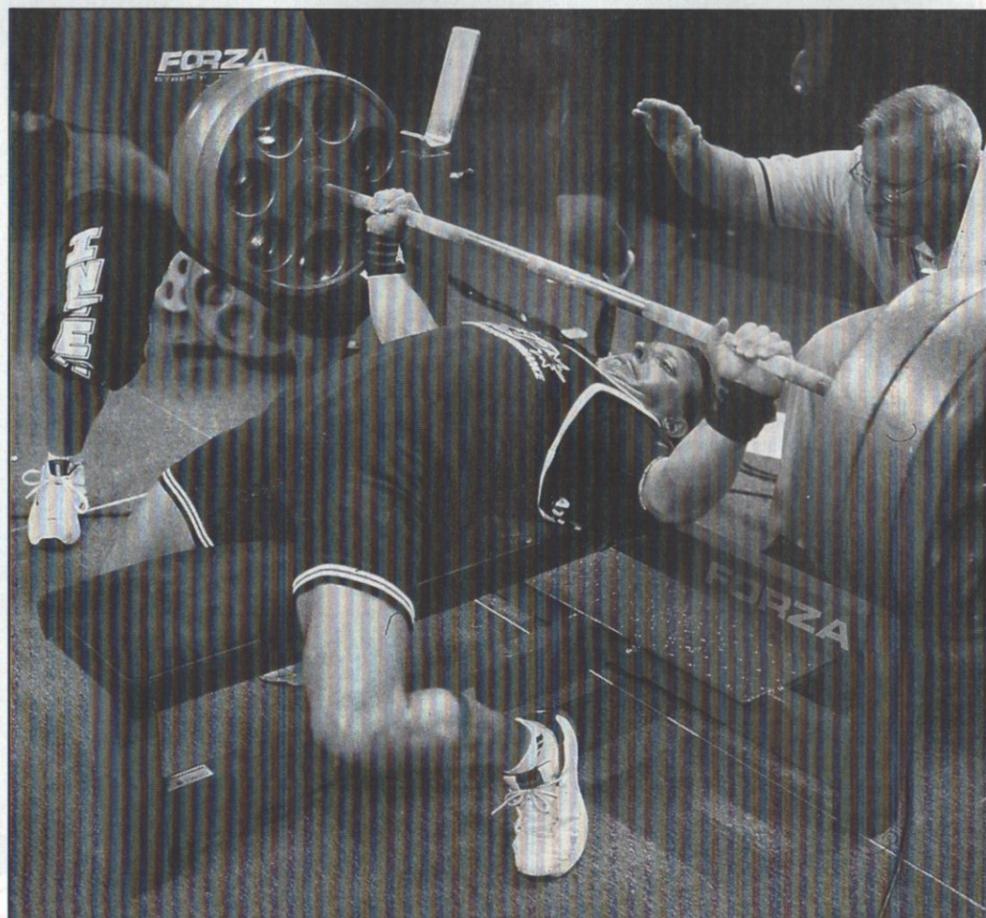
in its proper groove, letting it drop, touch, then give it a push and the spotters take the bar. If you train raw, then skip the touch set.

Our speed work then supplements our free weight set to failure. We use minimal tension with some bar weight and focus on doing fast

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explosive reps. JA style speed work is not the main focus of our benching, our max effort work is.

The second week of each cycle is our max effort week. When doing a max effort bench workout we bench, we do not rotate through various exercises. In order to prevent regressing or plateauing we set up a band rotation. We rotate through 3 different band rotations. Each max effort workout we change our band rotation which then changes the amount of bar being used. This keeps your CNS guessing. We are then able to focus on the core exercise every ME workout. The first exercise that is done is a reverse bench with bands. Rather than hanging the bands from the top of the power rack, Jim had a metal ladder made. We slide the pins into the third hole from the top and lay the ladder across the pins. We then hang the bands from the ladder. When hanging the bands from the top of the rack, the bands help to lift the weight through



Joe Mazza has competed at highest levels in several contest formats... here he is at the 2003 Bench America



A MASTER of MASSIVE WEIGHTS ... Joe awaits the press signal from Head Referee Gordon Santee, at this year's Arnold Classic Bench Bash

the entire lift. By using a ladder we are able to lower the bands closer to the lifter and this allows the lifter to lock out most if not all the weight at the top of the lift. When doing our reverse band bench we focus on lowering the weight quickly and then throwing the weight back up. This helps to develop speed when maxing with free weight -- the faster you move the weight, the more weight you can lift. Again, each max effort week we change the band that is used thus changing the bar weight that is used. After 1 max effort set we then set up for a ME bench with the bands doubled from the bottom of the rack. It's this max effort set that

truly builds the most strength. The secret to building strength is not focusing on the muscle, but rather focusing on your ligament and tendon strength. I basically train at the same body weight today that I did years ago and yet my bench has improved from a 400 pound gym bench to a 705 pound gym bench. Training with heavy band tension has greatly increased the strength of my tendons and ligaments, which has then allowed my muscle to lift more weight. Basically, the JA system will allow a lifter to take what he has and make it stronger without the need for gaining unnecessary weight.

The second workout we do each week is a board workout. Again, we establish a 3 band rotation at the beginning of each training cycle. Each week when doing our board work we change the band tension and this then changes the bar weight. Each lifter uses three boards. For example, I'm 5'6" with a short stroke

so I use a 2 board, 3 board and a 4 board. Jim at 6'1" uses a 4 board, 5 board and a 6 board. We do one max effort set at each board and we're done. The purpose of the board work is to focus on the upper half of the bench movement. We are able to use max weight, which allows us to build lock out strength.

I currently use an Inzer open back double denim grid stitched scooped neck bench shirt. I'm getting about 275 pounds out of my shirt right now. The reason for this is because we ensure that the shirt is properly altered. I realize that there is a lot of debate concerning when to wear a shirt. If you compete in a shirt you should then train in a shirt. Wearing a shirt in training allows the lifter to train with more weight, which then allows the lifter to lift more on meet day. I use my shirt for every exercise except for speed work. In addition, when using the bands we double the bands, never choke. When doubling the bands, this allows for greater

tension throughout the entire range of motion and thus builds greater strength.

Videos, additional information and my training log can be found on Jim's website at www.joeaveragestrength.com. I would like to take this opportunity to thank my sponsor MHP, ironwoodyfitness.com for supplying us with bands and to Jim for taking the time to train with me and his coaching advice. Jim is a corporate jet mechanic-he works for FlexJet. On his off days he is available for questions and answers on his website. We are available on a limited basis for demos and seminars.

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Whether you are benching 200 pounds or 800 pounds, this template works for any level lifter. The suggested band tensions will be for an approximate 400 pound bencher using bands for the first time. There is no set bar weight due to the fact that everyone is different. Your first time through the template you are guessing your bar weight. It's better to be conservative and exceed the rep scheme than to miss especially on your free weight set to failure. Suggested boards will be for someone around 5'10". There are 2 workouts per week with several days in between. For example, Monday & Thursday. Your band rotation for your ME day will be a mini band, small and medium. Band rotation for board work will be mini, super mini, small.

Week 1:

Free weight x 12 reps
Touch set max plus 50 pounds
Speed 135 8x2 + doubled mini band

3b 1 set x 3 reps + doubled mini band
4b same
5b same
(I like to do weighted pull-ups following this workout)

Week 2:

Rev bench 1 set x 3 reps + mini band (bands top down)
ME bench 1 set x 3 reps + mini band (bands bottom up)

3b 1 x 3 + super mini band (stronger band, less bar weight)
4b same
5b same

Week 3:

Free weight x 10 reps
Touch set (same as week 1)
Speed (same)

3b 1x3 + small band (stronger band, less weight)
4b same
5b same

Week 4:

Rev bench 1x3 + small band
ME bench 1x3 + small band

3b 1x3 + mini (try 10 more pounds from week 1.)
4b same
5b same

Week 5:

Free weight x 8-9 reps
Touch set
Speed work

3b 1x3 + super mini (10 more pounds from week 2)
4b same
5b same

Week 6:

Rev bench 1x3 + medium band
ME bench 1x3 + medium band



Joe Mazza at the '07 Arnold Classic, with fellow MHP Athlete Mike Miller, bustin' up some chalk for him.

3b 1x3 + small (try 10 more pounds from week 3)
4b same
5b same

Week 7:

Free weight x 7-8 reps
Touch set
Speed work

3b 1x3 + mini (try 10 more pounds from week 4)
4b same
5b same

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Week 8:

Rev bench 1x3 + mini (try 10 more pounds from week 2)
ME bench 1x3 + mini (same)

3b 1x3 + super mini (try 10 more pounds from week 5)
4b (same)
5b (same)

Week 9:

Free weight x 5-6 reps
Touch set
Speed work

3b 1x3 + small (try 10 more pounds from week 6)
4b same
5b same

Week 10:

Rev bench 1x3 + small (try 10 more pounds from week 4)
ME bench 1x3 + small (same)

3b 1x1 + mini
4b same
5b same

Week 11:

Free weight x 4-5 reps
Touch set
Speed work

3b 1x1 + super mini
4b same
5b same

Week 12:

Rev bench 1x1 + med bands
ME bench 1x1 + med bands

I like to skip this workout prior to maxing to allow for plenty of R&R.

Week 13:

Maz Week off then start over.

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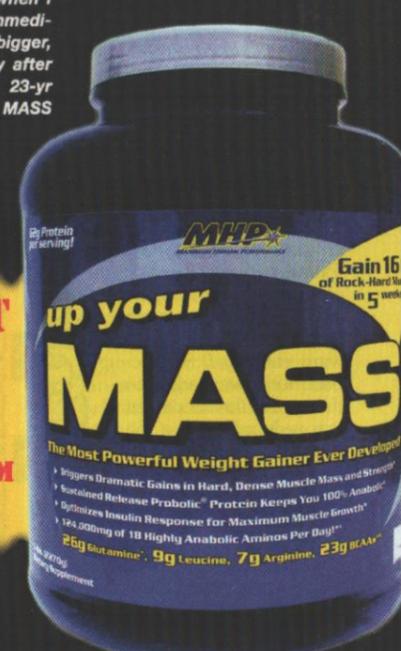
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Photo By Josh Wins

I have written about overspeed eccentrics, citing why it is so important to lower the bar as fast as possible to produce the most powerful stretch reflex as possible. If you triple your velocity, the kinetic energy is 9 times as great. Without bands, a lifter will lower the bar in roughly 1 second. Using Jump-Stretch bands on the bar, the length of the eccentric phase can be cut in half, to 0.5 second. In plain terms, 500 pounds in contact with the box will cause a force of 750 pounds as a result of overspeed eccentrics.

A further example occurs when sprinting. A 200-pound sprinter will experience a force per step of 200 pounds. However, while sprinting at top speed, he is able to produce 5 or 6 times body weight by overspeed eccentrics, caused by the speed of the foot colliding with the track. This is a virtual force effect, a force that is present but not recognized. Although bands do accommodate resistance—this is obvious to the observer—they also produce added kinetic energy to produce a powerful stretch reflex.

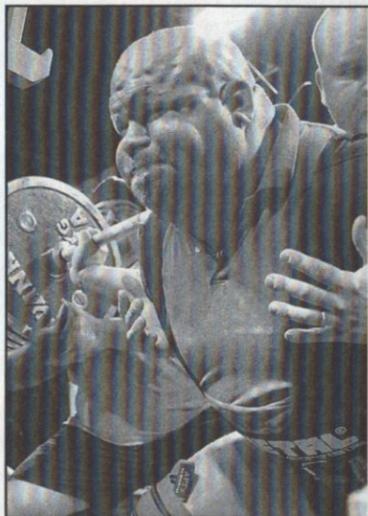
I have written previously about optimal eccentric training. We all know that one can produce more muscle activation when lowering weight, up to 50% more. This is a good thing if you want added muscle soreness. But who wants that? Most hypertrophy occurs when lowering weights. One can lower more weight than one can raise. This is where the problem arises. Most tend to lower the barbell too slowly, destroying the stretch reflex. If lowering the barbell slowly is correct, then depth jumps and plyometrics are wrong. And we know that plyometrics work, unquestioningly.

An experiment with Matt Smith, when his best contest squat was 930, was conducted with the help of Dr. Akita, a calculus professor. Matt first squatted with 550 pounds of barbell weight to a parallel box. The eccentric and concentric phases were roughly 0.90 second. Bands were added to the bar and the bar weight was reduced so that the total weight at the top of the lift was 750 and the weight on the box was 550. By the bands pulling down on the bar, causing an overspeed eccentric phase, the eccentric phase was reduced to 0.57 second and the concentric phase was 0.54 second. That's right, 0.4 second faster with 200 pounds more resistance at the top

Westside Training

ECCENTRIC UNLOADING

by Louie Simmons - Westside Barbell Club



Matt Smith... great progress in the squat

causes a virtual force effect when contacting the box. Why is this important? Muscle tension on the eccentric phase can be lessened to some extent, although the resistance is reduced somewhat by band shrinkage. The added bar speed increases kinetic energy when contacting the box, much like weight releasers. Your brain thinks the weight or resistance is the same at the top as it is in the bottom. A benefit is that the band causes an accommodating resistance to the bar.

For me, the hardest part of a squat is unracking the bar from the Monolift. When the eccentric phase begins, all that eccentric muscle strength takes over. But how can optimal eccentrics be trained? One of the best methods is the lightened method. Here, two bands are connected to the top of the power rack. Depending on the band strength, a predetermined weight is reduced at the bottom of the lift. As the bar is lowered, some of the resistance is reduced, as is the muscle tension to

and the same 550 pounds on the box. How? By increasing velocity.

If you triple your squat kinetic energy, the overspeed eccentrics

some extent. A strong band at Westside will lighten the load 155 pounds. If only 155 pounds is on the bar at the bottom of the lift, one can totally relax all muscle tension at that point. This means that you go from relaxed to dynamic. This is one of the greatest ways to build explosive and absolute strength. Many will fight the bar eccentrically until fully lowered, but with this method, if you lower 310 pounds, it requires half the eccentric strength to lower the bar. In addition, you will learn to lower the bar faster, causing a greater stretch reflex. This method can be used for all power lifts and Olympic lifts.

There is a second method that can take enormous loads eccentrically by catching the bar or plates or even the lifter himself. It requires two foam blocks. The lifter takes the bar off bench racks and lowers it until the plates touch the blocks and sink into the foam. How far the plates sink into the foam depends on the bar weight. We have benched over 800 pounds by this method. Very heavy squats and good mornings are also done. This method breaks up the eccentric/concentric phase, which is a must for power and strength.

When box squatting, we place a 7-inch foam pad on the box. As you sit on the foam, it sinks until you are sitting all the way on the box. The box itself represents a collision, producing kinetic energy for a strong stretch reflex. The foam causes a dampened effect. This promotes muscle work. If you have ever run in sand, you know how much it fatigues the muscles. The foam has the same effect. I watched a tape of a world class thrower doing plyometrics on a gym floor with hard-sole weightlifting shoes. In a different segment, he was wearing cross-training shoes and the floor was covered with gym mats. This time his reaction time on the automatization phase was much slower. Why? He was using more muscle work on the mats and less connective tissue work. A top sprinter said that 80% of running comes from kinetic energy from the ligaments and tendons. But by doing both methods, the thrower is using all of his potential by jumping on both soft and hard surfaces. I thought why not squat and bench the same way. We now train mostly off a foam box, but always do the circa-max phase or an all-time P.R. off a hard box. We have used this method for 2 years with great success. You will see this progress on our website and on our record boards at the gym.

For deadlifting, stand on a thin foam pad and it will bring your legs into the lift.

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Powerlifting is a great sport. It is a perfect balance of primal physical aggression and a strong mental state. It is a thinking man's sport requiring well thought out training routines and knowledge of biomechanics, recovery times, etc. but it is also somewhat of an extreme sport involving unbridled intensity and borderline insanity on the platform. Currently, this great sport is at a crossroads and it's future seems bleak.

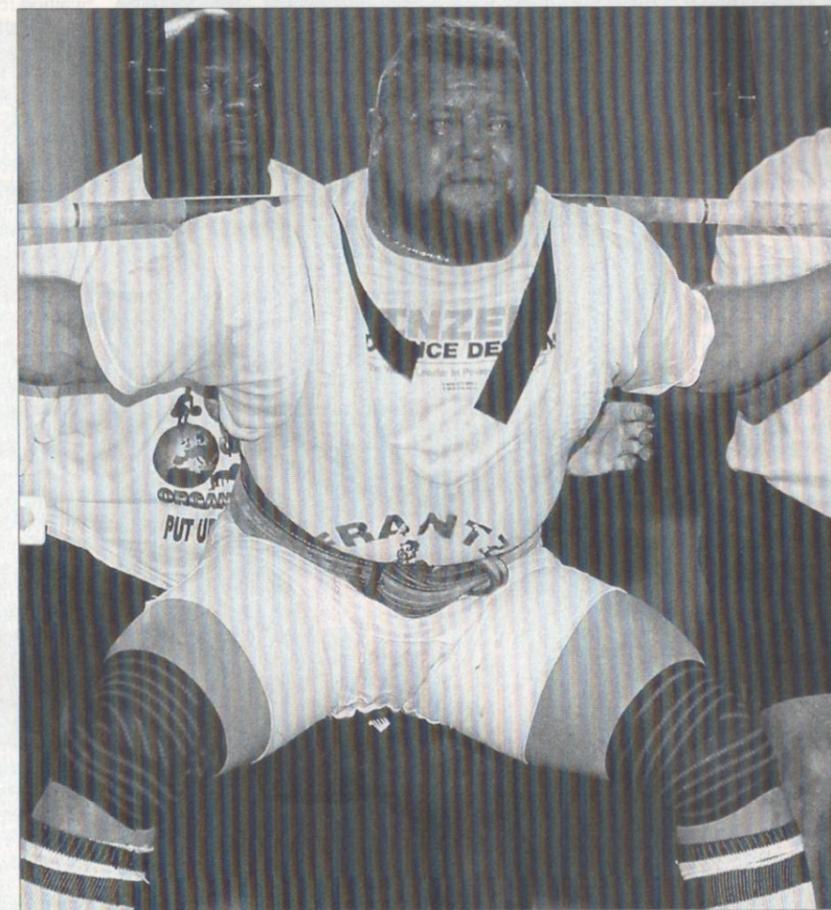
For those who don't know me, my opinions stem from 17 years of competitive powerlifting. I began lifting at age 16 in 1990 and was lucky to catch the tail end of what I consider to be the greatest era in powerlifting history. The USPF was going strong, the lifting gear was a definite part of the sport but hadn't yet become the most important part of the sport, monolifts had yet to enter the picture and lifting legends like Ed Coan, Steve Goggins, John Ware, OD Wilson, Gary Heisey, Dave Pasanella, etc were all still active on the platform. In 1992, I lifted in the first meet to ever use a Monolift squat rack, the APF Teenage and Masters Nationals in Columbus, Ohio. No one had ever used one or trained on one so all of us adapted; I'm still not sure that the Monolift was a positive addition to the sport and I own 3 of them!!! As the years went on I experienced my first denim Frantz bench shirt, the Marathon Deadlift Supersuit, multi-ply polyester gear, my first Frantz canvas suit, 2.5 meter knee wraps,

velcro backed bench shirts, the open backed bench shirt, Titan Boss gear, Inzer Leviathan Suit and many other "advancements" in the sport of powerlifting. Like a kid in a candy store, I bought them all and excitedly integrated them into my training. I recall the USPF going from the biggest organization in the sport to barely being remembered in 2007. The ADFPA became the USAPL as the avenue for the drug free lifter and about 100 other splinter federations popped up to water down and illegitimize the sport. I've supported the APF for most of my lifting career because, ever since it's inception in 1986, it's seems the greatest and certainly the strongest athletes have been on APF

OPINION

My Vision of Powerlifting 2007

told by JON GROVE, North Georgia Barbell



Jon Grove competing in the '01 WPO Semi-Final competition held in Orlando, Florida.

platforms. Ernie Frantz's American Powerlifting Federation motto was "by the lifter, for the lifter" and bypassed some of the political turmoil that was so present in other parts of the sport at that time. Judging was fair, equipment use was lenient and the APF policy was not to drug test as to not infringe on a lifter's personal rights. Basically, the APF was about the strongest guys lifting the biggest poundage's; I'm not exactly sure the APF/WPO of 2007 under Kieran Kidder is still following in the footsteps of it's forefathers. Anyway, the sport has changed a lot in my 17 years on the platform, as does everything, but it perplexes and saddens me because the changes do not appear to be for the good of the sport.

I'm not sure what is best for the good of the sport. Just today I read about the UPA, the United Powerlifting Alliance, another new powerlifting federation. I really think fixing what's wrong with the current federation is a better choice than starting another federation from scratch. When I look back, I think Kieran Kidder might be the single worst thing to happen in modern powerlifting. I actually like Kieran Kidder as a person and think he passionately loves powerlifting as much as any of us. Kieran lives and breathes the sport. Unfortunately, one man can't control the sport and one man can't rule a federation and this is the course of the APF/WPO. I lifted at the first ever WPO meet in Daytona

and the idea was fantastic. He had tight equipment standards (which guys were already figuring ways around), equipment checks, the judging was on par and fair, and he was really trying to take a segment of the sport in a new, more professional direction. The Arnold Classic was a great idea. BUT, somewhere his desire for huge, monster lifts overtook his good ideas. His "freakshow" became just that...a show. He has been able to bring lifting greats like Joe Ladnier and Craig Tokarski out of retirement as well as get some of the unbelievable Russian, Ukrainian, and Finnish monsters to compete in the same arena but, rather than make this the single greatest feat in powerlifting history he has managed to destroy the sport as we knew it. 48 hour weigh ins make it difficult to compare apples to apples and lifters have been able to obliterate 165 class all-time world records weighing 195. This is certainly not fair. Equipment checks went out the door years ago and some of the most ridiculous, binding apparel has appeared in any thickness possible. Though I have been guilty of this myself, it is only in the last 10 years that guys have become equipment "technicians", mastering the squat suits and bench shirts by wearing them each and every training session. The original concept of powerlifting was to find the strongest lower body (squat), the strongest upper body (bench) and the strongest core, grip and back strength (deadlift) for a combined total to prove who the strongest man was. Having to "learn" a shirt to bump up the benchpress doesn't figure in the original equation; a guy with a weaker upper body can now buy a stronger upper body by getting the latest and greatest shirt and learning how to use it. In 2007, it is possible to find powerlifters with 1100 pound squats and 750 pound benchpresses who can't deadlift more than 700 pounds; this would not be possible without mastery of lifting apparel. Lastly, and most importantly, the WPO introduced the era of nearly comical judging. I'm a realist and I actually believe than a great many of the greatest

(article continued on page 86)

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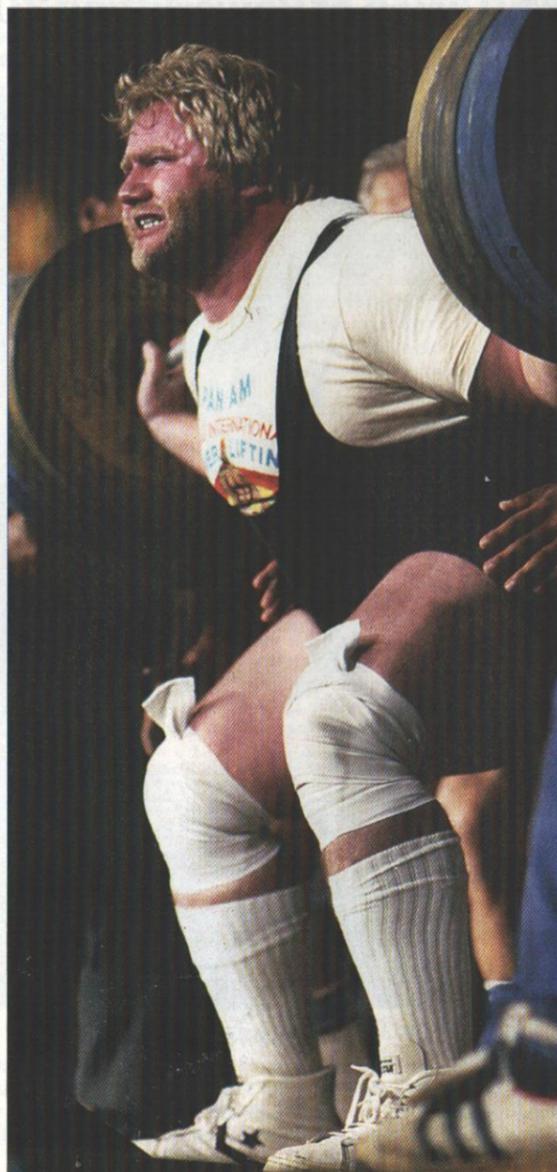
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LOUIE SIMMONS
TRAINING SECRETS

STARTIN' OUT

A special section dedicated to the beginning lifter

Squat Depth by Doug Daniels



Dave Waddington was the first man to squat 1000 lbs., and he had beautiful, upright form in the squat. Above, he is squatting at the Gus Rethwisch's 1985 Hawaii Record Breakers meet. Throughout his peak lifting years, Dave seemed consistently unlucky on depth calls, with many huge lifts that looked good from afar getting turned down.

to contest spec. Perform your last 1-2 warm-up sets wearing full squat gear along with the exact belt and knee wrap tightness you will use on the platform. This will help you get into the groove for the competition and prevent any surprises from occurring while building confidence. This type of preparation will carry over to attaining proper depth on the platform.

Some lifters use a partner standing just off the platform to tell them when they are low enough. The partner watches the lifter's

descent and shouts 'lower, lower' until the desired depth is achieved. At the bottom, the partner would then shout 'UP'. That tells the lifter that he is deep enough and should rise up. This method puts the lifter in a precarious situation with less ability to stay tight on the descent and come up solidly out of the bottom. This method also tends to make the lifter shake and hesitate on the way down, expending a lot of energy and exposing him to an increased chance of injury. This would be the equivalent to a batter waiting for a teammate in the on deck circle to tell him when to swing at a 90 mph fastball -- it's not going to work too well. The lifter has to know when proper depth is reached on his own. This knowledge is gained through proper repetitive training.

Bad squatting technique contributes substantially to not reaching proper depth. Some lifters lean forward hoping that this will help get them lower. What happens is just the opposite. Leaning tends to raise the hips and butt, producing a higher squat. Sink back into the squat, while keeping your back as upright as possible. I was a leaner too, so I speak from personal experience.

Flexibility is an extremely important but widely ignored factor in reaching proper squat depth. It's not necessary to achieve gymnast flexibility, but almost every lifter can become more flexible in a very short period of time. Work flexibility throughout the year because the saying 'use it, or lose it', holds true. Increased flexibility may also enable you to modify your squat technique to a more efficient style as well as decrease chance of injury.

Squatting extra low is not a good idea. It unnecessarily saps your strength and energy, and also increases your risk of injury. Again, practicing achieving proper depth in training will hopefully prevent this from becoming an issue.

My final tip is not to change any part of your squat gear at a contest. Don't be swayed to switch to another set of knee wraps or squat suit because 'that's what Mr. Mega Squatter uses'. Any change, no matter how minor it may seem to you, can alter your perspective on proper squat depth. Compete with what you've trained with and test the latest and greatest gear during your next training cycle.

Success in the squat is pivotal to success in the other two lifts. Difficulty in getting your squats passed saps energy and shakes confidence. Of course, failing to get any squats in leads to an early exit from the contest. I hope I provided a few ideas that can help you achieve greater success in the squat. Until next time, may all your squats be deep and all your lights be white.

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POWER INTERVIEW

A. On Powerlifting

Dave Tate of Elite Fitness interviewed by Sakari Selkainaho

educating and inspiring powerlifters by drawing on my many years of experience. I've had an incredible opportunity. I've been able to combine my passion (powerlifting and other strength sports) and my business (Elite Fitness) aspirations into a way of life for me and my family.

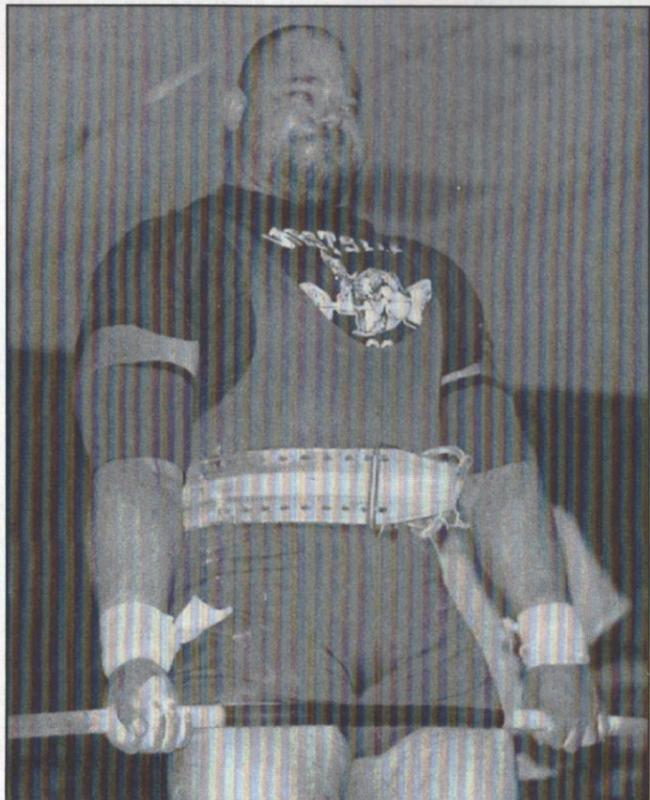
SS: How has the sport changed over the last few decades?

DT: I'm going to go out on a limb here and say something that may set most people back. The sport has NOT changed that much. The "core" of the sport is and has always been the same. It has always been about the development of the squat, bench press, deadlift, and total. This "challenge" is what makes us all the same, regardless of gear or federations. Yet, when you read about the sport or talk to lifters, this isn't realized. We all have our different preferences, but we all strive for the exact same

thing. The problem is and has always been the same since Day One.

Now I got in the sport right about the same time as bench shirts. Gear has changed over the years, the rounds systems were added, federations have come and gone, and bench only and bench deadlift meets came on the scene. So training has improved.*

*I feel this way for several reasons, the most important one being the information passed down over the years. I was able to learn from many of the best in the sport at a young age. I spent many years training and learning from Louie Simmons. I made many mistakes, but most were NOT the same ones that they made because they taught me better than that. This continues to happen today, and it is one thing that makes powerlifting one of the greatest sports in the world.



A Prime Citizen of Today's Powerlifting Community Dave Tate.

SS: How did you get started in powerlifting?

DT: My dad knew Tom Davis, who trained at Findlay Barbell Club. My father arranged for me to train there shortly after I started lifting. This was a private key club where many of the members were competitive powerlifters. When I joined, I was 13 years old, and I competed in my first meet one year later. The guys at the club took me under their wings and taught me the lifts and how to train. I was extremely lucky to have this coaching from the very beginning.

SS: Did you try any other sports first?

DT: I competed in wrestling and football and liked both sports very much, but nothing was like powerlifting. Regardless of the sport or the practice schedule, I always made it to the gym after practice so that I wouldn't miss any workouts. It was hard to compete in meets while in-season with other sports, but the training remained as if I had a meet every 12 weeks.

SS: When was your first meet?

DT: My first meet was the Zanesville Open. I remember the meet very well. Just like sex, we never forget the first time. This was also before the system we use now. The weight was loaded on the bar, and it moved up with each attempt. It never went back down. I remember doing all of my squats one after another with a two-minute break because, as I discovered, my squat wasn't very strong. That day, I squatted 400 lbs, bench pressed 400 lbs, and deadlifted 400 lbs. There were over 30 people in my class, and I was next to last, but I was hooked. I remember meeting Matt Dimel, Dave Waddington, John Florio, and many other lifters who at the time were at the top of the game. They all took time to answer my questions and offer encouragement. Louie Simmons even gave me his phone number and told me to call him anytime. I saw the weights that these guys were lifting, and I wanted to be a part of it. The thrill was greater than any sport I had done up to that point.

SS: What are your best lifts so far?

DT: I have squatted 936 lbs, bench pressed 605 lbs, and deadlifted 740 lbs.

SS: What are your goals in the future as a lifter?

DT: My goals are to continue

SS: What are the major changes that you've seen since 2000?

DT: Many would say that the gear has improved, but I disagree. The lifters using the gear have improved. Like it or not, there's now a skill aspect to the sport. You still need to be strong, but you'd better know your gear or you're going to get beat by someone weaker than you. This can be good and bad. The good is that the stronger guy can be beat by those with better skills (much the same as in any other sport). The bad is that the stronger can be beat by the weaker with better skills. It's the same situation, just with a different perspective. I've also seen money come into play. Prize money is being paid out at more and more meets. As long as these meets and the lifters bring value and a return of investment to the sponsors, the trend will continue. All and all, the sport still has the same purpose - bigger lifts.

SS: What do you think about the money meets that are now very common in powerlifting?

DT: Because I've been on both sides of this issue, I can see both perspectives. The lifters and the promoters want more money from sponsors, which is great. It's great to offer prize money to lifters, but money doesn't grow on trees. When you're in business, you can spend your money on so many things, and money spent isn't equal to money earned. I'll keep this short because I could write an entire article on this one.

Let's say company X operates on a 10% profit margin, and you're asking for one thousand dollars. While one thousand dollars may not seem like much to you, company X will need to sell ten thousand dollars worth of products to make the one thousand dollars that you're requesting. Company X will also need to sell another ten thousand dollars just to recover the loss. Can that extra revenue be covered by what you're bringing to the table? Have you shown and proven that to company X? Now keep in mind, those who deal with lifters will look at this somewhat differently and be willing to do this at a break even point. Those outside this industry will want to see a return on their investment equal to or greater than what they could earn in other sectors (new inventory, investments, and other advertising and marketing sources). When you bring "money" into the

game, you're bringing "business" into the game. If you're looking for money, you need to know how to play the business game. Would you give a couple thousand dollars of your own money to someone you didn't know without knowing how or when it would be paid back? I'm not saying that it's a bad thing to involve money in the sport. I think it's great, but the presentation of how it's being asked for needs to change. I've had too many phone calls from lifters who stumble around asking for sponsorship or money and I have no idea who they are or what they've done. They expect me to pull all of the back issues of PL USA and look them up.

For us, we try to form "business relationships" with those we sponsor so that we can fulfill their short-term needs and also help them develop long-term business relationships. We can offer them exposure to a much wider market than they're used to. There may be 20,000 competitive lifters, but 800,000 people read our website. We can provide an active market and the exposure to it for them to sell their own products, DVDs, manuals, services, and seminars. A few have even landed strength and conditioning jobs, business support, and other benefits from being part of what we bring to the market.

SS: How do you like the format that the WPO uses?

DT: I'm not qualified to answer this. Those who lift and work with the WPO can better respond.

SS: Over the past years, you've put on some very nice meets yourself. Are you planning on promoting any meets in the future?

DT: I've been so busy that there's no way I could devote the time needed to pull this off.

SS: The results have gone sky high during the last five years. Where do you see the limit?

DT: I don't see a limit, and none of us should. Let the lifters cut the path and lead the way much like a musher with sled dogs. All we can do is set the course the best that we can and let the dogs go. Right now they're running like wild in every federation, and it's very cool to watch.

B. Westside and Louie

SS: When did you first meet Louie?

DT: As mentioned earlier, I first met Louie during my first meet. Over the years, we would see each other at meets, and he would give me advice and ask how things were going. Keep in mind, I was just a kid, and he had much better things to do. However, he took the time to really care about my training. I started to call him and ask for advice. It was after I tore my pec that Louie walked up to me and



Dave has done his share of major league lifting, including a 936 SQ

told me that if I didn't change my ways I'd be out of the sport very quickly. That was in 1991. After my surgery, I decided to move to Columbus and train at Westside.

SS: What did you think about his ideas at first?

DT: Honestly, I hated them. I had my elite total and was doing okay on my own. I was studying to be a strength coach and was well read in the field. His stuff didn't make any sense to me, so I fought it. I even told those who trained with me not to do it. I thought Louie was out of his mind. I later discovered that I was studying the wrong stuff and that the material in the US was far behind the rest of the world.

SS: When did you start training at Westside?

DT: I began making weekend trips in 1992 every month or so. Then I moved in 1993.

SS: What were the major changes? **DT:** Everything changed. I was advised to increase my body weight. Up to this point, I had used progressive overload, and now I was using dynamic and max effort days. Let's just say that nothing stayed the same.

SS: How different is training at Westside compared to a regular gym? **DT:** Actually, outside of the lifters' strength, the gym was much the same. I've always trained in small, hardcore gyms. I've always tried to find and train with people who were better than me. It makes me work my ass off to try and be top dog. This never happened at Westside so I knew it was and is the best place to train if you're in this sport. Westside as a "gym" is the same as thousands of others. It's the attitude, coaching, and lifters that make it what it is.

SS: People talk about the pressure when training at Westside. Did you feel it?

DT: Many of those who speak

about this fail to realize that the pressure is self imposed. It's a competitive environment. I always want to see lifters become better than me because then I become better. Westside is all about powerlifting. It's NOT a gym with members. It isn't a place to go workout. It's a place where you go to be better at your sport. To be the best takes persistence, discipline, and intensity. At Westside, training for powerlifting is NOT a hobby. It's a serious sport that needs to be taken seriously. Yes, there is pressure, but this is true with any sport. It's part of the game.

SS: I know that you could name dozens, but name the five most important things you've learned from Louie.

DT: 1. The first and most important lesson doesn't have anything to do with training. Always "give back" for all that you've been given. I've had coaches, trainers, and lifters help me along the way, and they never once asked for a dime. They shared information because it was the right thing to do. This is why we publish over 200 articles and answer over 10,000 questions per year at www.elitefts.com for free.

2. Surround yourself with lifters who are better than you. You can learn from them, and they will motivate you to improve yourself.

3. Realize the value of the dynamic effort method. For me this was the most important aspect and made the biggest difference.

4. It's important to bring up your weak points.

5. Learn how to effectually use the max effort method.

There are many more things, but these are the biggest. With Louie, it's not what you learned that has the most value-it's what you failed to learn. I'll let you all figure that one out.

SS: Many talk about training Westside style, but it seems that training at Westside changes all the time? **DT:** It's always changing. I'm no longer training there, but I just wrote an article for our website that listed 100 changes that I saw between 1991 and 2005. I didn't have to think very hard to come up with them. I'm sure if I sat down with a few other guys we could come up with 500 very easily. It's all about experimentation and evolution. Plus, I've seen Louie with a yellow, green, red, black, brown, blue, and gray goatee. I forgot to add that one to the list.

SS: Tell us some funny stories that you saw while training there.

DT: You know, I've been asked to write a book and many articles on this one, but I have to politely decline this request. Yes, there are great stories, but my respect for the gym and those who I trained with are worth more to me than a couple laughs. Each and every per-

son that I trained with there was an important piece of my experience. I would never want to overshadow those experiences.

SS: What were the funniest things that Louie had you doing?

DT: Are you serious? Take an outsider's view on this. Everything all of us do or have done as lifters is funny, but hey, it works.

C. Strength Training

SS: Name the three most important, special exercises for each lift.

DT: This has always depended on the weakness of each lifter, but for the sake of answering this question I'm defining special exercises as supplemental and accessory movements (those that aren't used as max effort or dynamic effort).

Squat: reverse hypers, glute ham raises, standing ab work

Bench press: tolerated triceps work (I would say extensions and JM presses, but if they kill your elbows, then do 4-board presses), rows, upper back work

Deadlift: same as the squat

SS: Name the three most important max efforts lifts for each power lift.

DT: Once again this will depend on the lifter. Some max effort movements will be a test of strength for some and a builder of strength for others.

Squat: safety squat bar close stance box squats, any good morning variation, cambered bar squats

Bench Press*: floor presses, board presses, reverse presses

Deadlift: pulls against bands, pin pulls, suspended good mornings

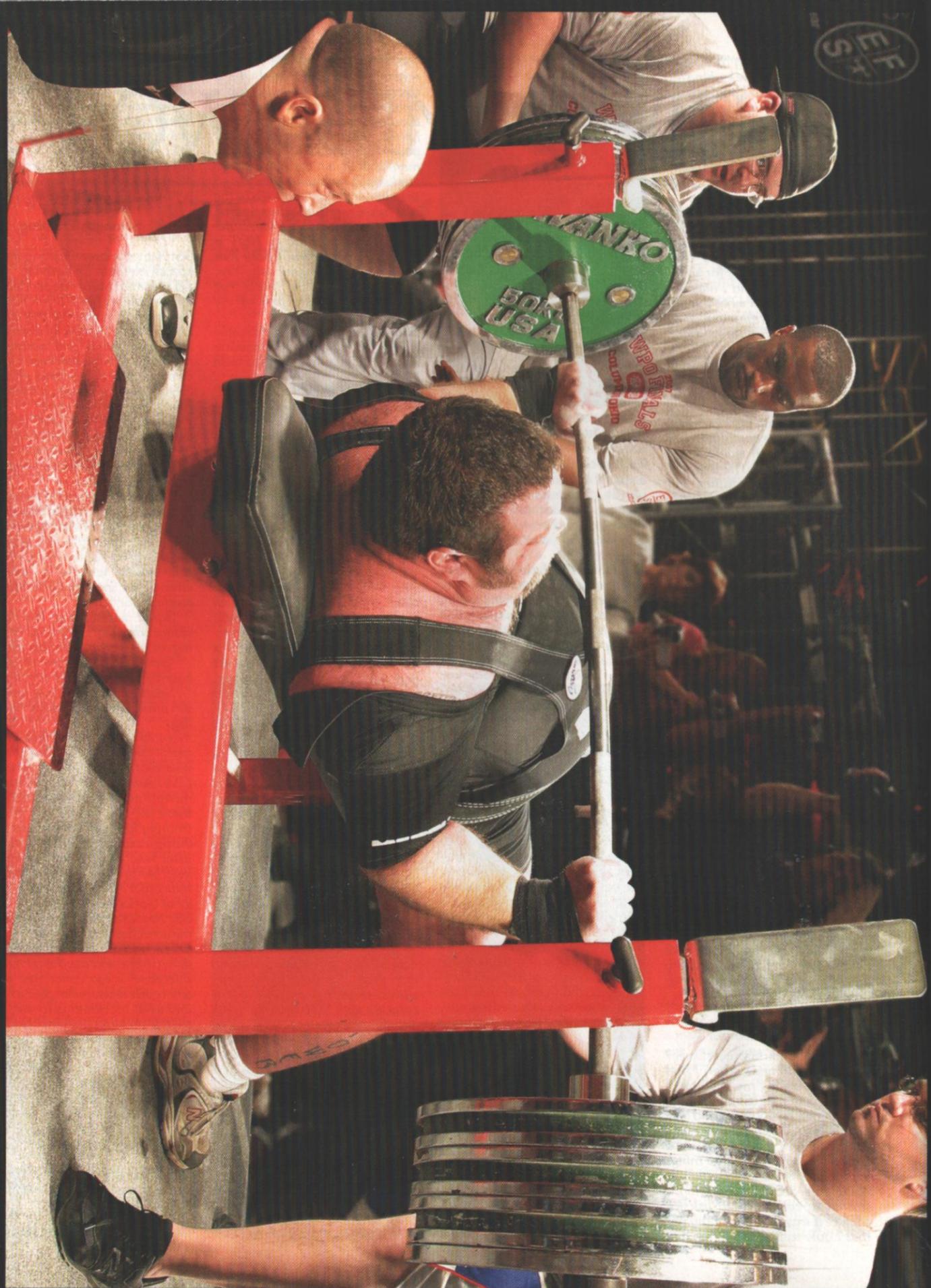
*I would read some of Louie's new stuff. They're doing some things now that should be looked into. Like I said before, this depends on many things, but you should check them all out. You'll see in the training logs we have on our site (<http://www.elitefts.com>) that each lifter has things they like to do best. Many times they're different than other lifters. The key is to find what works best for you.

SS: Name the three most common mistakes that beginners make.

DT: I'll make this easy and keep it down to one because this is HUGE. Everyone is too concerned with what cycle to use, what gear to use, and what movements to use, but their form looks like crap. Look at it this way-regardless of the federation, go look at the form of the top guys at the Nationals or Worlds. With a few exceptions, you'll see outstanding technique. Now go to a few local meets and tell me what you see. Do you see a pattern? This is what many people would call a "clue."

SS: What are the most common training mistakes in powerlifting overall?

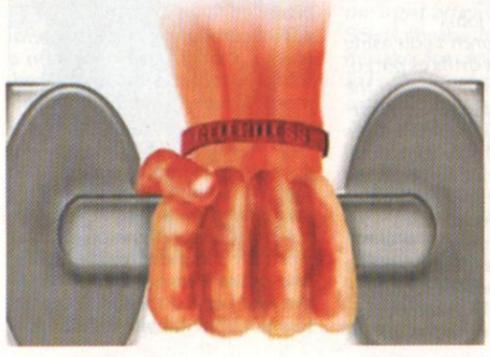
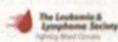
(interview continued on page 18)



ALL PROCEEDS GO TO THE LEUKEMIA AND LYMPHOMA SOCIETY ...

LIFT STRONG (CD-Manual) contains articles from the leading fitness specialists of our day, including: Adam Campbell, Alan Aragon, Bil Hartman, Bob Youngs, Brian Grasso, Chad Waterbury, Charles Staley, Chris Mohr, Chris Shugart, Craig Ballantyne, Dan John, Dave Tate, Dax Moy, The Doorman, Eric Cressey, Gray Cook, Brett Jones, Harry Selkow, Jack Reape, James Smith, Jason C. Brown, Jim "Smitty" Smith, Jason Ferruggia, Jimmy Smith, Joe DeFranco, Joe Dowdell, Joe Stankowski, John Alvino, John Berardi, Julia Ladewski, Keith Scott, Lee Taft, Lori Incledon, Lou Schuler, Lyle McDonald, Mark Philippli, Michael Stare, Mike Boyle, Mike Mahler, Mike Mejia, Mike Robertson, Mike Rousell, Nick Grantham, Pat Beith, Pavel Tsatsouline, Rachel Cosgrove, Robert Dos Remedios, Ryan Lee, Steve Shafley, Susan Hill, TC Luoma, Todd Hamer, Tony Gentilcore, Tony Reynolds and Zach Even-Esh. We originally intended to publish this collection as a book, However - at over 800 pages - costs were prohibitive and we went with the CD option to maximize our contribution. From Dave Tate: "Let me cut right to the chase here: I am asking for your help. And it has to do with cancer. First, I am going to refrain from sharing memories about people that I have lost to this disease, or stories of those who beat it. Everyone of us have similar stories, and everyone of them closely reflects a very similar outcome - one person survives, many others do not. Most importantly, however, is that one person's loss, or another person's victory, is no greater or no less than the other. Above all, deep down, we all are going to be touched by this terrible disease at some point throughout our lives - whether it's through a friend of a friend, or a girlfriend or boyfriend, a husband or wife, mother or father, brother or sister, daughter or son, or even ourselves. So this basically leaves us all with two options: a.) Do nothing, or b.) Help. Think of it this way, is cancer serious? Can it be treated? Do you take your lifting serious? Can you become better and stronger? Hell yeah, it is .. hell yes, you can. Look, both these subjects are deadly serious to all of us. And, we ALL have poured hundreds hours into research on training, and have spent hundreds of dollars on seminars, books, DVDs, etc. So, here's an opportunity to do both. Flat out, here's the deal: I'm asking you for a \$25 donation to the Leukemia and Lymphoma society. I'm not going to try to mask this as some gimmick or promotion. It is what it is: financial support. In return, however, EliteFTS will send you, free of charge, a special 800 page CD (titled Lift Strong) that contains articles from basically every leading training authority of our day. Every single dime of your donation goes directly to the Leukemia and Lymphoma Society. And every single article was donated. Elite Fitness Systems is helping to its part - in addition to a contribution - by donating our entire marketing and distribution resources to get this CD into your hands. The story behind this is quite simple. My good friend, and EliteFTS contributor, Alwyn Cosgrove - a two time cancer survivor - took the initiative to create the Lift Strong concept as a way to engage support from the strength and fitness community. Why? Simply because of the INCREDIBLE reach and connection we all have with one another. I mean, think about it, with e-mail and the Web, every single person in our industry isn't more than a click away. EliteFTS.com began in 1999 with Q and A's and articles. To date we have published more than 400 articles and answered over 40,000 questions. We have also grown from only a few unique visitors to close to 1 million. I point this out to express my thanks, and also note that we have never asked a thing from any of you for these resources. They were, and will, be given to you all for free in hopes of making your life and training better. That's why I am being completely honest here when I say that I am asking for your financial support for cancer and I am not selling this CD. All we are trying to do is "complete the loop" on this. Meaning, Alwyn came up with the concept, all the authors donated time and effort to provide content, Elite Fitness will market and distribute Lift Strong, and our hope is that the rest of the industry can make a contribution as well by donating to the Leukemia and Lymphoma Society. Alwyn is alive after facing cancer twice. Alwyn and others are alive today because of advanced medical treatment. Medical treatment discovered by research. Research funded by money. Money sourced from donations. Donations from people like you, me, Alwyn, the contributors to Lift Strong, and all the other industry sectors out there that have done similar initiatives. And if you think I am being insincere about this, or if you think this is just a business angle, and you REALLY want the CD but are adamantly against making the donating to the Leukemia and Lymphoma Society, then please e-mail me directly at LiftStrong@elitifts.com and we'll work to get you a copy anyway. For those that request the free copy, Elite Fitness Systems will make a donation on your behalf and we will recognize your name on a special page that is being created for the site. I said it was free. And I meant it. More importantly, however, I am asking you to help make the \$25 donation." DAVE TATE, Elite Fitness Systems, EliteFTS.com

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(continued from page 15)

DT: I think "overall" powerlifting is far ahead of the rest of the strength and conditioning world. There, I said it. Let the flames begin. Lifters will do anything and invent anything to try and get better. How many bars have been invented by lifters? How many techniques from the sport are now being used in other conditioning programs? I think as a whole powerlifting is leading the way for the rest of the strength and conditioning world as far as absolute strength development. Now, what are the biggest mistakes that I see? One is a lack of willingness to change. Regardless of what you're doing, if you're not making progress, you need to change what you're doing. This seems simple, but most people who I speak to have been doing the same things over and over and waiting for some miracle to happen.

SS: What advice would you give to a novice powerlifter?

DT: 1. Hang around other lifters.
2. Learn the lifts.

3. Compete in as many meets as you can.

4. Don't get caught up in the BS that you read online. You haven't earned the right to have an opinion so stick to the game and keep your thoughts to yourself. What you think now won't be the same as what you'll think after you have a few meets under your belt or after you spend two years trying to break a PR.

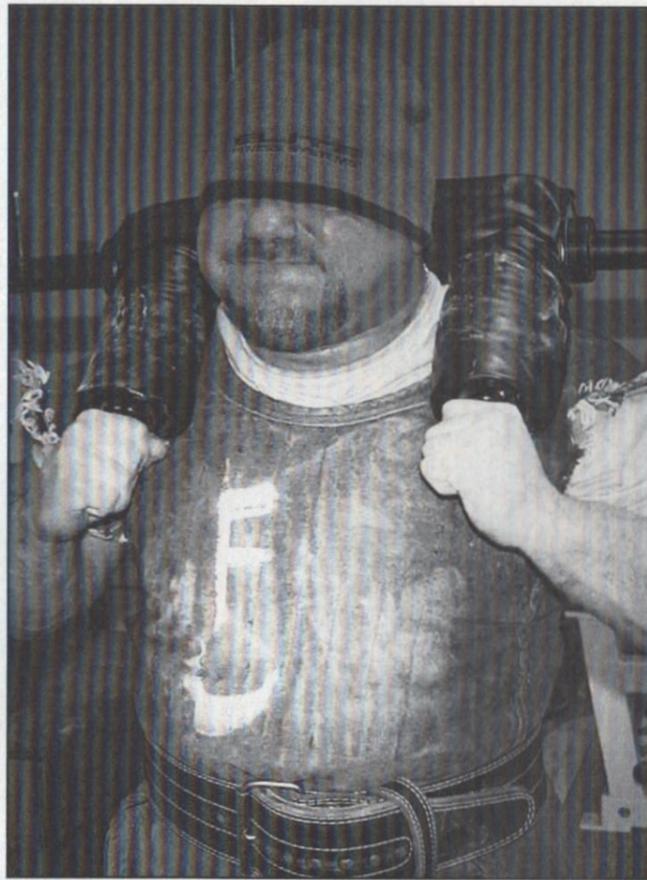
5. Be proud of the sport and of what you do. Powerlifting is a great sport. Spread the word!

SS: How much of a difference have bands and chains made in strength training?

DT: They've made a HUGE difference, but there's always give and take. Many seem to forget that Westside was lifting huge weights before bands and chains. They're a must for maximum development, but I think many lifters (beginners) jump into things way too soon.

SS: What value do power lifts have in other sports like football or track and field?

DT: Because of my background, I'll always have a very biased opinion on this. I've never discussed and will never discuss what is optimal for a sport that I've never coached or competed at a high level in. What I do know though is that absolute strength is absolute strength. Most strength coaches include the squat and bench in their programs. They are usually performed first in training sessions, demonstrating that they have a high priority value. The lifts are trained in the weight room to make athletes stronger at them. Who would place a lift in any program for it to stay the same or get



Westside Training has been the foundation for Dave and many others.

weaker? So if the lifts are in the program, have prioritized value, and are designed to be made stronger, why not use the principles utilized by those whose sport depends on these lifts getting better?

SS: How has strength training changed, for example in football, over the last 10 years?

DT: It's always changing and has made great strides over the past ten years. It would take a book to detail all of these. The biggest and the best change is how coaches are now communicating with each other more. Having them share their ideas and successes has really made a difference.

SS: How do people see the value of strength training in their sports?

DT: I think everyone sees value in strength training for sports. This has even come at the expense of devaluing SPP development for certain sports. Regardless of an athlete's strength, the skill level will always determine the better athlete. This is why the strongest are not always the best. This is not the fault of the "strongest" guys. They are doing the work in the weight room and have a very high work ethic. This is the fault of the coaches because they don't help to further develop the skills of the sport. Here's the typical conversa-

tion that I find myself in many times a year.

You have to make people stronger in the weight room...

"But our strongest guys aren't that good."

But they bust ass in the weight room, do what you say, and make progress?

"Yes, but they're not the best that we have."

So are you saying that strength has no value?

"No not at all. I'm just not convinced that they all need to be stronger."

So, if your high skilled guy got stronger, he wouldn't get better?

"Yes, he would be more durable and stronger on the field."

So are you focusing on bringing up his weaknesses?

"Yes, this is my job."

Really? So why aren't you using skill development drills as part of the dynamic warm up for the strong guys? Why aren't you giving them skill development drills so that they improve? Have you asked the position coach how you can help to implement skill development in their program?

"No, I never thought of that."

So his training is great. You just missed a huge aspect of coaching, and because of his excellence in one area, you ignored another.

Yet when the excellence is in skills, you never miss the strength aspect.

SS: What kind of meaning do you see personal training and PTs having in strength training?

DT: It all has meaning. It's just a different perspective based on the client base and needs.

SS: Do you think strength training fits into a commercial gym?

DT: I think strength training fits wherever it is welcome. If your gym restricts your training, find another place. This is happening more and more in today's environment. I can't begin to count the number of home, garage, and key clubs that we've helped set up in the past couple years.

D. Business

SS: How did you get started in business?

DT: I was working as a trainer at the time, and I received a computer for Christmas (kind of... it was rebuilt out of spare parts). I started reading training information online, and I stumbled across a site called deepsquatter.com. I started a Q&A page there, one thing led to another, and the Elite Fitness Systems site was created. Our goal was to answer training related questions. I also wanted to find a way to merge the three worlds that I was involved in—strength coaching, personal training, and powerlifting.

SS: What were the first products that you had?

DT: Sleds, Manta Rays, and a few books.

SS: What is EFS's main mission?

DT: The primary aim at EFS is "to lead, learn, and pass on." Our mission statement is: "Elite Fitness Systems strives to be a recognized leader in the strength training industry by providing the highest quality strength training products and services while providing the highest level of customer service in the industry." Our purpose is: "With continuous improvement, we provide strength coaches, athletes, and trainers with the highest quality equipment, personalized service, and knowledge that they need to advance their training programs."

SS: How has EFS evolved over the years?

DT: I can define this in several ways. I went from working on a fold-out table in my spare bedroom to being unable to pay myself for over three years. Now, I have a 7000 square foot facility with ten employees, and I'm starting to run out of room. We started with just me on the Q&A. Now, we have a team of some of the best strength coaches, trainers, PTs, and powerlifters in the world. In the first year of the Q&A, we answered 1500 questions. This past

year we answered over 15,000. We also have gone from publishing three articles every month to publishing four to five per week. Our product line has increased to over 3500 SKUs. Our mission, however, has remained the same.

SS: How do you see the meaning of your team around you?

DT: My team is everything. Without my staff, we wouldn't be able to do what we do today. Without the Q&A team, we wouldn't be able to put out the great content that we do. The meaning? They are EliteFTS.

SS: What are the major mistakes you see with internet businesses?

DT: I'll make this easy. Some major mistakes are not knowing the internet market and hiring graphics people who think they know marketing and coding. The other thing is to understand that it's a business, and you must have a strong USP.

SS: What's most important for success?

DT: To be successful, you must lose the ego and find people better at things than you. You must be willing to take risks. Also, know your business and who your market really is, not who you think it is.

SS: What are your future plans for EFS and the website?

DT: We're always working on new content and will continue to put out the best articles that we can. The Q&A team and our sponsored guys have been unbelievable. I couldn't ask for a better staff. This past year we were very close to having one million unique visitors per month. Our future plans are all based on serving our customers in the best way possible. We have some very exciting things in the works. Just stay tuned...

SS: Name the top three or the top ten best selling items for EFS.

DT: If this is based on gross sales, our GHR, reverse hypers, and power racks are leading the way. Equipment makes up 40% of our gross sales. As for the rest of the

pack... bands, chains, the EliteFTS manuals, DeFranco's DVDs, the Parisi DVDs, sleds, the Under the Bar book, and apparel. This is a general list, as our bestsellers change every month. We're adding close to 400 new SKUs a month right now, but the items in the list above are always in the top 20. The Metal gear as a whole makes up for 10% percent of all sales so it's a good selling product line.

SS: What are the most interesting items coming up in the near future?

DT: We're always looking for great stuff. When we find it, we jump on it fast. We do have some things that we've been working on in the equipment sector. We plan to roll those out in the third quarter of the year.

E. Education

SS: What has been your most valuable education in powerlifting?

DT: Two things—experience and Louie.

SS: What kind of services does EFS provide for powerlifting coaches?

DT: We offer a world of information for free at www.elitefts.com. We can also help coaches with all of their training equipment needs from board press boards to monolifts.

SS: What are the biggest coaching errors in powerlifting today?

DT: There aren't any errors. There just aren't enough people trying to bring more lifters into the sport.

SS: What do you think about system strength coaches who are educated in the US?

DT: I'm not sure that there really is a set system.

SS: What would change on that system?

DT: I'm not sure.

SS: What kind of impact does attitude have on education?

DT: Attitude is everything.

Follow Up Questions

SS: Name the three most important factors for developing a big squat, bench, and deadlift.

DT: There are universal factors for each lift—mental abilities (do you have what it takes?), physical abilities (can you physically do it?), and technical abilities (can you do it in the most efficient manner?).

SS: Name the three most common mistakes for each lift.

DT: These are the most common technical issues that I've seen.

Squat: falling forward half up, setting up, and keeping the knees out in the hole

Bench press: stability at the start, keeping the elbows in line with the bar, leg drive

Deadlift: head position, start position, keeping weight on heels

SS: Who are the people who you think have learned the most in the

sport?
DT: I have and continue to learn from everyone. I've learned a great deal from the lifters we sponsor, but nothing compares to what Louie and the guys at Westside have taught me.

SS: Name some lifters that you respect.

DT: There's no way that I could do this without leaving someone out. I respect all lifters who have the courage to get into a meet.

SS: Now this is something that we've all been waiting for. When does Dave Tate make a comeback?

DT: As Louie has always said, "Come back from what?" You have to do something first. I was never a great lifter. I did better than some, but not as well as others. So, in the words of Louie, come back from what?

SS: How would you use plyometrics for a shot putter?

DT: I've always made it a habit to only speak or write about what I know best. I've never trained shot putters. I could guess, but I don't think that's the best way to service the question. There are coaches on our Q&A who have great experience with this and could offer better advice than I could. Now, if you were to ask me how a shot putter could get stronger in the weight room, I could help you there. I feel too many coaches overstep their bounds and give advice about stuff that they don't have experience with. This isn't fair to the market-place or to the person asking the question.

SS: What is the most important thing you've learned during the years in EFS?

DT: The most important thing is the value of having great people around you. I'm very lucky to have the staff that do. They're all highly motivated and bust their butts to make EliteFTS better. I would say that they're the backbone of the operation, but that would be the understatement of the century.

SS: What types of seminars and conferences will EFS put up in the future?

DT: We're actually taking these back to our old school way of doing them. I've done large and small seminars in conference centers and bomb shelters. The best results (from the attendees' perspective) always came from the smaller seminars. It still won't do very many of these a year, but they'll all be held in a weight room and limited to 20 people.

SS: In Finland, people know you mostly from two things—Westside and Metal gear. How large of a part is Metal gear in your company?

DT: Right now, Metal gear makes up just less than 10% of our total sales but has great growth potential.

SS: How did you decide to put training logs on your website? It's

quite famous now, I believe.
DT: We did this for several reasons. We came up with the idea of putting our training logs on the site after realizing that all of the lifters were using the same basic methods, just in slightly different ways. We wanted to show the readers that it's okay to make adjustments and personalize your programming, and we wanted readers to see what the top guys were "really" doing in their training. We wanted to show the "real" training volume, but also offer a way for people to ask the guys questions if they wanted. We also wanted to "introduce" the team lifters to a larger audience and give them more exposure than they would get through other means.

SS: You sponsor many powerlifters. Does this pay off?

DT: There's a payoff any time you can help others reach their goals. We're happy to have the crew that we have, and they've done a great job selecting lifters who embellish the same values as EliteFTS.

SS: What was it like to train with Matt Dimel?

DT: I could go on for a long time about Matt. He was one of the big reasons I decided to move to Columbus. Matt did a lot for me and was great to train with. He had great drive and intensity and was a great coach. I only have great things to say about Matt Dimel. He is truly missed.

SS: Name your favorite lifters over the years at Westside.

DT: I liked them all and hated them all as I hope they liked and hated me. No one was valued more than anyone else because we all knew that we were only as good as our weakest link.

SS: Visitors are a mainstay at Westside. Tell us some funny story about the visitors.

DT: I'll leave this one for private conversations. While there are some great and very funny stories, you have to respect the person who uses their vacation time and spends their hard-earned money to make a trip to see and spend time at Westside.

SS: How do you see the role of speed in strength training?

DT: I think it's a very vital and underutilized tool in the weight room. I'll use myself as an example. I wasn't very strong on any max effort work. As a matter of fact, I was one of the worst in the gym. I would get beat by those who lifted 200-300 pounds less than me in meets, but I lifted more weight in meets because I could generate force at a more rapid rate than they could. The dynamic work was the most important to me. I was much faster than I was strong. I had to harness this aspect to my best advantage. Through the use of various dynamic method cycles, we learned how to maximize this.



Dave is setting a standard for young people to draw from, in strength training, for years to come

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"The 4-Hour Workweek" ... is the new book written by Tim Ferriss, described on the book jacket as a "serial entrepreneur and ultravagabond, who has been featured in the NEW YORK TIMES, NATIONAL GEOGRAPHIC TRAVELER, MAXIM, and other media. He speaks six languages, runs a multinational firm from wireless locations worldwide, and has been a world-record holder in tango, a national champion in Chinese kickboxing, and an actor on a hit television series in Hong Kong. He is twenty-nine years old." Why review this particular book in PL USA? It makes supreme sense when you realize that among his diversity of accomplishments, Tim Ferriss is the principal behind the Body Quick/Brain Quicken supplement company, a long-time PL USA advertiser, and he assists many top level powerlifters on making weight and improving performance, and he dedicates part of his busy schedule to breaking his own strength training PRs. Interestingly, Tim notes that many lifters and track athletes he has come in contact with already instinctively incorporate some of the principles in the book in their own lives. These connections to our sport are an inherent aspect of Tim's unique story and are noted several times in the book. Tim has spent the last several years developing a new way of living life, and our contact with him during this period verified the effort he was pursuing. Tim was frequently out of the country when we needed to contact him about BodyQuick advertising matters, and when he got back to us he always seemed to be simultaneously involved with something interesting and completely beyond business concerns. I recall a discussion we had about personal research he was engaged in about the origins of the English language, and the notion that it might be from a distinct area in Holland, and I remember often feeling that I should tell Tim that he had forgotten to turn off the "auto-respond" feature on his e-mail system, until I read this book and learned that this response was actually part of "The Plan" that Tim has constructed to live the life of the "New Rich".

Again, from the book jacket, "Tim Ferriss has spent more than five years learning the secrets of the New Rich, a fast-growing subculture who has abandoned the 'deferred-life plan' (slave - save - retire) and instead mastered the new currencies - time and mobility - to create luxury lifestyles in the here and now. Whether you are an overworked employee or an entrepreneur trapped in your own business, this book is the compass for a new and revolutionary world. Join Tim Ferriss as he teaches you:

- * how to train your boss to value performance over presence, or kill your job (or company) if it's beyond repair.
- * what automated cash-flow 'muses' are and how to create one in 2 to 4 weeks.
- * what the management secrets of Remote Control CEOs are
- * how to fill the void and create a meaningful life after removing work and the office."

What Tim is describing is innovation in living, and he has hands-on demonstrated that it is not a pipedream. He has accepted the risks, broken the 'rules' that most people adhere to, and he is doing IT! His supplement company is hugely successful and is very likely the only one in this fiercely competitive business field that is run in a way that gives him the possibility to travel the world, live luxuriously, and do amazing things (most of them utterly unrelated to his business endeavors) and this book tells you how it all WORKS!

Tim comes from a privileged educational background, but along the way he defied traditional standards, and macheted his own shortcut through the jungle of human potentials, far off the freeway of mundane ambitions that carries most of us. This book is profound in range, from the most detailed business advice (down to of URLs of websites you can use, this very day, to implement your plan to become part of the New Rich) to wisdom about life choices and their



TIM FERRISS upon the 2007 Fit Expo stage.

consequences that is more likely to be understood by someone three times Tim's young age. (In fact, one of the promotional quotes in praise of the book stated that "Timothy has packed more lives into his 29 years than Steve Jobs has in his 51"). Tim has remained in contact with some of the young power elites he went to school with, who are now in the midst of their 80 hour work weeks and the corresponding delayed pleasures of family and fun, exactly where Tim found himself headed at one point. His change of ways was not just a lucky whim, but a process involving doubt, mistakes, and false starts that all of us can identify with. What Tim has described is actually practical (for example, while you might go bust staying in a tourist hotel at an exotic international location for several months, if you rent an apartment, as a local would, for the same period of time, you can maintain a standard of luxury in accommodation and meals that you could NEVER match for the price in the United States. And, if you've got the internet and the right business plan, what difference does it make if you run it from Mountain View or Montevideo!?!)

Tim lives as a Prince who finds himself new palaces on any and every continent, sans the attendant entourage of expenses (thanks to his nearly pathological cleverness). He crafts the course of his leanly sculpted business enterprise with a mere handful of hours a week, implementing a regimen of fantastically distilled efficiency. He spends the remainder of his time indulging in whatever riches of the world's culture that he chooses.

How often does a major publisher like Crown support the work of a first time book author? Thousands try to grab that ring, but it doesn't happen if the work isn't well-written (Tim's self-deprecating style is elegantly entertaining, and the quotes at the head of each section are stunningly apt) and the subject matter inescapably tantalizing (Who wouldn't LOVE to have a 4 hour work week, and still SUCCEED!). With his revolutionary theory, founded on the reason and reality of today's technological possibilities, you might just see Tim Ferriss upon the thrones of the media moguls in the months to come. This book could be gigantic, and powerlifting should be proud to have had its role.

Work Hard. Play Hard. On second thought, forget the work part.

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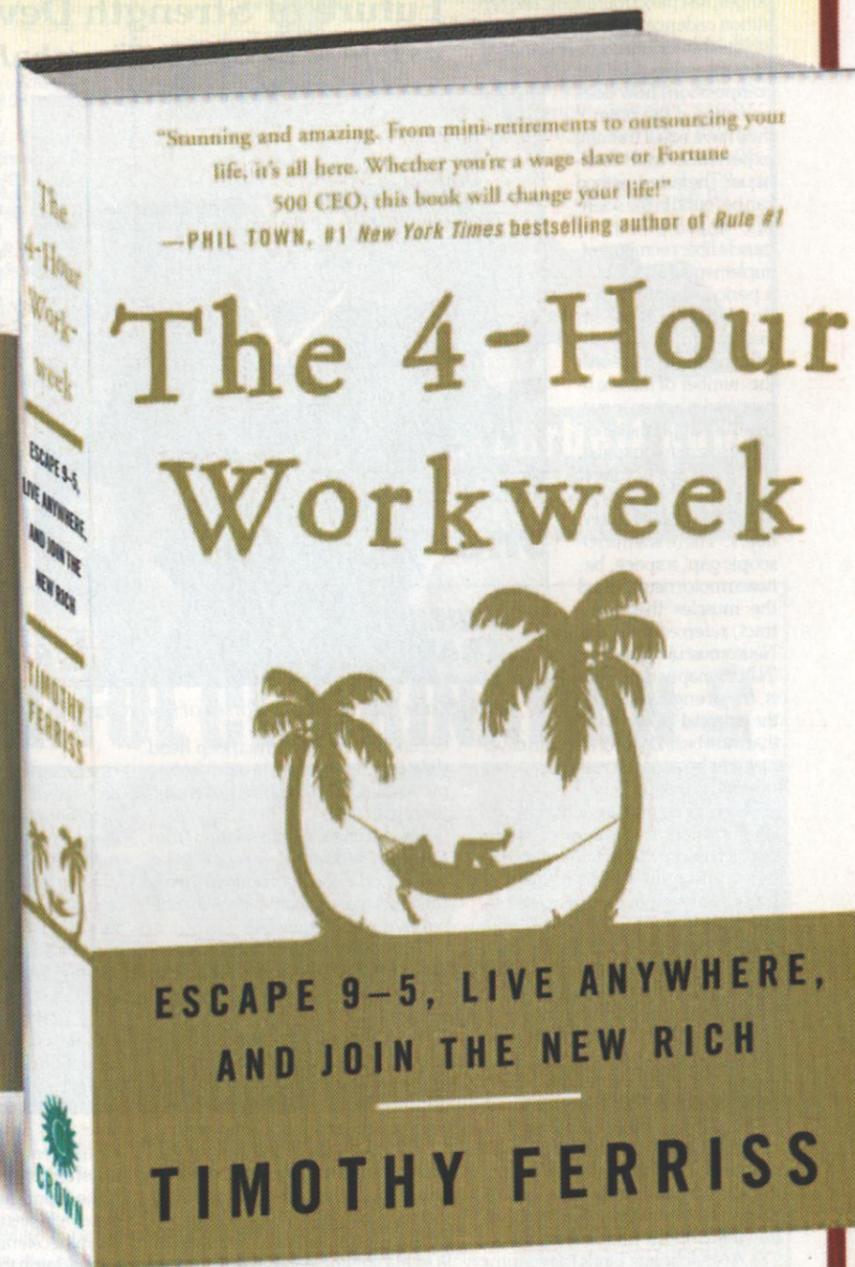
—PHIL TOWN, bestselling author of *Rule #1*

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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) or synaptic cleft. This is, for strength athletes, the essential "power gap" that must be bridged for strength development beyond muscular hypertrophy and training effect.

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

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

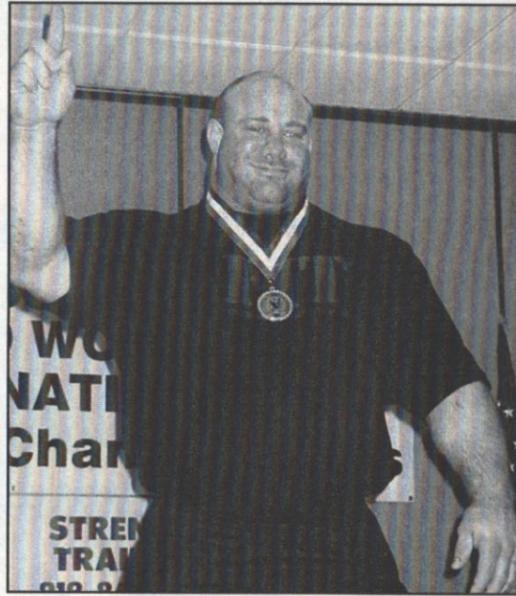
2) When the electrical impulse reaches the end of the motor neuron, the neurotransmitter acetylcholine is released and travels across the gap to the surface of the muscle membrane.

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

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

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

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



Scott Mendelson is a big endorser of BodyQUICK

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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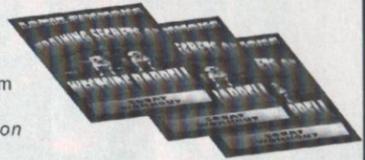
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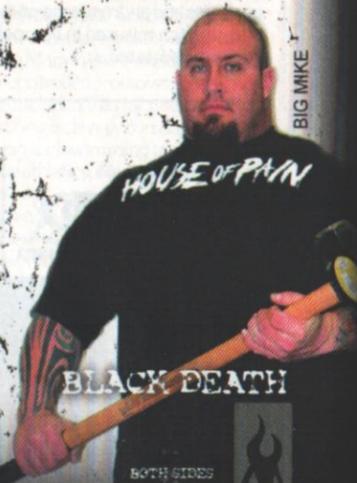
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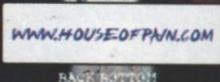
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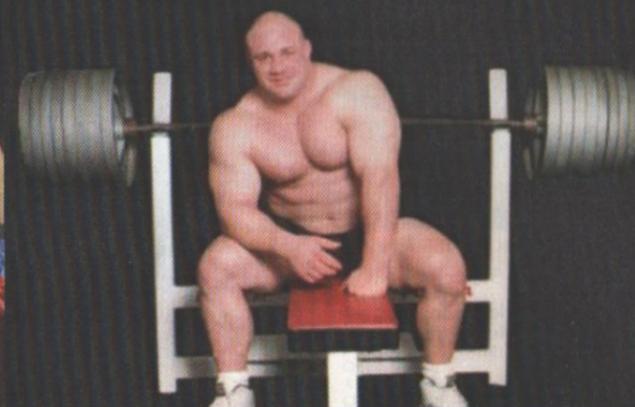
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"When Kerm took it the first time, it was ridiculous how he performed. He was like a machine, extra fast and strong, with his right hand coming off like it was shot out of a cannon. We will need more of it..."
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Kermit "Killer" Citron, 24-1 (22 KO)

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Scot Mendelson, World's #1 Bench-Presser
9 World Records in Powerlifting

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Joan Gardner got the 165 lb. class open women's and master 50-54 women's record in the bench with this raw 206 (courtesy of Kernoff)

**100% RAW World Championships
9 DEC 06 - Burlington VT**

Overall	SQ	BP	DL	TOT
148 lbs. & Below				
M. Forte	192	170	391	755
N. Hubbard	203	137	264	606
H. Forte	181	88	220	490
H. Smith	99	86	158	343
165 lbs.				
T. Roselli	413	308	479	1201
D. Roy	418	237	479	1135
J. Langevin	325	270	451	1047
A. Wood	341	203	451	997
T. Wright	209	305	226	740
J. Gardner	137	206	303	647
181 lbs.				
J. Alkey	474	336	545	1355
G. Wright	413	336	578	1328
D. Parrish	463	303	479	1245
M. Sullivan	485	259	468	1212
J. Freedman	369	292	523	1185
D. Markey	369	325	463	1157
M. Berby	308	341	440	1091
G. Monmaney	341	281	440	1063
B. Kernoff	319	292	375	987
198 lbs.				
J. Allen	429	374	490	1295
R. Wells	440	292	485	1218
C. Cooper	187	121	264	573
220 lbs.				
L. Creatura	573	369	567	1510
B. Richard	424	402	573	1399
R. Comito	374	264	429	1069
242 lbs.				
B. Toth	440	319	468	1229
C. Wallen	374	231	501	1107
SHW				
S. Weech Jr.	749	518	760	2105
D. Villeneuve	677	435	688	1802
WOMEN				
V. Smith	501	352	600	1455
S. Weech Sr.	501	385	501	1388
R. Cross	402	303	424	1129
S. Chance	—	369	529	898
Open				
H. Smith	99	86	158	343
165 lbs.				
J. Gardner	137	206	303	647
Open				
H. Smith	99	86	158	343
(35-39)				

The Ken Patera Story



Bruce Wilhelm has put together a full and up to date biographical edition on Ken Patera, who is considered by many to be the strongest man in the world.

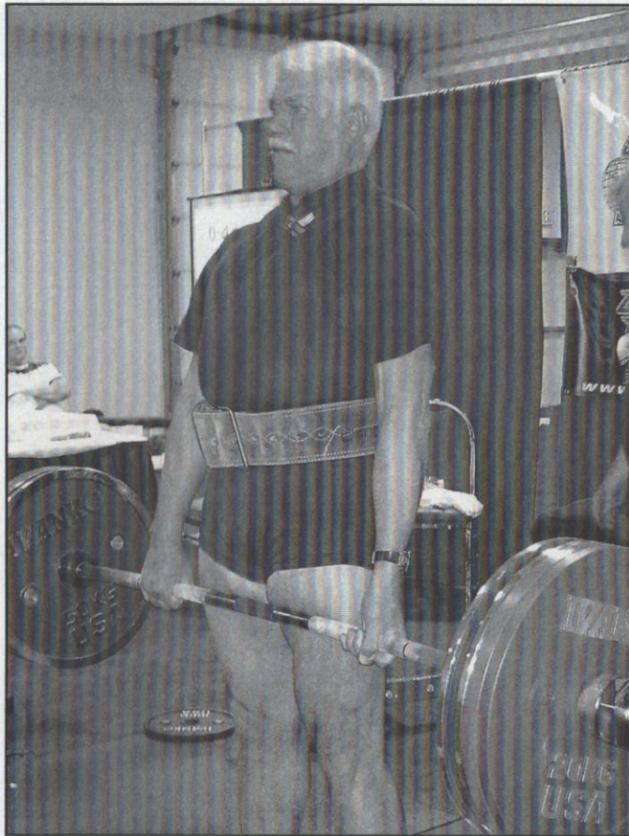
Many new photographs and unknown information about Ken is brought to light in this informative and quick moving story. It chronicles his early years and his numerous successes, and goes on into his Olympic lifting career and his quest for the "gold."

It brings out the numerous injuries and hardships he had to endure along the way before he made his move into professional wrestling. He soon became a star, and one of the biggest draws in the history of wrestling. His years in the world of professional wrestling are discussed with all of its ups and down.

It finishes off by talking about his venture in the gym business and then moving on to Twin City Wire where he has once again met success as one of their best performing sales personnel.

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Carl Wallen deadlifting 501 lbs. in the 242 pound class in the 65-69 year old age group. Carl is the track and field coach at Dartmouth.

H. Smith	99	86	158	343
148 lbs.				
J. Gardner	137	206	303	647
(35-39)				
C. Cooper	187	121	264	573
MEN				
88 lbs.				
(12-13)				
H. Forte	181	88	220	490
132 lbs.				
(40-44)				
M. Forte	192	170	391	755
4th-BP-176 DL-403				

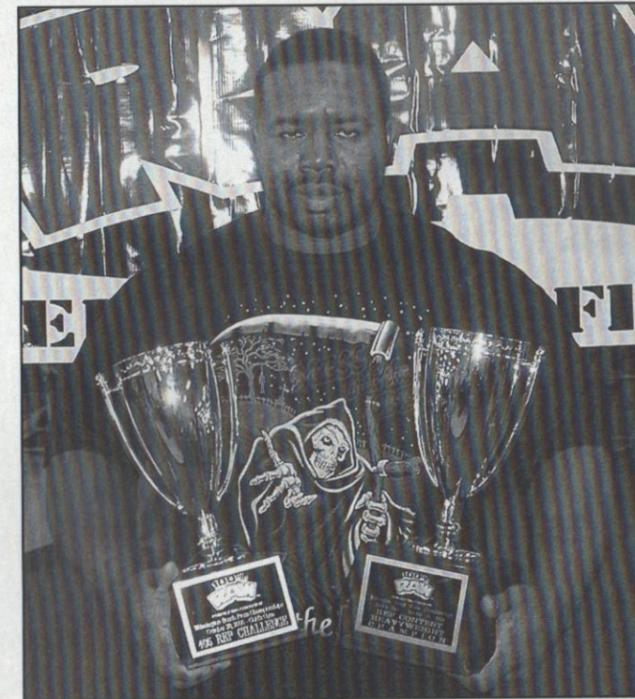


Bret Kernoff breaking the 100% Raw National Masters 45-49 squat record for the 181 pound class, with a 319 pound effort.

(article continued on page 76)

**100% Raw World Bench Press
18 NOV 06 - Currituck, NC**

FEMALE				
97 lbs.				
Open/Teen (18-19)				
J. McBride	100	105	110	110
105 lbs.				
Open/Masters (50-54)				
K. Poyner	120	125	130	130
123 lbs.				
Open				
K. Self	160	170	—	170
Teen (16-17)				
S. Deatley	85	90	95	95
132 lbs.				
Junior P/F/M				
J. Shultis	125	140	145	145
Masters (45-49)				
K. Wescott	150	160	—	160
Open/Masters (45-49)				
C. Grant	95	—	—	95
Masters (55-59)				
T. Wiles	70	75	—	75
148 lbs.				
Masters (40-44)				
J. Whetstone	115	125	—	125
Masters (50-54)				
K. McGee	—	75	—	75
Teen (16-17)				
E. Buchan	85	90	—	90
165 lbs.				
Open				
J. Zak	65	85	98	98
Open/Junior				
N. Miller	—	—	185	185
Submaster				
M. Stocks	125	140	150	150
4th-155				
F Teen (16-17)				
R. Bonds	110	125	135	135
MALE				
66 lbs.				
Youth (10-11)				
J. Mims	65	70	—	70
97 lbs.				
Youth (10-11)				
R. Pickett	70	90	—	90
105 lbs.				
Teen (18-19)				
J. Martin	115	125	—	125
114 lbs.				
Open/Teen (14-15)				
J. Grubbs	135	145	—	145
Teen (12-13)				
X. Escala	105	—	—	105
Teen (14-15)				
B. Bergeron	125	135	140	140
Teen (18-19)				
D. Edney	135	145	—	145



The AMAZING Rock Lewis ... a 590 lb. bench in the 242 lb. class.

123 lbs.				
Open/Junior				
H. Claypatch	200	—	—	200
Open/Masters (70-74)				
B. Swain	165	175	185	185
4th-190				
132 lbs.				
Open				
M. Perry	285	300	—	300
Teen (14-15)				
J. Brown	125	130	140	140
148 lbs.				
Open				
T. Denison	190	215	220	220
Open/(25-29)				
Patton-Gooch	—	—	280	280
Open/Junior				

B. Silva	265	275	—	275
Open/Masters (50-54)				
W. Claypatch	235	245	—	245
Open/Submaster				
B. Zak	205	215	223	223
Teen (14-15)				
Q. Culler	135	160	—	160
S. Henkel	135	155	160	160
J. Rodrigues	125	135	150	150

T. Hague	305	—	—	305
D. Sylvester	255	270	—	270
Open/Teen (18-19)				
D. Harding	255	275	300	300
Teen (14-15)				
J. Ross	195	215	225	225
E. Molesky	160	165	175	175
B. Lesinski	165	170	175	175
B. Lancaster	—	155	—	155
T. Jones	135	140	145	145
Teen (16-17)				
K. Messersmith	175	205	—	—
205				
C. Larson	185	195	200	200
C. Miles	175	—	185	185
C. Lumpkin	155	175	180	180
D. Wilson	160	180	—	180
S. Kirkwood				
S. Kirkwood	145	155	170	170
J. O'Sullivan	160	170	—	170
Teen (18-19)				
C. Gum	140	145	150	150
Teen (18-19)				
L. Gagnon	250	260	275	275
181 lbs.				
Junior				
W. Smith	305	325	—	325
D. Nelson	245	255	260	260
W. Tabares	225	—	—	225
Junior P/F/M				
S. Judah	—	—	—	—
Masters (40-44)				
S. Paolini	315	325	330	330
Masters (45-49)				
R. Young	250	275	—	275
Masters (55-59)				
A. Donahoe	185	195	205	205
Masters (60-64)				
D. Junkins	200	—	—	200
Open				
A. Graham	370	385	—	385
Open/Submaster				
W. Lynch	435	450	—	450
J. Self	350	370	—	370
Submaster				
G. Dale	405	415	—	415
Teen (14-15)				
T. Haubold	200	215	220	220
D. Thomas	155	175	180	180
Teen (16-17)				
N. Fiorillo	205	220	225	225
D. Thomas	200	220	225	225



Michael Belk hit a fine 575 lb. lift in the 275 lb. class, open division

Teen (16-17)				
A. Salton	155	165	—	165
R. Kelly	145	—	—	145
M. Haubold	135	145	—	145
J. Brown	95	105	150	150
A. Adams	110	120	125	125
165 lbs.				
Open				
A. Crider	325	—	—	325
T. Berthold	275	—	—	275
Junior P/F/M				
M. Binkley	315	325	—	325
Masters (50-54)				
F. Wescott	270	285	295	295
Open				
V. Clark	275	290	300	300
Open/(30-34)				
J. Brown	320	335	350	350
Open/Junior				
Teen (18-19)				
L. Burge	325	335	—	335
Youth (8-9)				
W. Turner	55	65	—	65
198 lbs.				
Master (45-49)				
R. Jones	310	325	335	335
Masters (40-44)				
G. Silva	365	375	385	385
4th-395				
J. Hawley				
J. Hawley	350	375	—	375
Masters (40-44)				
P/F/M				
S. Freeman Jr.	355	385	390	390
Masters (60-64)				
B. Lindsey	305	310	315	315

(article continued on page 77)



Jeremy Wright gets ready to rumble. (photographs courtesy of Bossi)

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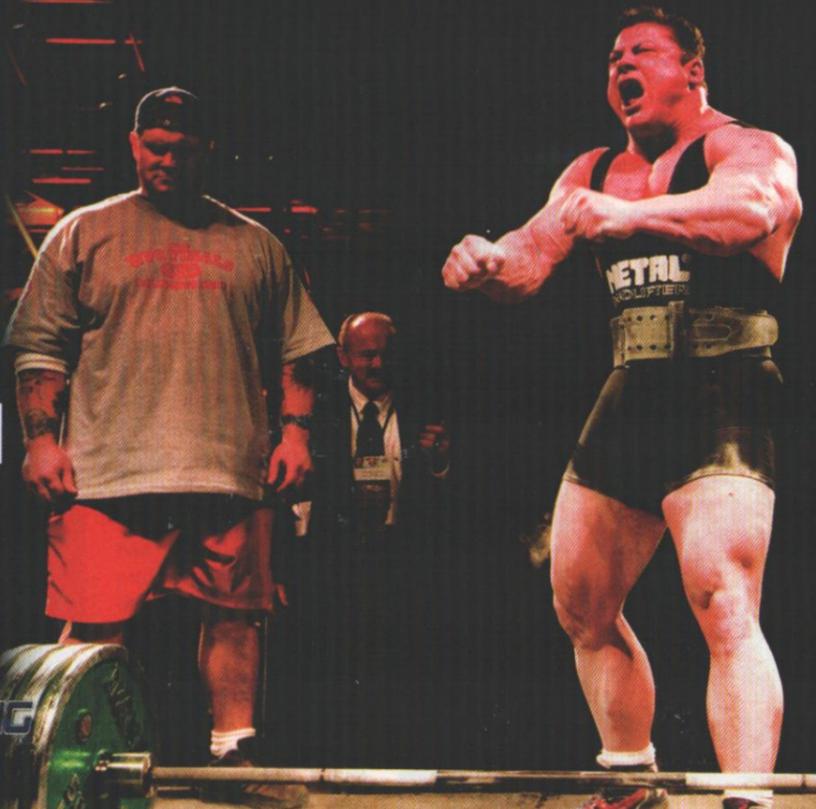
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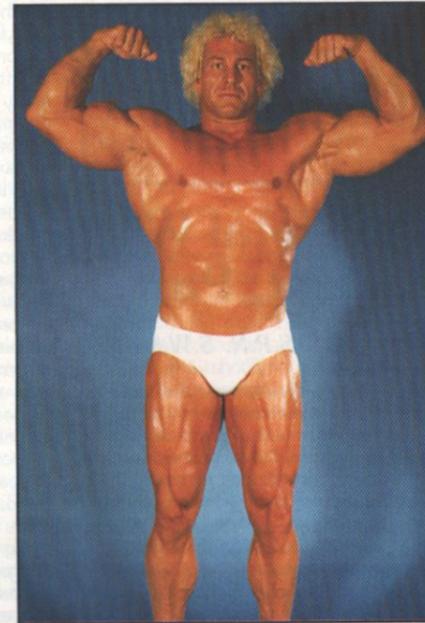


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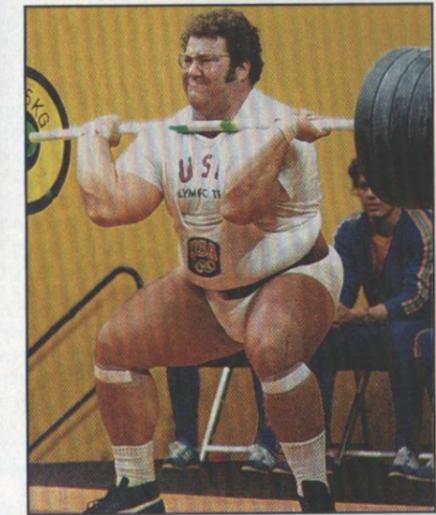
SUPER SHOW EXPO, DALLAS, TX
 DALLAS CONVENTION CENTER, AUGUST 10TH & 11TH, 2007

FOR REVIEW

KEN PATERA ... is a name that will endure in the annals of American strength lore for decades to come. Since you are reading this magazine, you appreciate strength, and you probably have a notion of how strong Ken was and how close he came to the ultimate in weight sports achievement, but what if there was a deeper insight into Ken's true potential? What if there was someone who had shared dozens, even hundreds, of sweaty sets with Ken on ponderously loaded bars? Was there a witness who would have pulled him up when he collapsed from a misdirected effort or the pain of injury. Was there ever a confidante whom Ken would immediately call to share his dismay at a missed record attempt on the platform, or his joy at a new PR in the weight room. Actually, there was such a person (a legend himself) and his name is Bruce Wilhelm. Bruce was literally Ken's 'Brother in Iron' for years, and even this winner of the World's Strongest Man title stands in respectful awe at the achievements and determination that Ken Patera brought to the World of Weights. Bruce's new book "THE KEN PATERA STORY ... and what a story it is" represents the ultimate personal scorecard of an athlete whose potential far exceeded his stunning accomplishments. For every time you thought you remembered that Ken came close with this record or that, Bruce details a half dozen times you never heard of when he did the same or better. Ken was injured so many times, and came back so many times, it is beyond amazing. Alexeev got the glory of Ken's



era, but the big Russian must have quivered deep inside that big belly of his, many times, whenever he saw those thunder thighs of Mr. Patera step on the platform. In terms of sheer physical power, Ken was clearly the superior strength athlete, and merely a miss or two at weights plainly within his capability kept him from gilded immortality. This is a life journal of a true icon of strength, a man who made a routine of the remarkable. Ken's efforts at the powerlifts were merely a perfunctory subset of his olympic lifting effort, but they established his credentials as a man who might well have done as much in the Power Game, if not more, as he did in the Overhead Game. Ken went on to fame and infamy in pro wrestling and continued on to success in the business world, and Bruce delineates the chart of his course all the way, as they have remained in close contact to this day. There has never been as good a rendition of the lifting career of Ken Patera, and there never will be a better one. If you respect pure physical strength, you need to know the story of



Ken Patera in detail. The book is along the lines of Bruce's earlier work on Pat Casey, but more extensive, and there are many great photos (Ken looks like he could have squatted 1100, even back then!), including some that have never been published before. For ordering information, see Bruce's ad on page 26 of this issue.



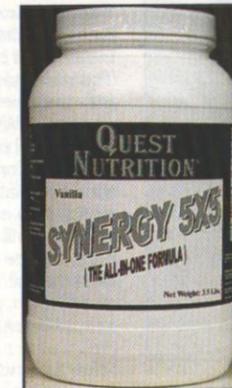
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This month I want to discuss with you a very important nutrition topic, which has numerous implications on your health and performance in the gym and this is why it needs to be covered. I am going to go over why eating a nutritious power packed breakfast will not only keep you healthier, but also help you improve your lifting. Eating a proper breakfast can make a world of difference in not only how you look, but how you feel and what you do when its time to get under the iron. So, let's take a look at some very important ideas and let me guide you in the right direction so you can get maximum benefit of the first meal of the day!

Lazy Ass Powerlifters

Why is it that we seem to have this reputation? Well, one area where powerlifters are definitely known for being lazy is breakfast time. If you talk with other lifters or just look yourself straight in the mirror you will know exactly what I am talking about. I can understand why you may not want to cook yourself a gourmet breakfast first thing in the morning, but there is no excuse to skip this meal. There are many lifters I have worked with over the years and a large percentage of them are guilty of this culinary crime. It seems that many get up, jump in the shower, get ready for work and just have a cup of coffee before heading out the door. Many complain that they don't have enough time in the morning to get in a meal. I say this is just BS in its highest form. Well, maybe if you didn't stay up all night watching "Girls Gone Wild" infomercials, or didn't play your Xbox into the wee hours of the AM you would have the energy to get up 20 minutes earlier so that you can actually prepare yourself a proper meal. You guys may not think I know you, but I have you nutritionally figured out. Now that I know your game, it's time to get you to change your ways so that you can maximize your results in the gym. Let's take a look at some of the reasons why not eating a proper breakfast is so detrimental to your health and performance.

Boosts Your Energy

Low energy levels and powerlifters are as synonymous as peanut butter and jelly. Do you know how many PLers have complained to me about having low energy levels? There are many different angles that I look into. This can include blood sugar levels, toxins in the body, micronutrient deficiencies, dehydration, adrenal fatigue, improper digestion, some form of disease, and many others. One of the key factors in why many powerlifters have low energy levels is that they either skip breakfast or eat one that is not suitable for the training stresses that they place on their body several times per week. You have to realize that training, especially as a Powerlifter, places a tremendous strain on your body's energy reserves. This means that you have to

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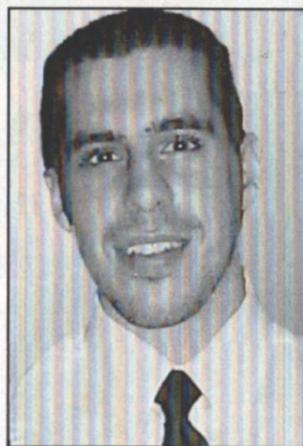
Power Up Your Total With a Power Breakfast, Part 1

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

do everything to make sure that you constantly replenish them, otherwise you will feel tired all the time, get overtrained and guarantee injury. Many of you who have had some of the more severe injuries will relate to what I am talking about. Many of these injuries hit you when you are feeling under the weather, overtrained, or fatigued. All of these factors are tied one way or another to your nutritional needs not being met. Think back to that day when you blew out your knee or tore your pec. I am sure you will say that something was off that day. The main point to take from this section is that eating a proper breakfast will help top off your energy stores, load your muscle glycogen, and set up your day with a boost of energy so that you just don't drag yourself around like a useless sloth!

Helps you think clearly

I know the smartguys will mock me on this one. They'll say, "Hey, I'm Powerlifter, not a brain surgeon, so why do I have to think clearly." First off, if you have that mentality it's no wonder you're not a brain surgeon. Secondly, it is very important, not only at your job, but in everyday life, that your brain is working efficiently. How do you expect to succeed at anything if you don't care how your noggin is working? Getting back to why eating a power breakfast can help you is that it



Anthony Ricciuto - the food guru behind www.NutritionXP3.com

will positively affect your performance. If your mind is not into it I guarantee you will not hit a PR that day. Think back to the last time your mind was in the clouds while you were in the gym. It may have been because someone in your family recently passed, your house was about to be taken away from you because you were late on your mortgage payment, or that hot super model girlfriend of yours left because she found you boring. If you do not have your mind at the task at hand you will not succeed. That holds true for everything - whether it's at your job or in the gym under a heavy squat. Eating a proper breakfast will not only provide the body with fuel, but it will also provide your brain with the energy it needs to function like a champ. Never underestimate the power of your brain and how it will affect your training. Dr. Judd will back me up on this, your most powerful muscle is your mind, so don't underestimate it in your quest for that bigger total!

Kick starts your Metabolism

Here is another valuable point when it comes to optimizing your health and performance. Eating a proper breakfast is important because it can kick start your metabolism for the rest of the day. If you skip breakfast it will cause a decrease in your metabolic rate so that the food that you eat later in the day has a greater chance of being stored as fat. Why would you want to be eating less total food volume and calories only to get fatter, while the guy who is eating a lot more than you is actually getting leaner and stronger? Take into consideration another fact that powerlifters also have a very high incidence of cardiovascular disease. This is another reason why you would not want your bodyfat levels to get out of control. With a slower metabolic rate you will put on more fat and set yourself up for more health complications in your later years. This is another reason why eating a power packed breakfast will positively affect your performance and help you perform like a champ!

Prevents Binging Later

For those who skip their breakfast or have one of those skimpy non-nutritious so-called breakfasts there is

another downside to your current lifestyle choice. Those who skip breakfast or eat a very small one will notice that they binge eat later in the day. Many will eat a sugary snack around mid morning to help bring up their lagging blood sugar levels. To make that worse, many will go out and eat a huge lunch to make up for their famished state. Many don't bring a nutritious lunch, but decide to go out for fast food or to a restaurant close by work. If you are so lazy that you can't prepare yourself a proper breakfast then you are probably just as lazy to prepare yourself a proper lunch that you cooked at home. On top of skipping breakfast, then eating out for a high fat, high refined carb fast food lunch, you will now also be dead tired within an hour or two. That's right, I'm watching you guys, all you powerlifters at your desk job dozing off, trying to keep your eyes open. I know the scene - how you are trying to make like you're actually doing some work, all the while trying to make sure that your boss doesn't catch you venturing off to La La Land for a few minutes to help digest that big greasy ball of love you ate for lunch.

Prevents Catabolism

I have talked about catabolism many times in my columns. For those of you who may have missed that I will touch on the topic once again. Catabolism is when your body starts eating away at your muscle tissue to provide itself with amino acids. This is known as muscle wasting because your muscles are actually shrinking before your eyes. This is not a good idea, as it will cause a decrease in your strength. Another factor to consider is that catabolism will cause a decrease in your metabolic rate. That's why when I design a nutritional and supplement plan for my athletes I make sure that there is no time of the day or night that they will enter a catabolic state. This factor is of great importance and it actually helps explain why anabolic steroids work so well. Scientists once thought steroids were only anabolic or, in layman's terms, capable of producing muscle growth. The other side of the coin is that they are also very anti-catabolic. They help prevent the body from breaking down muscle tissue. That's why the guy jacked up on 3 Anadrol 50s per day doesn't have to be worrying about muscle wasting as much as the drug free lifter. Remember, if you want to increase your progress in the gym, your quest to be in an anabolic state through proper eating is only half of the puzzle. You should be just as concerned on how to prevent catabolism, otherwise you will see only a portion of your gains. This is why many professional bodybuilders not only use steroids to increase the anabolic environment, but they also use many other different drugs to prevent catabolism, which are not steroids. The main point here is you should eat a proper breakfast and fight catabolism like a drunken wino fights for a bottle of 50 cent

peach schnapps. How's that for a visual?

Improves your Mood

Believe it or not, eating a properly balanced nutritious breakfast will actually help improve your mood. When you eat a proper breakfast that contains good sources of complex slow burning carbs, quality protein, healthy fats and fiber you are fueling not only your muscles, but also your psyche. When you decide to go and just have a coffee for breakfast you are creating many different hormonal imbalances in your body. These imbalances can cause you to get in a real lousy mood later on in the day. What you eat not only affects your health and performance, but also your outlook on life. Many times people's crusty moods, and even depression, can be linked back to the foods that they are eating that are aggravating these factors. I am not going to say that you can find someone who is always in a bad mood, load him up with a quality breakfast, and it will be like him downing half a dozen Prozac tabs. What I will say is that it will make a huge difference in mood and help elicit a more positive setting for you to start your day with. Just give yourself a week of eating like a champ and you will see how much of a difference it can really have on your mood.

Breakfast eaters are Healthier

I know you may not believe this, but it's true. Different studies have shown that those who eat breakfast are healthier than those that do not. It only makes common sense that those who eat a proper breakfast and provide their bodies with the nutritional requirements it needs, will be healthier than those who skip breakfast. It also relates to the mentality of the person who skips breakfast versus those who make sure that they are getting in a proper meal first thing in the morning. Those who skip meals like breakfast are known for eating more junk food, consuming more sugar and fat in their diet, and are generally less concerned about taking care of their health. On the other hand, those who eat a proper breakfast are more likely to eat clean, take a multivitamin, exercise, and care about what they put in their bodies. Listen up, no more excuses - eat breakfast!

Prevents Low Blood Sugar

Another benefit of eating a power packed breakfast is that it will help prevent bouts of low blood sugar or what is known as hypoglycemia. This happens to powerlifters quite often and many of them don't even know it. When your blood sugar drops it can affect many different variables. First, it will cause you to crave sugar loaded foods. How many times have you seen someone skip a meal and then the first thing they want is something sweet. This is because the blood sugar has

dropped to such a low level that the body wants to bring it back up in a hurry. So what does the unsuspecting Powerlifter do? He runs to the local 7-11, and grabs three king size candy bars and a Slurpee to round out his solid sugar goodies. He sucks it all back like Takeru Kobayashi at a hot dog eating championships, only to feel sick about 20 minutes later because he just sent his blood sugar and insulin levels on the roller coaster ride from hell! I have always promoted that you should keep your blood sugar levels stable throughout the day. There are key times when an insulin spike is understandable, but it should not be because you were a lazy ass who didn't eat his breakfast and decided to eat enough candy bars to put a polar bear into a diabetic coma. Doing that over and over is going to give you a nice case of Diabetes, add a big roll of flab around your waist, and increase your chances for heart disease a lot sooner that you could have ever imagined. So listen to me when I try and educate you on all this nutrition mumbo jumbo. I am sincerely trying to help you live a longer, healthier life, and most important is the quality of that life you are living. Life isn't fun when you are got tubes poking in you, or you have to take 5 insulin shots per day, or you have to worry about when your next heart attack is going to hit. I want you all to better your performance in the gym and hit PR after PR, because it can be very fulfilling being at the top of your game in Powerlifting, whether you compete or not. Ultimately, though, there is nothing more important than your quality of your life, because when you retire that 2 ply bench shirt and hang up those groove briefs for the last time, you want to make sure that you have many good years ahead of you.

Increases your Strength

Yes, folks, eating a proper breakfast can increase your strength. Notice I said, "proper breakfast" not some of the slop powerlifters are known for shoving down their piehole. If you are one of those guys who skips breakfast or one of the guilty ones who go through the ole drive-thru to get a muffin with your coffee you can learn something here. Do you really think scarfing down some caffeine along with a nice dose of diabetes inducing sugar and saturated fat is the proper macronutrient profile for a strength athlete? The fact that you are reading this magazine means you are pretty serious about your training, otherwise you wouldn't have spent your hard earned money to subscribe right? If the answer is yes then that is why you have to do everything you can to optimize your performance from every angle. It doesn't make sense to learn how to box squat properly, figure out how to perform Circa Max training, determine how to get the most out of your 2 ply super duper bench shirt, only to be eating like a loser! The fact is if you want to maximize your strength you have to

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Increase Volume Workload

We all know the benefits of increasing our Volume Workload in the gym. Heck, it's a main staple along with speed work and Max Effort days. For you to continually get stronger your total volume has to go up. You can't expect to hit a PR if your volume is going down. One of the best ways to increase your volume workload is through a proper nutrition and supplementation program. I know the hardcore guys out there will differ with me and explain how more band work is the key or using more boards, yada yada yada. I don't disagree with them on the training end, as to what can help increase your volume tolerance in the gym. What I am saying is that lifters need to look out of the box for ways to increase their volume workload. We are now in 2007 and the sport of Powerlifting has evolved greatly in the last 20 years. Powerlifters may love all the new high tech polyester super materials and wraps that can give you gangrene within 2 minutes of putting them on, but there are other methods out there that can help you improve your performance. Within powerlifting,

the nutritional sciences are the most overlooked area. Eating a power packed breakfast will help you increase your volume workload and that is the bottom line. I have worked in nutritional counseling for over 15 years and one of the first things I hear after customizing a nutrition plan is that their previous workouts used to crush them and now they are a joke. This not only refers to strength gains, but also the volume load and even how quickly they recover between sets.

Conclusion

These are just some of the many important reasons why you need to eat a power packed nutritious breakfast. I know you may think that I ramble on about health but it's that important. I guarantee all of you will agree with me that powerlifters in general have a hard headed mentality. With that, sometimes it's hard to convince you of what you need. After time, many of you will come around and see that I have spoken the truth and truly wanted the best for you, not only in Powerlifting but also in life. Stay tuned for the next installment of this series as I have some very interesting ideas that you can incorporate into your nutrition plan so you can actually benefit from all my ranting. Until next month, eat clean, train hard, and make the most of life, 'cause you only go around this merry go round once!



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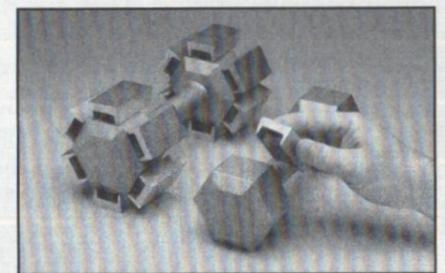
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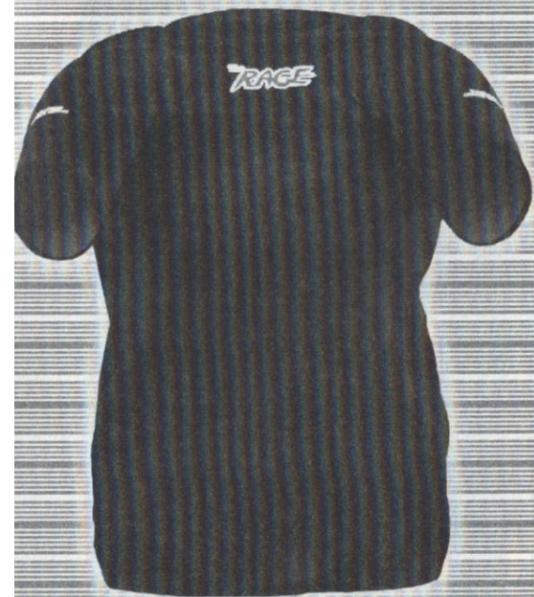
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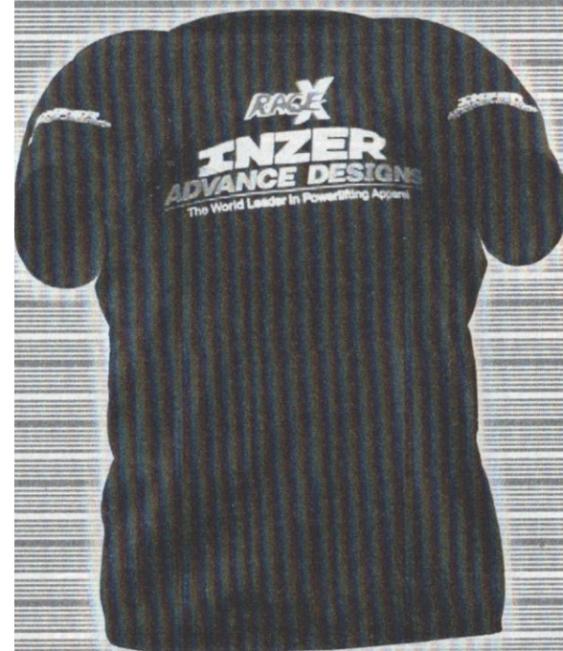
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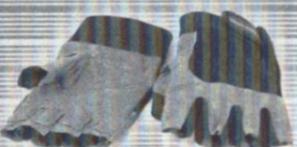
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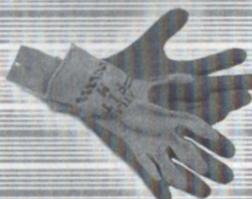
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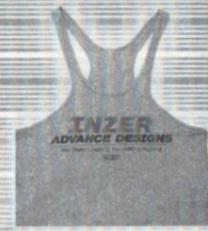
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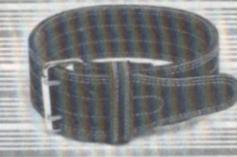
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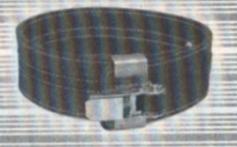
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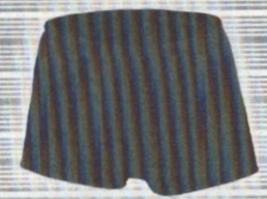
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A couple of months ago I was on the internet, when I came across a limerick. The name of the verse was 'An Interview with God'. That just jumped right out at me. I thought, "WOW! How clever, an interview with God. I wish I would have thought of that." Then I thought, what the heck, why not interview Him. So I got down on my knees and I said, "Dear Lord, could I have a few words with You?"

And He said, "....."

Then I said, "I only need a few moments of Your time."

And He said, "....."

Finally, I said, "Dear Lord, I know You are extremely busy and You have more important things to address, but I really would like to talk to You for a second."

And He said, "....."

Then I recalled that when I was in college I read "Children's Letters to God". It was an amazing book of real children's prayers to God, compiled by Stuart Hample and Eric Marshall and illustrated by Tom Bloom. The book impacted on me, so much so, that I actually copied down some of the prayers in my journal to help me remember to stay childlike and to adopt an attitude of wonder. I have succeeded pretty much in remaining childlike. The attitude of wonder part - well, I don't know if I ever managed to do all of that. I still have that journal, and I still remember some of those letters, like:

"Dear God, I think about you sometimes even when I'm not praying. From Elliott"

"Dear God, Does it hurt a tree if you chop it down? If so, I don't think anyone should. -Maureen"

"Dear God, We read Thomas Edison made light. But in Sunday school they said you did it. I bet he stole your idea. Love, Donna"

God's answers were pretty good. For instance, He said that Edison didn't steal the idea of light. He gave him the idea and told him to copyright it so that Lucifer wouldn't keep the world in darkness. I thought that was pretty cool, sharing a wonderful idea like that with one of His children. Consequently, I figured that if God would answer the letters of children and give all sorts of ideas and copyrights away, He would certainly answer a note from me. Therefore, I wrote Him a beautiful letter on my best stationery, and He responded, "....."

Then it dawned on me. Maybe I could get some answers by asking Lucifer my questions. True, he would probably lie a little, maybe a lot, but I was thinking that I could separate the pepper from the fly doodoo. I flopped on my couch, popped open a beer and said, "Father of lies, god of hate, Prince of Darkness, Beelzebub, Lucifer, evil one, can we talk?"

And he said, "What the hell do you want?" His voice was deep,

DR. JUDD

The Lighter Side -- A Few Words with Satan by Judd Biasiotto Ph.D.



Judd Biasiotto talking to Satan?

like the sound of water roaring from a waterfall.

"Woooooo, ah, I was just wondering your Prince of Darkness, Ruler of Hell, Father of wickedness could you answer a few questions."

He said, "First of all, quit trying to butter me up with all of those flattering titles. I can see right through that crap."

So, um what would you like me to call you?

"Call me Satan; Lucifer sounds like some candy ass".

"Well, I just have a few questions for you, but before we get started I would like to establish a little covenant with you. I want you to understand that I am not here to sell my soul. I would like you to give me your word on the Devil's Malevolent Book of Sin, that whatever I say in the course of this interview should be interpreted as giving you permission to take possession of, harness the power of, or otherwise cause me to relinquish my soul. Is that okay? Can I get your word?"

"Start asking me your questions. I don't have all eternity. With your track record, I don't need to trick you into the fires of hell. You are already on a fast track to Hades without any help."

"Reaaaally, you are kidding...right?"

"Hurry up!"

Okay, okay, first of all, you are

the Devil, the cause of all the misery and pain in the world ... the Great Deceiver whose sole purpose is to destroy humanity. Am I talking to the right guy?"

You got the right guy, but you don't have all the facts. I don't spend every waking moment trying to corrupt the human spirit. I have a life too, you know.

What else do you do?

To be honest, is that an oxymoron, me -- the Devil -- being honest ... just a little comic relief. With all the people going to Hell these days, I have to have something to alleviate my stress and since I love sports so much I figured that would be a good place to direct some of my energies. Besides, athletes are some of my favorite leaseholders.

Now that you brought the topic of sports up, are you responsible for all the cheating and corruption going on in sports today?

Well, I don't want to brag, but I have done my best to elevate sports to a higher level, or lower level, depending how you look at it. I am sure you have heard the expression "If you're not cheating, you're not trying." That's my quote. The problem is that man designed these ludicrous pure sports like track and field or that rinky-dink sport you competed in, powerlifting, where there is no easy way for a decent athlete to try to cheat. You either run fast or you don't or you lift the weight or you don't ... right? So, I had to come up with a way to give the really dedicated athletes a chance to cheat. That's when I came up with the idea of using banned drugs to enhance performance. Initially, it worked perfect. The steroids gave the committed athletes a tremendous advantage over the drug free do-gooders who have this idea that sports is pitting one person's natural ability against another person's natural ability. I mean, come on, how un-American is that? Like I said, if you're not cheating, you're not trying ... every American knows that. By the way, remember that time when Notre Dame was trailing UCLA with 57 seconds to go with the ball on their own 17 yard line, and you started praying to God to help the Irish ... you weren't

looking for an unfair advantage were you? See, even you, a goody-two-shoes, will cheat if given a chance. Well, you can stop praying because God doesn't even like sports.

Actually, I was kind-of-sort-of praying that no one would get hurt during those last 57 seconds. Ah, can we just forget about that. Anywho, you said the steroids initially worked. What happened?

Well, they still work, especially in a sport like powerlifting. To be honest, in powerlifting steroids are a God-send ... don't take that literally. The suckers who are drug free don't have a freakin' chance against my drugged athletes. The problem is in sports where they do random and heavy drug testing. As you know, it's not cheating if you don't get caught. Unfortunately, a number of athletes are now getting caught red-handed using steroids.

The testing is becoming more sophisticated, which means I have to continually stay one step ahead of these testing programs. That's why I had to turn to human growth hormone over the last decade or so. Growth hormone is a little more dangerous, but it works really well, and it is undetectable. Of course, the really dedicated athletes don't care if it is dangerous as long as they get an advantage. The stuff could kill them, but they still love it. It's all about winning, no matter what the cost ... that's how great athletes think.

Now, I am just playing the devil's advocate, but what is going to happen when they get a test that will detect HGH?

Is that a pun you are trying to make ... devil's advocate ... come on! Anyway, I am way ahead of you. By the time they get a test for HGH validated, there will be gene splicing to deal with. That's already on the drawing board. It will be one of my crowning achievements in sports ... producing supermen by genetically altering their physical make-up. Trust me, there is always a way to cheat when you have dedicated men who will stop at nothing to gain an advantage over a sucker. Look, I don't have time for all of this ... I have to go.

But I haven't asked you any of the questions I wanted to ask you, like why do we have all of this suffering, misery, and racial unrest in the world? Why does Paris Hilton make all that money without any talent, and why is Barry Bond's head twice as big as Jay Leno's? And why doesn't Brittany Spears wear underwear?

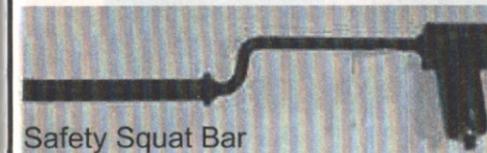
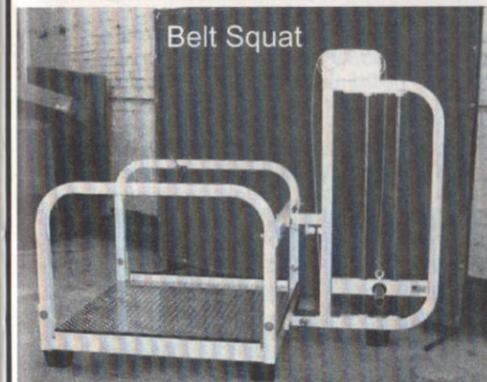
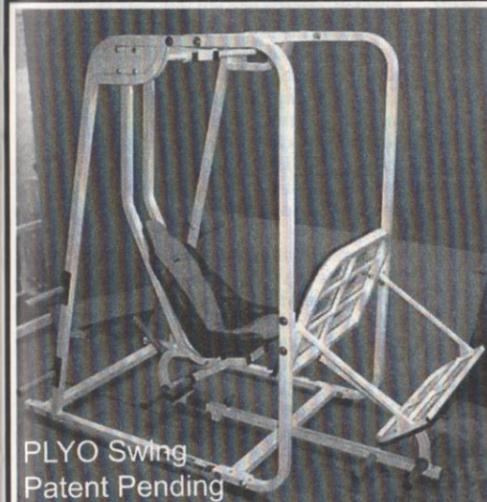
Well, why don't you dial up your buddy God and ask him?

I did, but he never answered me.

What does that tell you?

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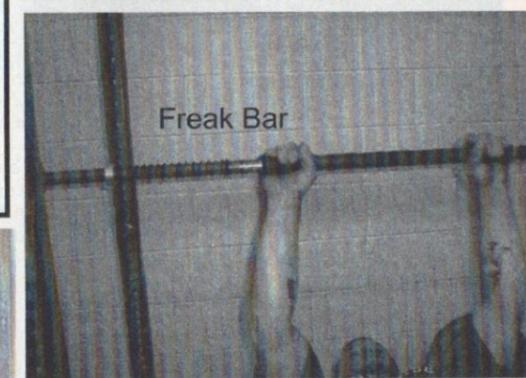
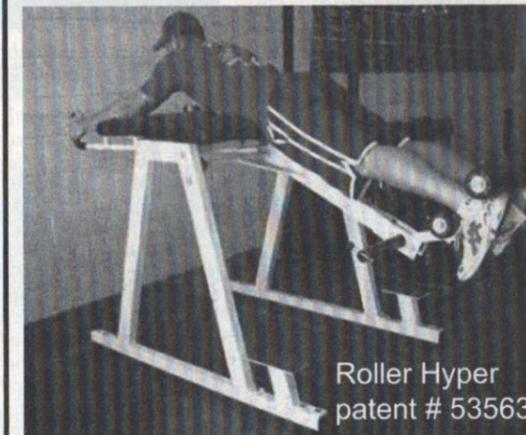
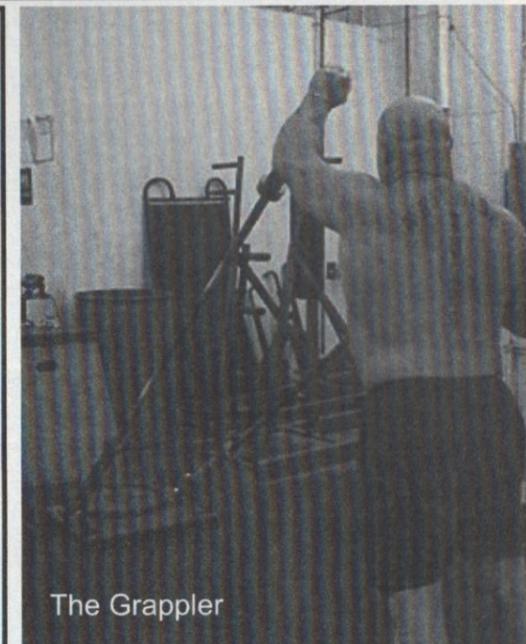
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Last month we tried to get back on schedule with jokes to offend Polish people, priests and other innocents. We thought this might offend you. But powerlifters are masochistic by nature, so here we are again – having a little talk about dinosaurs. Two months ago, I had promised to update you on my baby dinosaurs (Triops actually preceded the dinosaurs). Alas, I have tragic news: my little Triops may have survived mass extinction through suspended animation – but my last Triops finally died on 4/5/07. I threw the last little dead body into the creek behind my house later that night in a special ceremony that I use when my animals die. (Think 'Pet Sematary'.) Note: if you want your own baby dinosaur, Google 'Triops.'

Speaking of people with hearts as big as dinosaurs; what about Terry Luehrs? He is one of my favorite powerlifting coaches – easily one of the most accomplished and prolific trainers in WABDL, if not in all of powerlifting. Plus, he's a really nice guy. (Hey Terry, a quick shout out to you & Red!) Terry is like a big friendly Polar Bear, and he's roughly the same bodyweight as a bear. But that's not why I like him; he chums out big benchers as easily as a small dog squirts out poop behind the couch. I just wish I lived closer to him, so he could help me get stronger. I was immediately interested when I got an email (about a gym) from a lifter who is one of the many lucky dogs that train with Terry. Terry trains John, and John has a little gym called 'DinoSore Pit.'

John was initially impressed by the resourceful nature of his fellow lifters, as he studied the Hard-Core Gym articles. Soon enough, he had a gym with a cool name. The DinoSore Pit is a community gym located in John's basement! We'll let him tell the story:

"I started off with a platform, a power rack & bench, not a bench press apparatus, just a bench. I put the bench in the rack when it was bench day. I got lucky, (when) the building that my father-in-law worked in was sold, and the new owner tore it down. I got to salvage the old employee gym out of the building. (Now) I have a rack, bench, two high-pull machines, a pec-deck, dumbbells to 90 pounds, and Joe

HARD CORE GYM #62 "the Dino-Sore Pit" (and a Dead Body in my Creek!) as told to Powerlifting USA by Rick Brewer



This is what it's all about at the Dino-Sore Pit (photographs are by courtesy of Marie Rochart)

My wife steers, and puts on the brakes when we are going too fast. The gym is old school, and it has everything any powerlifter needs.

The funniest story was when I got a little too excited in the deadlift. I decided I was going to pull 655 no matter what. I record all of my lifts, so I have this on tape.

I went to the bar, screamed like a mad man (in attempt to scare the weight up) and missed the lift. I put on a Metal DL suit, attempted it again, and passed out. Tried it the third time, and got the weight up. This kind of thing is what we do in The Pit. We believe in community, goal setting, training life skills, and surrounding yourself with people who help you succeed. This gym is here

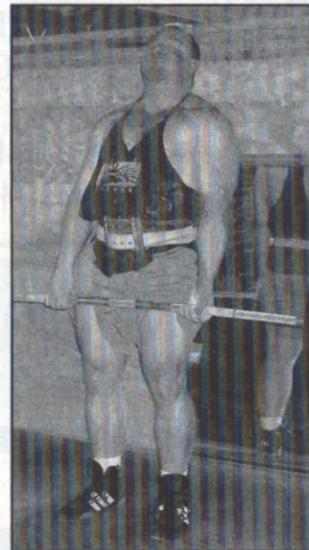
because of my coach Terry Luehrs of Team Oregon, who always says "Pay it forward" when being thanked for an act of kindness. Thanks for your time, and your HOP clothing. It's all I wear when I am not at work." John Anthony

Costa's legendary deadlift bar. Joe once passed out attempting a 720# DL, but never lost his grip! (Joe passed away in a motorcycle accident, and we miss him.) The person who spends the most time there is Marie Rochart. She has pulled 369 in the 148 teen class, and is putting up 275 regularly in training on the bench. My wife spends a lot of time down there too, she helps me load the bars, lets me show off deadlifting for her, and she lifts off over 500 to me in the bench. I am super lucky, not only is she my biggest fan, but she also has one hell of a lift off.

I have benched 501 in contest, and pulled 622 a few times in contest, I am working on not being a wuss.

Other guests are Terry Luehrs, my coach. Gustavo Warrington, Mr. 661@198 in the bench, and a really nice guy and Daniel Fisher who better get his ass back over here.

I call my gym the Dinosore Pit because my coach Terry has taught me to honor the old ways in lifting, and we are usually pretty sore after lifting. I use basic movements, I just bench, pull, and squat, and do my movements with a barbell. If the crew wants to work on conditioning, we will toss spare tires around the yard, drag a sled, carry each other, push or drag my 1976 lifted F-150 down the street.



John Anthony d-lifting in the Pit.

and all of his credit card info (we needed this info for the article). I applied all of the investigative techniques that I learned watching CSI on TV, and asked John a few pointed questions. He refused to answer any of the really important questions about his personal life, but here are a few that he would answer: Q: When/why did you start training in your basement?

A: I started training in my basement when I bought my house. I looked for a house with a good basement area to start off with. I am working on building a community gym, where people who are interested in lifting weights can stop by. When completed, The Pit will have an adjoining family room where the non lifters can hang out, and get us lifters meat between sets.

(Rick's note: this reminds me of Brian Dobson serving wild game during his meets at Metroflex – 10 BONUS POINTS for meat!)

Q: Is there outside access? A: The only outside access is through the stairwell and the window. If you can make it through the window, then you should probably go train at the local chrome palace for a while. (Delete 5 points.)

Q: Are there hours of operation, or must they meet you?

A: Most lifters can stop by as long as I am at home. I take care to make sure my beginning lifters can lift under my supervision, and learn to train like powerlifters.

Q: How many total people have trained there?

A: I would guess there have been about twenty people that have stopped for a workout at the Dinosore Pit. (Rick's note: why not invite the local high school team to train with you a few times?)

Q: Are you more frightened by evil clowns, or midgets?

A: I had to think about this. The midgets are just short, they will have a great stroke in the deadlift. Evil clowns have the right attitude to pull. An evil preppy midget with a copy of Muscle and Fitness is (just twisted. Add PL USA – then he's terrifying!)

(Rick's note: this was actually a trick Q, because the only thing more frightening than an evil clown is a female astronaut wearing a diaper. But that probably stems from the fact that my little brother was killed by a meth-addict in a clown suit wielding a sword. It's one of my most vivid childhood memories.)

Q: Are girls afraid to go into a smelly basement with strange guys?

A: Most girls get a little disappointed when I ask them if they are afraid of gaining a little weight. The girls that train with me get pissy when I tell them they are built like a Barbie doll, and get giddy when I say they look like a brick out house.

Q: Are you afraid of strange girls?

A: Only when they try to take away my lunch.

Q: Got any posters or art on walls? (Mirrors, stains, etc.??)

A: At The Pit, I have one mirror that is actually an old mirror out of a shower. I have it behind my platform, so when I shoot deadlifting video, I can see the lift from both angles.

(Rick's note: OK, we can forgive ONE mirror if used for DL videos.)

Q: Is there a restroom?

A: Yes, but it needs to have all of the fixtures hooked up.

Q: Music? A: If it is LOUD and the person is screaming more than the members, then I'll probably listen to it.

Q: Any final words before the execution?

A: Marie Rochat threatened to start leaning on the bar while she spotted me unless I corrected her PR in the DL of 385, PS at 148, she is a good spot until about 550 in the bench.

I want to reiterate (for all of the lifters from A&M, this means that he wants to say it again) the Dinosore Pit is all about community. When I ask my coach Terry Luehrs of Team Oregon, how I can pay him back for everything he has done for me, he tells me to "pay it forward"

I am paying back Terry for everything he has done for the community, by doing my part to make my little corner of humanity a better place. We powerlifters think a lot about what it really means to be strong. After too many really heavy rack pulls, I have discovered that strength is not about a burden a person can remove from themselves. Real strength is uplifting the people who are around you. Giving others the ability to remove their burdens, (and) their barriers to success in life.

Thanks Rick. I look forward to seeing you in Las Vegas. John Anthony

Wow, that was way classier than the comments I had in mind! I better just end this on those words of wisdom from John. John has started a great project with Dinosore Pit, and I just hope that he can keep adding new blood to the knurling (by bringing in new lifters). Next month, our gym will rhyme with "Kapow!" Plus, we may learn about wet people and flutter kicks on the gym floor. More info on that in 30 days...

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The gyms featured in this series are also posted on the website www.houseofpain.com as a resource for lifters traveling to new parts of the country. I've lost the addresses for some of the gyms posted online – so email the address to us if you have any of the missing info. We'll get it posted asap, to help other serious lifters find a place to hurt themselves!

If the HardCore gym in your area has not yet been featured, email the

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Thanks, Rick Brewer

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BENCH Only		(33-39)			
FEMALE		J. Casteel	505*		
148 lbs.		SHW			
Police/Fire & Military		(40-49)			
R. Hammel	75	W. Watts	565*		
MALE		DEADLIFT Only			
198 lbs.		MALE			
Raw		198 lbs.			
D. Beasock	300	(40-49)			
220 lbs.		T. Visokay	460		
Ironman		BP			
MALE		DL			
198 lbs.		TOT			
Raw					
D. Beasock					
220 lbs.					
(50-59)					
B. Bridges					
275 lbs.					
(33-39)					
W. Lewis					
(40-49)					
H. Wolring					
(40-49)/Guest					

"Swat" Watts came in with a 565 lbs. bench to get the Biggest Bench Press award, but the thing that's so spectacular is that Mr. Watt was so sick with a liver disease that he dropped from over 300 lbs. down to 185 lbs. But, by the grace of God, he has made a full recovery! Glad to have you back bro. It was a battle, but the Best Bench Press award went to Howard "Hedge Hawg" Wolring, as he battled against newcomer Roderick "The Hammah" Thomas. All in all it was a great meet. Special thanks to Chairman "Peanut" King, Nakea aka "Sunshine", Sandra "Cocoa" Walker, Shayla "B-Ball" Brown, "Rappin" Ronda Bell, Cynthia "Code Blue" Bell, Jeremiah "Jukebox" Smith, Willie "Soup Bone" Morgan, John "Calendar Boy" Demons, Greg "Da Head" Campbell, Jimmy "Mong" Hueapengna, The Crossrhodes Christian Center, and everyone else who helped with this meet. We give all thanks to our Lord and savior, Jesus Christ, for without him none of this could have been. Until next time, stay clean, stay strong, stay saved, and I'll see ya on the platform! (results courtesy provided by Tee Meyers)

J. Burgreen 505 385 — —
220 lbs.
A. Valdez 225 185 305 715
Raw
S. Warren 395 350 435 1180
275 lbs.
Open
S. Dennison 625 425 650 1700
SHW
Novice
W. Yarbary 350 385 450 1185
*Python Power League Records. This was Christian powerlifting at it's best! We had a great time praising the Lord, raising the roof, and weightlifting! Lifters from North and South Carolina, Alabama, Florida, and Georgia, converged on the Crossrhodes Christian Center and put on quite a show. Jason "Da Phenom" pulled an easy 410 lbs. deadlift at 114 lbs. and age 14. Steve "Da Legend" Yeargin, age 47, smoked 'em with the Best Deadlift and Best Overall Lifter award. Annika "Boomquisha" Faulk, from da hood of San Diego, CA, was all up in their grill with the Best Female Lifter award. Big Wayne

NASA East Texas State
24 FEB 07 - Tyler, TX

BENCH Only		275 lbs.		Master Pure	
Int					
T. Crosson	418	R. Tippett	402		
275 lbs.		Pure			
Master II		R. Coffy	407		
J. Baldwin	336	PS CURL			
308 lbs.		181 lbs.			
Master I		High School			
C. Spirrison	501	G. Landers	132		
Open		198 lbs.			
C. Spirrison	468	Submaster Pure			
Raw		G. Garner	159		
181 lbs.		275 lbs.			
Open		Open			
B. Reeves	336	J. Baldwin	148		
198 lbs.		275 lbs.			
Pure		Pure			
G. Garner	363	J. Baldwin	148		
Push Pull		BP	DL	TOT	
FEMALE					
123 lbs.					
Pure					
T. Fabela	88	203	292		
Novice					
T. Fabela	88	203	292		

SPF Kentucky State
3 FEB 07 - Louisville, KY

BENCH		Master (40-44)	
MALE			
Raw			
T. Craddock	325		
181 lbs.			
Master (50-54)			
148 lbs.			
M. Evans	230		
308 lbs.			
C. Miller	190		
181 lbs.			
190			
Junior			
165 lbs.			
W. Cummings	300		
148 lbs.			
M. Evans	120		
220 lbs.			
S. Buffatt	250		
308 lbs.			
R. Beanzer	140		
D. Ison	325		
DEADLIFT			
MALE			
SHW			
T. Moore	500		
Submaster			
275 lbs.			
L. Wolz	340		
BENCH Reps			
FEMALE			
132 lbs.			
B. Oosterretter	65	43	
Junior			

Best Lifter: Bo Glass. A special thanks goes out to Tony Duckwall for allowing us to hold our event in such a great gym, the Metro Fitness Gym, and for going out of his way to help out the SPF. We want to say thank you to everyone that helped us out. We couldn't have done it without you. Thank everyone for coming out and joining us. (Thank you to SPF for results)

Zenzen Record Breakers
6 JAN 07 - Dekalb, IL

BENCH		C. Morse		286	
FEMALE					
220 lbs.					
AAPF					
Master (65-69)					
P. Toth	137*	F. Kucharski	264*		
148 lbs.					
242 lbs.					
AAPF/AAPF					
Master (50-54)					
D. Murphy	462				
S. Kayes	446				
MALE					
181 lbs.					
AAPF/AAPF					
Submaster					
M. Hibbing	600*	264	440	1304	
198 lbs.					
AAPF Open					
C. Akers	881				
AAPF Submaster					
J. Rebera	507	303	203	1014	
AAPF Open					
S. Kayes	446				
220 lbs.					
AAPF Open					
J. Antoncew	479	308*	429*	1216	
AAPF/AAPF Teen (18-19)					
Z. Zenzen	705*	402*	518	1622	
AAPF Master (50-54)					
D. Zenzen	755*	429*	551	1735	
242 lbs.					
AAPF Junior (20-23)					
J. Jursich	523	352	457*	1330	
AAPF Master (45-49)					
B. McCord	606	424*	518	1545	
**=PRS. !=American/National Records.					
Note: Jeff Rebera lifted with one hand as his hand was broke and had surgery. All lifters got awards for competing. (Thank you to Dick Zenzen for providing results)					

USAPL Louisiana Tech Rookie
11 NOV 06 -

Powerlifting		SQ		BP		DL		TOT	
97 lbs.									
T. Carder	255	145	255	655					
114 lbs.									
D. Bennett	250	110	255	615					
132 lbs.									
A. Flanner	310	155	335	800					
K. Jackson	350	200	410	60					
T. Taylor	390	280	475	1145					
Montelongo	365	245	400	1010					
148 lbs.									
K. Nabors	230	130	250	610					
A. Finch	380	240	405	1025					
165 lbs.									
J. Humphrey	340	175	350	865					
S. Herrnton	435	295	575	1305					
181 lbs.									
C. Brady	530	385	575	1490					
198 lbs.									
C. Allison	385	310	510	1205					
O. Williams	315	235	365	915					
E. Thomas	545	305	575	1425					
220 lbs.									
S. Mathes	365	320	460	1145					
R. Ross	415	350	515	1280					
S. Brady	620	410	610	1640					
SHW									
D. Clawson	550	345	515	1410					
M. Navarro	470	220	410	1100					
(Thank you to USAPL for providing these contest results to POWERLIFTING USA)									

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*Made to YOUR EXACT WAIST size.
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XTREME POWERBELT with LEVER BUCKLE \$104.00

with EMBROIDERED NAME \$144.00

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One of the universal truths, or so it seems, is that if you're exercising and/or dieting you should drink lots of water. But is that really true? And how much water should we be drinking? I'll cover this in some detail below since it's a matter of some concern to almost everyone.

Water is involved in every function of the body including transporting nutrients, and waste products, helping with the digestive, absorptive, circulatory, and excretory functions, and for body temperature regulation. You need to drink water (or sometimes take it in other ways, especially with certain conditions and illnesses) to make up for water that is lost from the elimination of waste, sweating and evaporation from the lung, mucous membranes and skin.

Since water is so essential for health and functioning, and so much a part of our daily lives, it also has its share of folklore and myths asso-

POWER RESEARCH

WATER, When and How Much? by Mauro Di Pasquale, M.D., www.MetabolicDiet.com

ciated with it. One of the myths about water and dehydration is that while thirst is a reliable guide for your needs for fluid, it's slow and unreliable when it comes to preventing dehydration when water losses increase, such as when you sweat. By the time you feel thirsty, your body will be dry; and thus in the time it takes to satisfy your thirst, you're dehydrated and can

suffer from a myriad of supposed effects including fatigue, irritability, headaches, etc.

As a result of this reasoning, many people believe that most of us, and especially those who exercise and/or dieting, are walking around somewhat dehydrated because we don't drink enough water. The cure for this supposed ill, and one that many people have

taken to heart, is to drink water often, whether you're thirsty or not. This is evidenced by the proliferation of plastic water bottles (which, by the way, contrary to popular belief, the water itself in bottled water may not be any healthier than tap water, and there are the added concerns of the leaching of chemicals from the plastic containers) that so many people carry around with them wherever they go.

The truth is that your body monitors fluid balance by a variety of means and that these detection systems are intricate, sensitive and quick to respond to changes in body water. Water intake is regulated both internally as part of the makeup of your blood, and within the makeup of the gastrointestinal tract, likely also including changes in the mucous membranes. The main system for water regulation in the body seems to involve osmoregulatory neurons in parts of the brain that sense changes in the amount of water and the concentration of substances in the blood. These centers act upon other parts of the brain and the hypothalamic-pituitary axis to release vasopressin, oxytocin and ADH from the pituitary, which in turn alters fluid hemodynamics and affects thirst. 1

But there's more to the regulation of body water and thirst than just sensing the balance of water and nutrients in the blood. There are also ways the body can tell almost immediately whether or not you need water or have drunk enough. Studies in rats have shown the likely existence of peripheral signals that precede significant absorption of water and nutrients, particularly electrolytes, into the general circulation and its detection by the cerebral osmoreceptors.

For example, we've all experienced a loss of thirst within seconds after drinking, way before the water has even had a chance to be absorbed and detected in the blood. That's because local gastrointestinal mechanisms work almost immediately to prevent the overhydration that would occur if thirst went unabated until the water entered the systemic circulation, triggered the appropriate brain mechanisms, which in turn decreases thirst.

The bottom line is that water balance and thirst are detected by complex systems in the body that are extremely sensitive and react quickly and accurately to fluid balance in the body.

Even though this research-based information is available in scientific and medical publications, it has yet to filter out to the general public, as evidenced by all the articles in the popular press that we need to drink at least eight glasses

(article continued on page 90)



Do You Compete in the Heat? ... like Dan McCain, above at one the ADFPA Nationals held in the hot Chicago summer ... if so, you need to deal with your extra need for water under such conditions.



The Importance of Muscle Recovery

The term "recovery" is bandied about in magazines, gyms, and on internet forums with great frequency. The purpose of this article will be to define recovery and discover how to maximize it, and therefore your results in the gym.

What is Recovery?

The skeletal muscle cells incur damage from heavy weight training. Your nervous system and a myriad of other systems in the body are also stressed or depleted by intense training. The body's response (to repair or replenish) is referred to as recovery. Without recovery, the only consequence of training would be harm to the body.

Most training systems advocate 1-7 days worth of rest from weight training for a particular muscle or muscle group in order to allow for recovery and hopefully for the adaptation of increased size, strength, or both.

Recovery Possibilities

There are essentially 3 recovery-specific results that can occur after training:

- 1) Recovery is not fully realized between sessions and no progress is made at best, and regression, or atrophy of the skeletal muscles can occur at worst.
- 2) Recovery occurs, but only to return the skeletal muscle and nervous systems back to the same state they were in prior to the training session.
- 3) Supercompensation occurs with hypertrophy, increased strength, or both as a result.

Ideally, the skeletal muscle and nervous systems will supercompensate via several mechanisms, one of the most important of which is hypertrophy of the contractile myofibrils within the skeletal muscles. These myofibrils contain myofilaments known as "actin" and "myosin", and it is theorized that they are the mechanisms by which our skeletal muscles are able to contract and

produce force (see the sliding filament theory of contraction). The thickening of the myofibrils contributes greatly to the overall size of the muscle, and to an increased ability to produce force.

Rest and Training for Supercompensation

Nutrition, with respect to the ingestion of the proper amounts and ratios of micro and macronutrients is important to recovery and possible supercompensation, but not as important as rest. This is where the issue gets a bit complicated (as are all things relative to the human body). The amount of rest required will depend upon the training volume, intensity of effort with respect to how close to failure one trains, intensity as a percentage of your 1RM (1 repetition maximum), and frequency of training.

The term "rest" can be a bit of a misnomer. Complete abstinence from training is not necessarily best for recovery. The notion of "active recovery" is one used by many trainers and coaches for their athletes. The theory being that light work of the musculature facilitates recovery via increased blood flow. Whatever the physiological processes upon which this principle



relies, it has been proven to be quite effective. It is also a fundamental component of the concept of training periodization.

Periodization of weight training involves varying the load, intensity of effort, volume of work, form of work, and frequency of training in order to allow the body to slowly and cyclically adapt and progress to ever higher levels of size and strength. Those who utilize periodization realize that the body simply cannot lift near maximal loads on a chronic basis and produce optimal results.

In direct opposition to those who believe in periodization are the HIT (High Intensity Training) advocates whom espouse brief and infrequent training which is taken to the limit of one's ability, or "failure" as it is commonly called. These folks understand the importance of recovery but promote a routine which will ultimately not allow for it when applied to compound exercises.

The "Failure" of Training to Failure Consistently for Strength Athletes

Skeletal muscles can recover from weight training in a reasonably short period of time (24-48 hours for most trainees). This can vary substantially depending upon the intensity (as a percentage of one's momentary ability) and volume of work performed. HIT style routines advocate always training to failure (and beyond). As mentioned at the beginning of this article, training with weights affects both the muscular and nervous systems. When training to failure a relatively greater stress seems to be placed upon the nervous system, especially when heavy loads are used thus demanding increased recovery time for the nervous system relative to the skeletal muscles. As time goes on, those who train to failure see this gap get greater and greater to the point that the rest periods required by the nervous system become so prolonged as to inhibit the training effect on the skeletal muscles. This phenomena is more prevalent in the basic, compound movements and less so

with isolation exercises.

Extended recovery time is counterproductive to hypertrophy and thus to the possibility of optimal supercompensation. In order to quicken recovery, one should stop the majority of their sets with compound movements (squats, benches, deadlifts and so on) short of failure by 1-3 repetitions. The difference in recovery time required between stopping 1-3 reps short of failure, and going to complete failure can be dramatic. This difference allows for a much greater frequency of training and thus a greater stimulus to the skeletal muscles per a given period of time.

Does Training to Failure Have Any Value?

Training to failure can be incorporated into one's routine. As mentioned above, when using isolation movements training to failure does not seem to produce the same (or to the same degree) effects as with compound exercises. So,



frequent use of training to concentric failure with isolation movements (biceps curls, triceps extensions, calf raises, laterals for deltoids etc.) is acceptable and should be incorporated into one's program.

Louie Simmons, of Westside Barbell (www.westside-barbell.com), advocates a day of maximum effort (ME) with compound movements. ME day involves multiple sets pyramided to a single repetition maximum effort. Louie recommends that the lifter not worry about failing on this single rep, maximum effort lift (1RM). Concentric failure is not the goal here, but an acceptable outcome when trying for a new 1RM personal record (PR).

Structuring your Training for Recovery

The Westside method of rotating compound movements by body part weekly (the conjugate method) is an excellent way of allowing for high intensity in one's training while simultaneously

(continued on the page 60)

West Virginia High School 17 FEB 07 - S. Charleston, WV

Table with columns BP, DL, TOT for GIRLS and BOYS, listing names and scores for West Virginia High School 17 FEB 07 - S. Charleston, WV. Includes names like Shw, K. Morris, M. Marin, M. Lawson, etc.

Table with columns BP, DL, TOT for GIRLS and BOYS, listing names and scores. Includes names like M. Huber, M. Marin, M. Lawson, M. Barren, etc.

Table with columns BP, DL, TOT for GIRLS and BOYS, listing names and scores. Includes names like T. Greene, M. Pratt, P. Saad, J. Daniels, etc.

Table with columns BP, DL, TOT for GIRLS and BOYS, listing names and scores. Includes names like S. Baquet, R. Dennis, Raw/TW, F. Williams, etc.

Table with columns SQ, BP, DL, TOT for FEMALE and MALE, listing names and scores for Missouri State & Ozark Open 10 MAR 07 - Creve Couer, MO. Includes names like A. Bonnell, L. Harrison, B. Egbuka, etc.

Table with columns SQ, BP, DL, TOT for FEMALE and MALE, listing names and scores. Includes names like M. Jones, A. Bailey, B. Egbuka, etc.

Table with columns SQ, BP, DL, TOT for FEMALE and MALE, listing names and scores. Includes names like M. Jones, A. Bailey, B. Egbuka, etc.

Table with columns SQ, BP, DL, TOT for FEMALE and MALE, listing names and scores. Includes names like M. Jones, A. Bailey, B. Egbuka, etc.

CRAIN.WS Library advertisement featuring a cartoon mascot, contact info (1-800-272-0051), and a grid of fitness products like 'BENCH PRESS', 'BIGGEST', and 'POWERLIFTING' with prices.

Table with columns BP, DL, TOT for 100% Raw US Nationals 17 MAR 07 - Stanardsville, VA. Includes names like S. Hopkins, J. Nastek, W. Breeden, etc.

Table with columns BP, DL, TOT for 100% Raw US Nationals 17 MAR 07 - Stanardsville, VA. Includes names like J. Secrish, R. O'Dwyer, T. Campo, etc.

Table with columns BP, DL, TOT for 100% Raw US Nationals 17 MAR 07 - Stanardsville, VA. Includes names like C. Dantzier, J. Self, R. Vint, etc.

Table with columns BP, DL, TOT for 100% Raw US Nationals 17 MAR 07 - Stanardsville, VA. Includes names like J. Shifflett, M. Campo, R. Vint, etc.

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Sick!

TRIBULUS

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500 caps \$29.99
90 caps \$18.95
SAVINGS: \$29.95
SAVE 152%!
Nice!

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SAVINGS: \$75
SAVE 150%!
Pwned!

WHEY PROTEIN

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11 lbs \$37.99
44 lbs \$139.99
49.99
SAVINGS: \$30
SAVE 100%!
Alot!

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500 gm \$24.99
240 gm \$34.99
SAVINGS: \$46
SAVE 180%!
KaPOW!

BCAA

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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

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SAVE 100%!
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Shocker!

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SAVE 233%!
Sick!

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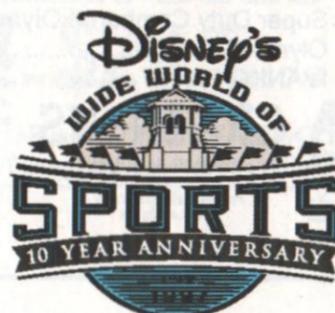
Entry forms should be returned via fax to 407.934.7242 or mailed to:

AAU World Powerlifting Championships
Attn. Milly Ramirez
P. O. Box 22409
Lake Buena Vista, FL 32830

For more information on hotel accommodations and specially-priced Theme Park tickets, visit aautravelpplanner.org or contact Michelle Vargas at 407.828.2756 or mickey@aausports.org.

For more information contact:

Virginia Powerlifting, Inc.
Ph: 804.559.4624
(after 7:00 pm EST)
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.

1-2 JUN, USAPL West River Open, Brent Steinbach, 3110 8th Ave., Spearfish, SD 57783, 605-642-5960
2 JUN, USAPL HS/Jr Raw Push Pull Exhibition, Jack Kaplan, 2146 Embden Pond Rd., Embden, ME 04958, 207-566-5127
2 JUN, Secaucus Ironman Challenge (Raw, PP, DL, BP, BPReps - Secaucus High School, Secaucus, NJ) Shawn "Bud" Lyte, 312-498-4043, bmf.sports@gmail.com, www.bmf.sports.com
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, 405-527-8513, SQBPD@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@nordoniaschools.org, www.usapl.ohio.com/usapl_ohio_meets.htm

COMING EVENTS

3 JUN, New England Raw PL, BP, DL (NE Sports & Rehab, Warwick, RI) Joe Reeves, 401-952-9166, www.reevesnutrition.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, jjrsmoker@hotmail.com
9 JUN, Gold's Gym Raw Ironman Challenge (BP, CR - Gold's Gym, Leesburg, VA) Shawn "Bud" Lyte, 312-498-4043, bmf.sports@gmail.com, www.bmf.sports.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, pwriftrs@msn.com, www.powerliftingCA.com
9 JUN, APF South Texas (men, women, below I, masters, juniors, submasters) Flexion Strength Systems, Seguin Fitness, 114 E. 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, www.strengthcondition.com, 908-874-5843
9 JUN, ADFPF Open Powerlifting (single, strongman, unequipped - Washington Square Mall, Evansville, IN) Dick Conner, Meet Director, www.adfp.org
9 JUN, APA Northeast Regionals (PL, BP, DL, PP - Fairhaven, VT) Scott Taylor, 5833 First St. #K-16, Zephyrhills, FL 33542, 941-626-4247, scott@apa-wpa.com, www.apa-wpa.com
9 JUN, Immaculate Heart of Mary Festival BP, DL, IronMan, Ron DeAmicis, 6531 New Rd., Young-

stown, 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 Cook-out 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, WLOP World Champion Bench Press Competition (raw, drug free, BP, T-Bar, SC, Street Physique - Whittier, CA) WLOP, 7238 S. Painter Ave., Whittier, CA 90602, 562-693-8005, www.worldregionofpower.com
16 JUN, APF/MPA West Metro Push Pull (The Gym, Elk River, MN) Jerry 763-753-0569 or Dave 763-441-4232
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

APF/AAPF/WPO Schedule

2 JUN, AAPF Florida State
9 JUN, APF South Texas
15-17 JUN, APF Senior Nationals
16 JUN, APF/MPA West Metro Push Pull
23, 24 JUN, APF/AAPF Lexen Extreme
30 JUN, APF Florida State
30 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 Rlver
SEP/OCT, APF West Metro Open PL/BP
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) (worldpowerliftingcongress)

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Benders Invitational, Richard Davis, Box A, Rt. 26, Bellefonte, PA 16823, 814-355-4874 x229
16 JUN, SPF Nationals (Open, Raw, PP/BP/DL/SC, BP Reps - Holiday Inn, Sun Spree, Gatlinburg, TN) Jesse Rodgers 4 2 3 - 2 5 5 - 3 6 7 2, 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, 405-527-8513, 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, USAPL Badger Open, Joe Lewis, 1144 Appleblossom Dr., Neenah, WI 54956, 920-886-3238
23 JUN, APA Mississippi Open (PP, BP, DL, SC - Amory, MS) Scott Taylor, 5833 First St. #K-16, Zephyrhills, FL 33542, 941-626-4247, scott@apa-wpa.com, www.apa-wpa.com
23 JUN, USAPL Kansas Record Breaker Invitational, Wayne Herl, 3503 Chaumont, Hays, KS 67601, 785-625-1761
23 JUN, 100% Raw Louisiana State BP (Bridge City) Ricco Impasstato, 504-456-8560
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, Fitlifedeb@cs.com
23 JUN, ADFPF Single Event National (Century Center, South Bend, IN - Unequipped & Equipped Divs.) www.adfpf.org, Dick Van Eck & Jon Smoker, board@adfpf.org, 309-837-2111
23 JUN, USPF PA State BP/DL (Pittsburgh, PA) Matt McCaese, 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, echaillet@aol.com, www.ipapower.com
23,24 JUN, WDFPF Europeans (Equipped & Raw - Grangemouth, SCT) Hamish Davidson, 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 Reps - Erie, PA) Joe Oreglia, 4319 West 26th St., Erie, PA 16506, 814-833-3727
30 JUN, APA Nationals (BP, DL, PP, PL - Zephyrhills, FL) Scott Taylor, 5833 First St. #K-16, Zephyrhills, FL 33542, 941-626-4247, scott@apa-wpa.com, www.apa-wpa.com
30 JUN, ADAU 12th Catasquua Meet (BP, DL, SQ - Catasquua, 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-

3 8 9 - 4 7 4 4, www.worldpowerlifting.org
30 JUN (date assigned), APF/AAPF Chicago Summer Bash 4 (Velocity Sports, Willowbrook, IL) Eric Stone, 6 3 0 - 7 9 4 - 0 5 9 4, thestone@chicagogopowerlifting.com
30 JUN, East Coast Strongman Challenge (men, women, teen - Brute Strength Gym, Norfolk, VA) Brute Strength Gym, 836 Poplar Hall Dr., Norfolk, VA 23502, Gayle Schroeder, 757-650-5410, strength@exis.net, www.powerandstrength.com
30 JUN, Oregon Bench Press (Special Guest: Ryan Kennelly) Tod Becraft, www.oregonbodybuilding.com, www.juliehavelka.com/oregonbenchpress2007.html
30 JUN, 100% Raw Freedom USA BP, John Shiflett, 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, 405-527-8513, 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, NASA USA National Championships, (PL, BP, PS, PP - Las Vegas, NV) NASA, Box 735, Noble, OK 73068, 405-527-8513, sqbpdl@aol.com
JUN, 5th IPF/NAPF 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 (Tuscany Suites) Clay Felton, 702-474-6016, Carol Upton, 702-656-6762, admin@misfitsofmuscle.org
7 JUL, USAPL Iron Eagle Open (basic gear only, Downtown Athletic Club, Hemet, CA) Mike Womelsdorf, 909-880-2948, usaplcachair@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, 405-527-8513, 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 Champion-

ships Troy Ford, Box 142347, Fayetteville, GA, 30214, 678-817-4743, wnpf@aol.com, http://members.aol.com/wnpf
7 JUL, 100% Raw/AAU Raw Vermont Powerlifting Summer Outdoor PL/SC (Ultimate Fitness, Milton, VT) Bret Kernoff, bret@vermontpowerlifting.com
7 JUL, ADFPF Unequipped Division Open PL, Tri-States BP & Strongman (Washington Square Mall, Evansville, IN) www.adfpf.org, board@adfpf.org, 309-837-2111
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, submasters - McAllen, TX) Flexion Strength Systems, Seguin Fitness, 114 E. Mountain, Seguin, TX 78155, 800-378-6460, www.seguinfitness.com, seguinfitness@saxt.r.com
14 JUL, USAPL Mid Atlantic Open (PL/BP/DL/Ironman, Raw/Assisted) John Shiflett, 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 djnechair@yahoo.com
14 JUL, Brute Strength High School Push/Pull, Brute Strength Gym, 836 Poplar Hall Dr., Norfolk, VA 23502, Gayle Schroeder, 757-650-5410, strength@exis.net, www.powerandstrength.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/BP Only - Sheboygan, WI) Rich Peters, PO Box 735, Noble, OK, 73068, 405-527-8513, SQBPDL@aol.com
15 JUL, ASC Bench Press Championship (Columbus, OH) Kenny Patterson, Meet Director, 614-335-5181, advancedstrengthconcepts@yahoo.com, www.advancedstrengthconcepts.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
15 JUL, ISS Backyard BBQ and BP, Mike Strom, KAC, 4211 Green Bay Rd., Kenosha, WI 53144, 262-960-2155
21 JUL, USAPL Iron Workds Open

Ill Full Power (Midland, MI) Matt Smith, 9 8 9 - 8 3 7 - 8 7 0 0, matt@smittysironworks.com
21 JUL, 20th APA New England States (BP, DL, PP, SC - Wallingford, CT) Scott Taylor, 5833 First St. #K-16, Zephyrhills, FL 33542, 941-626-4247, scott@apa-wpa.com, www.apa-wpa.com
21 JUL, WABDL Great Lakes Regional BP/DL (Holiday Inn South, Lansing, MI) Gus Rethwisch, 763-545-8654 or 503-901-1622
21 JUL, USAPL Maryland State BP (open & closed, raw, equipped - MD) Jim Roberts, 301-875-2544, jim@midatlanticpowerlifting.com
21 JUL (New Date), AAU Larry Garro Memorial BP/DL/Ironman/Full/CR (Baltimore, MD) Brian Washington, 410-265-8264, brian@usfb.net
21 JUL, PPL Southeastern Drug Free (PL, BP, BP Reps, DL, PP, Posedonly), Tee Meyers, 2250 Lumpkin Rd., Augusta, GA 30906, 706-790-3806, pythongym@aol.com
21 JUL, NASA Grand Nationals (Un/equipped, PL/PS/PP/BP Only - Pickwick St. Park, TN)
21 JUL, Paul Barbee Classic (men, women, below I, masters, juniors, submasters - Houston, TX) Flexion Strength Systems, Seguin Fitness, 114 E. Mountain, Seguin, TX 78155, 800-378-6460, www.seguinfitness.com, seguinfitness@saxt.r.com
21 JUL, SLP Arkansas Open BP/DL (Glenwood, AR) Dr. Darrell Latch, 122 W. Sale, Tuscola, IL 61953, 217-253-5429, sonlight@netcare-il.com, www.sonlightpower.com
21 JUL (NEW DATE), USPF Muscle Beach Push-Pull (combined total, Venice Beach, CA) Steve Denison,

661-333-9800, pwrlifrs@msn.com, www.powerliftingCA.com
21-22 JUL, AAU National PL, Sooner State Games PL/BP/DL (Oklahoma City, OK) RCRAIN@allegiance.tv, 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, SPF 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 McCaese, 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, seguinfitness@saxt.r.com
28 JUL, ADFPF 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@bspeedy.com
28 JUL, Vermont State Open Raw BP, Rick Poston, 1881 Williston Rd., S. Burlington, VT 05403, 802-865-3068 / 3 1 6 7, allamericanfitnessvt@yahoo.com
www.aasports.org
28,29 JUL, WABDL National BP/DL (Marriott Hotel, Rancho Cordova/Sacramento, CA) Jody Woods, 916-485-3808
29 JUL, Bench For A Cure (Nautilus Fitness & Family First Sports Park, Erie, PA) Proceeds donated to the Regional Cancer Center. Brian E. Berchtold, 814-459-3033, bebasshome1@yahoo.com, Family First Sports Park, 8155 Oliver Rd, Erie, PA 16509, www.thesportspark.com
29 JUL, WNPf Drug Free Nationals (Youngstown, OH) Ron 330-792-6670, powerl103@aol.com
JUL, WNPf Arizona PL & BP/DL/SC (Tucson, AZ) Troy Ford, Box 142347, Fayetteville, GA, 30214, 678-817-4743, wnpf@aol.com, http://members.aol.com/wnpf
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/floridousapl
JUL, USAPL/USOC Tropical Games Championships (BP, DL - West Palm Beach, FL) Robert Keller, 954-790-2249, rhk@verizon.net, www.geocities.com/floridousapl
JUL/AUG, AWPC Worlds (Chicago, IL) Amy Jackson and Ernie Frantz, 630-896-7309, amyljackson@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 Oreglia, 4319 W. 26th St., Erie, PA 16506, 814-833-3727
4 AUG, USAPL Mississippi, John Micka, 135 Mayfair Rd., Hattiesburg, MS 39402, 601-297-5646
4 AUG, 100% RAW Nebraska State PL (Sorenson Center, Omaha, NE) DJ Satterfield 402-592-1243 or Vince 402-214-6359 or djnechair@yahoo.com
4 AUG, Northern VA Raw PL/BP (Sterling, Virginia) John James, 703-475-9885, www.northernvarawpower.com
4 AUG, APF Florida State BP/Ironman (Boca Raton, FL) Bob Youngs, Ed Rectenwald, Lance Mosley, 561-718-9877, southsidebarbell@hotmail.com
4 AUG (REVISED New Date/Sanction), USAPL Larry Garro Memorial (PL, BP, DL, Curl, Ironman - Baltimore, MD) Brian Washington 410-265-8264, brian@usfb.net
4 AUG, WNPf New Jersey PL & BP/DL/SC (Bordentown, NJ) Troy Ford, Box 142347, Fayetteville, GA, 30214, 678-817-4743, wnpf@aol.com, http://members.aol.com/wnpf
4 AUG, APA Indy Summer Power Fest (BP, DL, PP, SC - Indianapolis, IN) Scott Taylor, 5833 First St. #K-16, Zephyrhills, FL 33542, 941-626-4247, scott@apa-wpa.com, www.apa-wpa.com

28,29 JUL, WNPf Drug Free Nationals (Youngstown, OH) Ron 330-792-6670, powerl103@aol.com
JUL, WNPf Arizona PL & BP/DL/SC (Tucson, AZ) Troy Ford, Box 142347, Fayetteville, GA, 30214, 678-817-4743, wnpf@aol.com, http://members.aol.com/wnpf
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/floridousapl
JUL/AUG, AWPC Worlds (Chicago, IL) Amy Jackson and Ernie Frantz, 630-896-7309, amyljackson@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 Oreglia, 4319 W. 26th St., Erie, PA 16506, 814-833-3727
4 AUG, USAPL Mississippi, John Micka, 135 Mayfair Rd., Hattiesburg, MS 39402, 601-297-5646
4 AUG, 100% RAW Nebraska State PL (Sorenson Center, Omaha, NE) DJ Satterfield 402-592-1243 or Vince 402-214-6359 or djnechair@yahoo.com
4 AUG, Northern VA Raw PL/BP (Sterling, Virginia) John James, 703-475-9885, www.northernvarawpower.com
4 AUG, APF Florida State BP/Ironman (Boca Raton, FL) Bob Youngs, Ed Rectenwald, Lance Mosley, 561-718-9877, southsidebarbell@hotmail.com
4 AUG (REVISED New Date/Sanction), USAPL Larry Garro Memorial (PL, BP, DL, Curl, Ironman - Baltimore, MD) Brian Washington 410-265-8264, brian@usfb.net
4 AUG, WNPf New Jersey PL & BP/DL/SC (Bordentown, NJ) Troy Ford, Box 142347, Fayetteville, GA, 30214, 678-817-4743, wnpf@aol.com, http://members.aol.com/wnpf
4 AUG, APA Indy Summer Power Fest (BP, DL, PP, SC - Indianapolis, IN) Scott Taylor, 5833 First St. #K-16, Zephyrhills, FL 33542, 941-626-4247, scott@apa-wpa.com, www.apa-wpa.com

NASA Powerlifting & Power Sports Events

June

2nd - Arkansas State, Russellville, AR.
16th & 17th - USA Nationals, Las Vegas, NV
30th - Greater East Texas Open, Tyler, TX

July

7th - South Texas Open, Alvin, TX
14th - Grand Nationals, Sheboygan, WI
15th - WV Open, Ravenswood, WV
28th - Tri-State Regional, Flora, IL

August

4th - Kansas City Push-Pull, Kansas City, KS
4th & 5th - World Cup, OKC, OK

October

20th & 21st - Unequipped Nationals, OKC, OK

November

3rd - National Masters/Submasters, Mesa, AZ

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UPCOMING SLP COMPETITIONS

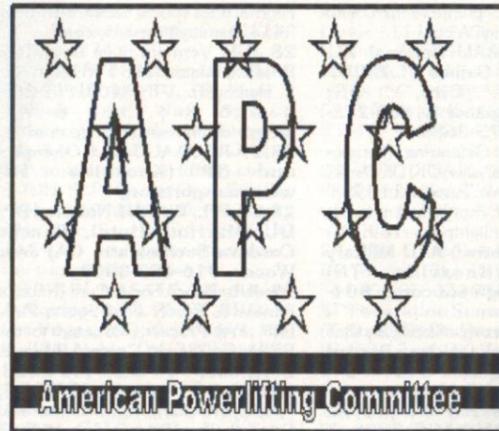
9 JUN, SLP Superman Classic BP/DL (Metropolis, IL)
16 JUN, SLP Missouri Open (BP, DL - Chesterfield, MO)
7 JUL, SLP Samson's Gym Open BP/DL (Hamilton, OH)
21 JUL, SLP Arkansas Open BP/DL (Glenwood, AR)

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

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

2 JUN, WNPf North Americans
23 JUN, WNPf All Raw Nationals
24 JUN, WNPf New York
7 JUL WNPf Subs, Masters

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



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.

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

4,5 AUG, NASA World Cup (Un/Equipped, PL, PS, PP, BP Only - Oklahoma City, OK) Rich Peters, PO Box 735, Noble, OK, 73068, 405-527-8513, SQBPD@aol.com

4,5 AUG, USAPL State Games of America, Dan Gaudreau, 16653 E 7th Place., Aurora, CO 80011, 303-475-3366

5 AUG, WNPFL Delaware BP/DL/SC & Delaware vs Maryland (Seaford, DE) Troy Ford, Box 142347, Fayetteville, GA, 30214, 678-817-4743, wnpf@aol.com, <http://members.aol.com/wnpf>

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, pwrift@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, ADFPF Powerlifting Nationals (Unequipped & Equipped Division, Six Lakes, MI) www.adfpf.org, Dick Van Eck & Jon Smoker, board@adfpf.org, 309-837-2111

11 AUG, USAPL North Carolina, Bill Schmidt, 407 Howard Tant Rd., Zebulon, NC 27597, 919-340-5347
11,12 AUG, 100% RAW Teenage Nationals & Florida State (Entry deadline July 14, All lifters and teams receive awards) Spero Tshontikidis, 4353 Collinwood Dr., Melbourne, FL 32901, 321-505-1194,

tshontis@brevard.k12.fl.us
12 AUG, USPF National BP & DL, (open, junior, master, for men/women - Las Vegas, NV) Steve Denison, 661-333-9800, pwrift@msn.com, www.powerliftingCA.com

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, RUS) 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, APA Northwest United States (PP, BP, DL - Lake Oswego, OR) Scott Taylor, 5833 First St. #K-16, Zephyrhills, FL 33542, 941-626-4247, scott@apa-wpa.com, www.apa-wpa.com

18 AUG, Tony Conyers Classic (\$5000 prizes/cash, Biggest DL, Biggest BP, BPreps, Raw BP, 1st-2nd-Pit Bull Gym, Tampa, FL) Tony Conyers, 6910 N. Armenia Ave., Tampa, FL 33604, 813-486-6973, pitbullgymtampa@gmail.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 BP/DL (Columbus, OH) Matt McCasie, Power Promotions CEO, 210 Gilbo St., Fairmont, WV 26554, 304-376-2432

25 AUG (New Date), WNPFL Tennessee PL & BP/DL/SC (Cleveland, TN) Troy Ford, Box 142347, Fayetteville, GA, 30214, 678-817-4743, wnpf@aol.com, <http://members.aol.com/wnpf>

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 Adelmann, 505-891-1237 or mike@liftinglarge.com

8 SEP (New Date), WNPFL 4th Southern USA BP/DL/SC (Warner Robins, GA) Troy Ford, Box 142347, Fayetteville, GA, 30214, 678-817-4743, wnpf@aol.com, <http://members.aol.com/wnpf>

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, pwrifts@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

ADFPF SINGLE EVENT Nationals

June 23, 2007
South Bend, IN

Jon Smoker
574-674-6683

or

Judy Gedney
309-837-2111

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, SPFL Bench Bash for Cash (Holiday Inn, Bristol, VA) Jesse Rodgers 423-255-3672, www.southernpowerlifting.com

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, WNPFL Lifetime Drug Free PL & BP/DL/SC (Bordentown, NJ) Troy Ford, Box 142347, Fayetteville, GA, 30214, 678-817-4743, wnpf@aol.com, <http://members.aol.com/wnpf>

16 SEP, Lift for a Cure for the Ulman Cancer Fund for Young Adults, Vic Selvaggi CPT, The Colosseum Gym & Fitness, 9159-F Red Branch Rd., Columbia, MD 21043, 410-740-2339, 410-961-5393 (cell)

16 SEP, WNPFL Pennsylvania PL & BP/DL/SC (Ephrata, PA) Troy Ford, Box 142347, Fayetteville, GA, 30214, 678-817-4743, wnpf@aol.com, <http://members.aol.com/wnpf>

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, WNPFL Alabama PL & BP/DL/SC (Birmingham, Montgomery or Bessemer, AL) Troy Ford, Box 142347, Fayetteville, GA, 30214, 678-817-4743, wnpf@aol.com, <http://members.aol.com/wnpf>

22 SEP, Upstate Battle of the Beasts (Greenville, SC) Kate Taillon, 864-286-0532, kathryn264@charter.net

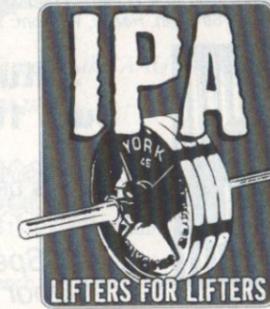
29 SEP, 100% Raw/AAU Raw Vermont Powerlifting End of Summer Push-Pull/SC (First in Fitness, Barre, VT) Bret Kernoff, bret@vermontpowerlifting.com

29 SEP, SLP National PL (Tuscola, IL) Dr. Darrell Latch, 122 W. Sale, Tuscola, IL 61953, 217-253-5429, sonlight@netcare.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, snakeriver@yahoo.com
SEP, ADAU PL/BP (Staunton, VA) Dean Griffin, 412 Betsybell Rd. Apt. 103, Staunton, VA 24401, deangriffin06@adelphia.net
SEP, WNPFL Upstate NY II (Clyde, NY) Troy Ford, Box 142347, Fayetteville, GA, 30214, 678-817-4743, wnpf@aol.com, <http://members.aol.com/wnpf>
SEP/OCT, APF West Metro Open PL/BP (Elk River, MN) Jerry 763-753-0569 oi Dave 763-441-4232, jgnerre@comcast.net
6 OCT, SPFL 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, pwrifts@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, 405-527-8513, SQBPD@aol.com
6 OCT (New Date), USPF Central California Open PL, BP, DL (Modesto) Steve Denison, 661-333-9800, pwrifts@msn.com, www.powerliftingCA.com
12-14 OCT, WDFPF Single Event World Cham-

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@aol.com

Thanks to our Event Sponsors:



York Barbell
3300 Board Rd., York, PA 17406

pionship (Montesilvajo, Italy) www.wdppf.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, 405-527-8513, SQBPD@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, sqbpd@aol.com

20 OCT, AAU 10th Crain.ws BP/DL Open (Shawnee, OK) Rickey Dale Crain, 405-275-3689, 800-272-0051, rcrain@allegiance.tv

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@pikitung.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 16823, 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, WNPFL Single Lift Nationals & WNPFL Powerfest 2K7 (Atlantic City, NJ) Troy Ford, Box 142347, Fayetteville, GA, 30214, 678-817-4743, wnpf@aol.com, <http://members.aol.com/wnpf>

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, seguinfitness@satx.rr.com

27 OCT, IBP South Carolina PL, Core 24 Gym, Seneca, SC, Keith Payne, 336-251-8704, keith@ironboypowerlifting.net
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, 405-527-8513, SQBPD@aol.com
27-28 OCT, USAPL New York, Frank J. Panaro, 839 Route 52, Walden, NY 12586, 845-778-1884, fpanaro@hvc.rr.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 (Amoskeag Inn, Manchester, NH) Dave Follansbee or Maggie Blanchard, 865 Second St., Manchester, NH 03102, 603-626-5489, nhbodybuilding@yahoo.com, AmericanPowerlifting.com
OCT, WNPFL Palmetto Bench, Deadlift & Strict Curl (Greenville, ??) Troy Ford, Box 142347, Fayetteville,

GA, 30214, 678-817-4743, wnpf@aol.com, http://members.aol.com/wnpf

OCT, WNPFF Can-Am (Youngstown, OH) Ron 330-792-6670, power1103@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, 405-527-8513, SQBPDL@aol.com

3 NOV, USAPL Ohio PL/BP (men's open, master, raw, P/F, teen, team, women's open, raw - Bedford, OH) Frank King, King's Gym, 24775 Aurora Rd., Bedford Hts., OH 44146, 440-439-5464, www.kingsgymohio.com

3 NOV, Northern VA Raw PL/BP (Sterling, Virginia) John James, 703-475-9885, www.northernvarawpower.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 WNPFF World PL & BP/DL/SC (Atlanta, GA) Troy Ford, Box 142347, Fayetteville, GA, 30214, 678-817-4743, wnpf@aol.com, http://members.aol.com/wnpf

10 NOV, Oregon Old School Spirit Classic (no sanction, no gear, no singlets, no Monolift - Newport Hallmark Resort) bigbearsym@hotmail.com, 541-961-3845

10 NOV, APA Southeast Coast (BP, DL, PP, SC - Georgetown, SC) Scott Taylor, 5833 First St. #K-16, Zephyrhills, FL 33542, 941-626-4247, scott@apa-wpa.com, www.apa-wpa.com

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, 73068, 405-527-8513, 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, WDFPF PL Worlds (Grangemouth, SCT) Hamish Davidson, www.wdfpf.org, www.wdfpf.com

18 NOV, ADAU Connecticut State Open (Brookfield, CT) Rob Delavega,

The World Champion Bench Press Competition

World Legion of Power

A nonprofit public service agency dedicated to serving the power-lifting brotherhood.
"Strength, Health, Wisdom: The Quest for True Greatness"



C.T. Fletcher
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World Champion

Saturday
Jun. 16, 2007

RAW & DRUG FREE

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CEO & Co-founder
World Champion

Location:	The CT Classic Competition	Registration
RADISSON HOTEL 7320 Greenleaf Ave. Whittier, CA 90602 562.945.8511	All Wt. Classes • All Ages • Trophies Awarded Elite, Masters, Amateurs, Youth Entry Fee: \$40.00 Per Event • Membership Fee: \$25.00 Make checks payable to: WLOP 7238 S. Painter Ave. • Whittier, CA 90602 562.693.8005 www.worldlegionofpower.com	Check In: 9:00 am Weigh In: 9:30 am Competition Starts: 10:30 am

Bench Press

T-Bar Strongman Pull

Strict Curl



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STREET PHYSIQUE - A new body-building contest

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

- No body-building poses • No oils or padding • Drug Free
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"Power Presence" is determined from contestants' appearance of strength and attitude after they walk up to a microphone, state their name and where they're from. Trophies and titles awarded for "World's Most Powerful Street Physique."
It is our intention to constructively impact society physically, emotionally and spiritually for at least 1,000 years.

The World Champion Bench Press Competition • Sanctioned by The World Legion of Power •

Name: _____ Phone # _____ Age: _____ Weight: _____

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

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

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

Check here if already a WLOP member.

I'm competing in: Bench Press (\$40.00) Street Physique (\$40.00) T-Bar Pull (\$40.00) Strict Curl (\$40.00)

We would appreciate receiving your application by 6/1/07

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, 405-527-8513, SQBPDL@aol.com

NOV, USAPL Southeastern USA Re-

gional Championships (BP, PL - Miami, FL) Robert Keller, 954-790-2249, rhk@verizon.net, www.geocities.com/floridusapl

NOV, USAPL Police & Firefighter National Championships (BP, PL - Miami, FL) Robert Keller, 954-790-2249, rhk@verizon.net, www.geocities.com/floridusapl

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, 405-527-8513, SQBPDL@aol.com



★ 2007 ★



AAU POWERLIFTING MEETS

Below is a list of meets being offered by the AAU Association

AAUSports.org

June 23-24 2007 AAU National Bench, Deadlift, Pushpull North American Powerlifting
Rancho Buena Vista Performing Arts Ctr., San Diego, CA
More information: Martin Drake - (951)928-4797 naturalpower@earthlink.net

July 22 2007 AAU Larry Garro Memorial Bench, Deadlift, Ironman and Curl
Baltimore, MD
More information: brian@usbf.net
Brian Washington - 410-265-8264

July 21-22 2007 AAU National Powerlifting Championship
Oklahoma City, Oklahoma
Powerlifting/Bench Press/Deadlift
More information: RCRAIN@allegiance.tv
Phone 405-275-3689

July 28-29 AAU Junior Olympics and Bench Press Meet
Knoxville, TN
More information: www.ausports.org (804-559-46224)

October 12-14 AAU 3 lift World, Single Bench Press, Single Deadlift and Push-Pull
Powerlifting Championship
DISNEY WORLD - Orlando, Florida
More information: vapowerlifting@aol.com
Phone: 804-559-4624

To get your discount park tickets and hotel information book your travel plans through AAU National Headquarters - Michelle Vargas 407-828-2756 or email www.Mickey@ausports.org
Entry packets will be available after March 1st via AAUsports.org

Dec 1-2 AAU International Powerlifting, Bench, Deadlift and Push/pull Championship
Plaza Hotel One Main Street, Las Vegas, Nevada
Martin Drake - 951-928-4797 or naturalpower@earthlink.net

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

8 DEC, NASA 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, 405-527-8513, 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@plkitup.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, 405-527-8513, 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, WNPFF Florida PL & BP/DL/SC (TBA) Troy Ford, Box 142347, Fayetteville, GA, 30214, 678-817-4743, wnpf@aol.com, http://members.aol.com/wnpf

DEC, 6th USAPL American Open Championships (BP, PL - Philadelphia, PA) Robert Keller, rhk@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, 405-527-8513, SQBPDL@aol.com

16 MAR 08, NASA 1st Annual Pro Power Sports Championships (Oklahoma City, OK) Rich Peters, PO Box 735, Noble, OK, 73068, 405-527-8513, SQBPDL@aol.com

29, 30 MAR 08, NASA 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, 405-527-8513, 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, WDFPF European Single Event Championship (Como, Italy) www.wdfpf.cc

13-14 JUN 08, USAPL Teen Junior Nationals (St. Louis, MO) Harold Gaines Sr., 2 Tristan Terrace, St. Charles, MO 63303, 314-805-2044

OCT/NOV '08, WDFPF Single Event World Championship (Belgium) www.wdfpf.cc

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(continued from page 45)

avoiding neural stagnation. Choose 3-4 compound exercises by body part. On your ME day, rotate a new exercise each week for 3-4 week "cycles".

The chest, legs, hips, and lower back should be trained twice weekly (or, at a minimum, twice within a 12 day period) with the first day being your ME day and the second being a day for active recovery. Westside utilizes a dynamic effort (DE) day as their 2nd training day each week. DE day focuses on building explosive strength via speed movements. Loads of 50-60% of one's 1RM are used for multiple sets of 3 reps. Accommodating resistance in the form of bands is often used on these days as well. I differ from Louie Simmons a bit in that I feel DE days are really just a form of active recovery, and their true value lies there rather than in their ability to build explosive strength with heavy loads. You can use either a DE day as your 2nd training day (as is advocated in the Westside training system), or you can use a day where repetitions of 8-12 are incorporated and stopped 2-3 reps short of failure. This "light" day will accomplish the goal of stimulating the skeletal muscles while simultaneously allowing for neural recovery.

The length of time one can train with high intensity (defined as a percentage of one's 1RM) varies individually, and even the individual will find they can tolerate varying lengths of intense training depending upon a myriad of factors such as life stressors and general health. The individual need monitor their training and when signs of overtraining occur, periods of reduced intensity training should be utilized. This less rigid structure of one's training intensity (i.e. the lifter does not follow a set-in-stone program relative to loads used for specific periods of time) allows for optimal progression by maximizing those periods when the body is most receptive to heavy training.

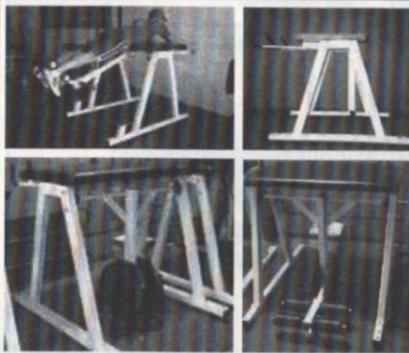
Which Supplements Can Help Recovery?

Supplementation is an important component of the

recovery equation. There are few legal supplements which can have real impact upon your recovery from training. The best, most proven are listed below:



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single most potent legal recovery aid on the sports supplement market today. The primary active ingredient in **ETS** is both amazingly effective and SAFE! **ETS** will aid your recovery by both dramatically reducing DOMS (Delayed Onset Muscular Soreness), and greatly reducing the overall rest time required for recovery. **ETS** will greatly enhance your chances to enjoy the benefits of supercompensation from your efforts in the gym. Men like Mike Wolfe and John Stafford, and women like Kara Bohigian know of its benefits. You can read more about **ETS** at: www.atlargenutrition.com.

Creatine: in all of its various forms has been shown to improve recovery (in the sense it promotes increased size and strength) from anaerobic strength training. You are bombarded daily with all of the latest variations of creatine but the most proven and least expensive form called creatine monohydrate is still the best. AtLarge Nutrition offers a Creapure™ micronized creatine monohydrate called **Creatine 500** which is of the highest quality.

Protein: is one of the cornerstones of bodybuilding nutrition. Aside from water, protein is the number one constituent of muscle. A sufficient intake of protein is required to facilitate not only optimal health, but also optimal recovery from intense weight training sessions. AtLarge Nutrition offers 2 protein products one of which is a **24g** per serving protein-only powder called **Nitrean**. The other is a meal replacement powder called **Opticen** with **52g** of protein per serving as well as carbohydrates and various vitamins and minerals. Both products offer nearly fat-free protein supplementation of the highest quality incorporating multiple whey fractions (such as isolate, hydrolyzed, and concentrate), casein, and egg proteins.

Conclusion

As you can see, recovery is an all-important factor in the results you get from your efforts in the gym. Do everything you can to maximize it and you will soon reach your physical goals!

APF Gulf Coast States 17 FEB 07 - Houston, TX

APF BENCH	Submaster (33-39)	Master (40-44)	DEADLIFT
198 lbs.	C. Murrow 606	M. Carolan 418	123 lbs.
Teen (13-15)			
J. Burtschell 272			
220 lbs.			
Open			
N. Hartfield 451	Teen (16-17)	D. Gibson 259	
275 lbs.			
Open			
J. Snyder 7005	Open		
C. Murrow 606	R. Benfield 639		
Push Pull	BP DL TOT		
165 lbs.			
Teen (18-19)			
J. Gonzalez	148 363 511		
220 lbs.			
Teen (16-17)			
I. Olvera	259 363 622		
WOMEN SQ	BP DL TOT		
181 lbs.			
Open			
K. Siemsson 347	225 336 908		
181 lbs.			
Teen (16-17)			
J. Gonzalez	148 363		
Master (40-44)			
J. Chaney 387	264 523 1176		
198 lbs.			
Submaster (33-39)			
M. Lopez 264	286 341 892		
220 lbs.			
Junior (20-23)			
K. Mayfield 600	402 540 1542		
Master (40-44)			
S. Nickell 424	303 424 1151		
275 lbs.			
Submaster (33-39)			
D. Wells* 688	551 600 1840		
D. Olsted 545	308 501 1355		
C. Murrow			
Open			
D. Wells* 688	551 600 1840		
C. Murrow			

*=Best Lifters. A huge thanks to judges Joe Dalton, Mark Harris, and Brian Kline, score keepers Tom McCullough and Maria McCullough, expeditor Fred McCullough, platform manager Josh Ash, rear spotter Steve Burtschell, and loaders and spotters Ruben Galindo, Mike Salinas, and Cesar Martinez. Without the hard work of these individuals, the meet would not have taken place. Thanks also to Tiny Meeker and Gene Wagonseller for the use of the equipment and Karen Siemsson and Ramey Benfield for all the hard work they did transporting and loading equipment. A special thanks to Inzer Advance Designs for supporting this sport and our meets for many years, Mike Lambert of Powerlifting USA who has been there supporting us all for a long time, and a huge thanks to Houston ISD and Sam Houstn High School for all of their support over the past seven years. (Tom McCullough courtesy results)



APF/AAPF Membership Application

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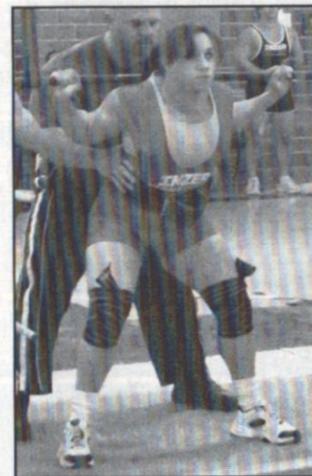
USAPL NCHS Qualifier 10 MAR 07 - Natchitoches, LA

Powerlifting	SQ	BP	DL	TOT
B. Carter 881	518	771	2171	
D. Cooley 771	507	881	2160	
J. Clay 0	771	1047	1818	
D. Clawson	1212	562	1102	2877
G. Horn	837	463	837	2138
T. Sargent	992	507	870	2369
(Thank you to USAPL for providing results)				

USAPL Minnesota State 3 MAR 07 - Plymouth, MN

Powerlifting	SQ	BP	DL	TOT
BENCH	G. Grahn 270			
FEMALE				
Open	G. Edwards 396			
114 lbs.	D. Priebe 325			
Shuttleworth	165 242 lbs.			
J. Milnes 352				
B. Cain 248				
D. Kennedy	—			
D. Duffy 154	275 lbs.			
S. Bissonette 77	325			
Open				
K. Barrett 99	148 lbs.			
P. Wong 385				
C. Early	—			
165 lbs.				
J. Rosenthal 314				
C. Miller 259				
R. Coffey 253				
L. Hanifen	—			
181 lbs.				
J. Herzog 341	M. Ciupinski 451			
T. Anderson 192	T. Reid 418			
D. Miller 402				
D. Lashmett	—			
198 lbs.				
C. Nelson 402				
Merchlewitz 402				
J. Palen 319				
132 lbs.				
M. Neal 226				
Master I				
148 lbs.				
N. Newsome 815	496	892	2204	
C. Sikes 716	440	661	1818	
K. Malone 716	330	705	1752	
B. Cowher 606	396	727	1730	
S. Arjon	—	892	892	
165 lbs.				
M. Favela 837	650	937	2425	
P. Eason 892	496	892	2281	
S. Poitner 881	518	881	2281	
198 lbs.				
T. Morris 859	485	1014	2358	
T. Yost 782	540	793	2116	
C. Eyre 804	407	892	2105	
220 lbs.				
S. Mathes 1102	683	1146	2932	
J. Simon 970	540	992	2502	
198 lbs.				

Powerlifting	SQ	BP	DL	TOT
WOMEN				
Open				
114 lbs.				
Shuttleworth 253	165	259	677	
148 lbs.				
Jovanovich 314	181	292	788	
165 lbs.				
J. Barrett 275	99	303	677	
Master				
123 lbs.				
C. Bissonette 126	77	237	440	
148 lbs.				
D. Duffy 165	154	286	606	
165 lbs.				
J. Johnson 154	88	248	490	
W. Albers 137	77	170	385	
MEN				
Teen				
148 lbs.				
M. Mangra 242	214	248	705	
165 lbs.				
T. Anderson 435	192	407	1036	
198 lbs.				
M. Neal	—	226	336	562
Open				
148 lbs.				
P. Wong 529	385	501	1416	
C. Early 303	—	325	628	
165 lbs.				
J. Johnson 540	347	479	1366	
W. Albers 474	347	463	1284	
B. Hanson 402	363	501	1267	
M. Sampson 341	242	402	986	
242 lbs.				
A. Wellborn 347				
J. Hanson 347				
D. Miller 402				
C. Nelson 402				
Merchlewitz 402				
J. Palen 319				
220 lbs.				
B. Frugala 429				
M. Edelstein 413				
E. Cain 363				
B. Hanson 363				
A. Wellborn 347				
198 lbs.				
M. Sampson 242				
N. Tylutki 485				
S. Born 341				
J. Krogman 485				
C. Moeckly 374				
275+ lbs.				
B. Madvig 810	573	688	2072	
K. Milnes 611	413	589	1614	
D. Weiman	—	187	325	512
(Thank you to USAPL for providing results)				



Karen Siemsson squatting 347 at the APF Gulf Coast States Meet. (Tom McCullough photograph)

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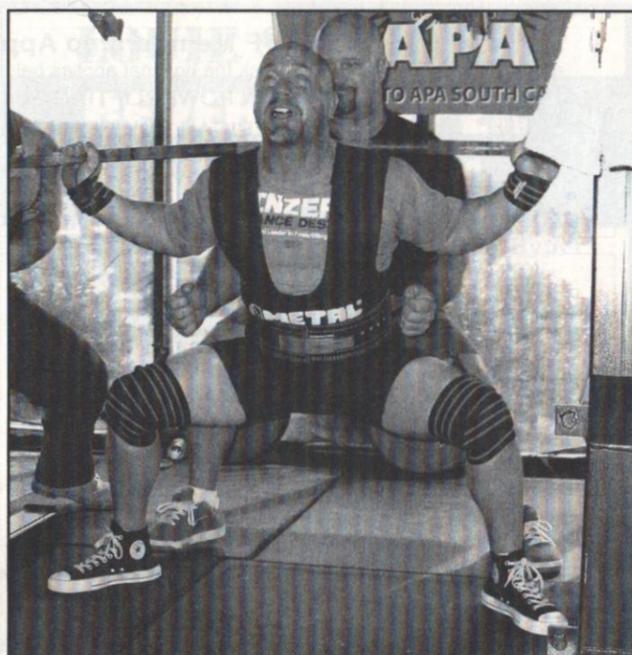
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APA S. Carolina Backyard Brawl
3 MAR 07 - Greenville, SC

BENCH Only	WOMEN	148 lbs.	Sub	S. Culbertson	175	MEN	220 lbs.	(45-49)	P. Horn	480	(45-49)	Powerlifting	SQ	BP	DL	TOT	
H. Wotring	576*	308 lbs.	Open	J. Todd	440	J. Mannion	470	Open	R. McGee	540	540	Open					
DEADLIFT Only																	
198 lbs.																	
118-119																	
155	195	260	621														
	4th-BP-206																
MEN																	
105 lbs.																	
(11-12)																	
M. Hubbs	160*	90	205	465													
	4th-DL-215																
114 lbs.																	
(13-15) Open																	
J. Shue	230	165	260	680													
	4th-SQ-240		BP-170!														
DL-270																	
123 lbs. R																	
(13-15)																	
M. Hrabar	135	100	220	445													
132 lbs. R																	
(11-12)																	
D. Smith	110	105	185	400													
(13-15)																	
C. Oakley	215!	105	175	495													
181 lbs. R																	
Open																	
J. Quick	300	260	405	965													
(13-15)																	
L. Power	205	135	245	585													
181 lbs.																	
(20-23)																	
C. Price	405	280	430	1135													
	4th-DL-450																
(65-69)																	
T. Walters	350*!	175	300	825*!													
198 lbs.																	
(20-23)																	
M. Landreth	540	355	520	1415													
M. Malone	330	160	370	860													
Sub																	
B. Barger	525	335	580	1440													
Open/Sub																	
B. Highnote	635	435	480	1550													
220 lbs.																	
Sub																	
T. Johnson	500	330	500	1550													
242 lbs.																	
(60-64)																	



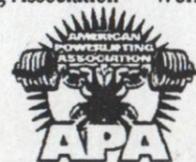
Brian Highnote was Best Lifter at the APA Backyard Brawl (Taillon)

J. Raines	550*!	370	580	1500	
275 lbs.					
Open					
Z. Darnell	625	400	520	1545	
Sub					
W. Lewis, Jr	570	425	620	1615	
308 lbs. R					
Sub					
C. Bryant	340	225	365	930	
UNL					
(16-17)					
B. Sutherland	—	335	545	880	

eral of his lifters to the platform and they did not disappoint. Justin Shue age 13, Michael Hrabar age 13, Dylan Smith age 12, and Lee "the Generator" Power age 13, along with coach Jeremy Quick, all lifted in the raw division with impressive lifting by all. Jeremy brought home the Best Lifter trophy in the Raw division with a 985 lbs. total in the 181 weight class. Moose Hubbs, son of bencher Eric Hubbs broke state, world and American records in the 105 (11-12) division. Lifting in the equipped division, he set a WR squat of 160, state record bench of 90 lbs., and a 4th attempt of 215 lbs. in the deadlift gave him another state record, with an impressive record total of 465 lbs. All this at a 105 lbs. bodyweight! Great lifting Moose. Cameron Price, another newcomer to the sport lifted in the 181 (20-23) division went 405-280-450-1135. All state records. Mr. Price has

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)		
<input type="checkbox"/> \$25 Adult Membership <input type="checkbox"/> \$15 High School Student				

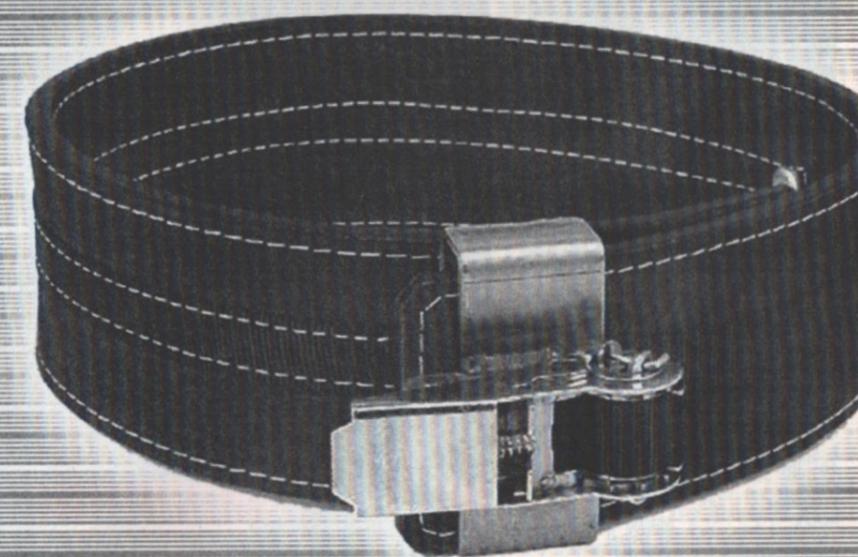
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already been interviewed by his local newspaper. Corey Oakley and his dad Chris Bryant came from Tennessee to lift. Corey, weighing in at 130.8, lifted in the raw (13-15) division and squatted a WR of 215 lbs. His dad Chris Bryant also lifted an impressive raw total of 930 lbs. Fortunately our monolift was able to accommodate Mr. Bryant's 6'4" frame. Tom Walters dieted down to the 181's and set an impressive world record squat of 350 lbs. He also set numerous American and state records in the (65-69) division. Once again two 198ers battled it out. Matt Malone trained by Matt Landreth set several PR's. Malone has so much more in him and gets stronger at every meet. Matt Landreth raised the bar setting state records in the squat, deadlift and total. Matt's deadlift form is flawless. Brian Barger and Brian Highnote went head to head in the 198 lb. submaster division. Highnote also lifted in the open division. Barger came all the way from Tennessee and Highnote made the long trip from Florida. Highnote took home the best lifter sword in the powerlifting equipped division. Barger lifted solidly with a 1440 pound total. Great job Brians! Come back in June and September for more! Tracy Johnson, also from TN was the lone entry in the Submaster 220's. He is a consistent lifter and set a solid total of 1550 lbs. James Raines lifting in the 242 (60-64) division set a new world record with a squat of 550. He attempted a new WR in the deadlift of 610 lbs. and had an amazing try. Next time that lift is yours, James. Zack Darnell lifted in the 275 lb. open and came all the way from NC to lift. Zack went 9 for 9 and had a great day. Willis Lewis, Jr., of Chip's Power Plant lifted in the 275 subs and also went 9 for 9. He did this without the help of that long lost duo Chip and AD. Where are you guys? Come back and visit or I will begin to take your absences personally. Harry Wotring of Chip's Power Plant also had a good day and took home the best lifter award in the bench press with a new WR of 576 lbs. in the 242 division. He managed accomplish this feat without the help of Chip and AD. Blake Sutherland lifted in the Push Pull (16-17) UNL division and put up a great bench of 335 lbs. and deadlift of 880 lbs. Great job Blake. (Next time I'll get your name put up for your bench attempts!) Two women lifted for the first time and set state records. Erin Cooke lifted in the 198 equipped division. She set a new state record with a bench press of 206 lbs. Shannon Culbertson lifting in the submaster 148 division set a new state bench record of 175 lbs., shattering the old record of 155 lbs. Shannon has yet to put weight on that bar. I hear she is gearing up for June and looking to bust 200+. Jermaine Todd benched an impressive 440 in the 308 division. Welcome back Phil Horn! It was great to see you at this meet. Phil set a new state record of 480 in the bench press at a bodyweight of 213. Come on Phil, put on some weight! Phil brought his fan club with him to cheer him on and as well as select his music. The deadlift only division had two very strong lifters. Ray McGee is a consistent lifter, who chose to just deadlift. He put up a 540 in the 242 open. Joseph Mannion lifting in the 198 (18-19) division set a new state record of 470. Thanks to Inzer Advanced Designs. Inzer provided knee wraps, wrist wraps and t-shirts. Thanks to PLUSA for the supply of magazines. Thanks to Coop's Gym for allowing us to hold our Backyard Brawl. Thanks to all that helped me out. My partners, Bart Kelley, the best MC ever! Bart Kelley, Head Judge and Mark Pritchard, judge, equipment and sound specialist. I still love all of you, but only one can be at the top of my ever changing list! Guess who? A special thanks to spotters Steve Moore, Chris Liles, and Carl Stanley. The three of you are life savers (literally). Also thanks to Troy Nash sitting for the first time in a judge's chair, Will Frady on computers and music, Aaron Cargus and Andy "Shrimp" for loading, Lou and Natalie Pritchard for all the great photos. Andy Painter, we all wish you a speedy recovery. You are in our thoughts and prayers. (Thanks to Kate Taillon for these results)

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- It's quick. The PR Belt can be tightened to exact seconds and released instantly with one simple movement.

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.

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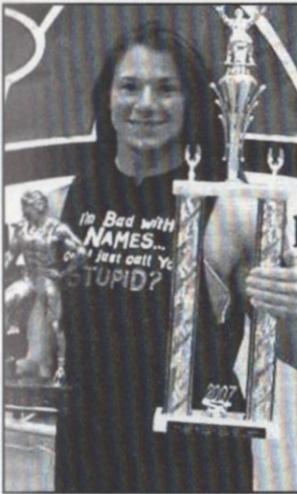
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Jaime Kocher benched 185 at the 100% Raw East Coast Bench Press (Photo courtesy from Paul Bossi)

100% Raw East Coast Champs
24 MAR 07 - Jacksonville, NC

BENCH		Submasters
114 lbs.	220 lbs.	T. McNeil 365
Open	Open	
J. Carscullen 125	C. Powell 370	
165 lbs.	Open	
Open	H. Brown 385	
J. Kocher 185	242 lbs.	
MALE	Masters (40-44)	
165 lbs.	S. Deuel 315	
Junior P/F/L	275 lbs.	
M. Binkley 340	Open	
Submasters	D. Owens 450	
M. Mason 310	365 lbs.	
181 lbs.	Open	
Open	H. Canada 480	
Submasters	CURL	
A. Bannerman 410	FEMALE	
198 lbs.	165 lbs.	
Open PFL	Open	
C. Stillely 255	J. Kocher 110	
Open	4th-120	

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100% RAW Powerlifting Federation
Membership Application

LAST NAME: _____ FIRST NAME: _____ INT. _____

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CITY / STATE / ZIP: _____

AREA CODE / TELEPHONE: _____ DATE OF BIRTH: _____

AGE: _____ SEX: _____ E-MAIL ADDRESS: _____

REGISTRATION FEE	MAKE CHECK PAYABLE TO: 100% RAW
\$25 - ADULTS	139 MARLAS WAY, CAMDEN, NC 27921
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	One Year From The Date of Application.

LIFTERS SIGNATURE: _____ PARENTS SIGNATURE IF UNDER 18 YRS. OLD _____

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

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

www.RAWPOWERLIFTING.com

USAPL Glen Mills Invitational 4 MAR 07 - Concordville, PA				
	SQ	BP	DL	TOT
Frosh/Soph	250	165	315	730
W. Jones 123 lbs.				
Frosh/Soph	375	175	400	950
A. Rivers	325	215	365	905
S. Edwards	350	210	385	945
K. Miller	380	220	505	1105
D. Edwards	385	200	465	1050
D. Bruce	385	200	465	1050
148 lbs.				
Junior/Senior	385	275	455	1115
Gairconature	425	265	420	1110
Schendimen	430	240	440	1110
T. Williams	375	250	465	1090
S. Durant	465	265	475	1205
D. Edwards	500	275	500	1275
R. Wood	435	245	445	1125
A. Clea	400	335	410	1145
T. Kunkel	550	265	610	1425
R. West	420	275	535	1330
R. Black	455	275	535	1265
J. Younger	585	305	525	1415
B. Smothers	525	275	570	1370
M. Gibson	500	350	540	1390
R. Reeves	585	310	475	1370
C. Williams	550	315	475	1340
A. Ingram	475	315	545	1335
J. Torres	440	300	440	1180
D. Snyder	575	315	530	1420
T. Johnson	550	315	530	1395
J. Roberts	500	350	540	1390
Z. Collins	550	300	525	1375
A. Lindsey	625	310	540	1475
A. Lepri	575	315	535	1425
P. Finley				
SHW				
Junior/Senior	600	385	600	1585
M. Gooden	Coordinator: Sean Cosgrove, Venue: Glen Mills School. (Thanks to USAPL for results)			

SLP Tennessee State Fair
9 SEP 06 - Nashville, TN

BENCH	242 lbs.	K. Johnson	530
MALE	275 lbs.	C. James	440*
Wheel Chair	148 lbs.	Open	
123 lbs.	181 lbs.	Patton-Gooch	290*
H. Logsdon 205*	181 lbs.	(Raw)	
Novice	400	S. Sergeant	400
J. Bridges 170*	220 lbs.	(Raw)	
165 lbs.	370*	P. Hardy	370*
R. Farnsworth 280	220 lbs.	4th-385*	
181 lbs.	640	4th-680	
J. Scott 370*	275 lbs.	H. Timbs	700
4th-390*	700	C. James	440
220 lbs.	500	(Raw)	
S. Baker 405	560	N. Ball	500
308 lbs.	560	SHW	
J. Dedmon 450*	560	A. Ervin	560
Teen (13-15)	DEADLIFT	(Raw)	
105 lbs.	MALE	Novice	
C. Pearson 100*	Novice	165 lbs.	
198 lbs.	165 lbs.	R. Farnsworth 365*	
T. Scott 195	220 lbs.	(Raw)	
242 lbs.	500*	S. Baker	500*
J. Scott 125*	308 lbs.	J. Dedmon	575*
Junior	575*	4th-600*	
181 lbs.	Teen (13-15)	198 lbs.	
T. Burke 285	T. Scott	305	
220 lbs.	242 lbs.		
D. Bowman 450*	J. Scott	215*	
(Raw)	4th-220*		
D. Clark 325*	Teen (18-19)		
275 lbs.	181 lbs.		
D. Geyer 400*	J. Dulaney	525*	
Submaster	4th-550*		
220 lbs.	220 lbs.		
(Raw)	4th-560*		
G. Power 400*	Master (40-44)		
Master (40-44)	242 lbs.		
181 lbs.	M. Akins	510	
J. Brown 405	Master (50-54)	242 lbs.	
4th-415	242 lbs.		
275 lbs.	E. Akins	500	
B. Gardner 520*	Master (55-59)	275 lbs.	
4th-540*	J. Robinson	535*	
Master (45-49)	Master (60-64)		
165 lbs.	165 lbs.		
C. Smith 385*	Open		
242 lbs.	148 lbs.		
S. Brown 405*	Patton-Gooch	350	
Master (50-54)	181 lbs.		
181 lbs.	S. Sergeant	475	
P. Hardy 370*	SHW		
4th-385*	A. Ervin	685	
Master (60-64)	4th-710*		
165 lbs.	Two Man		
L. Greer 205*	242 lbs.		
220 lbs.	E./M. Akins	800*	
A. Buck 255			
Master (65-69)			
220 lbs.			
C. Green 310*			
Police/Fire			
Master (40-44)			
198 lbs.			
T. Bowman 415*			
Police/Fire			
198 lbs.			
T. Bowman 415*			

*=Son Light Power Tennessee State Records. Best Lifter Bench: Harley Timbs. Best Lifter Deadlift: Anthony Ervin. The Son Light Power Tennessee State Fair Bench Press/Deadlift Championship was held at the fairgrounds. Thanks once again to the special events crew for promoting and setting up this event. In the bench press competition returning state champion Heath Logsdon won at wheel chair 123 with a new state record of 205. In the novice division it was Justin Bridges with a new state record at 148 with 170 while Randy Farnsworth took the title at 165 with 285. Jamie Scott broke the record at 181 with 390 while Shane Baker took the crown at 220 with 405, followed by Jason Dedmon's big 450 at 308. Cody Pearson set the state record at 13-15/105 with 100 while Jordan Scott did the same at 242 with 125. Brother Tyler Scott took the 198's with 195. For the junior division Tim Burke won at 181 with 285 while Dayne Geyer got a new pr, and Tennessee state record at 275 with his first official 400 bench! Derek Bowman won at 220 with a great 450 state record final attempt. Setting a new raw state record at 220 was Dave Clark. Dave finished with 325. Another state raw record was set by

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Glen Powers, who set the record for the submaster 220 class with 400. Moving to the master men's division, it was Jack Brown at 40-44/181 with 415 while Brian Gardner took the 275 class with a new state record of 520. A fourth with 540 was also good. Charles Smith upped his own state record for the 45-49/165 class by five pounds to 385. Steve Brown got his state record at 45-49/ 242 with his 405 opener. Philip Hardy, lifting "raw" as always, broke the state record at 50-54/ 181 with 385. Larry Greer broke the state record at 60-64/165 with 205 while Allen Buck got a great 255 at 220. Our final master lifter was 65-69/220 champion, Chuck Green. Chuck Green broke the state record at 310 state record. Todd Bowman broke the existing records in the police & fire, and master's 40-44/198 classes with a personal best 415. Keith Johnson, state record holder at p&f/242, won there with 530. Chris James set the state record at 275 with 440. In the open division Eddie Patton-Gooch set the raw state record at 148 with 290. At 181 it was Scott Sergeant with 400 while Philip Hardy broke the state record at 181 raw with 385. Dewayne Nealy got a big 640 at 220, followed by a great 680 fourth for the win there. Best lifter Harley Timbs, who recently won the 2006 Mr. Tennessee Bodybuilding title, finished with 700 at 275. Second place at 275 went to Chris James with 440 while Nick Ball picked up the raw 275 title with 500. Our final bench was "Sissy" Anthony Ervin, who finished with 560 at shw. In the deadlift event Randy Farnsworth won his second title at novice 165 with a new state record of 365. Also in the novice division was 220 winner Shane Baker (500) and Jason Dedmon at 308, who finished with a 600 personal best. Both also set new state records for their respective classes. Two grandsons of legendary Paul Wrenn, Tyler and Jordan Scott, dominated the 13-15 age division. At 198 Tyler pulled a personal best 305 for the win while brother Jordan set the state record at 242 with his pr 220 fourth attempt. Other teenagers were 18-19 winners James Dulaney (550 at 181) and Doug Daniel (560 at 220), who both set new state records for their classes. Here are two great pullers, who train at home and who just started competing within the past year! Some great potential here! Marty Akins won at 40-44/242 with a personal best 510 while brother Eddie Akins captured the title at 50-54/242, tying his own state record with 500. John Robinson broke the existing state record at 55-59/275 with 535 while 60-64 age winner Larry Greer did the same at 165 with a personal best 385. For the open division Eddie Patton-Gooch won at 148 with an easy 350 while Scott Sergeant won again at 181 with 475. Our final puller was "Sissy" Anthony Ervin, who we can't call a sissy any more. Taking 685 on his final attempt, Anthony promised me a 710 state record on a fourth, which he did with solid form! Best lifter! Great job, you big sissy! Our two man team of brothers Eddie and Marty Akins set the state record for the open 242 class with their 800 opener, after missing a second attempt with 1000. Thanks to my son Joey for doing another great job loading and spotting, and to Larry Greer, Philip Hardy and others who helped out. Thanks also to Lorrie Akins for serving as our trophy girl. We had a great turnout this year and a great meet. See you all again next year! (Thanks to Dr. Darrell Latch for results)

USAPL West Coast High School
27 JAN 07 - Holmen, WI

Powerlifting	SQ	BP	DL	TOT
FEMALE				
105 lbs.				
Youth				
M. VanDuse	195	70	235	500
142 lbs.				
Sophomore				
S. white	215	110	240	565
198 lbs.				
Senior				
C. Peters	420	260	440	1120
(Thanks to USAPL for providing results)				

USAPL Virginia Open
3 FEB 07 - Stanardsville, VA

BENCH	J. Donnelly	440			
MALE	(55-59)				
Raw (18-19)	R. Beuch	405			
J. Peebles	Open/(45-49)	300			
220 lbs.	J. Sheckler	365			
Open	275 lbs.				
M. Jones	Raw (60-64)	440			
Raw (45-49)	W. Morris	305			
J. Shifflett	DEADLIFT	320			
242 lbs.	MALE				
Raw (40-44)	220 lbs.				
J. Donnelly	(45-49)	365			
(40-44)	D. Currence	620			
Ironman	BP DL TOT				
MALE					
220 lbs.					
Open					
M. Jones	440 585 1025				
Powerlifting	SQ				
FEMALE					
165 lbs.					
Open					
J. Scanlon	435 320 440 1195				
MALE					
148 lbs.					
(16-17)					
L. Clifton	300 170 300 770				
165 lbs.					
(14-15)					
C. Green	300 185 390 875				
(16-17)					
J. Robinson	250 135 315 700				
(18-19)					
L. Hisqman	450 355 475 1280				
Raw (18-19)					
J. Peebles	365 300 505 1230				
(65-69)					
E. Hudson	135 115 220 470				
Raw					
Open					
R. Howell	400 315 450 1175				
198 lbs.					
Raw (18-19)					
D. Payne	225 265 435 925				
(40-44)					
J. Listopad	375 245 385 1005				
220 lbs.					
Raw (14-15)					
E. Norman	290 145 315 750				
(40-44)					
T. Wilson	405 225 550 1180				
Open					
M. Jones	660 440 585 1685				
242 lbs.					
Open					
W. McComes	635 500 660 1795				
D. Ratcliffe	450 380 515 1345				
Raw Open					
C. Amstone	495 360 495 1350				



David Ratcliffe putting 515 at the USAPL Virginia Open (photo is courtesy of Angela Williams)

275 lbs. (45-49) R. Brose 550 340 550 1440 Super (16-17) J. Caridad 440 310 475 1225 (Thanks to John Shifflett for these results)

19th Elkhart Bench Classic
1 DEC 06 - Steve's Gym

BENCH	Natural				
MALE	198 lbs.				
Master	K. Miller	285			
220 lbs.	242 lbs.				
A. Reed	E. Tener	475			
Master (65+)	275 lbs.				
220 lbs.	R. Moore	425			
T. Andrews	308 lbs.				
4th-275	A. Bontrager	500			
Best lifter: Eric Tener. Venue: Steve's Gym. Special thanks to: Jon G. Smoker, Mike Wider, Rich Salvagni, The Reed Bros. and Steve Jarausch. Sometimes the smallest meets are the fun: nobody has to wait around for hours and that's a situation that's normally conducive to some good lifting, and the 19th edition of the Elkhart Bench Press Classic was no exception. 68 year old Tim Andrews was an inspiration to everyone, going 3 for 3 and then getting a fourth attempt with 275, while still looking like he still had a little gas in his					

tank. Three lifters out of the remaining five got pr's, including Adam Bontrager who got his first quarter ton, and Eric Tener who copped best lifter with an excellent 475 at 238 lbs. It was especially fun to watch Randy Miller, who's been coming to my meets for quite some time and just never quite getting it together, finally have all the pieces fall together and hit not one, but two PR's, finishing with a good 425. I know it's a day he'll always remember and it's just very rewarding to be the promoter of the meet in which it happened. It makes it all worthwhile. (results from Jon Smoker)

USAPL Police Fire Nationals
3 DEC 06 - Denver, CO

Powerlifting	SQ	BP	DL	TOT	
MALE					
165 lbs.					
Master III	A. Olson	231	297	303	832
Open	C. Moore	—	275	—	—
181 lbs.	Master I				
F. Agos	380	314	457	1151	
Open	R. Guerrero	474	—	501	—
220 lbs.	Master IV				
S. Mingus	451	385	474	1311	
Open	B. Radulovich	661	418	633	1714
R. Jacobson	—	391	—	—	—
242 lbs.	Master I				
T. Knight	—	418	—	—	—
Teen III	J. Briggs	—	231	479	—
Open	J. Anderson	606	374	622	1603
Open	P. Wick	—	336	—	—
A. Rich	—	314	—	—	—
275+ lbs.	Open				
M. Windom	—	529	—	—	—
(Thank you to USAPL for providing results)					

SCIG Fall Explosion
18 NOV 06 - Graterford, PA

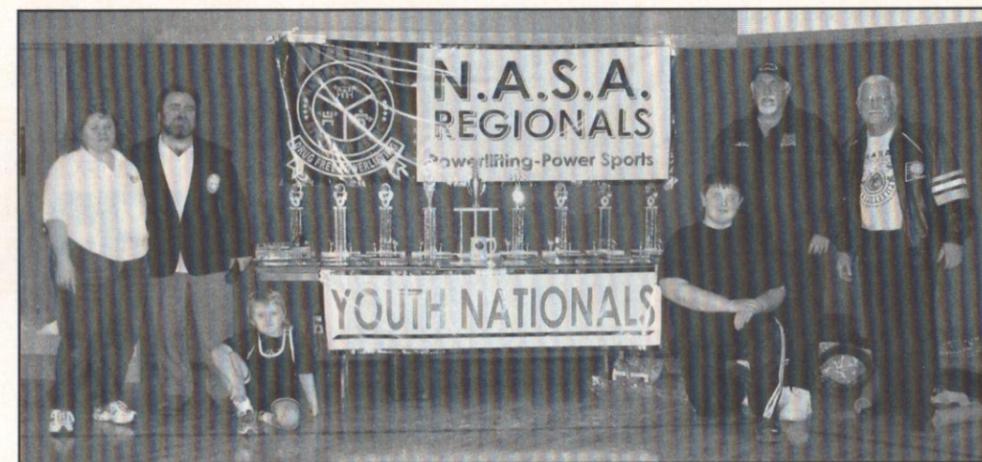
Powerlifting	SQ	BP	DL	TOT	
MALE					
123 lbs.	Morningwake	315	200	340	855
148 lbs.	M. Revels	470	350	500	1320
Open	M. Reinhart	365	275	385	1025
Jones	315	205	385	905	

165 lbs.	Hamilton	375	315	325	1015
181 lbs.	Wilkes	405	335	500	1240
A. Wheeler	400	260	430	1090	
Fleming	375	250	425	1050	
Crawford	475	290	225	990	
198 lbs.	J. Epps	400	320	475	1195
220 lbs.	Black	600	340	580	1520
Cartair	525	365	600	1490	
A. Perry	550	365	550	1465	
Thomas	375	325	450	1150	
242 lbs.	N. Glover	760	505	710	1975
C. Perry	675	425	625	1725	
J. Harris	700	365	625	1690	
319 lbs.	K. Young	250	350	400	1000
319+ lbs.	M. Mayer	560	450	450	1460
Graterford Records: M. Revels and M. Mayer, in the bench. The Activities department held the SCIG Powerlifting meet in the auditorium. We would like to extend our thanks to all men whose efforts to make the SCIG Fall Explosion a successful event.					

USAPL Colorado State
2-3 DEC 06 - Denver, CO

BENCH	Master V				
MALE	Bwiszkowski	286			
165 lbs.	D. Determann	275			
Master II	242 lbs.				
Master I	S. Biery	435			
Master V	D. Bultman	165			
D. Bultman	165				
181 lbs.	Master II				
Open	R. Geller	512			
Narolskyy	529				
198 lbs.	Master V				
Open	G. Duggan	424			
Master I	Open				
R. Roberto	M. Windom	529			
Powerlifting	SQ	BP	DL	TOT	
FEMALE					
105 lbs.	Guest				
Shuttleworth	226	181	259	666	
114 lbs.	Teen III				
E. McNeil	165	93	226	485	
148 lbs.	Master II				
B. Waizel	203	126	253	584	
MALE	114 lbs.				
Teen III	K. Dararutana	148	104	181	435

Junior	D. Marzo	226	126	325	677
123 lbs.	Teen II				
J. Rein	336	187	352	876	
132 lbs.	Teen II				
L. Pruneda	347	165	396	909	
Junior	C. Tay	275	154	341	771
148 lbs.	Teen I				
M. Carter	281	170	314	766	
Teen II	V. Scavozzo	347	220	358	925
A. Wax	292	176	297	766	
Teen III	V. Mercado	286	226	385	898
Open	J. Neal	363	292	407	1063
J. Rein	358	220	418	997	
Master II	B. Montefolka	380	479	—	—
165 lbs.	Teen I				
J. Barry	264	143	297	705	
Teen II	Z. Beikmann	347	248	369	964
K. Dinkel	281	192	352	826	
D. Weisinger	259	143	286	688	
Teen III	N. Meyer	303	275	451	1030
Junior	T. Acosta	485	237	578	1300
Master II	M. Sigala	501	325	578	1405
Master V	B. Beamer	402	308	446	1157
Open	D. Trier	429	319	451	1201
181 lbs.	Teen II				
J. Polukovic	451	248	474	1173	
A. Cross	374	248	407	1030	
J. Posey	347	181	363	892	
S. Devlyn	325	187	226	738	
Teen III	J. Lippert	314	253	363	931
Junior	B. Belkman	611	330	551	1493
G. Gavran	479	297	457	1234	
Master I	F. Agos	380	314	457	1151
198 lbs.	Teen I				
J. Heule	220	154	264	639	
Teen III	M. Johnson	496	325	468	1289
Master III	S. Harms	463	347	407	1218
R. Keele	429	242	468	1140	
Master V	D. Determann	253	275	429	959
Open	C. Bell	600	407	496	1504
J. Hanson	314	181	380	876	
220 lbs.	Junior				
B. Cassidy	595	418	617	1631	
Hainsfurther	551	424	507	1482	
Master II	A. Pares	496	297	485	1278
Open	C. Rainbolt	451	341	540	1333
R. Zink	429	297	446	1173	
N. Sawruk	407	308	418	1135	
242 lbs.	Junior				
B. Loggins	573	429	529	1532	
R. Chagolla	—	374	551	—	
Master I	S. Biery	507	435	457	1399
Master II	P. Pares	451	319	540	1311
Open	M. Skelton	457	451	529	1438
275 lbs.	Junior				
R. Pratt	402	303	501	1207	
Master II	R. Geller	600	512	451	1565
Open	Tuchschere	573	573	617	1763
Silbernagel	650	496	589	1736	
S. Wajohn	474	330	622	1427	
Guest	K. Stewart	810	540	650	1999
275+ lbs.	Teen III				
B. Sumner	600	446	556	1603	
(Thanks to USAPL for providing the results)					



At the NASA Indiana Youth Nationals ... from left to right, Wendy Hou-Seye, Job Hou-Seye, Best Youth Lifter Samson Hou-Seye (7), 2nd highest Youth Coefficient Lifter John "Bear" Belue (12), Bo Casto, and Gary Gully. (this photograph was provided to Powerlifting USA through the courtesy of Job Hou-Seye)

NASA Indiana State/Youth Nats
24 FEB 07 - Kokomo, IN

BENCH	Master I				
MALE	M. Hinders	425			
165 lbs.	4th-435*				
Master II Raw	Master V				
R. Brantley	220	M. Hinders	425		
181 lbs.	4th-435				
Open Raw	PS CURL				
C. Wheeler	305	198 lbs.			
Master II Raw	Master III				
M. McCarthy	245	D. Granson	125		
L. Donahue	240	PS DEADLIFT			
Novice	D. Whitley	200			
220 lbs.	198 lbs.				
Master II	Master III				
S. Miscoi	260	C. Sanders	430		
220 lbs.	181 lbs.				
Teen	B. Stout	275			
BP DL TOT					
Push Pull					
MALE					
198+ lbs.					
Open	G. Doran	100	170	270	
Power Sports CR	BP DL TOT				
Youth					
65 lbs.	S. Hou-Seye	25	40	60	125
275 lbs.	J. Belue	60	90	200	350
Adult	242 lbs.				
Master III	B. Donovan	105	230	460	795
220 lbs.	Master II				
K. Roach	90	265	135	490	
Powerlifting	SQ	BP	DL	TOT	
MALE					
275 lbs.	Open Raw				
M. Babb	540	375	505	1420	
181 lbs.	Master I				

R. Sears 350 225 345 920 242 lbs. Teen P. Hagmaier 350 235 435* 1020 181 lbs. Master II Raw L. Donahue 295 240! 325 860 !=AR. =SR. Meet Directors: Job & Wendy Hou-seye. Badger-Hoosier Samson Hou-Seye returned to his Birth State of Indiana, last weekend, for the 2007 Youth Nationals Meet. The Meet was held at The Kokomo Sports Center, and sanctioned by the Natural Athlete Strength Association (N.A.S.A.) NASA tests its athletes for the presence of Steroids and Psychomotor Stimulants. There was a large turnout for the meet, with spectators outnumbering lifters by almost 3 to 1. Hou-Seye, 7, took first place in the 66 lbs. Youth (5-12) division, with a 25 lbs. strict curl, a 40 lbs. bench press, and a 60 lbs. deadlift, which combined for a 125 lbs. total. Samson was successful on 5 out of 7 attempts, and competed at a bodyweight of 65 lbs. None of the lifts were Personal Bests, but Hou-Seye's total was enough to earn him the distinction of Best Lifter at the Youth Nationals, when he edged out 12 year old, 273 lbs., John "Bear" Belue from West Virginia, by beating him on bodyweight coefficient. "He almost didn't win Best Lifter," said coach and father Job Hou-Seye, "because he was tired, and I allowed him to forfeit his second and third deadlift attempts, because we thought he had best lifter all sewn up." However, NASA's Coefficient System favors heavier lifters. Samson's total, after being divided by his bodyweight, was finally multiplied by 0.9 (point nine), whereas Belue's total, after being divided by his bodyweight, was finally multiplied by 1.3346. Hou-Seye beat Belue by a coefficient of 1.731 to 1.711, or by only 20 thousandths of a point.

A big thanks goes out to Aubrey Maddox, NASA's Indiana State Records Chairperson, for all of her local efforts in helping to set up the event. Andy Hughes and the other three spotter loaders were phenomenal, with no injuries at the event, despite several missed attempts. Finally, many thanks as well to Bo Casto of West Virginia, Gary Gully of Kokomo, and Wendy Hou-Seye of Wisconsin, for Refereeing all day long. (Thanks to Job Hou-Seye for results)

USAPL Idaho State
18 NOV 06 - ??, ID

NASA Power Sports Nationals
24 MAR 07 - Russellville, AR

BENCH Raw		242 lbs.		Submaster Pure		341	
FEMALE		132 lbs.		D. Martin		297	
Master I		R. Meyer		275 lbs.		286	
R. Hedrick 117		Master II		J. Baldwin		286	
165 lbs.		Master V		J. Baldwin		286	
Master III 93		308 lbs.		Master I		440	
MALE		165 lbs.		C. Sparrison		440	
High School		181 lbs.		PS CURL		60	
C. Freeman 226		181 lbs.		FEMALE		145	
Master II		165 lbs.		Master II		159	
L. Donahue 250		198 lbs.		G. McGuire		145	
198 lbs.		Master III		198 lbs.		126	
Submaster II		J. Petary		Master II		159	
J. McDougal 424		4th-435		R. Mace		126	
198 lbs.		Master III		J. Keiser		126	
Submaster II		G. McGuire		242 lbs.		402	
J. Keiser 270		198 lbs.		Master Pure		402	
242 lbs.		Master II		R. Meyer		402	
D. Martin 402		198 lbs.		275 lbs.		402	
Pure		Master II		J. Baldwin		143	
D. Martin 402		R. Mace		143 lbs.		143	
308 lbs.		J. Keiser		Master I		228	
Open		242 lbs.		C. Sparrison		192	
C. Causin 507		198 lbs.		Open		228	
Master I		Master V		C. Sparrison		192	
S. Keiser 413		J. Baldwin		Police/Fire		192	
Police/Fire		308 lbs.		PS DEADLIFT		297	
S. Keiser 413		Master I		MALE		165 lbs.	
PS BENCH		C. Sparrison		165 lbs.		165 lbs.	
MALE		Open		132 lbs.		132 lbs.	
165 lbs.		C. Sparrison		Master Pure		117	
Master III 217		Police/Fire		R. Hedrick		239	
220 lbs.		S. Keiser		66 lbs.		357	
Submaster II		192		YOUTH		44	
J. Hou-Sey 297		165 lbs.		S. Hou-Sey		71	
165 lbs.		44		71		115	



All Time NASA Record Strict Curl by Chris Sparrison of Texas who did 228.17 lbs. at the Power Sports Nationals. (photograph provided by NASA's Rich Peters)

B. Watts 341		198 lbs.		341	
Master III		R. Mace		402	
G. McGuire 341		BP		DL	
181 lbs.		TOT		TOT	
Master III		117		239	
Push Pull		357		357	
FEMALE		66 lbs.		44	
132 lbs.		71		115	
C. Sparrison		117		239	
Police/Fire		357		357	
R. Hedrick		117		239	
66 lbs.		357		357	
YOUTH		44		71	
S. Hou-Sey		44		71	
44		71		115	

148 lbs.	J. Phillips	275	352	628
Junior	B. Curtis	275	352	628
242 lbs.	Open	402	705	1107
J. Smith	275 lbs.	303	523	826
J. David	303	523	826	826
Novice	D. Shirley	137	259	418
137	K. Snell	93	264	407
264	R. Rhodes	121	242	352
716	Open	181	374	534
1091	J. Smith	126	248	440
815	D. Pittman	126	248	440
815	Submaster I	170	424	600
1196	D. Pittman	170	424	600
1196	198 lbs.	424	600	1196
4th-BP-435	DL-611			

132	275	463	870
T. Hedrick	132	275	463
Open	159	292	523
J. Phillips	159	292	523
4th-DL-534	143	292	440
876	143	292	440
876	143	292	440
876	143	292	440
876	143	292	440
876	143	292	440
876	143	292	440

165 lbs.	G. McGuire	237	217	341	795
Master III	237	217	341	795	795
G. McGuire	237	217	341	795	795
181 lbs.	High School	314	170	424	909
J. Sapone	314	170	424	909	909
L. Johnson	231	154	363	749	749
231	154	363	749	749	749
363	749				
749	314	170	424	909	909
909	314	170	424	909	909
909	314	170	424	909	909
909	314	170	424	909	909
909	314	170	424	909	909

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Master III	237	217	341	795	795
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181 lbs.	High School	314	170	424	909
J. Sapone	314	170	424	909	909
L. Johnson	231	154	363	749	749
231	154	363	749	749	749
363	749				
749	314	170	424	909	909
909	314	170	424	909	909
909	314	170	424	909	909
909	314	170	424	909	909
909	314	170	424	909	909

165 lbs.	237	217	341	795	
Master III	237	217	341	795	
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181 lbs.	High School	314	170	424	909
J. Sapone	314	170	424	909	909
L. Johnson	231	154	363	749	749
231	154	363	749	749	749
363	749				
749	314	170	424	909	909
909	314	170	424	909	909
909	314	170	424	909	909
909	314	170	424	909	909
909	314	170	424	909	909

132	275	463	870
T. Hedrick	132	275	463
Open	159	292	523
J. Phillips	159	292	523
4th-DL-534	143	292	440
876	143	292	440
876	143	292	440
876	143	292	440
876	143	292	440
876	143	292	440
876	143	292	440

165 lbs.	237	217	341	795	
Master III	237	217	341	795	
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363	749				
749	314	170	424	909	909
909	314	170	424	909	909
909	314	170	424	909	909
909	314	170	424	909	909
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363	749				
749	314	170	424	909	909
909	314	170	424	909	909
909	314	170	424	909	909
909	314	170	424	909	909
909	314	170	424	909	909

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J. Sapone	314	170	424	909	909
L. Johnson	231	154	363	749	749
231	154	363	749	749	749
363	749				
749	314	170	424	909	909
909	314	170	424	909	909
909	314	170	424	909	909
909	314	170	424	909	909
909	314	170	424	909	909

132	275	463	870
T. Hedrick	132	275	463
Open	159	292	523
J. Phillips	159	292	523
4th-DL-534	143	292	440
876	143	292	440
876	143	292	440
876	143	292	440
876	143	292	440
876	143	292	440
876	143	292	440

405	4th-205	220 lbs.	355*
J. Kistler	405	T. Wooten	355*
4th-415	405	Junior	198 lbs.
M. Adams	405	A. Hauss	440
(Raw)	365	220 lbs.	440
B. Bean	365	Z. Whalen	535
S. Sizemore	365	Loudenslager	530
242 lbs.	520	242 lbs.	535
R. Jones	520	D. Sledge	680*
S. Frazier	295	Submaster	220 lbs.
275 lbs.	500	(Raw)	220 lbs.
J. Trusty	500	A. Spurling	520
J. Maxwell	—	275 lbs.	520
(Raw)	425	C. Breedon	450
A. Hibbard	425	Master (40-44)	220 lbs.
308 lbs.	495	J. Pfeiffer	325
M. Meadows	495	275 lbs.	325
DEADLIFT	170	S. Vickery	675
FEMALE	170	E. Turner	650
Teen (13-15)	424	Master (65-69)	242 lbs.
148 lbs.	424	242 lbs.	485*
A. Streaker	280*	T. Hall	485*
Junior	275*	Police/Fire	308 lbs.
132 lbs.	275*	Master (40-44)	308 lbs.
J. Forgatsch	275*	P. Newton	480*
148 lbs.	275*	4th-500*	480*
H. Hammons	285*	Open	

USAPL Fife Power Holiday Classic
16 DEC 06 - Tacoma, WA

Powerlifting table with columns for weight class (e.g., 114 lbs, 123 lbs), gender (FEMALE), and performance metrics (SQ, BP, DL, TOT). Includes results for male and female lifters across various age groups and weight classes.

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USPF Works Powerlifting Contest
17 MAR 07 - New Martinsville, WV

Powerlifting results table for the USPF Works contest. Columns include weight class (e.g., 165 lbs, 181 lbs), gender (MALE, FEMALE), and performance metrics (SQ, BP, DL, TOT). Includes results for male and female lifters.

Pound for Pound Champion: Ken Gack. (Thanks to USAPL for providing results)



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

Registration form with sections for personal information (Last Name, First Name, Initial, Renewal, Current Card #), address (Street Address, City, State, Zip, Area Code/Telephone), and classification (Current USPF Classification, Referee Status, Current High School, Special Olympian, Inmate).

Registration Fee \$25.00
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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.

Signature _____
If Under 18 have Parent Initial _____

USAPL Louisiana State
20 JAN 07 - Baton Rouge, LA

Powerlifting results table for the USAPL Louisiana State contest. Columns include weight class (e.g., 220 lbs, 242 lbs), gender (MALE, FEMALE), and performance metrics (SQ, BP, DL, TOT). Includes results for male and female lifters.

USAPL Navy Open
24 FEB 07 - Annapolis, MD

Powerlifting results table for the USAPL Navy Open contest. Columns include weight class (e.g., 198 lbs, 242 lbs), gender (MEN, WOMEN), and performance metrics (SQ, BP, DL, TOT). Includes results for male and female lifters.

Powerlifting results table for the American Powerlifting Committee (APC) championships. Columns include weight class (e.g., 165 lbs, 181 lbs), gender (MALE, FEMALE), and performance metrics (SQ, BP, DL, TOT). Includes results for male and female lifters.

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APC Open Championships 25 FEB 07 - Fresno, CA results table. Columns include weight class (e.g., 165 lbs, 181 lbs), gender (MALE, FEMALE), and performance metrics (SQ, BP, DL, TOT). Includes results for male and female lifters.

American Powerlifting Committee (APC)
www.americanpowerliftingcommittee.com
P O Box 40
Bogart, Ga. 30622

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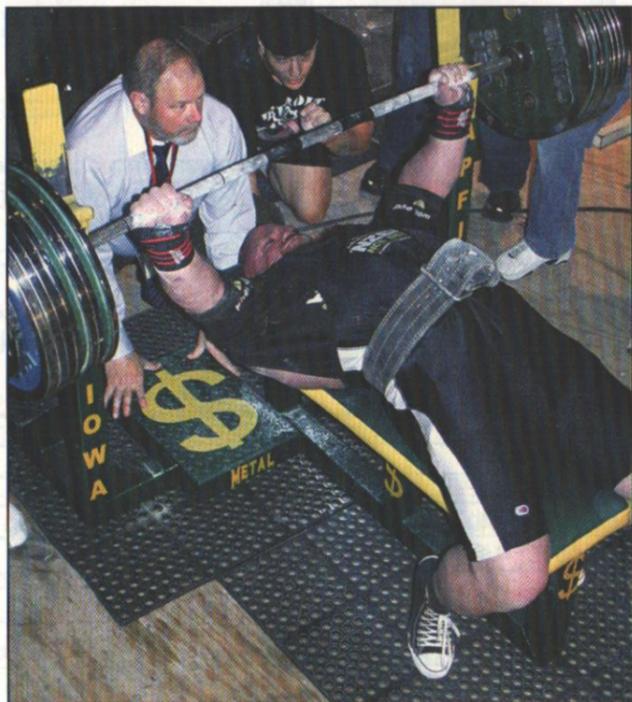
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APF Iowa Bench Bash for Cash

22 JAN 07 - Dubuque, IA

Pro BENCH	BP1	BP2	BP3	Best
Heavyweight				
T. Webster	644	705	705	705
K. Parrish	622	661	700	661
R. Vick	826	887	887	826
R. Briggs	749	782	782	749
A. Acome	722	744	760	760
J. Zemmin	804	843	865	843
B. Carpenter	749	749	749	0
T. Meeker	870	881	0	0
T. Harrison	744	815	826	0
J. Eddy	700	749	804	0
Brandenburg	755	755	804	0
Lightweight				
R. Hillyard	363	385	402	402
J. Cravatta	622	666	705	622
T. Runde	600	600	650	600
C. Smith	705	733	733	705
B. Heck	622	644	666	666
J. Kellum	733	733	733	733
J. McVicar	639	672	705	705
S. Frankl	749	749	749	749
R. Luyando	815	832	832	832
M. Strom	540	540	562	0
A. Mickelson	600	622	622	0
APF BENCH WOMEN				
114 lbs.				
Open				
T. Putschio	187	209	209	187
123 lbs.				
High School				
A. Quatrochi	115	121	132	121
148 lbs.				
Master I				
D. Dammanga	192	203	214	203
165 lbs.				
Open				
S. Hartnett	237	253	253	253
181 lbs.				
Open				
K. Yaneff	137	154	176	176
UNL				
Junior				
M. Dudley	374	391	402	402
MEN				
148 lbs.				
Junior				
D. Leibfried	325	336	352	336
165 lbs.				
Junior				
J. Boyd	336	347	350	347
W. Chesling	385	402	402	402
Submaster				
S. Rieger	341	341	380	341
181 lbs.				
High School				
J. Kotz	253	253	264	0
Junior C2				
E. Stone	352	402	418	418
Master I				
G. Reichert	330	352	402	352
J. Sorrell	402	424	424	402
Open				
N. Farley	352	374	374	374
Open C1				
E. Stone	352	402	418	418
198 lbs.				
High School				
K. Johnson	242	253	264	253
Master I				



John Zemmin won the Heavyweight Division at the Pro Bench Bash for Cash in Dubuque, IA (GNL Productions photo, via Eric Stone)

L. Mateer	639	705	705	705
C. Kadrluk	551	573	573	0
Submaster				
M. Grimm	463	485	501	463
S. Nutter	529	551	573	551

C=Division Crossover. Best Lifter Female: Machia Dudley. Best Lifter Best Light-weight (up to 100): Shane Judd. Best Lifter Heavyweight: Jeff Leach. (Thanks to Eric Stone, APF Illinois State Chair, for results)

Battle in Beaverdam

18 NOV 06 - Beaverdam, VA

BENCH				
275 lbs.				
MALE				
220 lbs.	Master (46-49)			
Master (56-60)	D. Burruss 504			
J. Sams	287 SHW			
WOMEN				
148 lbs.				
Open				
R. Wilmouth 487				

There was a bench meet held in the training room of the Extreme. The intense training for the last six months had them looking for a meet in our location, but nothing was available, or work schedules interfered. Instead of waiting for a spring meet we decided to put something together, in just a short week! With a few phone calls we had spotters, judges, lights, and trophies. Weigh in took place at 1:00 PM Saturday with Jim Sams weighing in first with an exact body weight of 220. Jim lifts in the raw masters 56-60 division. Jim's training and strength has really improved. Sam's first lift was 265 lbs., which went up easy. A second lift produced a personal record with 287 lbs. His final lift was a missed 303.5. David "Hooter" Burruss weighed in next at a lean 261 exact body weight. Hooter is one of the most determined lifters I have ever known. He never quits and is my biggest motivator. Hooter lifts in the 275 masters 44-49. He opened with a big 504, the weight went down slow and out of his groove. His second attempt blasted off his chest but couldn't lockout his left side. On his third attempt I took him to the side and got his head back into the lift. With the heavy metal blasting, Hoot adjusted his shirt took a huge hit of ammonia and got down to business. He took the hand off and when the press command was given the weight went to full lock out, three white lights and a great comeback after missing his first two attempts. Final lifter of the day was Rob "The Beast" Wilmouth. Weighing in at 328 lbs., Rob is our biggest lifter. He is huge with shoulders close to 70" and biceps over 21". Rob lifts in the open raw division with not even wrist wraps. He lifts with great intensity, but always takes time to give me support and a great hand off. Rob opens with 441 lbs. and slams it up like it was 135 lbs. His next attempt was 463 and it went up the same. Three white lights followed his third attempt lift of 487. With elbow pain, The Beast took 509 on his fourth attempt and only missed lockout by an inch. It was a great meet and these are some great lifters and I'm glad to have them for friends. Special thanks to Bob Watts and Earl Feltner for taking their time to help with this meet. (results from Jack Cox)

13th Midwest BP/DL

17 MAR 07 - Green Bay, WI

BENCH			
181 lbs.			
D. Torrealto 575			
G. Zangl 450			
G. Rocheny 540			
WOMEN			
148 lbs.			
J. Knowles 320			
J. Shields 380			
D. Murphy 415			
198 lbs.			
R. VanFossen 455			
Z. Neylon 430			
275 lbs.			
Master			
D. Constantineau 320			
450			
770			
198 lbs.			
J. Fischer 335			
440			
775			
181 lbs.			
D. Anderson 515			
J. SHW 181			
D. Felton 585			
M. Becker 440			
550			
990			
198 lbs.			
J. Diancin 275			
500			
775			
DEADLIFT			
MEN			
242 lbs.			
M. Laabs 480			
J. Kidd 405			
242 lbs.			
P. Robbins 585			
Open			
165 lbs.			
Constantineau 450			
198 lbs.			
C. Majewski 450			
Push Pull			
WOMEN			
165 lbs.			
M. Thompson 365			
Constantineau 320			

USAPL Gulf States Championship

19 AUG 06 - Baton Rouge, LA

Powerlifting	SQ	BP	DL	TOT
MALE				
114 lbs.				
J. LeBlanc III	275	165	280	720
123 lbs.				
B. Bonvillain	290	150	340	780
B. Naquin Jr.	275	140	330	745
165 lbs.				
K. Douglas	510	250	455	1215
C. Fuller	135	135	550	820
A. Lohino	—	—	350	—
181 lbs.				
Fitzsimmons	370	260	440	1070
D. Lorino	330	290	425	1045
198 lbs.				
T. Longo	500	300	520	1320
R. Bienvenu	—	210	340	—
220 lbs.				
J. Clay	550	400	450	1400
D. Lorino	—	335	—	—
242 lbs.				
J. Douglas	750	515	540	1805
C. Parker	520	435	505	1460
275+ lbs.				
A. LeBlanc	225	400	550	1175

(Thank you to USAPL for providing results)

YMCA Powerlifting

17 MAR 07 - Norwich, NY

BENCH			
154 lbs.			
L. Delay 230			
FEMALE			
111 lbs.		UNL	
W. Slicer	130	T. Staib	250
MALE			
121 lbs.		Open	
C. Shultz	110	181 lbs.	
TEEN			
154 lbs.		M. Kelly	360
L. Delay	110	R. Wilcox	350
D. Fralee	110	Open	
UNL			
T. Staib	110	M. Kelly	360
MALE			
181 lbs.		220 lbs.	
Youth		C. Vann	455
T. Slicer	50	J. Barrows	410
132 lbs.		B. Wright	525
D. Cerasani	185	Master	
165 lbs.		148 lbs.	
R. Wilcox	295	G. Rood	350
Open		275 lbs.	
148 lbs.		A. Kirby	425
C. Byrnes	375	SQUAT	
C. Terano	285	FEMALE	
165 lbs.		122 lbs.	
C. Weiss	330	C. Shultz	125
181 lbs.		154 lbs.	
E. Komperda	260	L. Delay	150
M. Kelly	225	Open	
198 lbs.		181 lbs.	
J. Ahern	360	M. Kelly	240
220 lbs.		220 lbs.	
C. Vann	310	C. Vann	385
J. Barrows	270	J. Barrows	320
J. Rose	260	275 lbs.	
275 lbs.		B. Wright	460
G. Cramatte	325	148 lbs.	
Submaster		148 lbs.	
148 lbs.		G. Rood	405
C. Byrnes	375	275 lbs.	
Master		A. Kirby	350
148 lbs.		275 lbs.	
G. Rodd	215	STRICT CURL	
165 lbs.		FEMALE	
J. Poliseno	180	111 lbs.	
181 lbs.		W. Slicer	70
K. Turi	285	154 lbs.	
275 lbs.		S. Gawronski	70
A. Kirby	280	L. Delay	60
CLEAN & PRESS		D. Fralee	55
FEMALE			
154 lbs.		UNL	
L. Delay	90	T. Staib	55
MALE			
Open		Youth	
198 lbs.		T. Slicer	35
Open		181 lbs.	
J. Ahern	205	E. Komperda	135
220 lbs.		198 lbs.	
C. Vann	215	J. Ahern	115
J. Barrows	205	220 lbs.	
275 lbs.		B. Wright	120
205		275 lbs.	
B. Wright	205	J. Barrows	125
DEADLIFT		275 lbs.	
FEMALE			
111 lbs.		Master	
W. Slicer	210	242 lbs.	
122 lbs.		J. Barrows	105
C. Shultz	250		

(Thanks to Norwich YMCA for the results)

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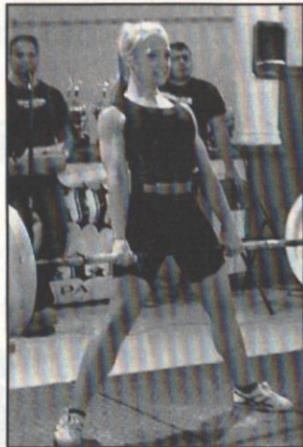
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WABDL United We Stand
05 SEP 06 - New Castle, PA

BENCH	Submaster
WOMEN	B. Haling 407
97 lbs.	R. Gregory 330
(12-13)	Class I
A. Miskinis 55	B. Huline 407
Junior	220 lbs.
N. Freed 132*	Teen (16-19)
123 lbs.	R. Ryan 347*
(14-15)	Junior
B. Dombos 82*	C. Brown 352
132 lbs.	Open
(12-13)	M. Keyser 507*
ACampenella 82*	Submaster
(68-74)	M. Keyser 507
F. Combet 82*	(40-46)
MEN	J. Pfeiffer 308
105 lbs.	(47-53)
(12-13)	W. Urosevich 264
P. Morgan 99*	(54-60)
DCampenella 66*	J. Phillips 369
148 lbs.	242 lbs.
Open	Class I
D. Miskinis 187*	D. Sledge 452*
(14-15)	Teen (16-19)
D. Miskinis 187*	B. Shreffler 341
Special Olympian	Open
B. Bissett 154*	F. McLaughlin 540
(16-19)	(40-46)
B. Bissett 154*	D. Miskinis 305*
Submaster	(47-54)
M. Novak 292*	McLaughlin 540
165 lbs.	R. Villani 352
(12-13)	(68-74)
D. Pfeifer 99*	R. Combet 297*
(54-60)	259 lbs.
J. Welch 286	Open
181 lbs.	C. McDonald 435
(16-19)	(47-53)
R. Davis 242*	C. McDonald 435*
Open	Junior
T. Russo 435*	R. Chmura 600
Submaster	Law/Fire
T. Russo 435	(54-60)
Class I	Open
L. Spirtos 369*	M. Zincaro 622!
Junior	DEADLIFT
L. Spirtos 369*	WOMEN
(54-60)	97 lbs.
S. Bowyer 308*	(12-13)
(61-67)	A. Miskwis 104
J. Bretz 270	D. Miskinis 402
198 lbs.	Special Olympian
Open	Junior
R. Gregory 330*	N. Freed 292!
C. Williams 308*	Teen (16-19)
	B. Bissett 286
	165 lbs.
	Teen (14-15)
	B. Dombos 148*
	Teen (12-13)



Natalie Freed at the United We Stand meet. (photograph is by courtesy of Chuck Ventrella)

D. Pfeiffer 200*	C. Brown 540	275 lbs.
(54-60)	Master (40-46)	Besteman 465* 665 1130
J. Welch 485	J. Pfeiffer 314	McClain 405 675 1070
181 lbs.	(47-54)	Master I
(16-19)	W. Croseovich 396	165 lbs.
D. Leonard 330*	242 lbs.	Coulter 270* 300* 570*
198 lbs.	Junior	Maxwell 185 300 485
Open	D. Sledge 704*	198 lbs.
R. Gregory 480	Law/Fire	Brockman 300* 495* 795*
Class I	Open	*=KCF Records. I would like to introduce you to the Kinross Correctional Facility Club. We have been around since 1990. We were under NASA for a long time, but they dropped us due to the fact they could not verify steroid use. Trust me when I state that there are no ROIDS in here for us to use. It's hard enough for people in the free world to get real stuff. We can buy soy protein out of the prison store but that is it! There is also tuna and oatmeal if that counts. They don't feed one too well in the joint. We do the best we can with what we have to work with. Most of our lifters here are first time lifters just getting into powerlifting. Our Club here has had some set backs, but we are trying at this time to find another organization to join. We can't drug test due to the fact we are incarcerated. We do have a good set up here for powerlifting. We have four meets a year. This was our first meet of 2007. We have a full meet coming up in July. If any of your readers would like to come and lift with us for this meet, or any of our meets, they should call this facility at 906-495-2282 and ask for Dave Mastaw, the Recreation Director here at Kinross Correctional Facility. Or you can write me: Michael Toler #321827, Kinross Correctional Facility, 16770 Water Tower Drive, Kincheloe, MI 49788. After the July meet we have a bench meet coming up in September and a full meet in December. We welcome all of you to join us. Come and go toe to toe with us! If any of your readers can give advice on where to find an organization that will work with us, please write me and let me know, or pass this information to them so they can write me. We have about 50 active members in the Club. In closing, we had a good turn out for our push pull meet. We had some new institutional records set in the "raw" classes. In the 165 division, Grzegorzczek deadlifted 495. In this next meet he is going to try 550! In the 275 raw division Besteman benched 465 with ease! In the Masters raw Coulter and Brockman set new records in their respected class. Our next meet should be bigger! Come lift with us and see if you have what it takes to go head to head with us. (Thanks to Michael Toler for providing the results)

KCF Push Pull
24 MAR 07 - Kincheloe, MI

Master I	BP	DL	TOT
198 lbs.			
Toler	295	440	735
Magnuson	340	600	940
Duke	280	420	700
Raw			
Open			
165 lbs.			
Grzegorzczek	235	495*	730
Holt	245	460	705
Adams	245	315	560
Oleary	160	385	545
Lewis	165	345	510
181 lbs.			
Pethers	275	495	770
Savaria	250	445	695
Cobb	215	375	590
198 lbs.			
Washington	235	500	735
Zysk	230	385	615
220 lbs.			
Lancaster	365	575	940
Aikens	340	525	865
Speck	265	425	590
242 lbs.			
Harrison	260	520	780
Baran	360	405	765
Murray	235	495	730

USAPL KS Heavy Metal
3 MAR 07 - Dodge City, KS

BENCH Only	Master VI			
181 lbs.	T. White 363			
Open	220 lbs.			
S. Lyon 363	Open			
198 lbs.	C. Campbell 308			
WOMEN	SQ	BP	DL	TOT
198 lbs.				
Teen III Raw				
A. Holguin 336	209	308	854	
SHW				
Teen III				
S. Myers 281	214	248	744	
Open Raw				
S. May 259	154	192	606	
MEN				
165 lbs.				
Open				
A. Leiker 363	281	402	1047	
181 lbs.				
Open Raw				
J. Diehl 352	236	347	936	
198 lbs.				
Master V				
D. Determann 259	275	440	975	
Open Raw				
J. Nucci 225	225	352	804	
220 lbs.				
Master III				
B. Rome 303	325	402	1030	
242 lbs.				
Open				
M. Sahlfeld 435	363	512	1311	
Meet Director: Wayne David Herl. (Thanks to USAPL for providing these meet results)				

ADFPF Record Breaker Qualifier
31 MAR 07 - Macomb, IL

BENCH	SQUAT	WOMEN	BP	DL	TOT
181 lbs.	Open	Open			
Master V	L. Mangold 303*	Master I			
D. Duncan 132*	Raw	J. Bultemeier 336*			
275 lbs.	Open				
Master III	L. Mangold 253*				
N. Cozine 463*	MEN				
DEADLIFT	Raw				
320+ lbs.	220 lbs.				
Master I	Master I				
D. Duncan 474	J. Bultemeier 336*				
Powerlifting	SQ	BP	DL	TOT	
154 lbs.					
Open					
L. Mangold 292*	159	286	738*		
Raw					
111 lbs.					
Junior					
K. Barclay 192*!	110*	198*	501*		
Open P/F/M					
L. Waller 198*!	104*!	209*!	512*!		
154 lbs.					
Open P/F/M					
L. Mangold 248*	147*	270*	665*		
MEN					
220 lbs.					
Junior					
J. Nudo 518	341	544	1404*		
275 lbs.					
Master III					
N. Cozine 330	446	220	997		
320 lbs.					
Junior					
C. Forestier 606	479	661	1747*		
Raw					
148 lbs.					
Teen I					
M. Taylor 198*	99*	209*	507		
165 lbs.					
Open P/F/M					
J. Roland 341*	220*	418*	981*		
Junior					
K. Kowalski 242*	181*	363*	788*		
181 lbs.					
Open P/F/M					
R. Woodward 358	275	503*	1137		
Junior					
M. Waller 374	270	435	1080		
Teen I					
D. Duncan 203*	126*	264*	595*		
220 lbs.					
Open P/F/M					
M. Bonnan 292	209*!	253	755		
Master IV					
D. Wynn 286*	281*	330*	898*		
242 lbs.					
Open					
D. Phelps 496	303	440	1240		
275 lbs.					
Master III					
N. Cozine 330	369	220	920		

ADFPF American Records. Category Records Plus Open. Congratulations to the following lifters who have qualified to compete in the 2007 W.D.F.P.F. Powerlifting World Championships held in Grangemouth, Scotland, on November 17th (Unequipped Division): Kathleen Barclay, Lisa Mangold, Laura Waller, Ryan W. Woodward, Michael Waller and Brent Henry. 33 American records (14 by the women and 29 by the men) were set in the unequipped division of powerlifting & single events. Congratulations to the following lifters who have qualified to compete in the 2007 W.D.F.P.F. Powerlifting World Championships held in Grangemouth Scotland on November 18 (Equipped Division): Lisa Mangold, Joseph Nudo and Chris Forestier. 29 A.D.F.P.F. American records were set by the equipped lifters. All A.D.F.P.F. members who successfully complete either a powerlifting or a single event competition, have qualified for the 2007 W.D.F.P.F. Single Event World Championships held in Montesilvano, Italy, on October 12 -14th. Early Saturday morning, 21 exceptionally strong athletes verged upon The Macomb Salvation Army facility to wreck havoc within the A.D.F.P.F. American Records. The options included: Powerlifting competition (made up of 3 individual events: the squat, bench press & deadlift with the final result being a total of the best of 3 attempts in each event) and/or Single Event competition (the athlete selects one or more of any of the 3 individual events. Three of the 21 athletes were women who amazingly established 19 American A.D.F.P.F. Records. The men did equally well by setting 54 American A.D.F.P.F. Records. As per the requirements of the A.D.F.P.F. 10% of the participants were drug tested. The lifters came from Iowa, Missouri, Wisconsin and Illinois. Many of the competitors were WIU alumni some who had competed within the drug free structure throughout their college years. The youngest lifter was Matthew Taylor of Macomb who at the age of 14 established four A.D.F.P.F. American Records in the Teenage I category (limited to ages 14 & 15). Matt's record lifts included a squat of 198.25 lbs; a bench press of 99 lbs and a deadlift of 209.25 lbs for a 507 lbs. record setting total. The oldest lifter in the meet was Macomb's Donnie R. Wynn who set four A.D.F.P.F. American Records within the Masters' Category. His results included a squat of



Bill Duncan, former missionary to China, lifting at the ADFPF Record Breakers meet in Macomb, IL (photo by Tim Piper)

286.5 lbs., a bench press of 281 lbs., and a deadlift of 330.5 lbs. for a record setting total of 898.25 lbs. Donnie is one of The Salvation Army weight room coaches. Four of the competitors are current WIU students: Kathleen Barclay, Keith Kowalski, Joe Nudo and Ryan Woodward. Seven competitors were WIU Alumni: Jim Bultemeier (Scales Mond, IL), Lisa Mangold (Lakewood, WI), Daren Phelps (Moline, IL), James Rowland (Macomb, IL), Laura A. & Michel Waller (Lake in the Hills, IL). Best Female Lifter in both unequipped & equipped divisions was mother of Three, Lisa Mangold. Placing 2nd & 3rd Best Female Lifters in the unequipped division were Kathleen Barclay & Laura Waller (this amazing lifter received a double lung transplant 2.5 years ago. She represented the United States in WDFPF Powerlifting World Championships in 1998.) The Best Lifter in the unequipped men's division was WIU's Ryan W. Woodward from Geneseo, IL. A clean sweep for 2nd and 3rd place Best Lifters were WIU Alum's Michael Waller and Daren Phelps. The winner of the Best Lifter award in the equipped division was Christopher Forestier of Canton, IL. Placing 2nd & 3rd as Men's Best Lifter in the equipped division was Joe Nudo (Tinley Park, IL) and "Cozy" Cozine (Winfield, IA). Taking the Best Squat in the meet's unequipped division was Daren Phelps of Moline. Macomb's James Rowland had the 2nd Best Squat with Michael Waller 3rd and Ryan Woodward 4th. Best Bench Press of the unequipped division went to Iowa's Noble "Cozy" Cozine with Ryan Woodward 2nd and Brent Henry of Canton, IL 3rd followed by Michael Waller. The Best Deadlift of the unequipped division went to WIU's Ryan Woodward. Michael Waller was 2nd followed by WIU's Keith Kowalski and James Roland in 3rd & 4th places. WIU's Biology Department was represented by the outstanding lifting of Dr. Matt Bonnan who won the 100 kilo class with a total of 755 lbs. For lifting specifics including American Record performances, please see the attached meet results. As an American record breaker and a qualifying opportunity for international competition, the meet was a huge success. The American Drug-Free Powerlifting Federation is the U.S. Affiliate to the World Drug-Free Powerlifting Federation. To qualify for international powerlifting competition the lifters must meet or surpass qualification scores. The following powerlifters qualified to compete on the U.S. Team traveling to the 2007 Powerlifting World Championships held in Grangemouth Scotland on November 17th (unequipped division) & 18th (equipped division): Unequipped Division: Kathleen Barclay, Lisa Mangold, Laura & Michael Waller, Ryan Woodward and Brent Henry. Equipped Division: Lisa Mangold, Chris Forestier and Joe Nudo. All the athletes who participated in the competition qualified for the 2007 Single Event World Championships to be held in Montesilvano, Italy on October 12th (squat competition), 13th (bench press competition) & 14th (deadlift competition). Much appreciation to all who helped make this meet a success including the outstanding support of The Macomb Salvation Army, Bill Duncan who opened the meet in prayer, Judges, spotters/loaders and scoring table workers who made this competition possible. On April 14th the Weight Room in The Macomb Salvation Army will host an Odd Lift competition. The athletes are currently preparing for the competition; time to be posted later. (Thanks to Judy Gedney for providing these results)

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

Last Name	First Name	Initial	Renewal	Current Card # (if Renewal)
			Y N	
Street Address				Club Name
City	State	Zip	Area Code/Telephone	
Current WABDL Classification	Reference Status	U.S. Citizen?	Date of Birth	Sex
Bench Press & DL	Member	Y N	MM/YY	M/F

Registration Fee:
Adults \$30.00
Teens \$20.00
Make checks payable to and mail to:
WORLD ASSOCIATION OF BENCH PRESSERS AND DEADLIFTERS
P.O. Box 27499
Golden Valley, MN 55427

NOTE: All WABDL-sanctioned meets will be subject to drug testing.
In recognizing the need for drug usage detection, I agree to submit to any testing procedures deemed appropriate by WABDL or its agents and shall accept the results and consequences of such tests.
Signature _____

If under 18, have parent initial _____

AMERICAN DRUG-FREE POWERLIFTING FEDERATION • Active & Non-active Membership Application Form
Complete this form and mail with membership fee to: ADFPF, 27 ELMO DRIVE, MACOMB, IL 61455
Need more information? Go to: <www.adfpf.org>

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

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

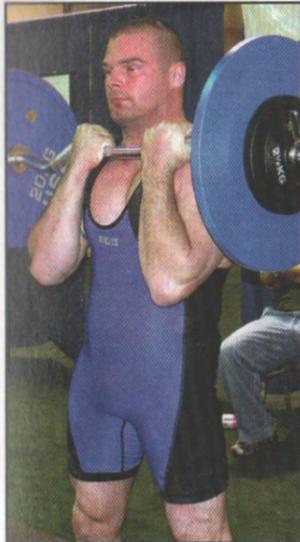
As a condition to ADFPF membership, I understand and accept that I am prohibited from using any substance or "doping method" banned by the ADFPF/WDFPF. I accept sole responsibility for what I take into my body and should I consume a banned substance unknowingly and test positive for that banned substance,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

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

Signature _____ If Under 21 yrs., Parent Initial _____ Date _____ Prior Registration No. _____
Name _____ Phone _____ E-mail _____
Address _____ City _____ State _____ Zip Code _____
Date of Birth _____ Gender _____ U.S. Citizen? _____ ADFPF Registered Club Member _____

Referee Ranks & Organizations
Active ADFPF Membership Fee \$20.00. Paid via (CIRCLE ONE): CASH CHECK made out to the ADFPF MONEY ORDER made out to the ADFPF
The ADFPF offers a NON-ACTIVE MEMBERSHIP for coaches, meet directors or officiate who want to join the ADFPF but who WOULD NOT BE ALLOWED TO COMPETE nor would they be DRUG TESTED. The Non-active ADFPF Membership Fee is \$20.00. (It is possible to change the NON-ACTIVE membership into an ACTIVE membership with an additional fee of \$75.00 to cover the cost of a potential future drug test).
Non-active ADFPF Membership Fee \$20.00. Paid via (CIRCLE ONE): CASH CHECK made out to the ADFPF MONEY ORDER made out to the ADFPF
All membership cards expire on December 31st of the year purchased with the exception of cards purchased in NOVEMBER which shall be valid through the following year. All payments to the ADFPF are non-refundable.

(article continued from page 26)

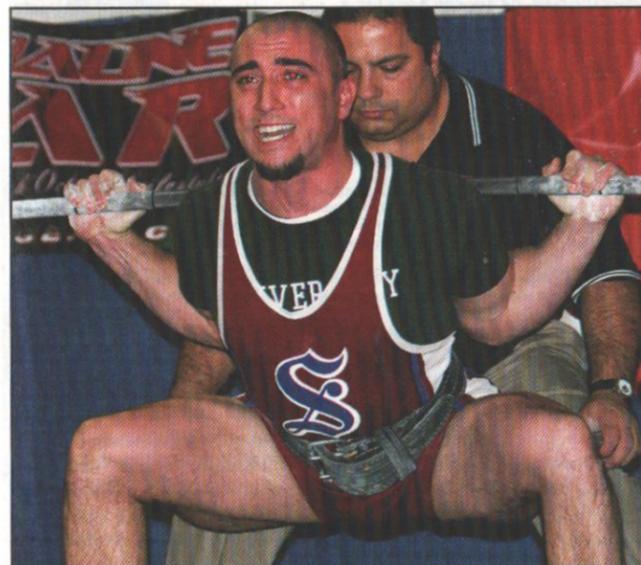


Michael Berby, open 181lb. class, strict curled 65 kgs. to tie Bret Kernoff for the world record.

165 lbs.				
Open				
T. Rosselli	413	308	479	1201
D. Roy	418	237	479	1135
T. Wright	209	305	226	740
(20-24)				
J. Langevin	325	270	451	1047
(40-44)				
A. Wood	341	203	451	997
(55-59)				
D. Roy	418	237	479	1135
181 lbs.				
Open				
J. Alkey	474	336	545	1355
G. Wright	413	336	578	1328
D. Parrish	463	303	479	1245
M. Sullivan	485	259	468	1212
J. Freedman	369	292	523	1185
D. Markey	369	325	463	1157
M. Berby	308	341	440	1091
G. Monmaney	341	281	440	1063
(35-39)				
D. Umsted	203	336	363	903
D. Parrish	463	303	479	1245

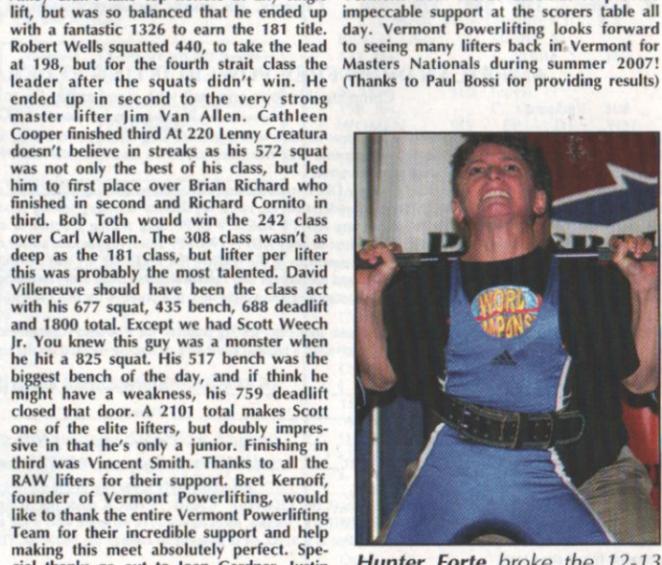
J. Freedman	369	292	523	1185
D. Umsted	203	336	363	903
(40-44)				
G. Wright	413	336	578	1328
M. Sullivan	485	259	468	1212
(45-49)				
B. Kernoff	319	292	375	987
4th-DL-385				
198 lbs.				
(20-24)				
R. Wells	440	292	485	1218
(50-54)				
J. Allen	429	374	490	1295
220 lbs.				
Open				
B. Richard	424	402	573	1399
Police/Fire				
B. Richard	424	402	573	1399
(45-49)				
L. Creatura	573	369	567	1510
(60-64)				
R. Comito	374	264	429	1069
242 lbs.				
(40-44)				
B. Toth	440	319	468	1229
(65-69)				
C. Wallen	374	231	501	1107
275 lbs.				
(60-64)				
R. Cross	402	303	424	1129
308 lbs.				
Open				
S. Weech Jr.	749	518	760	2105
S. Weech Sr.	501	385	501	1388
4th-DL-716				
(20-24)				
S. Weech Jr.	749	518	760	2105
(35-39)				
D. Villeneuve	677	435	688	1801
4th-DL-707				
(40-44)				
S. Chance	—	369	529	898
(45-49)				
V. Smith	501	352	600	1455
(50-54)				
S. Weech Sr.	501	385	501	1388
4th-DL-716				
Police/Fire				
V. Smith	501	352	600	1455

The 2006 RAW World Powerlifting Championships were held in Vermont, with a nice turnout and some terrific lifting. As always, a lot of divisions and classes were offered, but I always like to stack everyone up and tell you who was the best of the best! At 148 Nona Hubbard used a 204 squat to take the lead. I'm always amazed at how much weight the woman can squat. She ended with a 605 total, and second behind Mario Forte, who pulled a 303 deadlift for the victory. Hunter Forte finished in third with 490. At 165, David Roy had the nicest squat of the class with 418, but the lead



Vermont's Jim Aikey won best lightweight lifter with a 615 kg. total at 181 pounds, to become the top ranked lighthweight for 2006.

evaporated when Tom Roselli benched 308 leading to a victory 1199 to 1133. Finishing in third was Joshua Langevin. Generally one group stands out at every meet, and at the worlds it was the 181 class. Ten lifters competed, with nine entering the open division. Michael Sullivan squatted 484 to lead after the squats, but in this tough class found himself in fourth after the deadlifts. Gregory Wright hit a monster 578 deadlift to pull himself into second place over Doug Parrish who finished in third. Jim Alkey didn't take top honors in any single lift, but was so balanced that he ended up with a fantastic 1326 to earn the 181 title. Robert Wells squatted 440, to take the lead at 198, but for the fourth strait class the leader after the squats didn't win. He ended up in second to the very strong master lifter Jim Van Allen. Cathleen Cooper finished third At 220 Lenny Creatura doesn't believe in streaks as his 572 squat was not only the best of his class, but led him to first place over Brian Richard who finished in second and Richard Cornito in third. Bob Toth would win the 242 class over Carl Wallen. The 308 class wasn't as deep as the 181 class, but lifter per lifter this was probably the most talented. David Villeneuve should have been the class act with his 677 squat, 435 bench, 688 deadlift and 1800 total. Except we had Scott Weech Jr. You knew this guy was a monster when he hit a 825 squat. His 517 bench was the biggest bench of the day, and if think he might have a weakness, his 759 deadlift closed that door. A 2101 total makes Scott one of the elite lifters, but doubly impressive in that he's only a junior. Finishing in third was Vincent Smith. Thanks to all the RAW lifters for their support. Bret Kernoff, founder of Vermont Powerlifting, would like to thank the entire Vermont Powerlifting Team for their incredible support and help making this meet absolutely perfect. Special thanks go out to Joan Gardner, Justin Bonilla, Drew Markey, Paul Steinman, and Mark McEntee who all helped set up, break



Hunter Forte broke the 12-13 age group world records in the squat, deadlift, & total categories.

100% Powerlifting Federation

Powerlifting & Bench Press National Championships

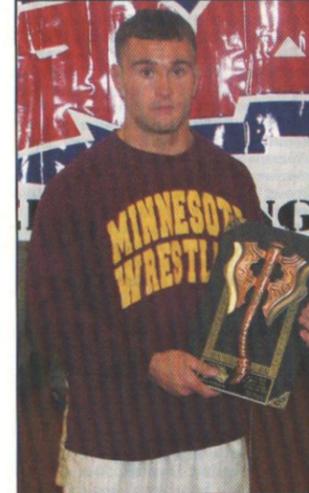
July 27-28, 2007 - Richmond, VA

Entry, details, travel and ticket info:

RawPowerlifting.com

Immediate contact: Paul Bossi 252-339-5025

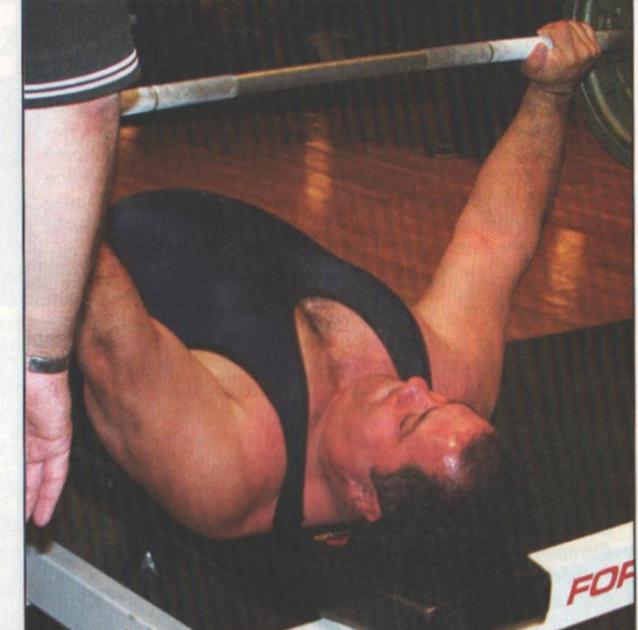
(article continued from pg. 27)



Michael Binkley the Best Junior

4th-325				
Open				
J. Savage	400	410	—	410
M. Summerfield	325	335	350	350
Open/(30-34)				
R. Barradas, Jr.	405	435	—	435
Open/Junior				
M. Franklin	300	310	—	310
Open/Submaster				
A. Bannerman	385	400	420	420
Open/Teen (18-19)				
C. Stratton	350	375	—	375
Teen (16-17)				
J. Wheeler	200	—	220	220
Teen (18-19)				
J. Eggeston	175	185	200	200
Junior				
D. Davis	—	—	—	—
Masters (40-44)				
J. Roscoe	365	375	385	385
Masters (45-49)				
R. Berry	—	295	325	325
T. Bell	225	—	—	225
Masters (50-54)				
D. Lhota	350	365	—	365
G. Burke	285	—	305	305
Masters (70-74)				
R. Dahlhamer	240	255	260	260
Open				
B. Lapole	420	440	450	450
M. Castro	360	—	—	360
K. Pitt	—	—	—	—
Open/(25-29)				
A. Hollingsworth	340	355	365	365
Open/Submaster				
C. Pickett	410	420	—	420
Submaster				
J. Jackson	350	—	—	350
P. Obrien	315	330	340	340
Teen (14-15)				
D. Cirino	175	185	190	190
Teen (16-17)				
D. Bright	185	205	—	205
Masters (40-44)				
S. Deuel	325	340	—	340
Masters (55-59) P/F/M				
B. Broach	240	—	275	275
Masters (60-64)				
I. Brooks	225	275	—	275
Open/(30-34)				
R. Lewis	590	—	—	590
Open/Masters (40-44)				
P. Bossi	475	510	525	525
P. Serra	330	350	365	365
Open/Masters (50-54) P/F/M				
B. Sullivan	430	440	—	440
Submaster				
M. Veilleux	350	—	—	350
J. Griffin	345	350	—	350
P. Scott	300	320	340	340
Masters (40-44)				

V. Smith	—	490	500	500
Masters (50-54)				
J. Hilliard Jr.	460	470	—	470
Open				
M. Belk	550	575	—	575
B. Jones	500	530	—	530
Open (25-29)				
J. Wright	385	405	420	420
Open/(30-34)				
D. Owens	460	—	—	460
G. Combs	375	395	410	410
Teen (14-15)				
K. McCoy	305	—	—	305
J. Marriott	175	190	200	200
Teen (16-17)				
C. Cirino	225	245	255	255
Teen (18-19)				
M. Odom	285	295	300	300
308 lbs.				
Junior				
S. Dellinger	405	430	—	430
K. Cole	315	350	355	355
Masters (40-44)				
R. Biggs	365	385	405	405
Open				
J. Bates	300	—	—	300
C. Elliott	—	—	—	—
Teen (16-17)				
T. Perkins	315	350	360	360
SHW				
Junior				
Z. Spidel	390	405	410	410
Open				
H. Canada	—	—	—	—
P/F/M				
M. Turner	300	315	—	315
Teams: Sports 1st Place-Connection, PA.				
2nd Place-Raw Dogs, VA. 3rd-Camp Mayhem, NC. Best Lifters: Teen-Chase Stratton, MO. Female-Kerry Self, VA. Junior-Mike Binkley, NC. P/F/M-Mike Binkley, NC. Submaster-Will Lynch, NC. Master I-Paul Bossi, NC. Master 2-Brian Sullivan, NC. Master 3-Bill Lyndsey, VA. Light-weight-Melvin Perry, NC. Middleweight-Will Lynch, NC. Heavyweight-Rock Lewis, SC. World Championship Belts: Teen-Chase Stratton, MO. Female-Kerry Self, VA. Youth-James Mims, NC. Master-Paul Bossi, NC. Lightweight-Melvin Perry, NC. 165 lb. Class-John Brown, VA. 181 lb. Class-Will Lynch, NC. 198 lb. Class-Robert Barradas, GA. 220 lb.-Brian Lapole, PA. 242 lb.-Rock Lewis, SC. 275 lb. Class-Michael Belk, NC. Heavyweight-Steve Dellinger, VA. The RAW World bench meet has always been the premier meet of the 100% RAW organization, and this year was by far the best yet. The awards were outstanding with world championship belts for the top lifters. There was over \$10,000 in awards in this event. The caliber of lifting was remarkable, and the turnout made this the largest RAW bench meet yet which is a testament to the growing popularity of RAW lifting. As always multiple divisions were offered, but the fun part is seeing how everyone stacks up, and who is the best of the best. Fourteen lifters represented the woman, who set thirteen world records reminding us of the caliber of talent that shows up. Once again the same three ladies broke for the pack for top honors. Kerry Self of Virginia hit 170 at 132 (1.389) to become the first woman to win back to back overall world titles and take the first belt of the day. Master lifter Karen Poyners 130 at 105 (1.246) edged fellow master Kelly Wescott 160 at 132 (1.240) for second and third. As good as these				



Throw Away the Record Books - Paul Bossi is now a master lifter

ladies are, the future is very close with teen lifter Jessica McBride (1.148) and junior lifter Nichole Miller (1.144) closing quickly. The 148 class was once again the largest of the day, with 36 lifters. Melvin Perry of North Carolina used a 300 pound bench to win his second world belt in three years, as well as the best lifter light belt. It took Eddie Patton-Gooch three tries, but he finally got 280 which was enough for second, leaving Brandon Silva in a close third with 275. Defending 165 champion John Self moved up a class cheating us of a rematch with runner up John Brown. John took advantage and his 350 was easily enough to win the class. Adam Crider would hit 325 on his opener, and no more. It looked like enough for second, but Michael Binkley would come back and match the 325, and by half a pound of body weight take the runner up position, leaving Michael in third. John Self came back stronger at 181, but this was a tough class and 370 was only enough for fourth, as Anthony Graham would hit 385 for the third position. George Dale was very strong with his 415 to take second. The problem at 181 is Will "Chill" Lynch owns it. Will hit 450 for the best lifter middle weight, and became the first lifter to win five world titles. Defending 198 world champion James Savage was stronger this year, but so was the competition. 410 left him in third over 2004 champion Sylvester Freeman. Runner up Anthony Bannerman hit 420, and should be a threat for years to come. This year though it was Robert Barradas and his 435 that took the world belt home to Georgia. The Boss has moved up a class, so 220 was assured of a new champion. Brian Lapole of Maryland capitalized with 450 for his first world title. Carelton Pickett hit 420 to take second, and the veteran Joe Rascoe used 385 for third. Brian Sullivan is one of the top 242 lifters, period, and his 440 was enough for two world records. Guess what? The 242 class was so stocked with talent at the top, he only earned third. It gets worse. Four time world champion Paul Bossi broke the meet record, the open and masters world records, won the Masters Belt with his 530 and it was only enough for second in the Open Division and 1st Place in the Master Division. In first Rock Lewis dominated the day as he took over the meet and Open world record as well as the 242 belt and the best lifter award with the biggest bench of the day with 590! The 242 class might have been the most talented at the top, but from top to bottom no class was more loaded than 275. Long time RAW lifters Joseph Hillard (460) and Donald Owens (450), both lifted huge weights in the masters divisions, but found themselves in fourth and fifth place. To join this club you needed to be in the five hundred pound club, which is what Vergil Smith hit to land in third. 2004 World champion Bennie Jones was much stronger, but his 530 fell short to 2003 World champion Micheal Belk of Virginia who hit 575 to become the second and last lifter to break a meet record. The day ended with the heavy weights, and Steve Dellinger using 430 to win his first World belt. Young Zachary Spidel showed great potential hitting 410 to hold off the always fun and popular Ronnie Biggs who hit 405 for third. Winning the youth belt was James Mims, the teen Belt went to Chase stratton, and winning the masters Belt was Paul Bossi. Congratulations to the Sports Connection from Pennsylvania for winning the team title. Only Will Lynch was able to defend his men's World title, can he make it six in 2007, and can Kerri Self make it three in the woman's division. Twenty five Lifters were tested and they all passed. 100% RAW is fully committed to drug testing and ensuring that we keep the integrity, honesty and purity of the sport. In 2006 we caught seven lifters who tried to sneak by our drug testing policy and failed. In 2007 we might start posting their names on our website so other can be aware of them also. Our goal for 2007 is to be represented in 30 states across the country. We wanted to thank all the judges and spotters for their help. Thank you to the table help and Dr. Tom the drug tester. Without all of you this meet would not be possible and we want to say thank you. The event was shot on DVD Video and for sale for \$25 if anyone would like a copy please contact at rawlifting@aol.com. Who will defend, who will rise, and who will fall. See you in 2007. Ben Zak. (Thank you to Paul Bossi, 100% Raw President, for results)



Will "Chill" Lynch owns the Lighthweights.

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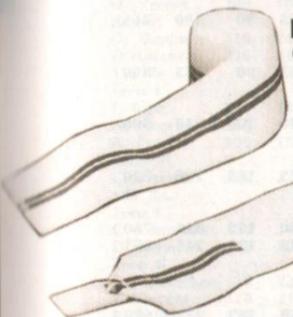
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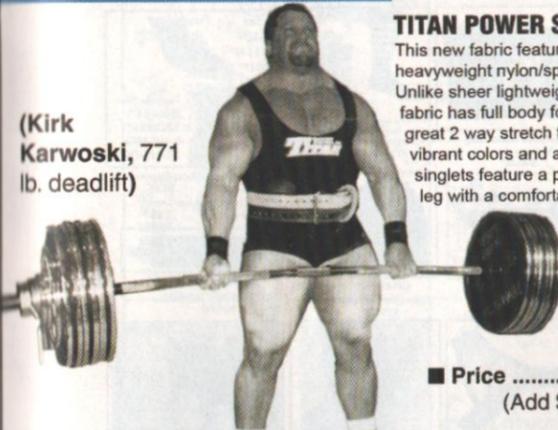
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Age Group	Weight	Rank	Score
BENCH	Open	F. Goff	435
Holley Open	220 lbs.	Collegiate	
MALE	123 lbs.	M. Elkins	501
Teen (14-15)	137	Submaster	
123 lbs.	D. O'Brien	429	
Teen (16-17)	611	Master (45-49)	
C. Pourfarhad	181	Master (55-59)	611
148 lbs.	D. Hall	424	
Teen (14-15)	137	Submaster	
D. Harvey	165	R. Harbert	584
148 lbs.	584	Law/Fire	
A. Vickers	159	Master (50-54)	
Master (65-69)	551	M. Elkins	501
K. Samples	203	J. Rubenstein	413
198 lbs.	275	Master (50-54)	
Open	319	R. Campbell	407
F. Goff	319	308 lbs.	
Collegiate	352	Master (50-54)	
W. Dorcas	352	M. Mick	402
Master (55-59)	422	SHW	
B. Samples	242	Teen (14-15)	
242 lbs.	446	B. Brooks	
Master (40-44)	468	SQUAT	
S. Beatty	468	MALE	
Master (45-49)	391	165 lbs.	
R. Perkins	391	Teen (14-15)	
DEADLIFT	225	N. Graley	
FEMALE	148	Teen (16-17)	
148 lbs.	225	K. Bailey	
Master (70-74)	203	Master (45-49)	
E. Puree	203	B. Hughes	341
MALE	225	181 lbs.	
123 lbs.	402	Collegiate	
Teen (14-15)	402	J. Erving	
J. Austen	225	198 lbs.	
132 lbs.	336	Teen (16-17)	
Teen (16-17)	259	R. Harvey	
C. Pourfarhad	275	Junior	
148 lbs.	402	E. Bailey	
Teen (14-15)	440	220 lbs.	
D. Harvey	248	Collegiate	
165 lbs.	402	Teen (14-15)	
Teen (14-15)	440	M. Elkins	
Teen (14-15)	413	Submaster	
N. Graley	352	D. O'Brien	440
Teen (16-17)	611	Master (45-49)	
K. Barley	303	Master (55-59)	
Master (45-49)	413	D. Hall	418
B. Hughes	413	242 lbs.	
181 lbs.	418	Law/Fire	
Teen (14-15)	281	Master (50-54)	
A. Vickers	281	J. Rubenstein	413
Teen (16-17)	429	308 lbs.	
R. Harvey	429	Master (50-54)	
Junior	352	M. Mick	352
E. Barley	352	BP	
Powerlifting	SQ	DL	TOT
MALE	114	248	567
114 lbs.	209	110	248
Teen (16-17)	209	110	248
T. Donnelly	209	110	248
132 lbs.	347	220	385
Teen (16-17)	347	220	385
A. Herrick	347	220	385
165 lbs.	225	203	352
Teen (14-15)	225	203	352
N. Graley	225	203	352
Teen (16-17)	225	170	303
K. Bailey	225	170	303
Master (45-49)	341	259	413
B. Hughes	341	259	413
181 lbs.	236	303	281
Junior	236	303	281
O. Clark	236	303	281
O. Clark	203	159	330
J. Woods	203	159	330
Teen (14-15)	281	170	336
B. Ferrell	281	170	336
Collegiate	402	352	451
J. Erving	402	352	451
198 lbs.	336	220	429
Teen (16-17)	336	220	429
R. Harvey	336	220	429
Junior	259	374	352
E. Bailey	259	374	352
220 lbs.	556	462	573
Junior	556	462	573
Stottlemeire	556	462	573
Teen (18-19)	429	303	440
T. Riggins	429	303	440
Collegiate	402	402	501
M. Elkins	402	402	501
Submaster	440	347	429
D. O'Brien	440	347	429
Senior	611	402	688
M. McCasie	611	402	688
Master (45-49)			1696

D. Currence 611 451 611 1673
 Master (55-59)
 D. Hall 418 297 424 1139
 242 lbs.
 Teen (16-17)
 M. Pinardo 225 187 363 777
 Submaster
 R. Harbert 319 529 584 1432
 Law/Fire
 Master (50-54)
 J. Rubenstein 413 231 551 1195
 275 lbs.
 Junior
 R. Williams 424 325 501 1240
 T. Brown 286 2009 352 848
 308 lbs.
 M. Mick 352 374 402 1129
 Thanks to our spotters, loaders, judges,
 and all the people that helped to make this
 year's contest a success once again.
 Special thanks to Scotty Holmrod and S&E
 Balzout in Nitro, West Virginia, for their
 sponsorship. Without them and their con-
 tinued support our meets would not be the
 success they are each year. A very
 special thank you to all our great lifters.
 You are to be congratulated and admired

USAPL Iron Lion Invitational
 9-10 MAR 07 - Hammond, LA

Age Group	Weight	Rank	Score
BENCH	114 lbs.	D. Boyes	135
114 lbs.	220	220 lbs.	
Teen I	60	Master	
J. Frowner	60	S. Self	380
181 lbs.	300	242 lbs.	
Teen III	300	Open	
K. Jones	300	J. Laverne	425
198 lbs.	425	BP	
198 lbs.	425	DL	
Teen	280	TOT	
A. Raley	280	150	330
S. Robillard	275	135	245
655			
TEEN			
S. Hostetler	125	75	175
375			
H. Stavinoha	185	105	220
510			
114 lbs.			
Teen			
J. Hester	200	115	330
645			
Junior			
A. Denmon	250	135	225
610			
123 lbs.			

on all you fine efforts. Good luck and good
 lifting. We hope to see you all again next
 year. (Results courtesy John Messinger)

Teen I				
B. Matherne	240	140	225	605
132 lbs.				
Teen II				
D. Vernor	300	180	350	830
181 lbs.				
Junior				
D. Duplus	310	245	425	980
O'Harroran	225	215	320	760
132 lbs.				
Teen I				
J. Agar	270	145	315	730
N. Arceneaux	265	155	320	740
B. Presley	305	180	260	745
Teen III				
C. Wright	300	225	360	885
148 lbs.				
Teen I				
C. Comstock	230	160	300	690
D. Kennedy	275	160	310	745
Teen II				
B. Cockerham	335	225	390	950
J. Vincent	370	215	365	950
P. Robinson	455	200	410	1065
Teen III				
L. Ragas	375	285	400	1060
165 lbs.				
Teen II				
G. Duggan	360	220	375	955

Winchester	455	265	510	1230
Teen III				
J. Melancon	380	—	435	815
Junior				
M. Gibbens	420	—	—	420
181 lbs.				
Teen III				
T. Elserich	340	210	450	1000
J. Correa	405	270	405	1080
T. Dallas	480	325	450	1255
Junior				
B. Dabadie	405	300	—	705
198 lbs.				
Teen I				
C. Hauser	435	295	465	1195
Teen II				
B. Weller	535	355	550	1440
Teen III				
C. Pursell	575	365	550	1490
220 lbs.				
Teen II				
M. Smith	475	285	420	1180
A. Stubbs	430	370	480	1280
D. McAllister	550	300	480	1330
Junior				
Hutchinson	575	375	550	1500
242 lbs.				

USAPL Pennsylvania State
 20 MAY 06 - Allentown, PA

BENCH	123 lbs.	N. Hubbard	132
Open		Open	
C. Cooper	165	165 lbs.	
Sub Jr.		Master II	
K. Mack	104	S. Cole	159
148 lbs.		MALE	
Master I		114 lbs.	
114 lbs.		Open Jr.	
V. Spalletta	—	Sub Jr.	
Open Master I		Open Master I	
N. Baudo	253	253 lbs.	
Open Master II		Open Master II	
B. Legg	203	203 lbs.	
165 lbs.		Sub Jr.	
Sub Jr.		Sub Jr.	
S. Kinkel	325	325 lbs.	
J. Keller	214	214 lbs.	
C. Zimpfer	187	187 lbs.	
181 lbs.		Open Jr.	
V. Spalletta	341	341 lbs.	
341 lbs.		Sub Jr.	
B. Wigley	369	369 lbs.	
Master II		Master II	
B. West	—	L. Busocker	314
Master III		R. Gonzalez	275
P. Hubbard	308	308 lbs.	
Open		Open	
C. Colondrillo	281	281 lbs.	
281 lbs.		Master II	
Sub Jr.		Sub Jr.	
D. Ryan	330	330 lbs.	
Open/Master I		Open/Master I	
M. Martin	281	281 lbs.	
C. Billy	187	187 lbs.	
198 lbs.		Junior	
Open		Open	
P. Grohoski	518	518 lbs.	
C. Zimpfer	303	303 lbs.	
303 lbs.		Sub Jr.	
S. Davenport	391	391 lbs.	
V. Cuesta	248	248 lbs.	
N. Edwards	231	231 lbs.	
Open		Open	
C. Colondrillo	485	485 lbs.	
485 lbs.		Sub Jr.	
Junior		Junior	
S. Bradley	518	518 lbs.	
E. Frataruolo	281	281 lbs.	
281 lbs.		P. Redline	490
Master III		D. Ryan	474
B. Donnelly	292	292 lbs.	
292 lbs.		Master II	
M. Martin	424	424 lbs.	
424 lbs.		Open	
C. Billy	418	418 lbs.	
418 lbs.		Open	
E. Brinkman	485	485 lbs.	
485 lbs.		Open	
M. Barcelone	451	451 lbs.	
451 lbs.		Open	
R. Zsido	429	429 lbs.	
429 lbs.		Sub Jr.	
D. Stein	314	314 lbs.	
314 lbs.		Open/Master I	
Open/Master I		M. Bingaman	451
J. Hirsch	446	446 lbs.	
446 lbs.		V. Cuesta	429
Sub Jr.		K. Porembo	418
J. Familia	264	264 lbs.	
L. Cedeno	253	253 lbs.	
253 lbs.		Junior	
Junior		E. Frataruolo	485
E. Frataruolo	485	485 lbs.	
485 lbs.		Master II	
R. Greco	347	347 lbs.	
347 lbs.		Master I	
Master I		M. Jenkins	407
K. Voce	352	352 lbs.	
352 lbs.		Open	
Master II		R. Zsido	562
T. Harman	435	435 lbs.	
435 lbs.		Open	
Open		M. Barcelone	534
C. Kitchen	518	518 lbs.	
518 lbs.		E. Brinkman	—
R. Eckhart	485	485 lbs.	
485 lbs.		D. Stein	—
A. Parillo	314	314 lbs.	
314 lbs.		J. Hirsch	545
545 lbs.		Sub Jr.	
Sub Jr.		J. Familia	446
M. Miller	275	275 lbs.	
275 lbs.		L. Cedeno	402
402 lbs.		Junior	
Junior		Sub Jr.	
K. Lynn	374	374 lbs.	
374 lbs.		Master I	
Master I		Bartholomew	468
B. Tozer	507	507 lbs.	
507 lbs.		Master I	
Open		K. Voce	551
D. Ratchford	529	529 lbs.	
529 lbs.		Junior	
D. Johnston	407	407 lbs.	
407 lbs.		K. Lynn	584
584 lbs.		Master I	
J. Jackson	341	341 lbs.	
341 lbs.		Master I	
D. Rodriguez	242	242 lbs.	
242 lbs.		B. Tozer	578
N. Kline	203	203 lbs.	
203 lbs.		Open	
Open		D. Ratchford	501
SHW		Sub Jr.	
Master I		J. Jackson	534
S. Roesch	424	424 lbs.	
424 lbs.		D. Rodriguez	501
Open		N. Kline	275
B. Bacher	512	512 lbs.	
512 lbs.		SHW	
Sub Jr.		Open	
C. Nase	248	248 lbs.	
248 lbs.		B. Bacher	650
650 lbs.		Sub Jr.	
R. Ford	501	501 lbs.	
501 lbs.		Master II	
DEADLIFT		C. Nase	413
FEMALE		Junior	
114 lbs.		R. Ford	700

(Thanks to USAPL for providing results)

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APF/AAPF Jersey Open
13 JAN 07 - Carteret, NJ

BENCH				
AAPF	Open			
132 lbs.	B. Ross	480		
Open Raw	242 lbs.			
G. Oteri	Master Raw			
225	J. Anderson	330		
220 lbs.	275 lbs.			
Police/Fire	Open			
R. Hess*	R. Roller	600		
242 lbs.	Open Raw			
Submaster Raw	J. Farina	425		
T. Davis	DEADLIFT			
405	AAPF			
WOMEN	WOMEN			
123 lbs.	148 lbs.			
Master Raw	Open			
M. Stein	T. Bixton	200		
125	181 lbs.			
165 lbs.	Open			
MEN	A. Nacco	455		
Open	220 lbs.			
B. Greene	Open			
365	A. Ditillo Jr.	455		
Open Raw	242 lbs.			
R. Porterfield	R. Sanchez	175		
315	198 lbs.			
Submaster	T. Williams	655		
BP	DL	TOT		
Ironman				
AAPF				
198 lbs.				
Open				
J. Ruscitelli	430	590	1020	
SHW				
Teen Raw				
P. Schell	355	555	910	
181 lbs.				
Master				
R. Ingravers	345	575	920	
275 lbs.				
Open				
D. Martin	625	400	1025	
J. Killen	475	540	1015	
Full Power	SQ	BP	DL	TOT
AAPF				



Pat Susco and Ellen Stein at the Jersey Open (courtesy John Bott)

WOMEN					
97 lbs.					
Teen (13-15)	M. Tafuri	170	95	170	435
Teen (16-17)	B. Selph	200	105	230	535
132 lbs.	Master				
E. Stein*	340	170	380	890	
MEN					
114 lbs.					
Teen (16-17)	J. Tafuri	265	190	250	705
123 lbs.	Teen (16-17)				
B. Digese	225	145275	645		
148 lbs.	Teen (16-17)				
J. Brida	400	245	435	1080	
P. Colombia	400	245	435	1080	
165 lbs.	Open Raw				
M. Trapani	420	265	520	1205	
198 lbs.	Teen (16-17)				
K. Piompino	450	315	470	1235	
B. Deturo	405	265	400	10070	
Junior	B. Bott	600	375	500	1475
Open Raw	M. Skrerczak	450	330	525	1305
220 lbs.	Master Raw				
B. Schemel	430	305	485	1220	
242 lbs.	Open				
C. Weaver	600	350	600	1550	
Master Raw	P. Susco	675	300	625	1600
275 lbs.	Open				
N. Rial	720	555	705	1980	
R. Fishbein	750	525	515	1790	
Master	F. Adler	275	270	320	865
APF	220 lbs.				
Teen (18-19)	C. Dellafave	600	400	615	1615
Submaster	M. Williams	600	465	505	1570
S. Nilsen	550	470	455	1475	
308 lbs.	Open				
R. Simone	450	485	600	1535	
B. Mimnaugh					

ified with certain aspects of the meets, but we were willing to try our best to change things for the better, instead of just sitting back and complaining. I feel that we certainly accomplished our first goal, which was to run a quality, no frills local level meet for area lifters. We could have never accomplished this goal without the support of the Carteret Board of Education and our many powerlifting friends from all over NY, NJ, PA, and CT. Lifters make a meet, but without the proper help the meet will turn into a disaster quickly! I have been involved in powerlifting for over 20 years and most of the disasters I've been to happened, not because the meet directors heart wasn't in the right place, but that he had inadequate help! I would like to start by thanking Henri for providing us with a venue to run the meet and for all the little unseen things he did in preparation leading up to meet. I'd like to also thank my good friends Butch Smith and Pete Bowly for volunteering to judge and/or spot and load all day. I knew that with Butch and Pete in the chairs the lifters would be judged strictly and fairly. These guys have been around a long time and are not intimidated by big numbers! Shawn Lattimer, Ted Morris, Zane McCaslin, and Dave Kirschen also pitched in to spot and load or judge whenever needed and did an outstanding job. Overall, I feel that the meet was judged well! I always feel that if you can walk away from a meet without feeling that the judges were giving away the house (passing obviously poor lifts) or stealing from the house (turning down obviously good lifts) then I think the meet was judged well! We will all make mistakes Horn time to time and we will never all agree on each call, but that is why there are three judges present for each attempt. The spotting and loading was excellent under the direction of Chris Del Preore and Damon Byrd. They had many helpers throughout the day, but all took their jobs seriously and kept the lifters safe. Sandy McCaslin and Jules Furniss handled the head table and announcing like the two veterans that they are. Thanks, you guys kept everything running smoothly. When Zane was not judging or spotting he was taking video of the entire meet and they can be seen along with some photos at www.ironasylum.com/videospage.html. Last but not least, I want to thank Gene Rychlak for supporting the meet. I have known Gene for many years and he has always been an ambassador for the sport. Gene drove three hours in the pouring rain so we could have another monolift if we needed it. How many WR Holders would do that for you? Before I get into the actual lifting highlights, I would like to mention that the platform equipment was top notch. We had a 12x12 carpeted platform, a monolift, a Reflex Squat Bar, an EFS Competition Bench with suede top, a York Power Bar, and a Texas Deadlift Bar for the lifters to perform their lifts on. Unfortunately, I feel that the warm-up area could have been better equipped, but that will be rectified before the next meet. We had 44 lifters compete in our inaugural APF/AAPF Jersey Open which was much more than we originally expected. The highlight of the day in my eyes was the overall performance of the Monsignor Donovan H.S. Powerlifting Team, under the watchful eye of coach Mark Deppen! I have had the pleasure of seeing this team compete in the past, but every time I am in their presence I can't stop thinking, "Why can't this be the way high school strength training programs are run around the country?!" Mark's teams exemplify what a well coached team in any sport should. It is obvious that they are being taught the proper way to train and compete because every member of the team has solid form and refuses to quit on a weight! Coach Deppen is also very protective of his young lifters and carefully selects their attempts based on their previous training cycle and how they look that day! He does not get caught up in the moment, but rather uses his head instead of his heart to pick lifters for these young lifters. Most of his lifters go 7-9, 8-9, or 9-9 with room to spare. Coach Deppen may not be an

internet icon but certainly knows how to get his job done! There were several other outstanding performances that deserve special mention. Ellen Stein is a former IPF Women's Master World Champion, who I've know for many years, but she continues to impress me with AAPF American Master records of 340, 170, 380, 890. In the 242 AAPF Master Raw Division, another one of my long time friends, Pat Susco, continues to move tremendous weights in the squat and deadlift. This former Roller Derby star squatted 675 and deadlifted 625 without any of today's modern powerlifting equipment. In the AAPF 275 division, we had two lifters with tremendous potential! Norman Rial, trains with the infamous Billy Mimnaugh, at Southside Gym in Stratford, CT. He hit lifts of 720, 555, 705 for a 1980 total. Trust me, there is plenty more in his tank! Billy also came to lift, but unfortunately had trouble reaching depth in the squat and was out of the meet. Billy is recovering from a ruptured patella tendon and is still not 100% mentally or physically. Billy is hard core old school, so I know he will be back! The other lifter in this class was Rob Fishbein, who is coached by long time lifter Frantz Adler. Obviously, Frantz has been teaching his pupil the right things as Rob went 750, 525, 515. Rob has the structure to be a full 308, if not possibly a SHW, and I think this is where he needs to be to really shine on the platform. In the single lift portion of the meet there were several lifters that caught everyone's attention. Rich Hess bench pressed an AAPF Police/Fire American Record of 530 in the 220 lb. class. Rodney Roller benched 600 in the APF 275 division. He carries a ton of muscle and has room for much improvement once he learns the ins and outs of shirt usage. Jim Farina trains with Sandy and Zane at the Iron Asylum, so he came down to support the meet and bench an easy 425 in the APF 275 Raw division. The last single lift lifter that I'd like to make special mention of is Todd Williams who deadlifted and easy 655 in the APF Submaster 242 division. He is extremely explosive and will pull 700+ in the near future! Where do we go from here? I hope to see more APF/APF or even IPA meets run in New Jersey! I have learned over the years that it is not the letters in front of the meet name that determines the success of the meet, but rather the people and support staff that run the meet! I have always done my best to support powerlifting throughout the country and will continue to do so as long as people are interested in running quality meets with the lifter's needs first and foremost in mind. I would like to see two major meets run in New Jersey each year, with the possibility of running a third separate meet for high school lifters only, in the near future. If anyone is interested in running a meet from single lift to full power with either the APF/AAPF or IPA, please don't hesitate to contact me at jtb2040@aol.com. Until next time, stay healthy and strong! (Thanks to John Bott for providing the meet results)

SLP Missouri State
15 OCT 06 - Lake Ozark, MO

BENCH		
G. Bauer	360*	
MALE		
Master (55-59)	198 lbs.	
Novice	(Raw)	
F. Ouderkirk	335*	
Master (65-69)	220 lbs.	
C. Green	310*	
Master (70-74)	198 lbs.	
Junior	(Raw)	
K. DeBoer	185*	
DEADLIFT		
MALE		
Novice	308 lbs.	
M. Haile	700*	
Teen (18-19)	181 lbs.	
E. Burks	450*	
4th-460*		
WOMEN		
Junior	181 lbs.	

SLP Missouri continued
N. Ott 455
4th-465*

M. Henley 405*
4th-425*

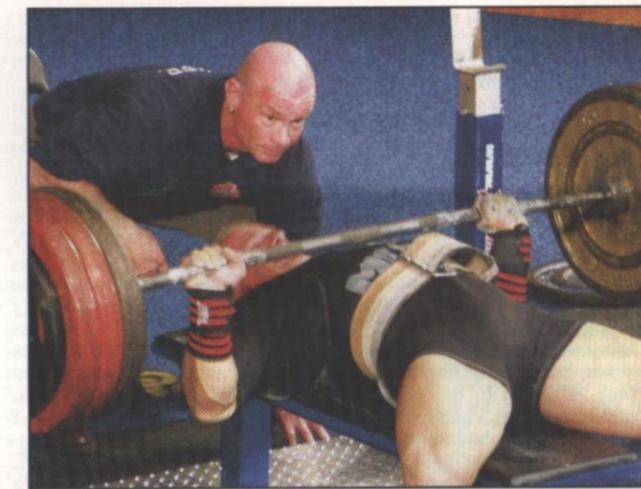
Master (40-44) Master (45-49)
148 lbs. 165 lbs.
B. Robertson 325*
*Son Light Power Missouri State Records. Best Lifter Bench: Rich McDowell. Best Lifter Deadlift: Mike Haile. The Son Light Power Missouri State Bench Press/Deadlift Championship was held at Shady Gators. Thanks to Gene Bauer for all his help promoting this event and to the owners of Shady Gators for hosting the competition. Even with a modest turnout we had some great lifters, several of which set new state records in both the bench press and deadlift competitions. For the bench press event it was first time competitor Joe Norton for the win at raw novice 275. "Broad as a Barn", this guy benched a solid 455 state record on his final attempt! In the teenage men's 18-19/181 class it was Eli Burks with 315 for the win there. Matt Williams set the state record for the junior 165 raw class with a solid 340. Then in the submaster division Rich McDowell won not only the 275 class with an easy 570, he also garnered the best lifter award as well. Brad Robertson broke the state record for the 45-49/165 raw class with 235 while Gene Bauer did the same at 45-49/220 with 360. Floyd Ouderkirk got a new personal record, along with a new state record at 55-59/198 raw, finishing with 335! Chuck Green came all the way from Tennessee to take the 65-69/220 class with a new state and personal mark of 315! Our final lifter was 70-74/198 winner Kenneth DeBoer, who broke the state record there with 185. In the deadlift event all of the lifters set new state records for their respective classes! First, in the novice class at 275 was best lifter Mike Haile, who finished with a great personal best of 700! Eli Burks won his second title of the day at 18-19/181 with a solid 460 fourth. Nile Ott tied the state record at junior 181 with a personal

record 465, while Mark Henley broke the record at 40-44/148 with another pr of 425! Our final lifter was 45- 49/165 winner Brad Robertson with 325. Thanks to all of the lifters who helped with the loading and spotting and to our little trophy girl Danielle McDowell for presenting the awards. (Thanks to Dr. Darrell Latch for results)

7th Australia King of the Bench
10 MAR 07 - Melbourne, AUS

MEN	BP1	BP2	BP3	Best
181 lbs.	523	539	551	551
220 lbs.				
R. Jamieson	440	484	506	484
242 lbs.				
D. Hayhow	462	462	0	0
275 lbs.				
P. Pfliffer	440	462	484	0
319 lbs.				
D. Park	550	572	600	550
I. Webb	462	495	495	462

S. Bostock 660 660 704 0
Venue: Dallas Brooks Hall. The 7th Annual King of the Bench Press was held in conjunction with the 2007 IFBB Professional Bodybuilding Grand Prix held in Melbourne, the sporting capital of Australia. Organised by the Council of Australia Powerlifting Organisations (CAPO), seven athletes had achieved the qualifying standard of 440 lbs., regardless of bodyweight, and were intent on breaking records before a capacity crowd. Shaun Bostock, the heaviest man of the meet weighing in at 321 lbs., elected to open with 660 lbs. on his first attempt, which, if successful, would have exceeded the current Australian all time bench press record. Unfortunately, Shaun had an off day and had two misses on 660 lbs., which were followed up with a further two more unsuccessful attempts on 704 lbs. Both Paul Pfliffer and Damon Hayhow run into trouble and each failed to satisfy the judges with their attempts. Ian Webb was successful with 404 lbs. on



Ange Galati goes for a record at the King of the Bench Press event in Australia. (photograph provided by the courtesy of Darren Burns)

his opener, but the next three attempts on 495 lbs. proved to be too much. Rhys Jamieson avoided the mistakes of the others and started conservatively with 440 lbs., before moving up and completing his best lift of the day with 484 lbs. on his second attempt. David Park had made the journey from Tasmania and the trip proved worthwhile. Despite only making his opening lift of 550 lbs., it was enough to earn him second place on both formula and absolute weight lifted. Victorian Ange Galati has been amazing Australian audiences over the years with both his bodybuilding and bench press prowess. Ange is a multiple National bodybuilding Cham-

pion and record holder in the bench press and today he put on one of his best performances to date. Weighing in at 171 lbs., he stunned his much heavier rivals as he calmly went about putting up a record 551 lbs. on his third attempt to collect the prize money for the best lift based on formula and also for the heaviest lift of the meet. Overall, it was a great completion and the lifters really appreciated the audience support. The standard of bench pressing in Australia continues to raise the bar and with more meets like this, it won't be long before more lifters start making a name for themselves on the world stage. (Thanks to Darren Burns for these results)

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10

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(article continued from pg. 11)

lifts in powerlifting going back 40+ years have been argued to be "gifts". There has always been a critic saying Jon Cole hitched his deadlifts or Don Reinhardt's benches were uneven. The Hawaii Record Breakers were shrouded in controversy claiming squats were high. This will never change. BUT, the WPO began the judging that caused one's jaws to drop in disbelief. Sometimes it hard to find even one squat on the WPO heavy weight stage where the hip crease goes below the top of the knee as stated in the APF and WPO rule books. The lifters themselves can't be blamed because they are just adapting to the accepted standards and, since they're not judging their own lifts, the judges and the federation president/promoter must take responsibility. As the WPO has matured and lifters have adapted to these looser rules the records and totals have skyrocketed. Jon Cole totaled the first 2300+ total in the early 1970's. Don Reinhardt broke 2400 almost ten years later. It took another 20+ years for Garry Frank to come along and crack the unheard of barrier of 2500 pounds. Thanks to Kieran Kidder and his desire for a lifting "show" rather than maintaining the sport as existed for decades, the total record has cata-

putted another 300 pounds in under 7 years to an unbelievable 2800+. This would not have been possible without Kidder's WPO.

I do not think a new federation will ever solve the problems that exist in powerlifting. It will be hard to reverse all that has happened in the last 8-10 years. Some extremists say that eliminating lifting gear is the answer and they push a RAW powerlifting movement. Unfortunately, all the raw federations are drug tested and none of the really strong top lifters will ever cross over. These groups also always seem to attract very whiny and weak lifters who are very negative and anti-gear/anti-drug. I don't think this will ever work. The drug-free federations such as the USAPL have well organized meets and a solid infrastructure but also have the negativity about drug use and lifting apparel. They are sometimes some of the most hypocritical individuals and, oddly, I've experienced an air of superiority and a near arrogance at some of their local contests. Besides accusing anyone who can lift more than themselves of being on steroids these folks tend to wear some of the most sophisticated lifting apparel on the market and then cry the "ol single ply" cry. Their gear is skin tight and perfectly tailored and, even though it is truly "single ply" it is made of special fabrics and isn't

much different than other gear on the market. I think the USAPL and others will continue to exist but are not the future of the sport at all.

This leaves the APF, the IPA, the APC, this new UPA or some other governing body to extend the timeline of powerlifting into the future.

We must face the fact that the sport will never again be unified under one organization with a single set of records, one national championship, etc. IOC recognition of powerlifting and the chance to win an Olympic medal is also an unrealistic goal. It seems the records of each organization mean less and less as more federations spring to life each year. Similarly, being a "champion", whether state, national or world, means less and less as well. Some have suggested that only the "all-time" records in each weight class have any real meaning but, with the extreme difference in judging standards, weigh-ins, rules, etc., there is no real uniformity there either. This being said, the sport of powerlifting has seemingly reached a point of nearly no return. I guess someone could do what was done in Olympic lifting and start over with new weight classes and new records from scratch but this would only work if several other changes such as gear restrictions and tighter judging standards preceded this. Of course, if

there were still 40 or 50 different federations this would just create greater confusion and more separatism and add to the already existing problem. The direction and future of the sport seem clouded.

As I stated at the beginning, I've seen powerlifting change a lot in my 17 years in the sport. I've had a lot of fun lifting at the state, national, world and professional level and I've met lots of great people who share my passion and devotion for the sport. In fact, nearly every choice I've made in regards to my relationships, career, etc has been dictated by my dedication to training and my love for powerlifting. I've racked up countless hours in the gym training, thousands of dollars in expenses related to the sport and I've lifted in more competitions than I can honestly remember and I still have no answers to any of the issues I've discussed. I have ideas and thoughts on what direction powerlifting should go but I really do not see a clear and definitive future for the sport. I guess North Georgia Barbell and myself will continue to train as we always have and focus on personal records and becoming better in the three disciplines. We'll just continue to support our fellow lifters and hope someday, when the smoke and confusion clears, we still have a sport to compete in and be proud of.

4th BP & DL Classic 16 DEC 06 - Leighton, PA

FEMALE	BP	DL	TOT
T. Tshudy	105	300	405
N. Zambardino	100	215	315
M. Heffelfinger	100	185	285
B. Lucykanish	801	85	265
MALE			
Teen			
114 lbs.			
Z. Knox	180	260	440
132 lbs.			
B. Yurchak	150	300	450
148 lbs.			
G. Pavlosky Jr.	225	430	655
M. DeSimone	300	355	655
J. Zurn	175	330	505
M. Taylor	145	250	395
165 lbs.			
T. Kunkel	325	415	740
J. Keller	220	425	645
181 lbs.			
P. Repline	250	480	730
S. McGonigal	255	425	680
J. Keller	175	300	475
D. Caruso	130	275	405
198 lbs.			
K. Poremba	250	450	700
B. Conway	285	385	670
220 lbs.			
T. Sulla	250	370	620
242 lbs.			
T. Milisariid	275	350	625
275 lbs.			
T. McGlafferty	315	500	815
SHW			
C. Nase	250	415	665
Master (40-49)			
198 lbs.			
J. Schmidt	310	355	665
220 lbs.			
R. Cutting	385	515	900
P. Darbouze	440	420	860
275 lbs.			
R. Scott	535	405	940
Master (50-59)			
148 lbs.			
B. Legg	200	325	525
181 lbs.			
G. Maurer	175	305	480
Master (60-69)			
148 lbs.			
I. Bonacci	195	390	585
Open			
148 lbs.			
B. Legg	200	325	525
C. Spolina	135	285	420
M. Gaal	150	235	385
165 lbs.			
J. Tshudy	340	500	840
181 lbs.			
W. Fahrenfeld	400	605	1005
J. Giamoni	400	425	825
K. Miller	210	305	515
220 lbs.			
B. Fahrenfeld	370	650	1020
M. Georgier	460	450	910
R. Cutting	385	515	900
M. Sayegh	350	535	885
N. Snyder	400	470	870
242 lbs.			
T. Skelly	505	550	1055
C. Russo	470	575	1045
M. Murray	480	540	1020
275 lbs.			
R. Scott	535	405	940
F. Riccardi	135	540	675
SHW			
E. Poiterien	450	525	975
K. Hibert	440	405	845

Best Female Lifter: Trisha Tshudy. Best Male Lifter: Brian Fahrenfeld. High School Team 1st: Jim Thorpe Area. In the women's division, Trisha Tshudy deadlifted an awesome 300 lbs. easy. Brooke Lucykanish, only 11 years old and in her first competition, benched 80 lbs. and deadlifted 185 lbs. at 110 bodyweight. In the Teenage boys division, George Pavlosky Jr. edge out Mike DeSimone by bodyweight, to win the 148 lb. class. In the Teen 181 division, Philip Redline ran away with the show with a 250 bench and a 480 deadlift, to total 730 over Scott McGonigal with 680. In 242, Tom Milisariid competed in his first meet ever with a 275 bench and 350 deadlift, for a total of 625 with room for more. In the Master (60-69), Italo Bonacci went 6 for 6 with a 585 total. In Open 181, Warren Fahrenfeld ran away with the competition total with lifts of 400 bench and an awe-



Brooke Lucykanish lifted in her first meet at the Leighton Classic, and benched 80 and deadlifted 185 at 110 lbs. bodyweight. (thanks to Meet Director Rob Eckhart for photo)

some 605 deadlift. Great job Warren. Following this his brother, Brian Fahrenfeld in the 220s, benched 370 and pulled an easy 650 deadlift, just missing 675 for a total of 1020. In the 242 class. It was a three way battle with Tom Skelly coming out on top with a 505 bench and a 550 deadlift for 1055. Tom edged out NY's Chris Russo. Chris benched 470 and deadlifted 575 for a 1045 total and third place. Michael Murry benched 480 and deadlifted 540, to total 1020. I would like to thank Nick Theodore and Chris Bondoc, Tom Shellhammer for judging, everybody who worked the table, and the spotters and loaders. Hope to see everyone next December at the 5th annual BP & DL Classic. (Thanks to Rob Eckhart for these results)

SLP Illinois Christmas for Kids 2 DEC 06 - Mattoon, IL

BENCH			
MALE	181 lbs.	M. Gugino	560
Master (40-44)	275 lbs.	W. Franklin	425
242 lbs.		G. Portz	300
4th-310		Open	
Police/Fire	4th-310	MALE	
242 lbs.		148 lbs.	
C. Gill	375	D. Frost	330
275 lbs.		165 lbs.	
A. Rhoads	375	D. Frost	330
Open		181 lbs.	
165 lbs.		M. Gugino	630
D. Frost	200	220 lbs.	
		K. Bloodworth	525
BENCH			
FEMALE			
Master (40-44)	450	N. Dwinell	(Raw)
181 lbs.		M. Lowry	315*
C. Crossland	315	4th-335*	
4th-330		Police/Fire	
MALE		Submaster	
Novice		220 lbs.	
181 lbs.		M. Gonzales	340
J. Terrell	350	4th-350	
198 lbs.		Police/Fire	
T. Hylton	315	(40-44)	
4th-330		165 lbs.	
275 lbs.		(Raw)	
B. Lawton	550	M. Facey	300*
4th-570*		Open	
B. Wade	225	198 lbs.	
Teen (16-17)		M. Smith	385
123 lbs.		220 lbs.	
B. Burt	230*	K. Loudermilk	500*
165 lbs.		275 lbs.	
N. Fulk	280	K. Harris	405
Junior		DEADLIFT	
220 lbs.		FEMALE	
N. Banks	390	Master (65-69)	
F. Crape	350	148 lbs.	
Submaster		J. Musgrove	165
220 lbs.		MALE	
T. Warren	300	Novice	
242 lbs.		220 lbs.	
D. Gragg	450*	T. Lopez	585*
Master (40-44)		Teen (13-15)	
165 lbs.		123 lbs.	
(Raw)		Z. Dwinell	285*
M. Facey	300*	Teen (16-17)	
198 lbs.		165 lbs.	
S. Smith	315	D. Ray	345*
Master (50-54)		4th-365*	
220 lbs.		Teen (18-19)	
		220 lbs.	
		E. Rangel	385

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Best Lifter: Mike Gugino. The Son Light Power Illinois Christmas For Kids Bench Press & Deadlift Championship was held at the Cross County Mall. Thanks again to the Mall Association for once again hosting this event. In the bench press competition Gerald Portz won at 40-44/242 with a new personal record of 310, which he made on his fourth attempt, after finishing with 300! Two new lifters, Chris Gill and Adam Rhoads, both competing in the police & fire division, won at 242 and 275 respectively. Chris finished with 375, then returned with a personal best 385 fourth. Adam only got in his opener of 375, after suffering a minor pec tear on his second attempt with 405. In the open division it was Dennis Frost with 200 at 165 while Mike Gugino won big at 181 with 560. A close third with 580 failed just at the top. W.T. Franklin, a fairly new competitor, continues to improve with each new outing, finished here with 425 @ 275. The best lifter award went to Mike Gugino. In the deadlift event Duane Frost and twin brother Dennis both finished with 330 for the titles at 148 and 165. Mike Gugino captured his second title of the day at 181 with a solid 630. Mike had locked out 660, but was called for hitching. Kody Bloodworth, another first time competitor, won at 220 with 525! Thanks to my son Joey and Adam Fancher for their help. (Thanks to Dr. Darrell Latch for the meet results)

SLP Oklahoma State 14 OCT 06 - Tulsa, OK

BENCH			
FEMALE			
Master (40-44)	450	N. Dwinell	(Raw)
181 lbs.		M. Lowry	315*
C. Crossland	315	4th-335*	
4th-330		Police/Fire	
MALE		Submaster	
Novice		220 lbs.	
181 lbs.		M. Gonzales	340
J. Terrell	350	4th-350	
198 lbs.		Police/Fire	
T. Hylton	315	(40-44)	
4th-330		165 lbs.	
275 lbs.		(Raw)	
B. Lawton	550	M. Facey	300*
4th-570*		Open	
B. Wade	225	198 lbs.	
Teen (16-17)		M. Smith	385
123 lbs.		220 lbs.	
B. Burt	230*	K. Loudermilk	500*
165 lbs.		275 lbs.	
N. Fulk	280	K. Harris	405
Junior		DEADLIFT	
220 lbs.		FEMALE	
N. Banks	390	Master (65-69)	
F. Crape	350	148 lbs.	
Submaster		J. Musgrove	165
220 lbs.		MALE	
T. Warren	300	Novice	
242 lbs.		220 lbs.	
D. Gragg	450*	T. Lopez	585*
Master (40-44)		Teen (13-15)	
165 lbs.		123 lbs.	
(Raw)		Z. Dwinell	285*
M. Facey	300*	Teen (16-17)	
198 lbs.		165 lbs.	
S. Smith	315	D. Ray	345*
Master (50-54)		4th-365*	
220 lbs.		Teen (18-19)	
		220 lbs.	
		E. Rangel	385

Junior 220 lbs. F. Crape 405* 4th-420* Master (50-54) 220 lbs. M. Nagele 545* Open 198 lbs. M. Smith 220 lbs. N. Cruz 275 lbs. K. Harris 550*

*=Son Light Power Oklahoma State Records. Best Lifter Bench Press: Ben Lawton. Best Lifter Deadlift: Tim Lopez. The Son Light Power Oklahoma State Bench Press & Deadlift Championship was held at Platinum Fitness. Thanks to owner Jim Parham for hosting this event, and thanks to free weight room manager Tom Barth for setting up the platform and lifting area. Also a thank you goes out to Cyndi Crossland who always does a lot to promote the SLP in Oklahoma. In the bench press competition it was Cyndi Crossland who once again dominated the competition with a great 330 showing at 40-44/181. Cyndi has consistently been one of the top female benchers for the past several years with a 360 double bodyweight lift to her credit, accomplished earlier in the year at the SLP Nationals. For the novice men it was Josh Terrell at 181 with a strong 350. Having problems from the beginning, Josh's 370 second attempt caused a major pec tear on his left side, causing him to bow out of the competition. Our prayers are with him for a speedy recovery. Tim Hylton finished with a solid 330 fourth attempt at 198 while Ben Lawton had a great day at 275 with 550. A fourth with 570 was also good, setting the state record there. Not bad for a first competition! Billy Wade had some problems with his shirt at 275, so we made him take it off and lift raw. By then he was pretty wasted, so we put him down to 225 to finish the meet! Bet he won't bomb in my meets again! Billy Burt won at 16-17/123 with a new state record of 230 while fellow teenager Nick Fulk won at 18-19/165 with 280. For the junior 220 class we had two fine lifters. Taking the title there was Nick Banks with 390 followed by Fred Crape with 350. Jerry Warren got a strong 300 raw bench at submaster 220 while Donnie Gragg set the state record at 242 with 450. In the master men's 40-44 division Mark Facey set the state raw record at 165 with 300. Mark also set the state record for the police & fire division as well! Sammy Smith won at 40-44/198 with 315. Nick Dwinell won at 50-54/220 over Maurice Lowry 450 to 315. Maurice came back with a successful 330 fourth. For the police & fire/submaster division it was Moses Gonzales for the win at 220 with 350. In the open division Mike Smith took the title at 198 with 385 while Kevin Loudermilk broke his own state record at 220 with his first official 500 bench! Our final competitor in the bench was Ken Harris who won at 275 with 405. The best lifter award went to Ben Lawton in a close one over Kevin Loudermilk. Moving to the deadlift event our lone women's competitor was Janey Musgrove, Oklahoma state record holder at 65-69/148. Stopping just short of her personal best, Janey finished with 165. For the novice men's division it was Tim Lopez at 220 with a new state record 585 pull! This also earned Tim the best lifter award for the competition! Nick Dwinell continues to improve with each new outing, breaking his own state record at 13-15/123 with 285. David Ray won at 16-17/165 with 345 followed by a solid 365 fourth. Both were new state records for his class. Edl Rangel, a first-time competitor, won at 18-19/220 with a strong 385. For the junior 220 class, Fred Crape won his second title of the day with his 405 and 420 pulls. Both again, were new state records for the class. Mark Nagele also set a state record for his class, 50-54/220, where he finished with a 545 pull. In the open division Mike Smith won his second title of the day with a solid 520 pull. Taking the win at 220 was Nan Cruz with 510 while Ken Harris got his second win at 275 with 550. Both Nan and Ken posted new state records as well. Thanks to Tom Barth, Rico Morales and others for loading and spotting and to Makenzie Hawkins for serving as our trophy girl. See you all again next year! (Thanks to Dr. Darrell Latch for results)

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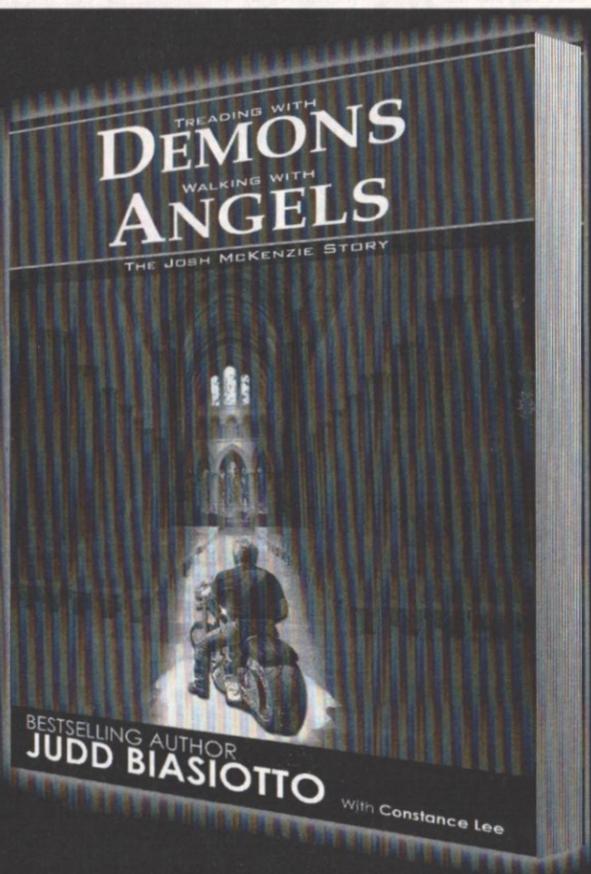
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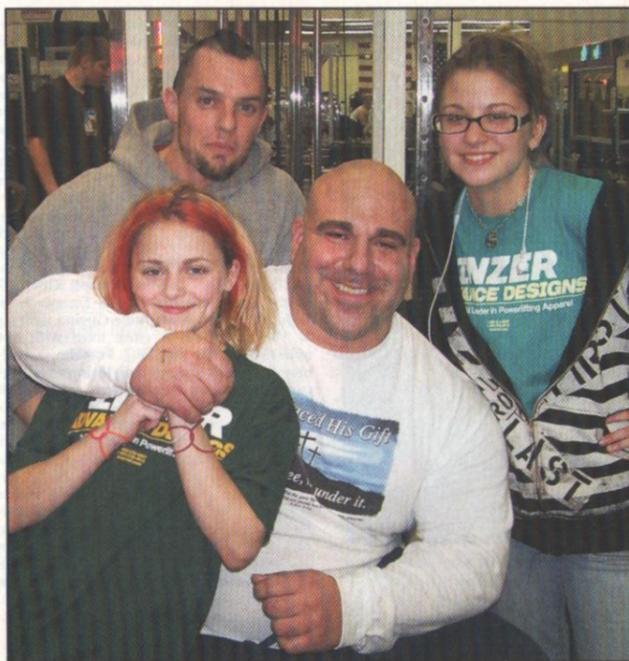
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APF/AAPF Riverhead
2 DEC 06 - Riverhead, NY

Table with columns for weight class, lift type, and total score. Includes categories like BENCH Only, APF, MEN, OPEN, IRONMAN, and WOMEN.



The McCaslin Girls, Sarah and Kerrigan, with Chris Rodgers (standing) and big Joel Toranzo at the East End Barbell Meet in Riverhead, NY. (our thanks to Sandi McCaslin for providing this photograph)

Table listing athletes and their scores, including names like F. D'Angelo, J. Ludwig, J. Albano, R. Davidovich, S. McCaslin, M. Romeo, E. Pauciullo, and J. Picone.

J. Drisco 800 585 550 1935
First and foremost, thanks to John & Nikki Bernor, the East End Barbell Crew and Ultimate Fitness East for hosting their first full meet. The meet ran really smooth. Everyone that I talked to (and I love to talk) said that they really enjoyed the meet. Kudos to you for pulling it off. A full meet can be full of chaos and you all pulled it off without a hitch. Incredible people make incredible meet directors. It really was an amazing day for me to lift with both the girls on the same platform. I don't think I could have done this just anywhere. You gave us a place where we could feel comfortable and bring our best to the platform. We laughed between attempts. We had the support of your entire crew, as did everyone. Huge thanks to you all! My first personal thanks goes to Zane. He really worked hard to get all three of his girls ready for this meet. He worked through the days that either one of us were having emotional meltdowns, more so than the little asses. He was so prepared for this meet. He knew exactly what we were all doing for warm-up weights and proved himself once again to be a great coach, a great dad and a great husband. Thanks coach! I gotta single out Lenny Spero in the thanks as well. I think I have adored Lenny since the first time I met him. He has offered Kelly to defend my belongings. He has been so great to my kids, as well as Zane and myself. I asked him to backspot Little Evil on the squat, and he ended up being there for all three of us. When I went through the videos for the meet, I could hear his voice throughout all the lifts. Even though he has been dieting, he still tried Little Evil's Lemon Bars. He's always encouraging on the boards and on the platform. We all adore you Lenny. I can see why Kelly lowered her standards so much. LOL. You both are amazing. Big Tone Barbaccio and the Jersey Iron crew. You came out to represent well once again. I think the only time Tone strayed from the platform was to spend time with Chele and Jill. You're a great guy Tone, and you have a great crew behind you. Shawn Lattimer, thanks for being there. I love how you throw the bench shirt in the bag just in case. LOL. Great lifting. Joe and Natalie Ceklovsky. Thanks for bringing such a strong presence into our gym and into our lives. Thanks for boarding the bus to Long Island and being right beside us the entire way. Natalie, thanks so much for taking pictures. Sarah and I both appreciate it so much, and the pictures were awesome. Jim Farina, 655 is a sweet bench, tie that in with a 500 pull, wow the progress you have made. Great work. Mike Romeo, way to come back and put some stank on it. Great lifting. Thanks for sporting the tee on the platform. You can't possibly imagine how good that felt to see, and Meg is dead sexy in the red baby tee. Jules, although we just love busting your ass, I'm sorry this meet didn't work out for you. I can't wait to see you bring your game to the full power platform. It's gonna be a great day! Oh and, how you doin'? (sorry, it just comes out). Back on the subject of tees, it was really amazing to look out through the crowd and see so many Iron Asylum Gym tees. It was like the junior high phone tree, "What are you wearing to the meet?" How can you not have a great day when you look out and see your passion throughout the room. Wow! You guys rock! Many great lifts were brought to Long Island on this day, both assisted and unassisted. We all ended 2006 with some great lifts. Thanks again to East End Barbell for an awesome meet. You can see more pics and vids of the meet at www.ironasylumgym.com. (Thanks to Sandi McCaslin for providing these meet results)

SLP Ultimate Body Fitness Open
21 OCT 06 - Chicago, IL
BENCH FEMALE MALE
4th-225*
Police/Fire Novice
148 lbs. 165 lbs.
K. Carter 185* (Raw)

Table with columns for weight class, lift type, and total score. Includes categories like Novice, Junior, and Submaster.

*=Son Light Power Illinois State Records.
Best Lifter Bench: Tommy Harrison. Best Lifter Deadlift: Craig Tokarski, Jr. The Son Light Power Ultimate Body Fitness Chicago Open Bench Press/Deadlift Championship was held at Ultimate Body Fitness. Thanks to owner Paul Reed and his staff for once again hosting this event. In the bench press event Kim Carter broke the existing Illinois state record for the women's police & fire/148 class with her 185 opener. But she followed that with a great 225 fourth to push the record even further. Kim is in training for the WABDL Worlds, to be held next month in Vegas, and we wish her well. For the men's novice competition it was James Martinez with 275 at 165, Carlos Navarro (with perfect form) making 365 @ 220 and W.T. Franklin with 425 at 275 for the wins. All three set new Illinois state records for the raw division in their respective classes. Nick Sisto set the raw record at 16-17/148 with a personal best 150 while Jordan Hines broke the assisted state record at 16-17/198 with an easy 475! Teenagers in the 18-19 age group also set new raw state records in the 181 and 198 classes. Brandon Melcic (181) finished with 315 while Mark Munro got a personal best 365 at 198. In the assisted division, Larry Knitter got a new personal record at 220 with his 410 fourth attempt! Buster Brown broke the state record for the raw junior 181 class with 275, making just his opener. One of the truly great lifts of the day came from our next competitor, Jeremy Hines. Having just turned twenty years of age, Jeremy shattered the Illinois state junior 242 record with an amazing 635. A final attempt with 675 was so close, it was no doubt in anyone's mind this kid will get 700 soon! Also at junior was 275 winner Terrance Hatten, who settled with his opener of 495. For the submaster division both lifters set new raw records for their classes. Peter VanHorn finished with 280 at 148 while Larry Elster won at 198 with 330. Hank Collins, great lifter from the past, set the state raw record at 55-59/242 with 430. Now, at age 56, Hank is still just as thick and strong as ever. With an artificial hip and a bad back, Hank is not able to get his legs into the lift, which means he lifts with just his upper body strength, raw. Pretty amazing! Up next was the great Tommy Harrison. Tommy opened with an easy 705 then called for 815. Out of the groove with the weight, Tommy then called for a final attempt with 835! Missing the weight on the way off his chest, Tommy showed a strong press, which was closer than it really looked at failure. No doubt Tommy will be our next 800 bench! For the open division Vince

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Robbins took the 181 raw class with 340, followed by a strong 365 fourth. In the 220 class Buddy Hull was unable to get in a good lift, failing with 505 three times. The best lifter award went to Tommy Harrison. Kim Carter won her second title of the day at women's police & fire, 148 with a solid 300 pull. A return to the platform for a fourth attempt with 315 was also good for another state record in both the police & fire and open women's classes. Best lifter Craig Tokarski, Jr. locked out three great pulls at 18-19/181, finishing with 545! Triple bodyweight! Our final lifter was first time competitor, fifty-seven year old Gregg Kaske. Greg got a new personal best 315 at 275. Thanks to all who helped with the competition, including our trophy girl, Jeira Cobb. See you all again next year! (Thanks to Dr. Darrell Latch for results)

SLP French Riviera Open
8 OCT 06 - Memphis, TN
BENCH MALE (Raw) J. Coll 385
Teen (18-19) 242 lbs. (Raw)
198 lbs. (Raw)
R. Acuff 315* 4th-330*
4th-375* 308 lbs.
Junior (Raw)
198 lbs. W. Sanders 385
N. Velasco 340 CURL
Submaster MALE
242 lbs. Novice
T. Crossen 500 220 lbs.
Master (45-49) E. McCauley 175*
165 lbs. DEADLIFT
E. Acuff 275 MALE
Master (50-54) Novice
220 lbs. 148 lbs.
(Raw) K. Baer 385
J. Coll 355* 181 lbs.
308 lbs. Sirayathorn 495*
(Raw) Teen (16-17)
D. Gibson 395* 220 lbs.
Open N. Melone 365*
181 lbs. Open
(Raw) 220 lbs.
L. Dunn 315 T. Hamilton 425
220 lbs. 242 lbs.
T. Hamilton 485 R. Daniel 450
*=Son Light Power Tennessee State Records.
Best Lifter Bench: Trey Hamilton. Best Lifter Deadlift: Darren Sirayathorn. The Son Light Power French Riviera Open was held at French Riviera Spa. Thanks to the staff at the Spa for hosting this event and to all the competitors who chipped in and helped load and spot. To begin the event we had one entry in the curl competition, Ewan McCauley, who was successful with a strict curl of 175. This set a new Tennessee state record for the novice 220 class. Moving to the bench press event, it was Ryan Accuff for the win at 18-19/198 with a new state raw record of 375. Nathan Velasco won at junior 198 with 340, while Terry Crossen got his first official 500 with his win at submaster 242. Eddie Acuff captured the crown at 45-49/165 with 275 while Joe Coll set the state record at 50-54/220 with 355. Danny Gibson looked strong on this day, making an easy 395 state record for the raw 50-54/308 class. In the open division Larry Dunn won at raw 181 with 315, just missing a final attempt with 345. Trey Hamilton took the title at 220 with 485 while Joe Coll won the raw division there with 385. In the raw 242 class Robert Daniel set the state record with his 315 third and 330 fourth attempts. William Sanders, always a consistent lifter, won at 308 raw with a solid 385. The best lifter award went to Trey Hamilton, in a close one over Terry Crossen. In the deadlift event Kip Baer won at novice 148 with a strong 385 pull while novice 181 winner Darren Sirayathorn pulled a great 495 to lock out! This also gave Darren the best lifter award for the deadlift competition! At 16-17/220 winner Nathan Melone broke the existing state record there with 365. Trey Hamilton won her second title of the day at open 220 with 425 while Robert Daniel finished with 450 for the win at 242. Thanks again to the lifters and spectators. See you all again next year! (Thanks to Dr. Darrell Latch for providing these results)

(continued from page 44)

of water a day. That it's important to drink water before and during exercise. That coffee and tea don't count in the fluid replacement equation because caffeine can dehydrate our bodies. And that you can't trust your thirst as an accurate measure of when you need water since if you're thirsty you're already dehydrated.

Water Myths Debunked

For the first time, in a review in the Journal of Physiology, these myths have been looked at in a scientific and co-ordinated way and shown for what they are, unsubstantiated opinions.²

This review looked at the scientific evidence of the 8*8 mantra - drinking at least eight 8 ounce glasses of water a day, and found that there really was none. The claimed benefits of taking in that much water each day, including benefits for weight loss, bowels, fatigue, arthritis, mental alertness and headaches, losing weight, and preventing constipation, are also mostly unsubstantiated.

Other water myths that are debunked in this review include:
* By the time a person is thirsty that person is already dehydrated. This in fact isn't true and the best measure of how much water to drink is your thirst.

* Dark urine means dehydration. Again that's not strictly true either as there are many other factors that can contribute to dark urine.

* Caffeinated beverages dehydrate us. As you'd expect much of this is also unsubstantiated. In fact, contrary to popular opinion, a study conducted at the University of Nebraska study has found that coffee, tea and sodas are hydrating for people used to caffeine and thus should count toward their daily fluid total.

Too Much Water Can Be Worse Than Not Enough

While this review focuses on the validity of the various water myths, no one seriously disputes that getting enough water is crucial to good health. However, fears of dehydration and the constant barrage telling us we don't drink enough water, has led to a mistaken belief that the safe thing to do is to drink as much and as often as possible. It's important to realize, however, that drinking too much water be counter productive and even hazardous to your health.

The reason why overhydrating can be dangerous is that when we consume large amounts of water when exercising, blood plasma (the liquid part of blood) increases, while the sodium concentration in the body fluids decreases, both as a

result of the dilution by the water but also because sodium is lost by sweating. Hyponatremia, or low blood sodium, generally happens after drinking too much plain water and can lead to adverse effects and tissue damage, and also interfere with brain, heart, and muscle function. Early symptoms can be difficult to spot and include confusion, nausea, fatigue, muscle cramps, and weakness. More severe symptoms can include vomiting, muscle twitching, delirium, seizures, coma and death.

A review of three deaths of US military recruits highlights the dangers of drinking too much water.³ As in sports, the military has traditionally focused on dangers of not drinking enough, especially under conditions often associated with exercise and hot conditions. However, getting overzealous over the need to drink large amounts of water and overhydrating can have deadly consequences.

The three deaths involved a 19-year-old Air Force recruit who collapsed during a 5.8-mile walk and died of both heat stroke and low blood sodium levels as a result of overhydration; a 20-year-old female trainee in the Army drank around 12 quarts of water during a 2- to 4-hour period while trying to produce a urine specimen for a drug test, and died several hours later from swelling of the brain and lungs as a result of low blood sodium; and a 19-year-old Marine died from drinking too much water after a 26-mile march.

A recent review looked at the issue of hyponatremia and deaths from overhydration in those who exercise.⁴ The authors looked at the eight reported fatalities from exercise-associated hyponatremia in marathon runners and army recruits in the past eight years, with all the deaths occurring in the US.

They also looked at all the variables involved, including dehydration associated with large Na⁺ losses, excess retention of fluid by certain athletes during exercise, and excess fluid ingestion at rest.

They found that athletes develop exercise associated hyponatremia (EAH) for three main reasons.

(i) overdrinking due to biological or psychological factors
(ii) inappropriate ADH secretion, in particular, the failure to suppress ADH secretion in the face of an increase in TBW
(iii) a failure to mobilize Na⁺ from the osmotically inactive sodium stores or alternatively inappropriate osmotic inactivation of circulating Na⁺

The noted that because the mechanisms causing factors i and iii are currently unknown, it follows that the prevention of EAH and



Mauro Di Pasquale M.D. consulting with Cheryl Jones. (K. Leistner)

EAHE requires that athletes be encouraged to avoid overdrinking during exercise, which has been known since 1985 and clinically proven since 1991.

Their bottom line was that: Guidelines that encourage overdrinking during exercise should be modified to negate the significant threat that these guidelines continue to pose to the health of active exercisers. In other words don't overdrink when you exercise as that's the main cause of exercise associated hypernatremia.⁵

So How Much Water Should You Drink?

Debunking the myths about water balance in the body and discovering what information about water is scientifically valid, while important to know, still doesn't give us the answer about how water intake affects exercise performance, and how much water we should drink while exercising.

Studies have shown that dehydration limits both aerobic and anaerobic exercise performance and affects maximal oxygen uptake and work capacity.⁶ But, while we know that dehydration can affect aerobic performance we don't know much about what degree of dehydration is needed to do so.

While it's been suggested that there is a critical level of water deficit for the deterioration of exercise performance, it has not been confirmed experimentally whether or not there is a critical level of water deficit at which the ability to exercise aerobically and anaerobically is reduced. In addition, there

are few studies on the effects of hypohydration on anaerobic exercise performance such as weight training with heavy weights and low reps.

A recent study, however, examined the critical level of water deficit necessary to cause a decrease in step test performance and maximal anaerobic power output during cycling exercise.⁷ In this study seven male college baseball players were checked both before and after practice on hot days to measure the effect of four different levels of fluid ingestion; replacement of 80%, 60%, 40%, and 20% of the total sweat loss.

The results suggest that there is a critical level of water deficit at which a decrease in aerobic and anaerobic performance occurs, and that aerobic performance may be more adversely influenced by dehydration than anaerobic power output during exercise-induced dehydration. The bottom line is that any degree of dehydration can affect aerobic or endurance exercise, while it takes more to affect anaerobic exercise.

From the values derived from this study, it seems that, depending on body weight, a significant deficit of water needs to be reached before exercise performance is hindered by dehydration. For aerobic exercise this amounts to about a quart or so of water while for anaerobic exercise it's more like a quart and a half.

In my view, if you listen to your thirst, even while exercising, you shouldn't fall this low unless you're really sweating, in which case you may well drop down below this dehydration level and thus affect your training performance. In order to prevent this, if you're sweating to any great extent, it's wise to take in some water before, during and after exercise, although you shouldn't overdo it.

So how much water should you drink? Under ordinary circumstances, you don't have to even think about how much to drink, or bother counting up the number of glasses of water to see if you hit that magical number. Drink when you're thirsty and don't force fluids when you're not.

As far as drinking water in and around exercise, I've outlined a few simple guidelines that will make sure you're well hydrated without hitting any extremes.

The amount of fluid you need to drink goes hand in hand with the duration of the exercise, and most importantly how much you're sweating. The more you sweat, the more you need to drink to keep ahead of the game. Even with the body's efficiency in protecting water balance, it's not a bad idea to drink ahead if you know you're going to

be doing some long-term exercise and/or sweating excessively.

As a rule of thumb, within an hour or so of training, drink a glass of water so you start well hydrated. But don't overdo it since hyperhydration can also affect exercise performance, as seen in a recent study on horses which found that hyperhydration reduces the amount of oxygen that's carried in the blood.⁸

While training you can drink a glass or so of water for every 15 minutes you train, especially if you're sweating it out. However, even during times of heavy sweating don't take in more than a quart and half of water per hour. After training, especially if you've been sweating heavily, take in a few glasses of water before taking a shower. A recent study shows that taking in some fluid right after training more rather than less water after training was better for replacing lost fluid and for plasma volume restoration.⁹

It's felt that people who are on restrictive diets should increase their water intake. This is done for two reasons. One to help fill you up and secondly to flush out the ketones and other products of metabolism. Like the water myths surrounding exercise, these reasons don't stand up to close scrutiny.

As far as how much your daily intake of water should be, The American College of Sports Medicine that 12 quarts is the maximum amount to drink in a 24-hour period. In my view, however, you're really pushing the envelope if you drink this much on a daily basis, and you risk the chance of overhydrating yourself.

The bottom line is to drink water in moderation when you're thirsty, and in and around exercise.

But What if You're Trying to Lose Weight?

That may be another story. Several studies have shown that drinking more water than you would normally need may help you to lose weight and decrease body fat.

In fact studies have shown that taking in more water than you may actually need to just satisfy thirst might help breakdown and burn more body fat and help you to lose more weight.

There are several reasons as to why water may be beneficial for weight and fat loss. It seems that first of all drinking cool water exerts some thermogenic effects, likely some of that secondary to the body having to warm the water up to body temperature and that takes calories to accomplish. However, approximately 60-70% of the water-induced thermogenesis cannot be attributed to the heating of the ingested water. Studies have

shown that the reduction in plasma osmolarity after water drinking mirrors the time course of the metabolic response.

A recent study found that drinking 500 ml of water increases metabolic rate by 30% in both men and in women.¹⁰ The increase in metabolic rate was observed within 10 min after completion and reached a maximum 30-40 min after water drinking. The effect was sustained for more than an hour.

They also found that in men, water drinking led to a marked increase in lipid oxidation. Carbohydrate oxidation did not change after water drinking. In contrast, in women, carbohydrates mainly fueled the increase in metabolic rate after water drinking.

Studies have also shown that increasing the volume of fluid in the body can lead to an increase in fat breakdown, or lipolysis.¹¹ It can also lead to increased cellular hydration and subsequently increases in protein synthesis.

So it seems that liberal ingestion of water helps build larger muscle cells, or at least help maintain your muscle while you diet, as well as shrink your body fat.

As well, in some people more water may be needed to flush out the ketones and other products of metabolism, including acetyl carnitines, parts of fatty acids that are flushed out in the urine, and act as a mild diuretic, when using LipoFlush (www.LipoFlush.com).

Water Can Be Anabolic

While too much water can be a problem, getting more water into your muscle cells can have anabolic effects.

Electrolytes and Minerals

Studies have shown that re-

placement of water, electrolytes, especially sodium and potassium, and certain minerals (which also act as electrolytes) while exercising has a beneficial effect on strength, exercise intensity and endurance. Besides replacing various nutrients that are affected by exercise, these substances also have potential beneficial training effects. For example, magnesium, calcium and potassium are important in protein synthesis, muscle contraction, energy production and metabolism.

Volumizing

Glycerol, creatine and taurine, are predominantly present in the intracellular space and as such all three have distinct volumizing effects. Increasing intracellular volume is considered to increase protein synthesis and thus to have anabolic effects. The use of all three compounds together may have an additive anabolic effect on muscle cells.

For more information on the perfect way to hydrate while training while at the same time increasing the anabolic and fat burning effects of exercise go to www.mdpowerdrink.com.

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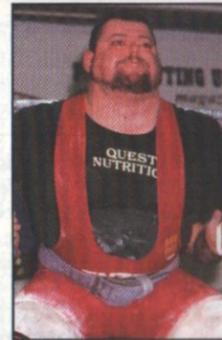
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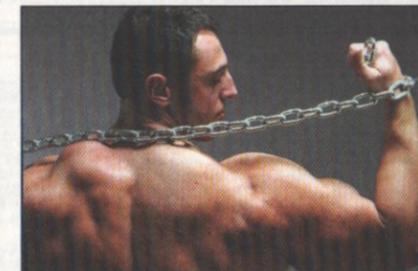
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TOP 100 For standard 220 lb./100 Kg. USA lifters in results received from FEB/06 through FEB/07

SQUAT	BENCH	DEADLIFT	TOTAL
1 1050 Blue, D..10/28/06	832 Luyando, R..1/20/07	777 Hook, L..11/2/06	2500 Blue, D..10/28/06
2 1030 Carroll, B..11/2/06	800 Kellum, J..5/6/06	755 Carroll, B..6/3/06	2375 Frankl, S..11/2/06
3 1003 Norman, J..12/2/06	749 Frankl, S..1/20/07	750 Blue, D..10/28/06	2375 Carroll, B..11/2/06
4 953 Hook, L..11/2/06	710 Coker, J..7/22/06	749 Cass, B..11/19/06	2303 Norman, J..12/2/06
5 947 Mason, C..3/3/06	710 Smith, C..12/2/06	745 Clark, Z..12/9/06	2276 Kroczaleski, M..3/3/06
6 942 Frankl, S..11/2/06	705 Larson, G..7/16/06	738 Norman, J..6/3/06	2248 Hook, L..11/2/06
7 936 Hubbard, T..11/2/06	700 Blue, D..10/28/06	733 Kroczaleski, M..3/3/06	2221 Kellum, J..3/3/06
8 925 Kroczaleski, M..3/3/06	680 Nealy, D..9/9/06	733 Beck, J..7/9/06	2215 Smith, C..12/2/06
9 920 Akers, C..8/12/06	677 Green, M..6/3/06	727 Gahagan, C..12/3/06	2210 Hubbard, T..11/2/06
10 920 Bell, G..11/2/06	672 Lamarque, M..6/17/06	722 Casagrande..10/28/06	2210 Akers, C..11/2/06
11 905 Blankenship, D..11/11/06	670 Millrany, K..5/27/06	716 Hubbard, T..8/12/06	2200 Cooke, V..11/11/06
12 903 Hairston..11/2/06	650 Cravatta, J..4/22/06	716 Herrick, C..11/19/06	2177 Mason, C..11/2/06
13 900 Cooke, V..11/11/06	650 Senter, M..10/14/06	710 Smith, C..4/1/06	2175 Blankenship..11/11/06
14 880 Carroll, D..9/16/06	644 Dexter, C..11/2/06	710 Blanchard, S..6/3/06	2160 Bell, G..6/3/06
15 859 Hires, A..8/12/06	640 Jenkins, C..4/15/06	710 Mastrean, M..8/19/06	2116 Hairston..11/2/06
16 854 Hoover, L..2/25/06	640 Cooke, V..11/11/06	710 Mastrean, M..8/19/06	2105 Cass, B..12/3/06
17 850 Hoover, L..2/25/06	639 Hairston..11/2/06	710 Blankenship..11/11/06	2100 Hoover, L..2/25/06
18 850 Cass, B..12/3/06	635 Rowe, S..4/15/06	705 Akers, C..6/3/06	2088 Atkins, T..3/3/06
19 848 Kellum, J..3/3/06	633 McVicar, J..2/4/06	705 Bell, G..6/3/06	2088 Brandon, M..7/9/06
20 848 Rowe, S..11/2/06	633 Carroll, B..11/2/06	705 Gotlieb, J..6/3/06	2088 Rowe, S..11/2/06
21 843 McFarland, T..6/10/06	622 Thompson, J..6/18/06	705 Thompson, J..6/18/06	2077 Beck, J..7/9/06
22 825 Biales, B..4/2/06	617 Kroczaleski, M..3/3/06	705 Woody, M..7/22/06	2077 Coker, J..7/22/06
23 821 Atkins, T..3/3/06	617 Mason..3/3/06	705 Muro, D..12/16/06	2066 Mastrean, M..8/19/06
24 815 Smith, C..4/1/06	606 Atkins, T..3/3/06	702 Cox, B..2/17/07	2033 McFarland, T..6/10/06
25 815 Gotlieb, J..6/3/06	606 Akers, C..11/2/06	700 Peppe, L..3/19/06	2028 Blanchard, S..6/3/06
26 815 Plescia, M..6/3/06	602 Mattson, K..7/9/06	700 Phillips, K..6/10/06	2022 Thompson, J..6/18/06
27 805 Szudarek, M..2/4/06	602 Hartlaub, S..7/23/06	699 Brandon, M..7/9/06	2000 Griggs, J..4/8/06
28 805 Hoff, D..4/2/06	600 Moseley, L..2/4/06	699 Ray, J..8/26/06	2000 Gotlieb, J..6/3/06
29 804 Smith, S..5/13/06	600 Hoover, L..2/25/06	688 McFarland, T..6/10/06	2000 Carroll, D..9/16/06
30 804 Krutulis, C..11/4/06	600 Vinelli, S..3/11/06	688 Hambright, S..11/4/06	2000 Soule, J..12/2/06
31 800 Griggs, J..4/8/06	600 Swartzlander, B..3/11/06	688 Roberts, P..11/4/06	1975 Biales, P..4/2/06
32 800 Jones, S..4/1/06	600 Boardman, S..3/25/06	683 Bennett, M..3/11/06	1965 Hoff, D..4/2/06
33 799 McCracken, J..3/18/06	600 Holbrook, M..4/1/06	677 Back, C..3/25/06	1940 Smith, S..5/13/06
34 799 Beck, J..7/9/06	600 Butia, G..4/1/06	677 Givens, F..5/6/06	1940 Augenstein, J..4/2/06
35 788 Brandon, M..7/9/06	600 Kelley, B..4/2/06	677 Hanson, R..1/27/07	1934 Benson, J..11/18/06
36 782 Augenstein, J..11/11/06	600 Swaliger, A..4/2/06	675 Robinson, J..7/15/06	1920 Polk, G..9/9/06
37 782 Benson, J..11/18/06	600 Handshue, M..4/30/06	675 Howell, J..12/16/06	1915 Couick, J..9/9/06
38 777 Coker, J..7/22/06	600 Brandon, M..7/9/06	672 Kellum, J..3/3/06	1912 Krutulis, C..11/4/06
39 766 Blanchard, S..6/3/06	600 Caporosso, J..9/16/06	672 Landry, S..12/16/06	1895 McCracken, J..3/18/06
40 766 Telesco, C..12/16/06	600 Elick, J..1/13/07	672 Tucker, T..1/28/07	1890 Gahagan, C..12/3/06
41 765 Spero, L..10/14/06	600 Manney, G..1/27/07	672 Lazowski, R..2/3/07	1890 Walters, G..12/9/06
42 760 Jones, S..4/1/06	589 Anderson, T..9/3/06	670 Reed, J..3/11/06	1880 Spero, L..10/14/06
43 760 Arntzen, E..4/8/06	585 Reed, A..3/26/06	666 Edelman, M..10/28/06	1878 Jones, S..4/1/06
44 760 Soule, J..12/2/06	585 Maki, C..9/16/06	666 Mastrean, C..11/2/06	1878 Telesco, C..12/16/06
45 755 Kouf, D..6/10/06	585 Knight, M..9/16/06	666 Soule, J..12/2/06	1875 Steen, J..9/25/06
46 755 Aubuchon, S..7/23/06	584 Ferrantelli, M..7/9/06	666 Christopher, S..1/28/07	1868 Szudarek, M..6/3/06
47 755 Fletcher, H..7/29/06	584 Marrama, R..8/12/06	665 Brady, S..3/25/06	1862 Kouf, D..6/10/06
48 755 Polk, G..9/9/06	584 Hubbard, T..11/2/06	665 Rowe, S..7/23/06	1862 Hambright, S..11/4/06
49 755 Couick, J..9/9/06	584 Minuth, J..11/2/06	665 Polk, G..9/9/06	1856 Fletcher, H..7/29/06
50 755 Zenzen, D..1/6/07	573 Sims, C..5/20/06	661 Atkins, T..3/3/06	1851 Arntzen, E..4/8/06
51 750 Hypes, T..4/2/06	573 Soule, J..12/2/06	661 Szudarek, M..6/3/06	1850 Miller, D..1/13/07
52 750 King, M..8/5/06	570 Dworek, C..9/2/06	661 Courtenay, J..6/17/06	1840 Gorrell, J..6/3/06
53 750 Steen, J..9/23/06	570 Chenos, M..9/16/06	661 Wallen, L..8/20/06	1840 Hill, M..6/3/06
54 750 Miller, D..1/13/07	567 Guerra, J..2/18/06	660 Barnes, J..3/25/06	1840 Stuart, M..8/12/06
55 749 Champion, K..6/3/06	567 Norman, J..5/13/06	660 Cooke, V..11/11/06	1835 Chavez, B..10/14/06
56 744 Gorrell, J..6/3/06	565 Blankenship, D..4/2/06	655 Murphy, J..4/2/06	1830 Howell, J..12/16/06
57 744 Hill, M..6/3/06	562 Benson, J..11/18/06	655 Hoover, L..6/3/06	1829 Wisenbaker, J..12/2/06
58 744 McLeod, K..1/27/07	562 Haycraft, D..11/19/06	655 Augenstein, J..11/11/06	1829 Lazowski, R..2/3/06
59 735 Beanland, B..4/8/06	560 Cozza, J..2/18/06	650 Garcia, R..2/18/06	1825 McNutt, R..4/2/06
60 735 Trusnovic, C..10/14/06	560 Bell, T..7/16/06	650 Biales, P..4/2/06	1825 DelPreore, C..11/11/06
61 733 Allen, J..6/3/06	556 Young, B..6/17/06	650 Hoff, D..4/2/06	1820 Weingroff, C..9/30/06
62 730 McQueen, D..4/2/06	556 Barnes, E..11/19/06	650 Barth, D..6/17/06	1818 Roberts, P..11/4/06
63 730 Arrington, B..11/11/06	555 Adams, J..8/19/06	650 Halverson, J..4/8/06	1813 Richards, J..12/2/06
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68 725 DelPreore, C..11/11/06	551 Martin..11/2/06	650 Smith, N..7/8/06	1795 Morris, C..4/9/06
69 725 Cidzik, R..2/17/07	551 Villamia, G..11/19/06	650 Laney, M..9/30/06	1790 Swaliger, A..4/2/06
70 722 Flowers, G..1/27/07	550 Read, B..4/1/06	650 Slaybaugh..10/28/06	1780 Revels, S..4/1/06
71 716 Walters, G..12/9/06	550 Griggs, J..4/8/06	650 Burlingame..11/19/06	1780 Caporosso, J..9/16/06
72 715 Fox..5/06	550 Simon, N..4/8/06	650 Cancelino, R..12/2/06	1780 Melodini, E..11/11/06
73 715 Weingroff, C..9/30/06	550 Isom, G..4/15/06	644 Bush, K..3/25/06	1779 Champion, K..6/3/06
74 715 Zajac, G..10/28/06	550 Trola, J..8/26/06	644 Tortorelli, A..5/20/06	1774 Allen, J..6/3/06
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78 705 Bradshaw, G..4/1/06	545 Bell, G..4/1/06	640 Hichari, J..8/11/06	1763 Costanzo, F..6/16/06
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83 705 Stuart, M..8/12/06	545 Kobayashi, J..11/19/06	639 Allen, J..6/3/06	1745 Zajac, G..10/28/06
84 705 Blough..11/2/06	540 Carson, C..2/11/06	635 Beede, L..2/18/06	1741 Judd, T..2/4/06
85 705 Roberts, P..11/4/06	540 Mendoza, J..5/20/06	635 Lopez, V..15/06	1741 Gerard, H..5/6/06
86 705 Nesuda, E..11/4/06	540 Smolinski, J..11/2/06	635 Burke..7/15/06	1740 Beanland, B..4/8/06
87 705 Melodini, E..11/11/06	540 Cole, M..11/19/06	635 Ball, F..12/2/06	1740 King, M..8/5/06
88 705 Zenzen, Z..1/6/07	540 Fuhrman, L..11/19/06	635 Daileg, C..2/4/07	1735 Brady, S..3/25/06
89 705 Lazowski, R..2/3/07	535 Judd, S..10/28/06	633 Soekardi, I..3/18/06	1735 Ray, J..8/28/06
90 700 Ehlert, J..3/18/06	534 Inamina, A..6/17/06	633 Sorenson, M..3/25/06	1735 Sengos, P..9/16/06
91 700 Barnes, J..3/25/06	534 Spinelli, S..9/3/06	633 Safran, C..5/6/06	1735 Zenzen, D..1/6/07
92 700 Mecham, S..6/25/06	534 Lehrer, T..9/3/06	633 Barth, D..6/17/06	1730 Tripp, B..4/1/06
93 700 Carnaghi, T..7/15/06	534 Lane, N..9/23/06	633 Fiebigler, E..6/18/06	1730 Byrd, S..5/6/06
94 700 McNeish, K..5/13/06	534 Telesco, C..12/16/06	633 Stuart, M..8/12/06	1730 Laney, M..10/7/06
95 699 Wisenbaker, J..12/2/06	530 Rodgers, J..2/4/06	633 Scaparra, J..11/18/06	1719 Eilers, B..12/2/06
96 694 Thompson, J..6/18/06	530 Holmes, L..6/24/06	633 Shippert, P..11/19/06	1715 Barker, D..4/2/06
97 688 Judd, T..2/4/06	530 Dinolfo, K..7/15/06	633 Howard, B..11/19/06	1713 Radulovich, B..12/3/06
98 688 Hambright, S..11/4/06	530 Biales, P..9/16/06	633 Radulovich, B..12/3/06	1713 King, B..12/16/06
99 685 Murphy, J..4/2/06	530 Melodini, E..11/11/06	630 Tripp, B..4/1/06	1710 Smith, J..7/29/06
100 683 King, B..12/16/06	530 Hess, R..1/13/07	630 Gavliak, A..4/2/06	1708 Gack, K..12/16/06

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NEXT MONTH... TOP 242s

CORRECTIONS ... Eddie White's deadlift of 650 and total of 1537 were not reflected on the TOP 100 181 lb. class list. Tom Eisman should have been credited with a 760 deadlift, and Leamon Woodley with a 699 on the TOP 100 list for Lighthewy

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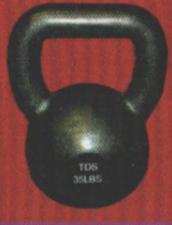


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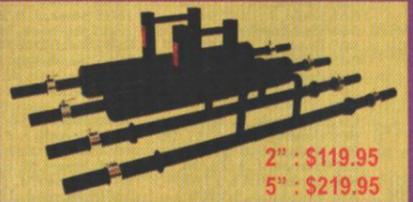


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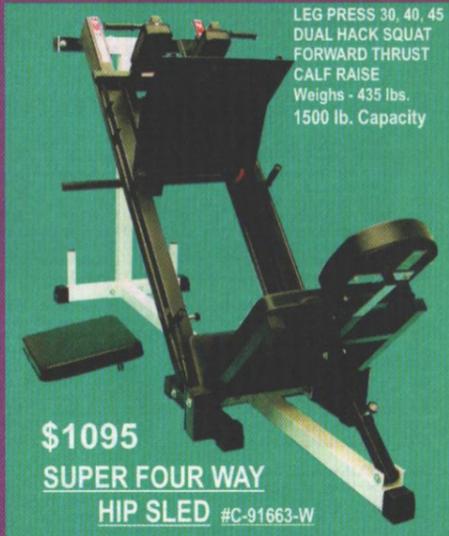
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