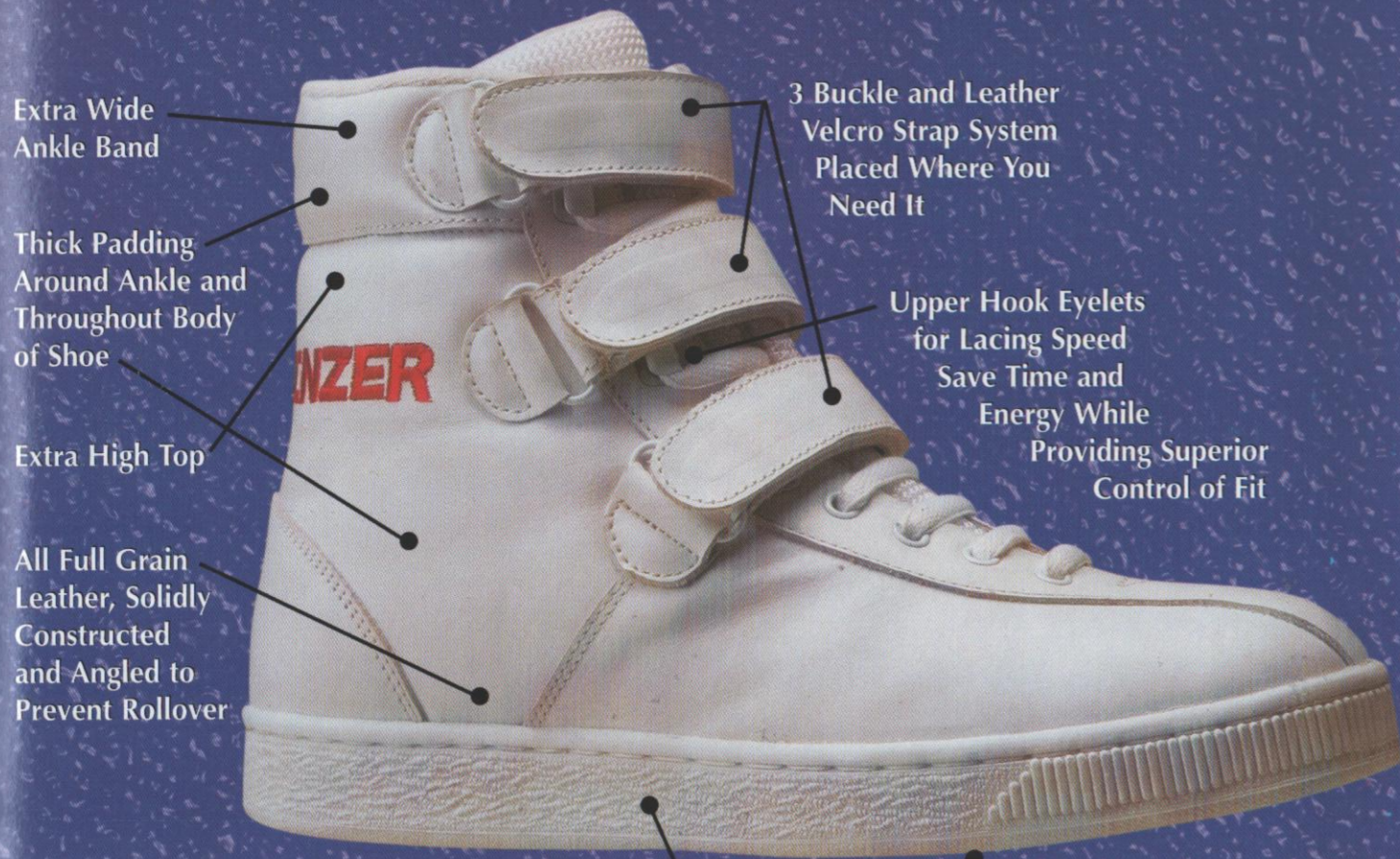


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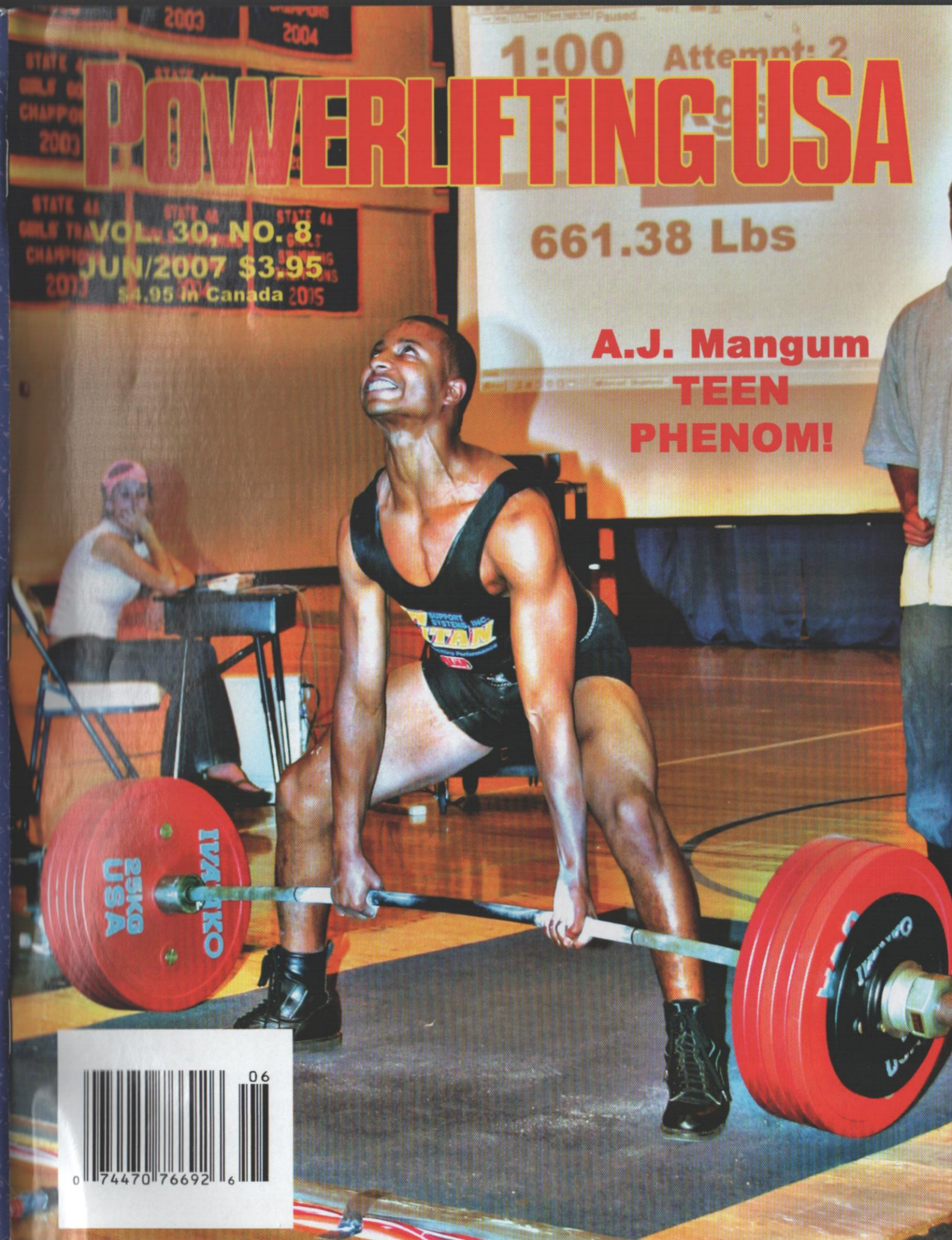
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From The Desk Of:  
Jacob Geissler, Chief  
Product Formulator  
[www.USPLabsDirect.com](http://www.USPLabsDirect.com)

Dear Friend,

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

But you must be careful...

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

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

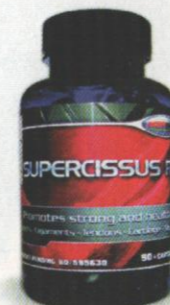
What if I told you this could be reversed? And that you can quickly, safely and effectively get rid of that joint pain once and for all while strengthening all of the tendons, ligaments and connective tissue in your body...

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

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

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

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



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

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

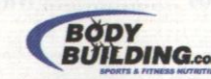
That's pretty impressive, don't you agree? Of course you do.

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

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

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

You can also get SuperCissus RX at the following official retailers



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

Best,

*Jacob*  
Jacob Geissler

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

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

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

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

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

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

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

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

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



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Editor-In-Chief Mike Lambert  
 Controller In Joo Lambert  
 Statistician Herb Glossbrenner  
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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 ... A.J. Mangum deadlifting 662 lbs. weighing 167 at 18 at the WABDL Teenage Nationals (Namea Designs)

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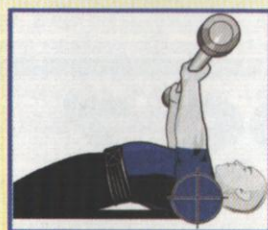
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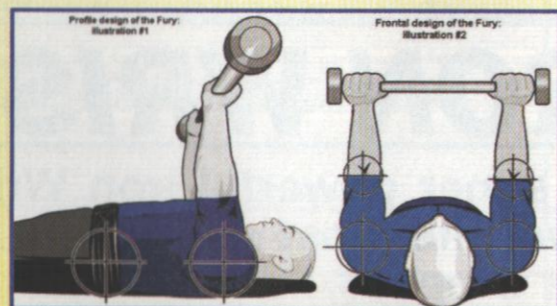


This design accomplishes:

- ◆ **A lower groove** - the new sleeve allows the bar to drop straight to the "sweet spot" with less wandering.
- ◆ **Maximum stroke efficiency** - A more efficient stroke is created since less energy is expended.
- ◆ **More Control** - a lower groove and maximum stroke efficiency creates more stability and control.
- ◆ **Increased power** - this all adds up to the ability to redirect previously expended power to press the bar UP!

the **FURY**

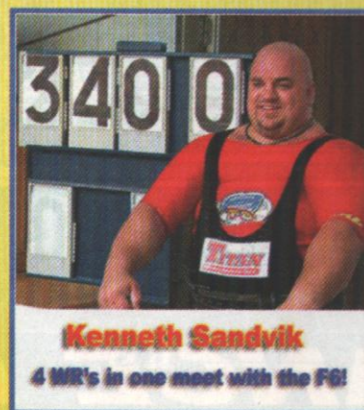
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We won't say that it's 100% perfect, but it is true that *MILO* has something of a crystal ball when it comes to sensing what's about to happen in the strength world—which is why we put Phil Pfister on the cover of our June issue last year, predicting 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!

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# WABDL TEENAGE NATIONALS

as told to Powerlifting USA by Gus Rethwisch

WABDL Teen Nationals  
22 APR 07 - Denver, CO

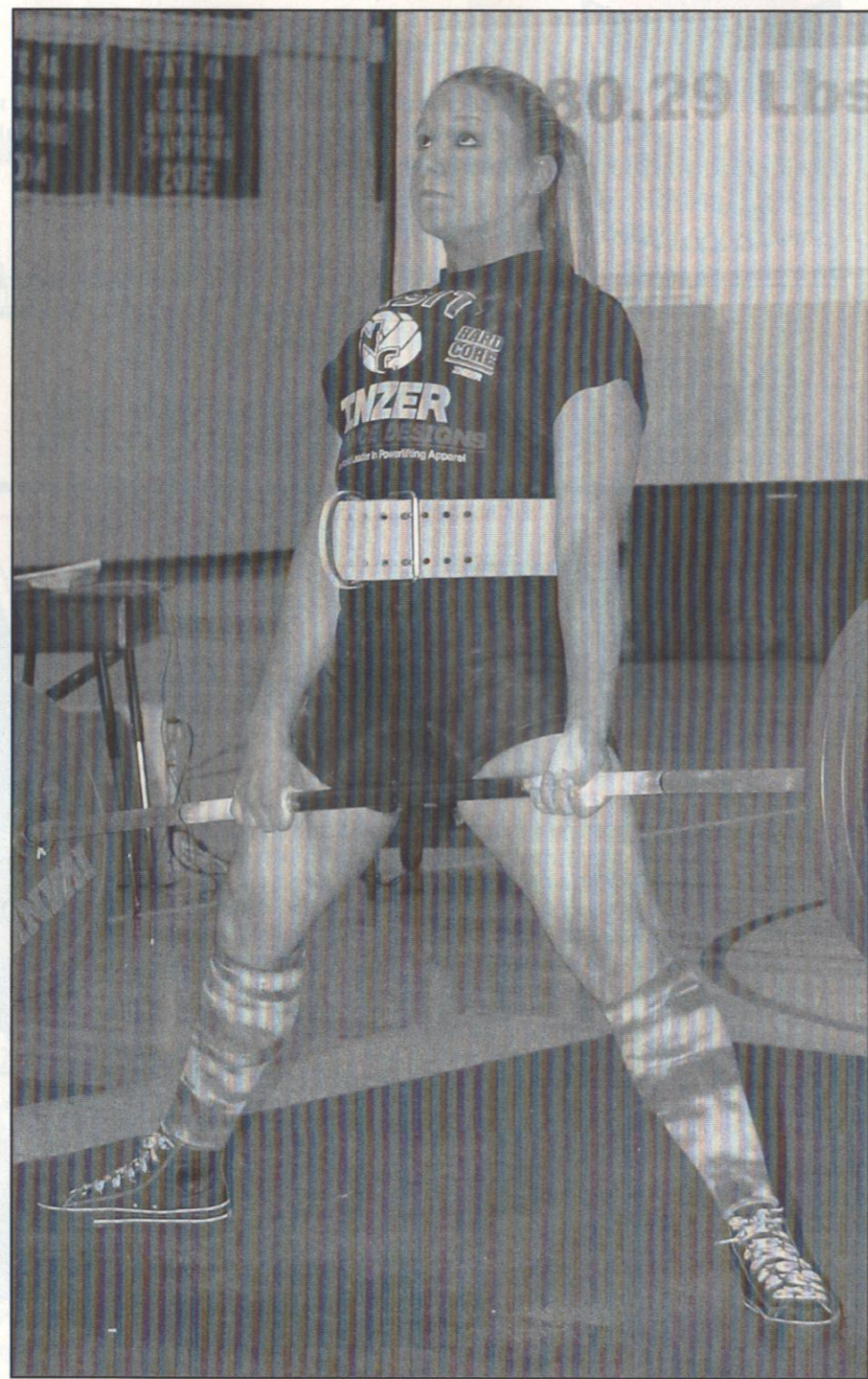
BENCH		DEADLIFT	
FEMALE		MALE Continued	
Teen (18-19)		Teen (16-17)	
181 lbs.		123 lbs.	
C. Gathright	315*!	J. Rein	363*!
MALE		4th-374	
Class I		132 lbs.	
123 lbs.		E. Pruneda	402*!
R. Maestas	203*	4th-413	
4th-214		181 lbs.	
132 lbs.		A. DiTullio	242*
E. Pruneda	198*	A. Mangum	286*
148 lbs.		J. Polakovik	259*
V. Scavuzzo	231*	198 lbs.	
165 lbs.		S. Samoylich	352*
J. Post	253*	220 lbs.	
4th-259		J. Jones	292*
181 lbs.		S. Daniels	380*
A. Cross	264*	DEADLIFT	
198 lbs.		FEMALE	
J. Healy	374*	Teen (18-19)	
4th-402		181 lbs.	
242 lbs.		C. Gathright	391
C. Szkutnik	319*	MALE	
275 lbs.		Class I	
S. Daniels	380*	123 lbs.	
Teen (14-15)		J. Rein	363*
105 lbs.		4th-374	
R. Daru	88*	132 lbs.	
123 lbs.		E. Pruneda	402*
C. Daru	110*	4th-413	
S. Daru	148*	148 lbs.	
132 lbs.		V. Scavuzzo	380*
S. Krajnik	143*	165 lbs.	
148 lbs.		M. David	385*
A. Bell	126*	181 lbs.	
J. Ocana	165*	A. DiTullio	462*
A. Wax	198*	242 lbs.	
4th-203		C. Szkutnik	451*
A. Weisiger	126*	275 lbs.	
165 lbs.		S. Daniels	473*
J. Barry	176*	4th-501	
181 lbs.		Open	
J. Hagen	170*	165 lbs.	
A. Singleton	259*	J. Post	479*
198 lbs.		4th-501	
J. Heule	248*	181 lbs.	
242 lbs.		J. Polakovik	501
D. Pecosky	281*	198 lbs.	
4th-297		S. Samoylich	435*
D. Reynolds	121*	4th-451	
Teen (16-17)		220 lbs.	
123 lbs.		N. Brewster	440*
J. Rein	198*!	Teen (14-15)	
4th-203		105 lbs.	
132 lbs.		R. Daru	203*
E. Pruneda	198*!	4th-220	
M. Zarichny	159*!	123 lbs.	
148 lbs.		C. Daru	236*
M. Carter	225*!	S. Daru	297*
V. Scavuzzo	231*!	4th-303	
165 lbs.		203*!	
M. David	242*!	132 lbs.	
K. Dinkel	203*!	S. Krajnik	303*
J. Post	253*!	148 lbs.	
4th-259		A. Bell	275*
D. Weisiger	165*!	J. Ocana	297*
181 lbs.		A. Wax	363*
J. Beccia	236*!	A. Weisiger	303*
A. Cross	264*!	165 lbs.	
J. Posey	181*!	J. Barry	336*
198 lbs.		181 lbs.	
S. Devlyn	281*!	J. Hagen	303*
J. Healy	374*!	A. Singleton	396*
4th-402		198 lbs.	
J. Slota	187*!	J. Heule	391*
220 lbs.		242 lbs.	
N. Brewster	314*!	D. Pecosky	424*
J. Zuercher	275*!	D. Reynolds	198*
242 lbs.			

DEADLIFT  
MALE Continued  
Teen (16-17)  
123 lbs.  
J. Rein  
4th-374  
132 lbs.  
E. Pruneda  
4th-413

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165 lbs.  
M. David  
K. Dinkel  
J. Post  
D. Weisiger

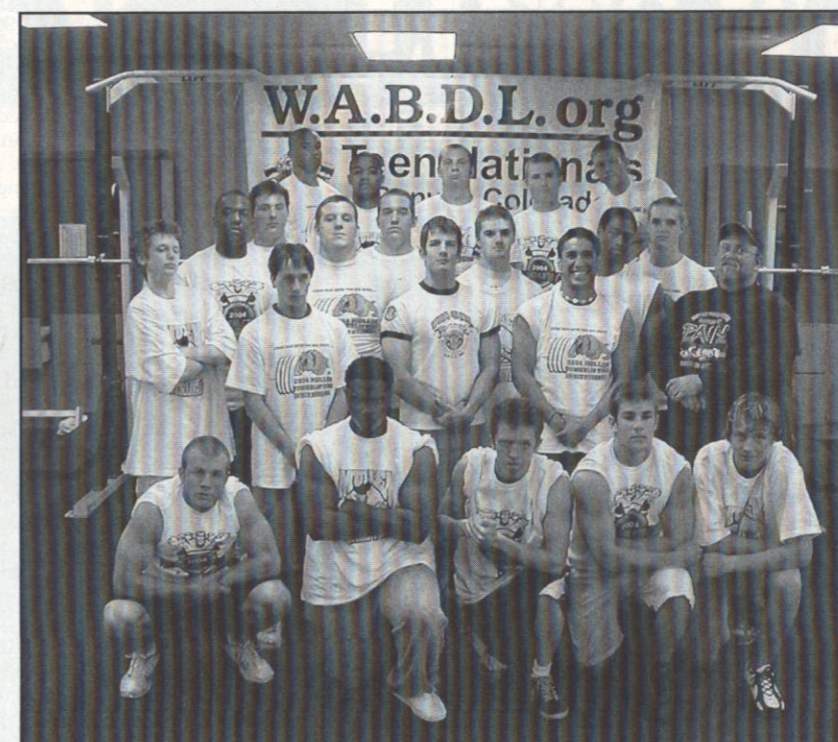
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4th-451  
J. Posey  
198 lbs.  
S. Devlyn  
J. Healy  
J. Slota  
220 lbs.  
N. Brewster  
4th-462  
J. Zuercher  
242 lbs.  
C. Szkutnik  
451\*!

Teen (18-19)  
123 lbs.  
R. Maestas  
181 lbs.  
A. DiTullio  
A. Mangum  
J. Polakovik  
198 lbs.  
S. Samoylich  
4th-451  
220 lbs.  
J. Jones  
275 lbs.  
S. Daniels  
4th-501



Courtney Gathright did two WABDL Teenage World Records, including a 391 deadlift and a 315 bench press. (this photograph was provided to PL USA courtesy of Namea Designs)

\*=State Records. !=World Records. Venue: JK Mullen High School. Meet Directors: Gary Gertner and Mike Berteaux. This was the first annual teenage only national championships in WABDL. Both of the meet directors did an excellent job. JK Mullen High School has won numerous state championships in football, baseball, basketball, and in track and field. Gary Gertner is the strength and conditioning coach, and he preaches with a 600 lb. bench and a 700 lb. deadlift. Mike Berteaux has a world record bench of 512.5 in the Law/Fire (48-55) 220 lbs. division. Mullen gold won the team title. The two outstanding lifters of the meet were AJ Mangum of Houston, TX, and Courtney Gathright. AJ pulled an unbelievable 662.3, weighing 167 at only 18 years of age. On April 7, in Houston, he broke one of Tony Capraris world records, a 655.7 in the 181s in Teenage with a 661.2. I never thought that any of Tony Capraris records would be broken in the teenage division. Capraris was the greatest teenage deadlifter ever. He also holds the 165 lb. Teenage record with 683. If AJ breaks that record then he becomes the greatest teenage deadlifter of all time. AJ is an Eagle Scout and serves as a Boy Scout adult leader of Troop 219 in Van Vleet, Texas. His parents Velma Kemp Mangum and Arnold Ray Mangum are very proud of their son, and rightfully so. He is also a star nose guard and running back in high school. His school is only a 2A school with less than 400 students. Texas A&M has shown an interest in him, but he wants to go to Louisiana Tech on a powerlifting scholarship. As a sophomore, AJ deadlifted 525 lbs. in the 165 division, and he got a lot of advice from his three older brothers who also were powerlifters. Remember the name - AJ Mangum - will deadlift over 700 lbs. at 181 as a teenager! Courtney Gathright set two teenage world records at age 18, 315.1 in the bench and 391.2 in the deadlift, weighing 166. She is from Newcany High School in Houston, Texas and has a 3.97 GPA. She received numerous academic scholarships including one from the US Marine Corps. She has a soccer scholarship to Houston Baptist Academy and plays varsity basketball, softball and soccer. She also is very accomplished in band and plays the tuba, piano, and flute. She plays in the marching band, jazz band, and the brass quartet and her brass quartet is in the state final competition. She also competed in track and field in the shot put and discus and was voted the soccer goal keeper for the year for district 19 in 4A high school competition. She also has a music



Coach Gary Gertner (seen in the dark sweatshirt, at right) with the gang from J. K. Mullen High School (this photograph was provided by the courtesy Judy McCarty)

scholarship to Houston Baptist Academy, is a cheerleader and was named athlete of the year in both her junior and senior years in District 19. She won the state powerlifting championships with a 420 squat, 275 bench, and a 365 deadlift. She is also a member of the national honor society. In the team competition, Mullen Gold won the team title. The team consisted of Ryan Daru at 114, Sean Daru at 123, Szander Krajnik at 132. They were all in the (14-15) age group. Also, Ross Maestas and Carlos Vigil at 123 and 165 respectively. They were in the (18-19) age group. Adam Singleton (14-15)/181, Jim Healy (16-17)/198, Nolan Brewster (16-17)/198, Don Reynolds (14-15)/242, JJ Jones (18-19)/220, Chris Szkutnik (16-17)/242, Shawn Daniels (18-19)/275, and Dwayne Pecosky (14-15)/242. Now onto the lifting. Joey Rein set a world record in (16-17)/123 deadlift with 374.7, a very impressive triple bodyweight at age 16. He is coached by Ron Garofalo of Virtus Gym. In fact, Ron coached three teenagers to triple bodyweight deadlifts. He has done 700 lbs. himself, weighting 181. His other two proteges were Lala Pruneda, who pulled a world record 413.2 lbs. in Teen (16-17)/132, and Jonathan Post, who pulled a world record 501.5 in Teen (16-17)/165. They are all members of the Virtus Gym Team. Other world record deadlifts in age group (16-17) were set by Mike Carter in the 148s with 363.7; at 181 Andrew Cross pulled a world record 451.7; at 198 Sean Devlyn pulled 418.7 for a world record and beat Jim Healy on bodyweight; at 220 Nolan Brewster best a world record 462.7. Brewster is the son of the new University of Minnesota football coach Tim Brewster. And in the 242 division, Chris Szkutnik set a world record 451.7. Ryan, Christian, and Sean Daru are triplets. The first set of triplets to

playing both guard and tackle. Moving onto the bench press, Andrew Wax put up 203.7 at 148/(14-15). Adam Singleton was impressive with 259 in (14-15)/181. In teen (16-17)/123, Joey Rein set a world record 203.7. At 132, Lala Pruneda set a world record 198.2. At 148 Vince Scavuzzo set a world record 231.2. At 165, Jonathan Post set a world record 259 at age 16. At 181, Andrew Cross set a world record 264.5. At 198, the best male bencher in the contest, Jim Healy age 16, benched 402.2 for a world record. At 220, Nolan Brewster set a world record 314. He has two brothers that are on football scholarships at the U of Texas and the U of Minnesota. At 242, Chris Szkutnik set a world record 319.5. In teen (18-19)/123, Ross Maestas benched 214.7 weighing only 119.7 for a Colorado record. In the 181 division, AJ Mangum won with a 286.5 bench and at 198 Slavic Samoylich slammed up 352.5. At 275 Shawn Daniels set a Colorado record 380.2 and just missed 402.2. All in all it was a good start for the Teenage Nationals and Denver I a great city to hold any meet. The state of Colorado is very scenic. Also, while I was helping Gary Gertner put some of the equipment back in the gym after the meet over, I witnessed an impressive feat of strength. Blocking the sidewalk where I had to drive my truck to unload equipment, was a ticket and food shack used for football games. This portable building weighed about 2500 lbs. and it needed to be moved. Gary Gertner was a guard on his football team, throwing discus and shot. He put his shoulder to the building with his 325 lbs. and moved it ten feet so I could drive my truck up to the weight room. That might have been the most impressive lift of the weekend! (Thanks to Gus Rethwisch & Elma Thomas, WABDL Secretary, for results)

lift in WABDL. They are (14-15) and Ryan won at 105 with 220.2 for a Colorado record. Christian beat his brother at 123 with a 303 deadlift. In (14-15)/132, Szkrainik hauled in 303. At 148, Andrew Wax set a Colorado record 363.7. At (14-15)/181 Adam singleton hauled in a 396.7 and at 198 John Heule pulled 391.2. In teen (18-19)/123 Ross Maestas was national champ with 341.5. At 181, AJ Mangum, as previously stated, set a world record 662.3 but Joe Polakovik was respectable in second with 501.5. In the 198s, Slavic Samoylich set a Colorado record with 451.7 and he will attend the University of Colorado on a football scholarship as a running back. At 275, 269 lb. Shawn Daniels set a Colorado record 501.5 and will attend Colorado on a football scholarship,

I have been asked many times what we do in the off-season. However, we don't have an off-season; this would waste a part of the year's training. We are a private gym and only powerlifters train here, with the exception of NFL prospects or sports teams that come to visit from around the world. But the fact is, some group is always training for a meet. This means that their training partners must train with them regardless of their level of preparedness.

I copied the Bulgarian system for our max effort days. Just like the Bulgarians, we like to stand on an exercise that we have established a record on, for example, floor press, Safety Squat bar, low box squat, or pin 2 rack deadlift. We may not be able to set a new record, but we do as much as we are capable of on that day. I am talking about the lifter who is going to the meet and also his training partners, who are not going to a meet. I believe this is a main reason that our group at Westside is so strong.

If you stop training for 2 weeks, you can possibly lose 10% of your strength. Who can afford to do that?

A 1500 pound total would mean a reduction of 150 pounds. A 2300 total would show a loss of 230 pounds. We can't afford this. Can you?

Unlike the top Bulgarians, we do several exercises with which we can max out, but very seldom the three competitive lifts. We do squats with many different bars (Safety Squat bar, Buffalo bar, cambered bars) and with different apparatus (Manta Ray, front squat harness, bands, chains).

For benching, it's the same process. Any of the following are done: 3 or 5 in. cambered bar, E-Z curl bar, dumbbells at different angles, board press with one to five boards, benching with five different band tensions, full range band press, full range chain press with three to five sets of chains, benching with the lightened method, foam box pressing (contact Marty Mitchell, 814-402-0135) with real weight and bands over the bar.

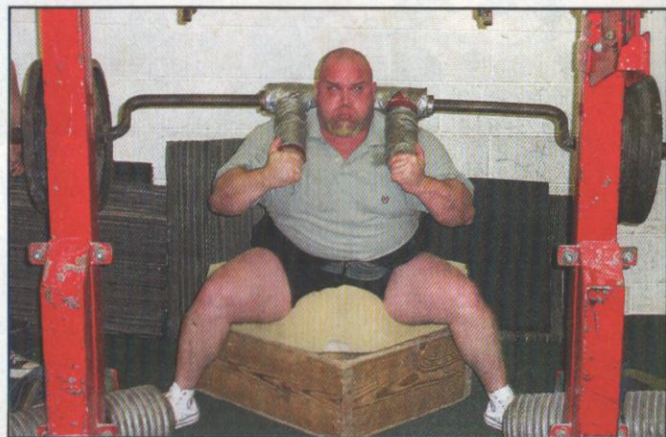
Our deadlift training is coupled with our squat training, rack pulls, band pulls, lightened method deadlifts, and a variety of good mornings are used.

Remember, when training with those who are going to meets and going through the circa-max phases, the other training partners must train along with them. The lifters who are not competing sometimes are not competing because of their level of preparedness. One can't be at his or her best at all times. But one must train as hard as possible all the time, year in and year out. We must always raise our general physi-

## WESTSIDE TRAINING

### OFF-SEASON TRAINING

by Louie Simmons - Westside Barbell Club



Tim Harold squatting off a foam box, as mentioned in the article

cal preparedness. This is a must if you want to reach the top in any sports endeavor. The training must be very dense. This simply means that one must accomplish a lot in a training session, with short rest periods.

Martin Runney said a pyramid is only as tall as its base. This is also true in any sport. Too many pay attention to special strength preparedness and not enough to general strength preparedness. This means that many of our max effort days are devoted to special exercises such as sled

pulling. We do a wide variety of sled pulling: walking forward with the strap hooked to your power belt, walking backward with the strap hooked to your power belt, walking forward with the strap held in your hands at knee level or lower, and walking forward with the strap held in the hands, doing pressing motions, curling, pec work, or static holds in all positions. Upper body style holds will build upper body size, because you can breathe while holding statically for long time periods. This is great for football or hockey. You can also walk backward doing high pulls, upright rows, bent over rows, or external rotation exercises. We also do chains and dips; we have a machine that reduces your bodyweight while you do these exercises.

We try to build muscle mass all year long as well as work on explosive speed and absolute strength, in addition to perfecting form in all three lifts. In a yearly plan that truly works, one must increase speed, work capacity, and - of course - absolute strength. With the conjugate method, all this is possible. There is truly never an off-season if you are aiming for greatness. If you don't train for 2 weeks, your strength can drop 10%. If you don't do sled work or tread sled work for 2 weeks, your work capacity will fall greatly. Even your flexibility will suffer if not maintained.

As in all top level sports, if you separate yourself from strong training partners in powerlifting or good sparring partners in fighting sports, you will fail. I feel the main problem with our Olympic lifting brothers at the Olympic training center is lack of competition. I saw Shane Hamman, our Olympic SHW, working out in front of his coach, a biomechanics expert, and a

sports physiologist. His workout was so boring it would have put me in a coma. In my morning group at Westside I squat with lifters who have done 1010, 1030, 1035, 1055, and 1150. It's balls to the wall every day. In this sport if you run with the lame, you will develop a limp. We all coach each other. That's part of our training. As far as sports physiologists go, they may have read about high-level sports, but they don't participate.

When I watch stronger lifters, I hate them, but at the same time I admire them. Why do I mention this? Because each day at Westside you are asked to do something out of the ordinary. After all, normal people will give you only normal results. We need much more than that. To sum it up, every day is harder than any contest we will ever go to.

So if you are having an off-season, good. Because we will kick your ass.

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Photo By Josh Winslow

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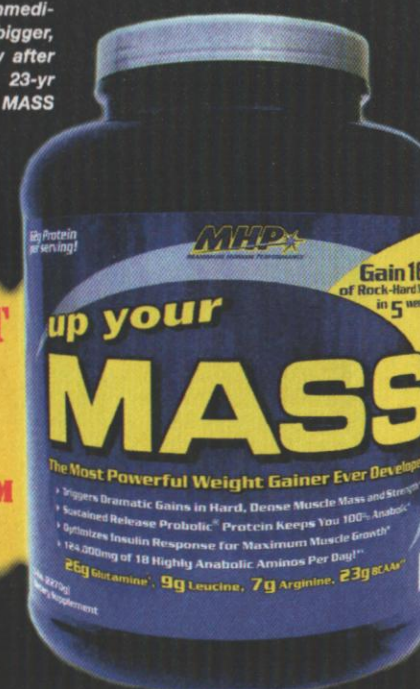
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**Brian Siders**  
-World record holder for the total -  
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In this and future articles we will trace the origin of powerlifting from the late 1800s to the present. In discussing this with Mike Lambert, we both feel it is a worthwhile endeavor. Some of what will follow comes from the early issues of Strength and Health, Muscular Development and Ironman. Some comes from personal experience (I attended my first power meet in 1962) and discussions with others. Much of powerlifting legend is by word of mouth. I would also like to credit Herb Glossbrenner, Terry Todd and the late Jim Messer, John Grimek and Ed Jubinville for the information I have accumulated over the years.

The origins of powerlifting are not really as clear as in other sports. In baseball, Abner Doubleday invented the game. They know where and when the first game took place. I don't think anyone really knows where the first power meet took place, nor does anyone know whom the first powerlifter was. Baseball and powerlifting have always been the major interests in my life. I started weight training when I realized I could never be Mickey Mantle. In addition to being a competitor, administrator, official and meet director, I have always been a great fan of the history of strength.

So where did it begin? It probably began with the cavemen, lifting the heaviest weight to impress others. It was not until the 1950s that you actually found lifters who did all three lifts. In the late 1800s and early 1900s strongman events were held throughout the world. These events had all kinds of lifts, like the clean and press with a thick handle barbell, as we see in today's Strongman Contests. One arm lifting was also very popular. This was done with both barbells and dumbbells.

Two names that have been seen on the pages of this publication are Henry Steinborn and Herman Goemer. Both of these men practiced these types of lifts. Steinborn was a squat specialist. Around 1920 Henry squatted 550 lbs. Now before you say that is not much, he had to place the bar on his shoulders by himself. This stood as the official record for about thirty years. Goemer seemed to specialize in the deadlift, especially using one hand or just a couple of fingers. It seemed like the theme of that time was not only to lift heavy weights, but to do it in very unusual style. Goemer held the record in the Deadlift with a lift of 790 lbs. done in 1920. This record stood for over forty years, though some claim that Paul Anderson exceeded it in the 1950s.

The Strongman of that era was not a specialist, but was able to compete in all types of events.

The first official weightlifting meet was held in 1925. It was called weightlifting, but was really an odd

## The History of POWERLIFTING

THE EARLY YEARS as told by Bob Gaynor



Pioneer J.C. Hise squats the original way - no racks at all (Joe Roark)

lift competition. Keep that title in mind. The lifts contested were the Overhead Press, One Hand Clean and Jerk, Snatch, two hand clean and jerk and the deadlift.

Deadlifting was very popular in the early 1900s. It did not require much equipment and was very easy to understand. It was simple "Who could lift the most weight". The deadlift of that time was much different than today. The barbells had very thick handles, at least twice the size of what is used today. There was no apparel, lifting suits or wraps, and in most cases not even a belt. The lifter also had to keep his heels together. I am sure that Louie and the boys at Westside have tried this type of lifting.

In the 1930s the A.A.U. controlled the weightlifting game. There were Olympic lifting competitions, Physique contests and exhibitions with power movements, or what was being called odd lifts. Odd lifts at this time were deep knee bends, deadlift, barbell curl, the supine press, (later bench pressing), and occasionally a two hand jerk from a rack.

The lifts were performed in a much different manner than today. Very few squat stands existed. In order to do the knee bend or squat you had to figure out how to get the bar on your shoulders. This was accomplished in two ways. You had helpers lift the barbell and place it on

your shoulders, or the loaded barbell was stood on end and you had to rock it onto your shoulder. Using either method limited the amount of weight that could be used.

Once the bar was on the shoulders the knee bend was done with feet close together. In order to go deep enough the lifter's butt had to come very close to his heels.

The supine or bench press was done off the floor on a very low bench without uprights. The lifter either did a pullover and then pressed the weight, or the weight was handed to the lifter by helpers. The press had to be held in the locked out position for a count of two.

Bill Lilly of Philadelphia, in the 1920s, weighing 165 lbs. did a belly toss (supine press) with 470 lbs. This is somewhat like the equipped bench pressing today. This lift was viewed as an act rather than a true test of strength.

Squatting gained even more popularity in the 1930s. J.C. Hise was a large and very strong man who touted the squat as the best bulking exercise one could do. He thought one could gain overall size and strength just by squatting. Perry Rader tried squats and found the exercise to be a great exercise for building bulk. He continually used the pages of Ironman Magazine to promote squats. Squatting became a very accepted strength exercise

for all strength athletes.

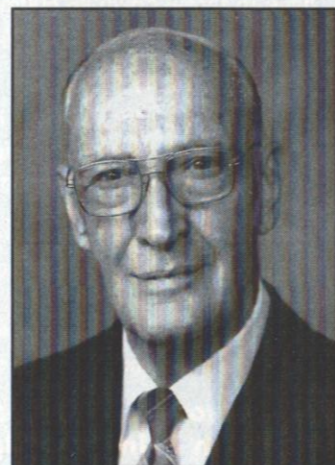
Bench pressing was not widely accepted at this time. The thinking of the day was that it tightened the shoulders, which would affect the overhead lifts. Keep in mind that the A.A.U. wanted Olympic lifters. John Grimek told me on more than one occasion that excessive chest development was frowned upon in the physique contests of that time. The top weightlifters of that era did squats and deadlifts, but no bench pressing.

The 1940s were much like the 1930s as far as powerlifting was concerned. The "Odd Lifts" were more exhibitions than competitions. They were usually performed at Bodybuilding or Olympic competitions. The deadlift remained very popular.

Bob Peoples, who was one of the all time best deadlifters, traveled throughout the country giving exhibitions. He would always pull 700 plus pounds at these shows and that was usually the highlight of the show. Just to illustrate how good Bob was, he pulled 740 lbs. sixty years ago weighing 178 lbs. At these years APF Nationals the heaviest deadlift in the 181 lb. class was 595 lbs and the heaviest attempt was 622 lbs.

Throughout this period the A.A.U. and the major players did whatever was needed to keep powerlifting on the back burner. Bob Hoffman, founder of York Barbell, who promoted physical fitness, bodybuilding and especially Olympic lifting, was 100% against powerlifting. Even after powerlifting was accepted Mr. Hoffman tried to convert the top powerlifters to Olympic lifting. I was told one time by someone from York that the only thing that really interested Mr. Hoffman was another lapel pin for his sport coat.

In the late 1940s bench pressing was still frowned upon, but there were some exceptions. The winner of the 1948 Mr. America Title, George Eiferman, was a big bench



The Late Peary Rader, who published IRON MAN Magazine for 50 years, respected all aspects of the Iron Game, and made sure that Powerlifting got a fair shake.

presser with a big chest. George promoted the bench press as not only a way to develop the chest, but also being great for the shoulders and triceps. This, more than anything else, may have brought the bench press into the mainstream of weight training.

As the 1940s ended the A.A.U. "somewhat" recognized odd lifts. The movements that came under this heading were Squat, Upright Rowing, Deadlift, Curl and Bench Press. Different areas of the country used these lifts or added their own. The Press or Jerk from Racks and even the Zercher Lift was used in some areas.

In the late 1940s, Doug Hepburn of Canada, a Strongman, Olympic Lifter and World Record Holder may have been the first man to bench press 400 lbs. In the 1950s he would push this much higher.

In the 1950s there still were not any sanctioned completions, but there were contests. The Bench Press was gaining popularity. The narrow upright bench was in most health clubs and YMCAs. It was at least 1970 before all meets had wide upright benches. I competed in a sanctioned lifting meet in the late 1960s that used a narrow upright bench.

In the early 1950s a lifter from New York, Marvin Eder, began to work towards his goal of benching 500 lbs. Marvin's early benching was done in the pullover style. He benched close to 500 lbs. on a bench about six inches from the floor and legs extended out. John Terpak Sr., who ran the York Barbell Company for many years, told me of a remarkable feat of strength Marvin Eder performed. Marvin could hold his arms straight out in front of him and let a 170 lb man do dips between them.

Doug Hepburn continued to push the bench press higher. He was the first to make 500 lbs. He actually attempted 600 lbs. in 1956, but missed and injured his shoulder to the degree that it ended his heavy bench pressing.

In the late 1950s Pat Casey came on the scene. He did his first 400 lb. Bench in 1957 at seventeen years of age. That was only the beginning for Mr. Casey.

The Squat and who could squat the most weight continued to draw interest throughout the 1950's. There is no exact record, but in the 1940s 600 lbs. was the accepted best.

In the early 1950s Doug Hepburn and Paul Anderson continued to push this numbers higher. Both were big men and credited the squat for much of their size. In the early 1950s Hepburn did a 760 lb. squat with no wraps or squat suit. In 1953 Anderson did 765 lbs. and it took off from there. Anderson did some remarkable things, but his two week



Old Style ... Doug Hepburn benching 285, at 71, with his feet in the air.

performance in Reno in 1957 may have been the most remarkable. Performing at a show three times per day, Paul squatted with an apparatus holding 7,500 silver dollars that weighed approximately 1,100 lbs. He did this three times per day for two weeks. My old training partner and one of the greatest powerlifters of all time, John Kuc, saw Paul squat 800 lbs. for eight reps in the mid 1960s. John said the squats were parallel, but the most amazing thing was that no one saw Paul do any warm-ups at all.

Where and when the first powerlifting contest took place is

difficult to determine. Leo Stern of California claims to have held a powerlifting contest in 1948. He continued to hold these meets through the 1950s. This is where Bill "Peanuts" West, Len Ingro, Pat Casey and that group got their start. Texas, Pennsylvania, Massachusetts and Missouri were also holding meets. Bill Clark was promoting Odd Lift Meets and keeping records. He held the Heart of America Power Festival each year in Columbia, Missouri.

Jim Messer of the Holy Savior Club in Norristown, Pennsylvania was holding a couple of meets per

year. Jim Witt of Texas was doing the same. Jim would later become the first Chairman for powerlifting.

The meets varied somewhat depending on where they were held. The benches usually required a two second pause on the chest. The squat depth varied from area to area, but everyone required deep to very deep squats. The idea of wraps and supportive gear had not gained popularity at that time.

It was in the late 1950s that Peanuts West opened the legendary Westside Barbell Club in the garage behind his home in Culver City, California. Peanuts got his name not from his size, but from the fact that at one time he consumed large quantities of peanuts.

In the late 1950s the A.A.U. agreed to keep official records, but it was very difficult to do when the meets were not sanctioned.

Names that are familiar to most, are Peary Rader, owner of Iron Man Magazine and Bob Hoffman, founder of York Barbell, battled over powerlifting. Perry was 100% for powerlifting, and Mr. Hoffman took the opposite side. There are many who struggled to have powerlifting accepted by the AAU, but Peary was one of the few insiders to do so.

There was a Deadlift Championship held in 1959. That was probably the first single lift contest ever held.

Good things began to happen in the 1960s and we will cover that in future articles.



Paul Anderson popularized the squat, but compromised his amateur status, with his Vegas performances.

Nick Winters is one of the strongest bench pressers on the planet. His elite strength status is not yet matched with the same kind of name recognition that men like Ed Coan or Louie Simmons enjoy. One of the purposes of this interview is to help rectify that imbalance.

## INTERVIEW

**NICK WINTERS** as interviewed by **Chris Mason of At Large Nutrition**

**ALN:** You are a truly elite powerlifter in terms of your pressing power but not nearly as well known as some of your peers. Let's start off by you telling us a bit about yourself.

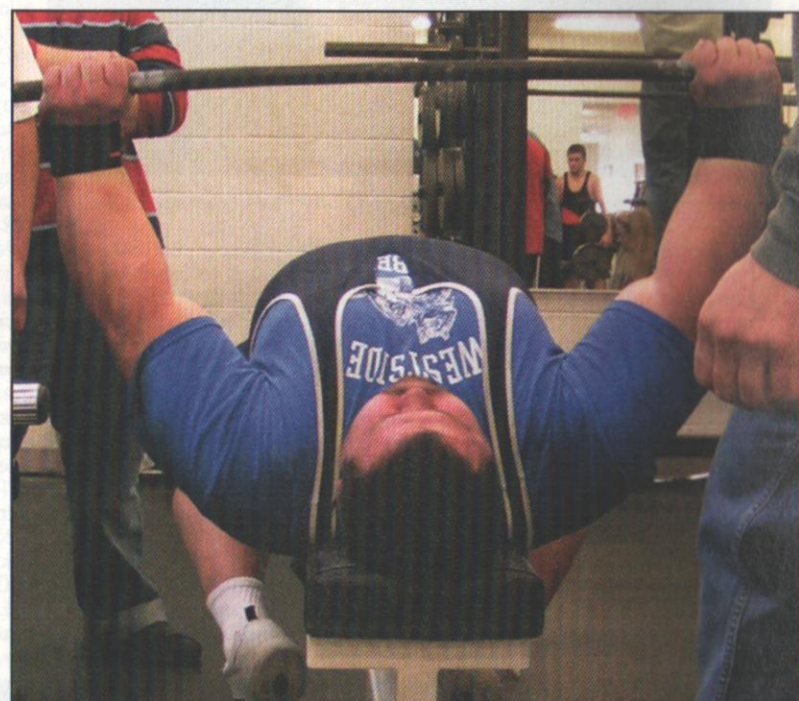
**NW:** I am your average 24 yr. old guy. I split my time between work, the gym, and my girlfriend. I have been lifting since I was 11 and powerlifting since I was 22. I am from North Manchester, IN. My father got me started in lifting. He taught me all the basics and we both learned as we went along. I have a degree from Manchester College. I currently reside in Crown Point, IN.

**ALN:** I don't think the word average suits you very well Nick, but I get your point. What was it that sparked your interest in powerlifting at 22?

**NW:** I really loved lifting heavy and hated dieting, so I decided to look up some bench records. I discovered that I could easily beat most of the records in my age and weight class so I decided to go for it. I did well from the beginning and loved the type of training I was doing so I decided to stick with it.

**ALN:** Nick, you are best known right now for your raw pressing. Why have you chosen to concentrate on raw benching?

**NW:** There are 2 primary reasons. First, it just feels right to me. I don't have to face some of the common problems of equipped lifting like missing a lift because I got slightly out of the groove or being concerned about not being able to touch my chest with the bar. I also have the satisfaction of knowing that I pressed the weight not some mechanical force produced by the material of a bench shirt. That said; I want to clarify that I have all the respect in the world for shirtd benching and plan on making my presence known in that arena in the near future. In fact, I plan to do shirtd lifting while seeking the raw bench record because I find a high correlation between the increase in my shirtd and raw presses. The other reason I have been limited in how much shirtd work I do is because up to this point I have not had the luxury of enough people to work with me and spot me while training with the extreme loads the shirts allow for. I will be doing a lot of my training at Quads Gym in Calumet City now



Nick Winters benching in recent APA competition. (Scott Taylor photograph)

so that shouldn't be as much of a problem anymore.

**ALN:** What are both your short and long term goals relative to the sport of powerlifting?

**NW:** In the short term I want the raw bench press record! My long term goal is to become a highly proficient shirtd bencher and get that record as well.

**ALN:** The bench press has got to be the best known resistance movement in the world. You are truly a top-tier raw bencher and I am sure our readers would love to know how you train. Please give us a breakdown of your weekly training schedule to include sets and reps.

**NW:** My bench routine is as follows:

Mondays: are Maximum Effort (ME) days. I begin with 225 lbs for a set of 5 and continue with 5 rep sets adding 90 lbs per set until I hit 405 lbs. I then jump to 515 lbs for another set of 5. Next, I move to 600 lbs and work with singles until I hit my max for that day.

Wednesdays: are my Dynamic Effort (DE) days. I use 9 sets of 3 reps with 405 lbs and doubled purple bands. I then start my

triceps training:

\*\*\* When reading below "3 x 8-10 reps" indicates 3 sets of post-warm-up working sets using 8-10 reps per set. I will either keep the load the same for each working set or progressively increase the load depending upon how I feel that day.

Close grip bench press 3 x 5-8  
Tate presses 3 x 10-12  
Decline skull-crushers 4 x 8-10  
Triceps pushdowns 3 x 10-15

\*\*\* Tate presses are performed lying on a bench with 2 dumbbells. Begin the movement with the dumbbells resting on-end on your chest. Your palms should be facing towards your feet. The base of the dumbbells should be touching each other as they rest on your chest. Your elbows are flared out at a 90 degree angle to your torso (straight out to the side). Rotate only at the elbows and straighten your arms. Lower and repeat. You can go to the following page on the web for a pictorial description: <http://www.weightliftingdiscussion.com/tatetri.html>

**ALN:** That is some serious stuff Nick! What do you do for the rest of

your body?

**NW:** I do the following by body part:

Tuesday: is my heavy back day.  
Bent-over rows 3 x 8-10 reps  
Hammer Strength high-row 3 x 8-10 reps  
Hammer Strength low-row 3 x 8-10 reps  
Heavy rack pulls 3 x 5-8 reps

Thursday: is my heavy shoulder day.

Arnold presses or standard dumbbell presses 3 x 8-10 reps  
Upright rows 3 x 10-12 reps  
Bradford presses 4 x 8-12 reps  
Rear delt flies 3 x 10 reps

\*\*\* A quick note on the Bradford press. This is an overhead press where you alternate pressing to the front and behind the head (one rep to the front followed by a rep to the back). I lower the bar to just above my head when doing this style of press.

On Fridays I do a "light" back day which utilizes the same exercises and number of sets as Tuesday, but with higher reps. Saturdays are speed bench and light triceps.

I like variety in my routine so I will either change the assistance exercises or the order in which they are executed from week to week. The set totals and rep counts are kept constant.

**ALN:** You do quite a bit of heavy pressing in addition to all of the benching you do. I have been told that big Gene Rychlak avoids any additional heavy front delt work and I know for a fact Mike Wolfe does the same. How do you feel the extra work benefits you?

**NW:** Shoulder strength is a huge component of benching and my recovery is such that I can train them intensely and benefit from said training. Shoulder presses also provide another opportunity for heavy indirect triceps work.

**ALN:** You are a huge guy Nick and I am sure plenty of our readers would love to pack on the mass. Diet plays a big role in this endeavor. Tell us about your diet.

**NW:** Not to make light of it, but I have to chuckle at the question as I don't actually have a set diet. I suppose it is a function of youth and heredity, but I eat whatever I want whenever I want it. I am cognizant of the fact that I need more protein than the average Joe and I try to consume plenty of it as well as plenty of carbs. That's about as specific as I get...

**ALN:** Well, God bless good genes! How about a staple food that you can't do without? Do you have one?

**NW:** Hamburger, I am always eating it in one form or another. I eat

(article continued on page 96)

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Brian Weston and Jeff McVicar are extremists in an extreme sport. Each a proud member of the Metal Militia, both men are built along the lines of bodybuilders. McVicar is the guy who will dry out so severely he'll be passing blood to make weight Thursday night at 198, then lay down on the bench Saturday at 220-plus to bench 705. Weston won't deadlift for eight months, yank 600 off the floor like it was nothing without a belt or suit, then drop 700 when he feels a twinge in his triceps, stomp around the platform frothing at the mouth—all the pent up energy needing to be released somehow, someway, at someone.

Weston isn't one to let any injury stop him. Working demolition with McVicar down in Virginia, a concrete block wall fell on his leg from six feet up, snapping the fibula. Living in Baltimore at the time Weston needed to get home, so when hospital staff wheeled him out to his truck he cut off the cast, got behind the wheel, and drove home. The next day "I went to the gym to do some leg presses and see what would happen. It hurt too much so I stopped." It wasn't the first injury Weston would bounce back from.

This is a man death itself cannot stop. In September 2004 Weston O.D.'d. He'd been having trouble falling asleep and a friend gave him some painkillers. Instead of swallowing one tablet, as his friend suggested, Brian crumbled up five, slammed them home, and—technically—died. When he somehow woke up in the hospital with a 7% chance of surviving he proceeded to tear the intubation tube out of his throat and the IVs from his arms, intent on getting out of bed and leaving. Hospital staff sedated him. He came to a second time and tried the same thing. This time McVicar was beside. Jeff punched him in the head and told him he had to stay where he was. Weston finds it ironic that the very drug that nearly killed him is what hospital staff gave him to keep him put for the next week.

Friends would see Weston stumbling around town afterwards and everyone feared the doctors' prognosis—that Brian would never be the same again, that he would be permanently brain damaged—was true. People started to see Weston back in the gym less than a month after his 'death'. When questioned, he never knew how he got there and often didn't know who he was talking to. Inevitably he was always found squatting. The January after his resurrection Wilson took to the platform at 220 pounds at Johnny Perry's Memorial Meet. Now

## POWER PROFILE

### Bad Boys: Jeff McVicar and Brian Weston as told to Powerlifting USA by Tony Monchinski



Jeff McVicar competing in the prestigious 2004 Arnold Classic Bench Bash

dubbed "Flatline", Brian squatted 905, benched 545 and pulled 725. The Beast was Back.

McVicar is another guy who doesn't let impending death intimidate him. His daytime job in demolitions—"I orchestrate and control carnage"—is always a blast, literally, but Jeff wasn't expecting what happened in February 2006. Operating a Bobcat Skid Steer loader, pushing bricks off a loading dock, Jeff—who has a thing for speed, building and racing seven-second quarter-mile bikes for AMA/Pro Star motorcycle drag racing—ran the loader full on at seven miles per hour into a piece of structural steel hidden under the bricks.

Tossed around inside the cab, Jeff's chest impacted the crossbar. Bam! Two vertebral discs slipped and four bulged at the thoracic level. The emergency room doctors told him he'd messed up the ventricles of his heart and would probably die within the next year. Doctor's orders were to stop lifting. The first day I met Jeff was when his buddy, professional bodybuilder Jim Vest, brought him up to Bob Bonham's

Strong and Shapely Gym in East Rutherford, New Jersey. Jeff told me his story and then he and Jim went at it like barbarians on parade with the weights. It was Jeff's first time lifting in months, and I wondered how I would explain it to Bob if this guy dropped dead in his

gym.

It wasn't the first time McVicar had suffered grievous injury. When a spotter didn't do his job, McVicar dropped over 600 pounds on his abdomen, breaking his thumb, wrist and ribs. He sprung off the bench, intent on kicking the spotter's ass, but something didn't feel right. In the bathroom he found the problem: two inches of his rectum were playing turtle, poking out of his rear end. Jeff pushed them back in with his thumb. That injury never bothered him again, and a trip to Johns Hopkins Medical Center the month after brought good news: Jeff's heart damage was reversible and hardcore powerlifter training could continue to be a part of his life.

Jeff and Jim are friends now, but the first time they met they almost came to blows. Sitting at the counter of *The Body Factory Gym*, Jeff was kicking it to the counter girl fixing him his post-workout protein shake when Brian Weston sauntered over with the 265 pound Vest in tow. Turning around, Jeff wasn't prepared for what stood there. Jim "Tiny" Vest was huge and bloated—"I ain't never seen a bloat like that!". Jim, a third degree black belt Sandan who studied Goju-ryu for fifteen years, is low key compared to

Weston or McVicar, but if pushed he'll mess you up just as fast. McVicar was pushing. "It looked like Jimmy was ready to score one right in the middle of my face," laughs Jeff, cracking, "I think my good looks got me out of that one!"

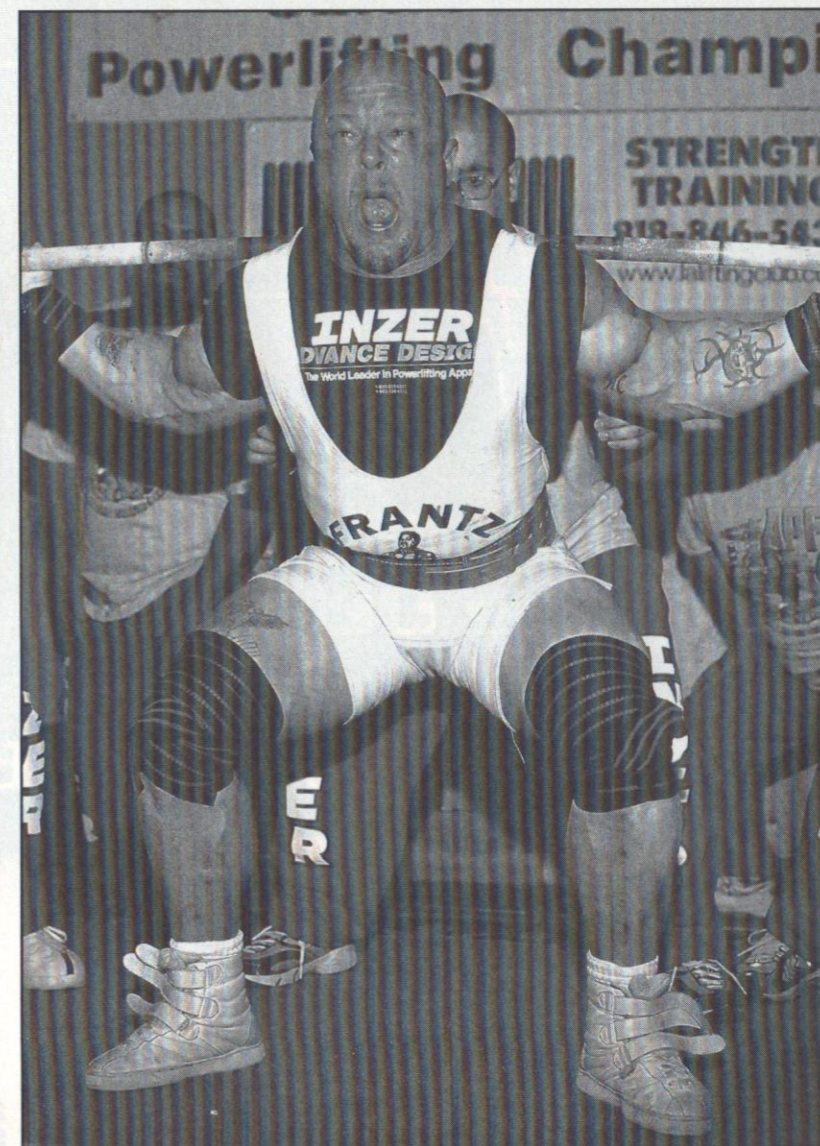
Brian and Jim knew each other from elsewhere. Jeff and Jim soon hit it off, developing a mutual respect, and have been training together ever since. When Jim and his girlfriend Shawna moved up to Cecil County, Maryland, Jeff loaded up his four kids—each uniquely named: *Rachel* after the character from *Friends*; *Morgan* after Captain Morgan rum; *Trett* for the man who holds the world land speed record on a motorcycle and died back in 2001; and *Magnus* after the strongman—and followed.

You're more likely to find Jim Vest hanging with powerlifters than bodybuilders. "I get along better with powerlifters than I do with bodybuilders generally," explains Tiny. "Powerlifters are more realistic and focused. Their sport is very humbling. You either pick up the weight or you can't. Bodybuilding is

completely subjective. Guys look in those carnival mirrors and they're seeing something the rest of the world isn't. There are some great bodybuilders, but in general those guys seem to have big egos."

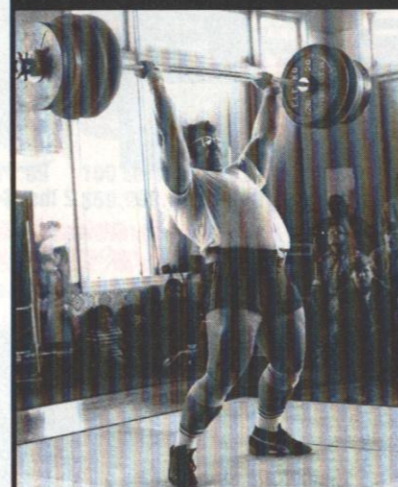
Jim Vest sold most of his big boys' toys—including a brand new GTF with a Corvette engine and a saline Mustang 435—to finance the opening of *Brick-House Fitness* in Perryville, Maryland, which gives himself, Jeff and other members of the Metal Militia a central place to train. Vest has 10 tattoos, McVicar "Just two, but they took twenty hours in four states." McVicar is a world record bench presser, having pressed 705.2 pounds in competition. "Jeff will bench 750," states Jim. McVicar's other lifts aren't anything to sneeze at, with a squat in the high 7's and a pull in the high 6's.

When Brian Weston says he will squat twelve-hundred at 242, he says it with such conviction that one gets the sense that it is inevitable. He's already squatted 1005 in competition at that weight, along with a 605 bench and a 744 deadlift. "I've got more in the gym, but they don't count." Death couldn't stop him. Injury won't. In November 2006 at the Nationals he was under the bar with 1100 on his back. "I came out—it felt great—I was going



Brian Weston squatting at the APF Senior Nationals held in LA back in 2003.

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down," he remembers. "Brian Crowe already had his finger on the white light to give me the lift because he knew it was coming back up the way I took it down so easy. I gave it an extra dip on the bottom to guarantee my depth [it was his third attempt after missing and then nailing 1005], when I went to come back up my adductor popped. I felt it go and then the shock from that took over and I watched my knee cave in towards the floor." Training partner Eric Myrski caught the bar across his forearms while three other three hundred pounders on either side heaved the bar back onto the Monolift. "Everybody kept me from being crushed. They cut my suit off because they couldn't pull it off, it was on too tight."

If you ever get a chance to see McVicar or Weston lift, you might notice that their eyes appear to blank out as they lift, like they've gone someplace else. Is there any fear getting under 700 pounds to bench it or 1000 to take it into the hole? "No," says Weston, there is no fear. "It's just down and up. I don't think about nuthin' when it comes out. Once it's on my back and I start down there's nothing till I'm done. It's almost like a blackout. I can't see nothin' in front of me or around me. I can't hear anything. People will be trying to call me up and I can't hear it anyway because my head is just so full of blood."

These days Weston trains with his girlfriend Vera McKissick, Eric, Bobby and Kathy Fields and Mike Miller at *Nazareth Barbell*. Jeff McVicar trains alongside Vest and whichever members of the Metal Militia happen to be visiting *Brick-House* at the moment. Unless death catches up and bests them—which seems unlikely—both Brian Weston and Jeff McVicar appear destined to continue to make and break powerlifting world records. Extreme men, the fame and infamy of McVicar and Weston continues to grow, on and off the platform.

Contact Brian at [bwsquat@yahoo.com](mailto:bwsquat@yahoo.com). Visit [www.jeffmcvicar.com](http://www.jeffmcvicar.com) and [www.prosizefitness.com](http://www.prosizefitness.com) to keep up with McVicar and Jim Vest.

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After spending only a few moments with me, Satan departed back into the depths of darkness. I lay back on my couch to reflect on what we had discussed ... sports, drugs, corruption, evil, etc. Then, all of the sudden a light from the sky flashed around me, knocking me off my couch. Subsequently, a voice thundered from the heavens, "Judd, Judd, why do you forsake me?"

"Who are you," I asked trembling.

"I am the Lord, your God."

"Damn...I just got done talking to Satan."

"You mean Lucifer. I know you were talking to him. I know everything. That is why I am here. And quit using profanity."

"Yes Sir! Ah, You know he doesn't like to be called Lucifer. He say's Lucifer sounds like a candy ass."

"I know, that is why I call him Lucifer."

"Oh!"

"Did Lucifer offer you all the money you could ever want, all the sexual pleasure you could bear, and all the power you could ever hope for? Did he tell you he could have monuments erected in your image in exchange for your allegiance?"

"No ... all the sexual pleasure I could bear? Could he reaaaa ... no, no, ... all we talked about was sports. Honest!"

"I know how that sex thing is for you."

"Okay, I admit I have a little problem with sex, but it's not all my fault. It's those MTV videos. I mean that's not fair."

"Please, just answer My question. Why did you call on Lucifer?"

"Well, I tried to talk to You, but You never answered me."

"Listen, if you need Me, kindly put it in the SFGRTR (something for God to respond to) box. I will get to it in MY TIME. All state of affairs will be addressed, but in My time, not yours, Bozo. Your patience is as intolerant as your libido."

"I promise I will do better on the patience thing."

"And your libido?"

"Oh yea ... that too."

"Now that we got that straight what did Lucifer have on his mind?"

"Well, Lucifer did tell me that he was responsible for all the cheating and corruption going on in sports."

"Lucifer is so full of himself it's sickening. He thinks he is responsible for all of the sin, wickedness and abhorrence in the world. In truth, he is not responsible for anything. He has no real power over human beings. All he does is give people corrupt and deceitful alternatives. It is people who make the decisions to be dishonest and corrupt. That baloney about the 'devil made me do it' is just a lame excuse that people use so that they don't have to take responsibility for their actions. That is not going to fly with Me because I know better. I gave people a free will. They have the ability to do what is right or wrong. It is entirely up to them ... not Lucifer. Like the drug situation that is plaguing sports right now. The athletes know that using illegal drugs is wrong. They know that when you take an unfair advantage over someone else it's cheating. Lucifer didn't make them take those drugs. They took them on their own, knowing good and well they

## DR. JUDD

### The Lighter Side -- After A Few Words with Satan . . . Part II as told by Judd Biasiotto Ph.D.



Dr. Judd Biasiotto talking to God this time.

were cheating. They are responsible, not the devil."

"Actually, Lucifer said that you don't even like sports."

"I love sports, but I don't like what is happening in sports. It is no big secret that many of today's athletes cheat and lie more than the boys who managed ENRON. Just about anything goes in sports — drugs, cheating, lying — anything to gain an advantage. There are corked bats, artificially enhanced bodies, drug scandals, academic fraud and athletic fraud. Sports, it seems, has become a habitat for dishonesty. Think about it: Has a day passed the last few years when you haven't read or heard about athletes and cheating? Athletes, it appears, are always looking for a crooked edge, and it is getting worse. College football and basketball programs are filled with closet professionals who play for pay. In fact, it's getting to the point that college sports are not represented by their student athletes but by high-priced professionals. I dislike that immensely. It's not just the colleges that are cheating either. Professionals, amateurs, high schools, even little leaguers cheat in today's world of sports. In fact, few areas of competition at any level

have been spared the epidemic of cheating. Even more disconcerting is that the conspirators in this are everywhere—coaches, institutions, even some parents. It is very sad to Me."

"Well, you also probably know then that a lot of athletes think cheating is okay ... especially some of the drug users. Many say, "It hurts only me, so why does society care?"

"Society cares because illegal drug use is a form of cheating. As Lucifer mentioned

to you, these drugs work so well that a drug-free athlete has literally no chance when competing against a drugged athlete. Obviously, this creates an unfair advantage for those who take them, and this breaks the social contract athletes have implicitly agreed to: We are going to have a fair contest. Even if these drugs were safe and legal, which they are not, if they weren't available to everybody, using them would still be cheating."

"But some athletes really don't think they are cheating."

"Do you really believe that? The first thing you have to realize Mr. Sports Psychologist is that most people are motivated to justify their own behavior, even when they know good and well they are wrong as hell. Please excuse my French. Even a novice psychologist knows that when an individual performs an inappropriate act, he will attempt to convince himself and others that there is a reasonable and logical explanation for his behavior. In other words, people are not so much motivated to be right as they are motivated to believe that they are right. In this light, it is more accurate to characterize human beings as rationalizing, rather than rational. In other words, people are not rational beings; they are rationalizing beings. That statement, if you are not cheating, you are not trying, is a prime example of rationalization. That is rationalization ... making excuses or trying to justify inappropriate behavior."

"I understand."

"Is there anything else you would like to know?"

"I would just like to ask you one last thing. There is a lot of pain and suffering in the world. Of course, you don't need me to tell you that. Innocent, beautiful people have suffered since the beginning of time. In fact, pain is as much a part of the human condition as life and death, and there has been really horrifying suffering, too. Human beings have created so much heartache and misery for themselves. In the past, it was the Culture Revolution, Auschwitz, and slavery. Today it's the Middle East. Such atrocities are the mortal sins of our soul. I look across the world, well, CNN and FOX news do anyway, and I see suffering everywhere. People killing each other, subjugation, imprisonment, slavery and inequity. There is so much suffering and pain in your world; dear Lord, why don't You send help?"

God paused and then in a gentle and telling voice He said, "I did send help ... I sent you, Brittany, Nilo, Constance, Stephen, Michael, Doris and millions of other brothers and sisters ... do something, please."

"I will try my best," I said humbly.

God smiled and said, "Just know that I am here for you always ... always."

Wow, what an interesting May issue of Powerlifting USA magazine. First of all, we had Jon Grove's article "My Vision of Powerlifting" and then we had "The Workout of the Month" with Joe Mazza and we also had the "100% Raw World Bench Press Championships".

The other day I saw Al Gore on the Daily Show discussing his new book Assault on Reason, which I haven't read yet but hope to in the near future. I'm thinking if Mr. Gore decides not to run for President maybe he can become US Ambassador to the sport of Powerlifting. The premise of Mr. Gore's book seems to be that we tend to ignore facts in this country. The old saying "If it walks like a duck and quacks like a duck, it's a duck," seems to have lost its meaning over the years. We need to apply logic and common sense to our sport.

I have been lifting weights for 40 years and competing for 27, primarily in the ADFPA/USAPL, although I have competed in other organizations such as the USPF, NASA and WPO. I am not a spokesman for the USAPL, but feel comfortable in presenting my views as a drug free lifter. For years I've wondered where our sport went wrong and after reading Mr. Grove's article everything came together.

Over the years, I have placed the blame on those individuals running powerlifting organizations, equipment manufacturers and meet promoters. I've felt that the lifters went along with what was thrown their way. Now I've come to the conclusion that the average lifter may not be looking at the cold, hard facts in our sport and due to this inability to reason, it has created a great deal of friction amongst those competing. We need to give each lifter credit based on the circumstances surrounding his/her accomplishments.

Let's go back in time for a minute or two. When I finished dental school in 1980 and started competing, there were no bench press shirts. We had a few sanctioned meets and many unsanctioned, basically following the same set of rules. Back then the primary difference between lifters was whether or not they were taking steroids. I recall back then, many lifters had shoulder problems including myself. When the bench shirts came out, I was able to wear a loose one in training and a tighter one during competition. I think the bench shirts have allowed me to compete since 1980, so I am grateful for bench shirts. I don't believe the rankings were adversely affected when the shirts came out. In other words, if you were ranked 3rd without a shirt, you had a similar ranking with a shirt. When the ADFPA formed, there wasn't much to complain about since now you could separate those lifters who were taking steroids from those who were not.

In hindsight, it might have been a good idea for Mike Lambert to have established two ranking systems, one for those lifting in a tested organization versus those lifting in a non-tested organization. I realize that there are individuals in drug free organizations that are on steroids and conversely, lifters in non-tested organizations whom are drug free, but, regardless, it would have been nice to compare apples to apples and give lifters options.

In his article, Mr. Grove refers to USAPL as those that "tend to wear some of the most sophisticated lifting apparel on the market and then cry the 'ol single ply' cry." Now let's review what Mr. Mazza said in his "Workout of the Month". "I currently use an Inzer open back double denim grid stitched scooped neck bench shirt. I'm getting about 275 lbs. out of my shirt right now." That sounds pretty sophisticated to me.

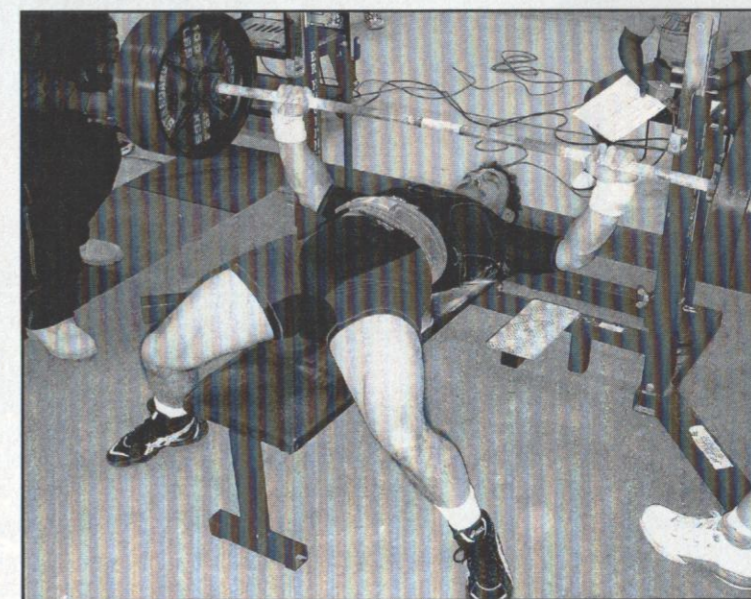
## Opinion

### Assault on Reason by Dr. Larry Miller

Now let's look at this logically. Let's use some common sense. Everyone has access to custom tailor his or her shirts, not just lifters in USAPL. If you can find a lifter in a single ply shirt that gets 275 out of their shirt then I can make you a great deal of money. I'll order five shirts right now.

Marcus Schick has one of the highest Wilkes coefficients of all time. I think he is the only one to bench 4 times his bodyweight. Well, a few years ago Marcus started competing in the IPF again. In 2005 he finished in 15th place in Wilkes points and last year in 12th place in Wilkes points at the IPF world bench press championships. So, how does arguably the best bench presser, pound for pound, in the world finish so far down on Wilkes points? I've met Marcus and he seems to be a genuinely great guy and I hope to be competing against him next year if things work out, but look at what happens when you switch from a double or triple to a single ply, go with a 2 hour weigh-in and strict judging. So when Mr. Grove says all the strongest lifters are in the APF, I have to put it in perspective. The APF may have the strongest lifters in multi-ply shirts who may be on strength-enhancing supplements, but don't conclude that just because they are lifting more weight, they are stronger. Mr. Grove's statement makes no sense to me and it shouldn't to you.

What about Rock Lewis who recently competed at the 100% Raw World Powerlifting Championships? I have never met him, but have heard of his feats of strength for years. A 590 lb raw bench at 242 lbs drug free is pretty impressive if you ask me. Mr. Grove refers to raw lifters, as "These groups tend to attract very whiny and weak lifters." Maybe you should survey the top 10 benchers in the 242 lb class in PL USA magazine and see what they can bench raw. I am not so sure that Rock Lewis is not the strongest 242



Dr. Larry Miller #1 on the TOP 100 165s with a 529 from 09/01 to 08/02.

pounder in the country.

I am not sure why we had to change the rules of our sport. I have individuals argue that you can't hold back technology. I'm for technology, I just purchased a Cerec CAD/CAM machine for my office that makes crowns and veneers while the patient waits. I think Pete Alaniz of Titan Support Systems is a great example of utilizing technology. When the patent on the bench shirts expired, Pete redesigned the shirt and then graduated to a superior material. He followed the general rule of the bench shirt being a tight fitting t-shirt. I can't fault Pete or other gear manufacturers for creating multi-layered shirts. It follows human nature. Supply and demand. Businesses need to make money and service their customers. My concern is whether or not lifts in double and triple ply shirts should have their own set of records. The multi-layered equipment as I see it is a problem because we changed the rules and this has resulted in the eradication of some historic records. It used to be that the bar had to come to a stop on the chest. Some of the shirts now force the bar to the abdomen. Organizations either ignore this fact or changed the rule to allow for this.

I was pleased to see Joe Mazza indicate what he did raw and what he got out of a shirt. It allows a lifter like me or any lifter to gauge how he compares. If a raw lifter is doing 440 at 165 lb bodyweight, isn't he stronger and as deserving of recognition? I believe so. I don't care for it when people claim to have the best lift in the country or world. I think they should categorize it by indicating it was in a double ply and a 24 hour weigh in. Even as Mr. Grove stated, it is ridiculous to have a lifter compete in a particular weight class and lift at a weight 20 lbs heavier, having had a few days to gain their weight back. In my mind, this person should get an award for gaining the most weight after weighing in.

I did find some logic to Mr. Grove's comments regarding the subject of powerlifting as an Olympic sport. However, he may not be aware that the IPF and U.S. affiliate USA Powerlifting have participated in the World Games. I don't understand how he can surmise that USAPL and others are not the future of the sport. Do you honestly believe if and when we begin talks with the IOC, they will have anything to do with an organization that does not test for performance enhancing drugs. All IOC sports as far as I know, participate in some testing program. I don't want to argue the subject of steroids. I didn't say they should be legal or not. It is absolutely your choice to take them and suffer any consequences if you are caught with them.

So, in summary, I might suggest that before we make claims about being this or that, having this record or that record, we put things in their proper perspective. Attempt to put yourself in the other person's shoes. Whether you're drug free or not or using double ply or lifting raw, your accomplishment should be recognized for how it was achieved. If a lifter in my weight class can do 475 raw, I can't claim to be stronger.

I understand there are no simple answers to all of our problems. You must compare apples to apples. Don't just look at what people in your organization are doing. There are lifters competing under different conditions that deserve recognition. When Joe Mukite ran Bench America, he attempted to even the playing field and I found his formula to be relatively accurate. Joe factored all the variables such as raw, single, double and triple ply shirts, early weigh-ins etc, in and came up with a fair ranking system. Maybe this could be done in Powerlifting USA.



**JOHNNIE JACKSON**  
• TEAM MUSCLETECH™ POWERHOUSE

# By Any Means Necessary

**W**e live in a world that has an unforgiving habit of pushing us, and sometimes forcing us, in the wrong direction. Unfortunately, with the harsh, relentless shoving, we sometimes find ourselves flat on our ass. It's our job, however, to get up off our asses, fight to surge forward and push back hard as hell. And make no mistake about it, in the gym it's no different. Especially when you're one of the strongest men in the world lying beneath bone-crushing, tendon-snapping weights. And who's this man, you ask? Well it's none other than Johnnie Jackson, and it's time to enter his world – a world of constantly pushing

the envelope; a world of brutal, sheer force; a world where "by any means necessary" isn't just a phrase, but a principal lived by every day. Welcome to the world of Johnnie Jackson, and he's not just pushing back, he's pushing back with a vengeance.

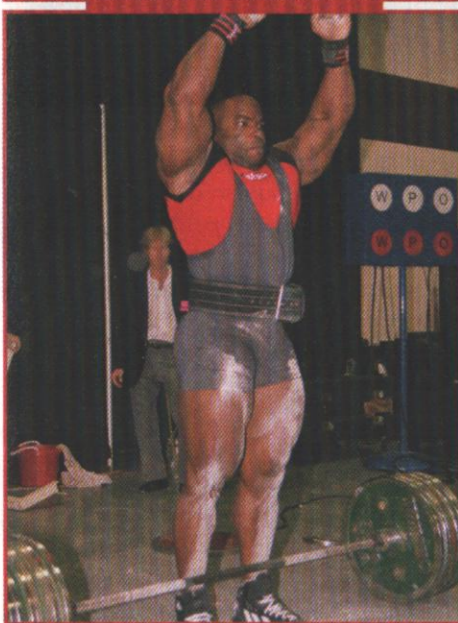
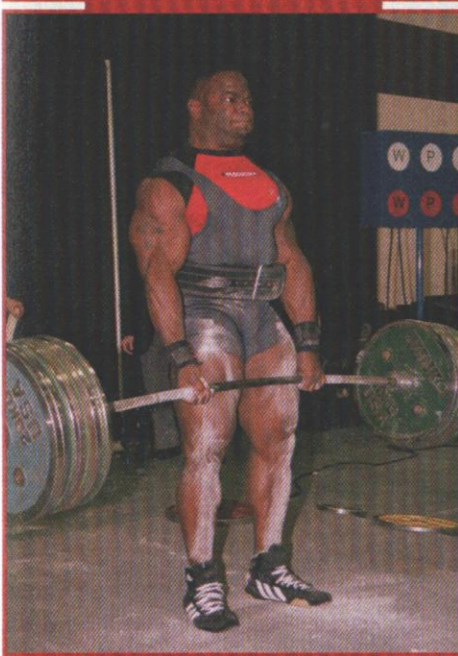
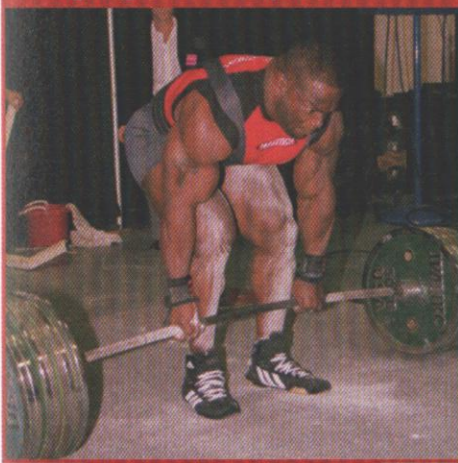
Moving the kind of mind-boggling weights Johnnie Jackson does takes some serious blood-and-guts courage. His ability to confront fear, pain and uncertainty in the form of thousands of cast iron pounds speaks for itself. But to continuously attempt to supersede your already-enormous personal bests and crush them takes something else. You

can call it desire, dedication, passion, even insanity, but to truly push beyond the limits of your human body's capacity, you're going to need to call in a couple of allies. And Johnnie Jackson certainly has a couple of weapons in his arsenal helping to reinforce his label as one of the strongest men in the world.

#### **THE INDOMITABLE ALLIES**

Johnnie Jackson has been competitively powerlifting since 2002 and totaled 2,127 pounds at the 2003 Arnold Classic Powerlifting meet. Johnnie also managed to deadlift 804 pounds, weighing in at 244 pounds and winning

During the Ironzone Deadlift Challenge at the Florida Xtreme Pro, Johnnie Jackson pulled an incredible 804 pounds while weighing in at 244 pounds!



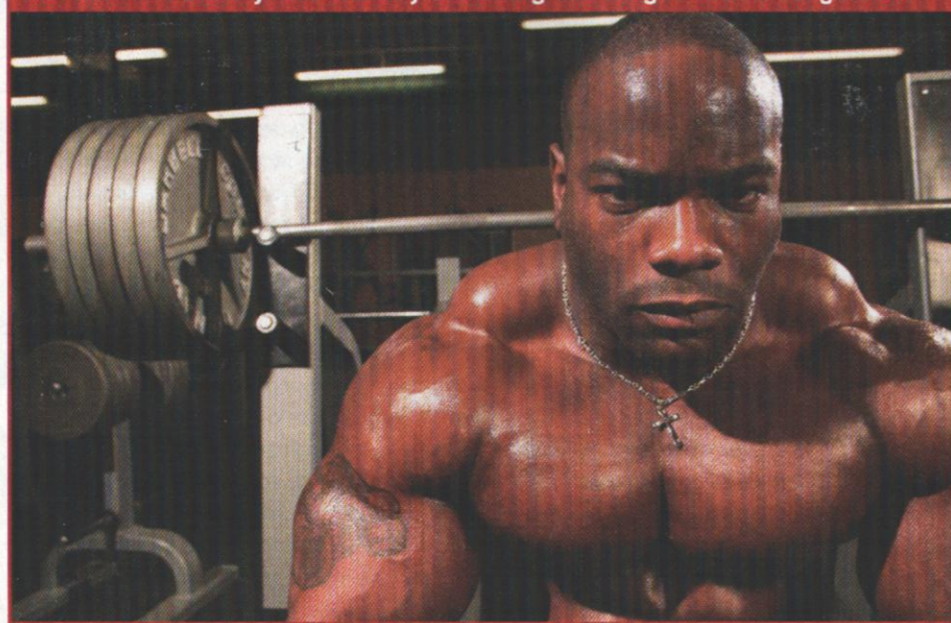
the 2004 Ironzone Deadlift Challenge at the Florida Xtreme Pro. And to this day, he is extremely diligent about lifting heavy. "As soon as I step out of my truck and into the gym, it's all business," a stern Johnnie says. "Whether it's the

***"Whether it's the off-season or not, I lift only one way and that's heavy!"***

off-season or not, I lift only one way and that's heavy!" With a personal-best bench press of 565 pounds and squat of 855 pounds, training heavy is just in Johnnie's nature. "It's just natural for me to use the heaviest weights I can and to always strive to lift heavier," says Johnnie. "In the gym, the only thing that goes through my head is lifting really heavy. I think about the weight that I lifted before and I focus on doing one or two more reps than I did before!"

Johnnie attributes his recent strength gains to his Aplodan™ and GAKIC® stack. "I've been using the Aplodan and GAKIC stack and I've seen a lot of strength gains and awesome recovery," says Johnnie. "It really helps me pump out so many more reps with weights that I'd normally only be able to get up for one or two reps." GAKIC gives an instant 10.5 percent strength increase while increasing resistance to fatigue by up to 28 percent. This enables you to bang out

As Johnnie prepares for a heavy set, the only thing that runs through his mind is viciously and brutally attacking the weight with a vengeance.

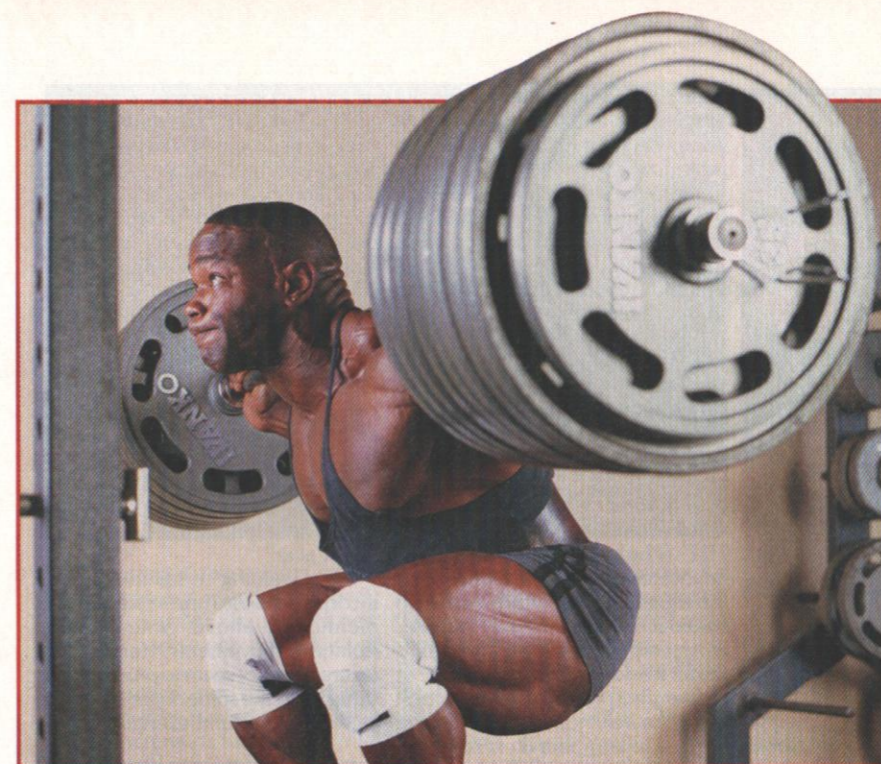


heavier weight for more reps than ever before. It's little wonder why Johnnie has been using GAKIC in his relentless attack on heaving extreme poundage day in and day out. But with the help of Aplodan – the world's first dormant muscle fiber activator – Johnnie is also able to better activate his Dormant Muscle Fibers (DMFs) and maximize his strength output to an outrageous degree.

For years, researchers have known that the body has an untapped potential to go beyond its limits. Aplodan has been engineered to unleash this potential. And luckily with Aplodan, it triggers an unequivocal 83% more muscle fiber activation! This biochemical response unleashes a state of extreme power output leading to unprecedented gains in strength!

#### **BRUTAL FORCE - THE MINDSET**

Every powerlifter knows having the capability to heave seemingly impossible cold, hard iron starts with the mind. "To psyche myself up for really heavy lifts, all I do is think about being the strongest man in the world," declares Johnnie. "Remember, the only person who can stop you, is you! If the weights defeat you in your mind, then you won't lift them. I'll also visualize myself lifting heavy, screaming and growing to become the best." Having a confident mindset is key and that confidence can come from many different places. For Johnnie, it comes from knowing the power of



Johnnie has a squat "PB" of 855 pounds and toys with a weight here that would utterly crush most men. This is why powerlifters are now turning to the Aplodan and GAKIC stack for extreme strength gains.

his allies. "Aplodan and GAKIC give me so much confidence when I plan to lift heavy," says Johnnie. "Because using the

***"Using the Aplodan and GAKIC stack, I knew that I was going to hit each of my goals with ease!"***

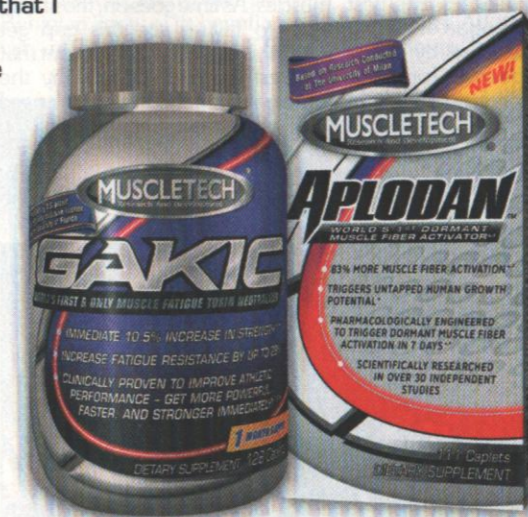
Aplodan and GAKIC stack, I knew that I was going to hit each of my goals with ease. My body was telling me that I could easily lift heavy! With this incredible stack, I just had so much confidence that I could attain any goal I set for myself!"

#### **SOLIDIFYING RANK**

Last year, before getting his hands on the Aplodan™ and GAKIC® stack, Johnnie missed a powerlifting competition he was really busting his ass for in the gym. "Last year I was preparing for this powerlifting meet and ended up getting injured and I couldn't compete," recalls Johnnie. "I'm planning to do the same competition this year in August and with the

Aplodan and GAKIC stack behind me, I know I'll break my records this year. I've already had vast improvements since I began using this stack!"

With the notorious title of one of the strongest men in the world surrounding the Johnnie Jackson aura, it leaves little doubt that Johnnie will be out for heads in his endeavor to solidify his ranking. In the meantime, Johnnie forges ahead pushing any and all cold, hard iron that attempts to stand in his way.



After seven days of using Aplodan™, subjects were able to achieve higher muscle tension thresholds and thus increased muscle fiber activation by an incredible 83% greater than baseline (1.74 vs. 3.18 mins.). In a clinical study, GAKIC® supplementation increased the total muscle work performed by an average of 10.5 percent and increased fatigue resistance by up to 28 percent. Aplodan is available exclusively at GNC. GAKIC is available at GNC, Rite-Aid and Vitamin Shoppe. © 2007. All trademarks are owned by their respective trademark owners. GAKIC is patented and available only from Team MuscleTech™. For more information visit MuscleTech.com™.

## THE ACCOLADES OF APLODAN

- Once consumed, Aplodan is rapidly released into your system and surrounds your skeletal muscle tissue, including Dormant Muscle Fibers (DMFs).
- Once Aplodan reaches deep into the muscle fibers, it goes to work fighting muscle dormancy targeting specific muscle energy pathways and facilitating high-threshold Dormant Muscle Fiber activation. These fibers are now chemically supercharged with the increased power needed to maximize the effects of your training sessions.
- Once Dormant Muscle Fibers have been activated, the added power and strength potential can be recognized to trigger explosive strength and muscle – all while discovering your true power potential.



## THE GREATNESS OF GAKIC

- GAKIC is engineered to utterly destroy the fatigue toxins like ammonia that cripple your strength gains – inevitably making you fail.
- One serving of GAKIC immediately before hitting the weights instantly increases strength by 10.5%.
- This unparalleled force also increases resistance to fatigue by up to 28% so you can handle the heavier loads longer, equaling more reps.
- Banging out heavier weights for more reps recruits more muscle fibers leading to more anabolic hormone output. The end result is unparalleled power and more muscle.



## 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. Compete 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 using near maximal to maximal effort 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

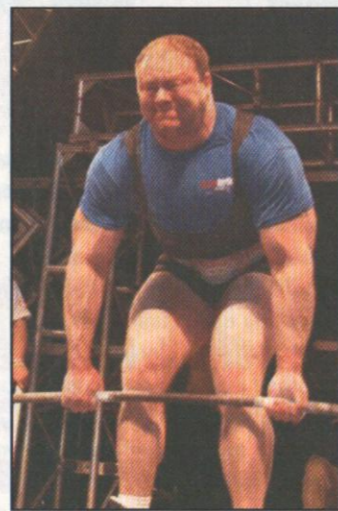
Skeletal muscles can recover from weight training in a reasonably short period of time (24-48 hours for most trainees). This can vary substantially depending upon the intensity (as a percentage of one's momentary ability) and volume of work performed. HIT style routines advocate always training to failure (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,



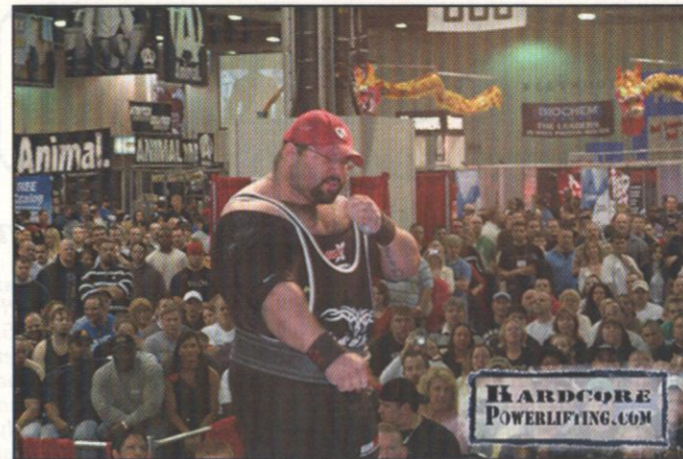
frequent use of training to concentric failure with isolation movements (biceps curls, triceps extensions, calf raises, laterals for deltoids etc.) is acceptable and should be incorporated into one's program.

Louie Simmons, of Westside Barbell ([www.westside-barbell.com](http://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 next page)



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 2<sup>nd</sup> 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 2<sup>nd</sup> 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:

**ETS** is a revolutionary product unique to AtLarge Nutrition ([www.atlargenutrition.com](http://www.atlargenutrition.com)). It is the **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:



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[www.atlargenutrition.com](http://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!



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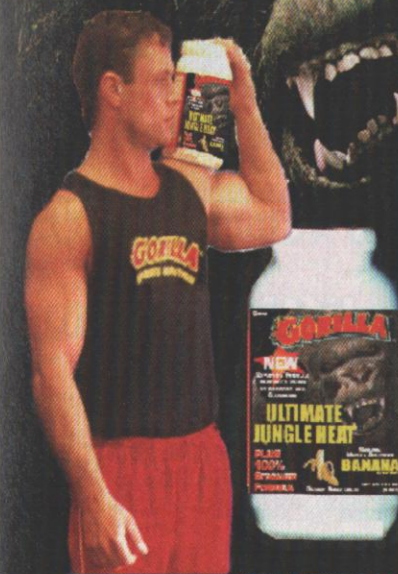
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## POWER INTERVIEW

### SAM BYRD interviewed by Bruce Citerman

**BC:** Sam, thanks for taking the time to talk to me. Why don't you tell us a little bit about yourself?

**B:** I live in Chattanooga, TN, where I own a small gym and personal training business called the Iron Playground. I am 25 years old, about 5'7" and my weight fluctuates a lot from around 205-230, depending on the time of year. My comfortable weight is about 220. I have been training with weights since I was about 15, but have only been competing in powerlifting for the last couple of years. In that time I have been able to meet and train with a lot of great lifters.

**BC:** A lot of guys got started with weights to get stronger for a sport, what initially got you in the weight room?

**SB:** I got into lifting weights to get as big and strong as I possibly could. I took a weightlifting class in high school where the coach had something called the Big 7 and the 2,000 lb. Club. Basically it was seven exercises and the goal was a 2,000 lb. total. The coach kept all the records for each lift and total on a big board for everyone to see and all I could ever think about was making it to the top of that board! Not much has changed since then.

**BC:** You have already accomplished a lot in the short time you have been involved in the sport including becoming the lightest ever to squat over 1,000 pounds. What do your other lifts look like and what can we expect from you in the future?

**SB:** When I was first learning about lifting, I remember coming across an article about Fred Hatfield and all he had accomplished during his career, and the thing that really stuck out to me was the fact that at the time he had been the lightest man to squat over 1,000 pounds. Right then and there I told myself that one day I would hold that title. Over time I drifted towards bodybuilding and lost track of that goal, but when I saw Chuck Vogelpohl on the cover of Monster Muscle for his 1025 at 220, it reignited my fire. It feels great to finally accomplish such a lofty goal I set for myself so long ago.

As for my other lifts, my best bench is 622

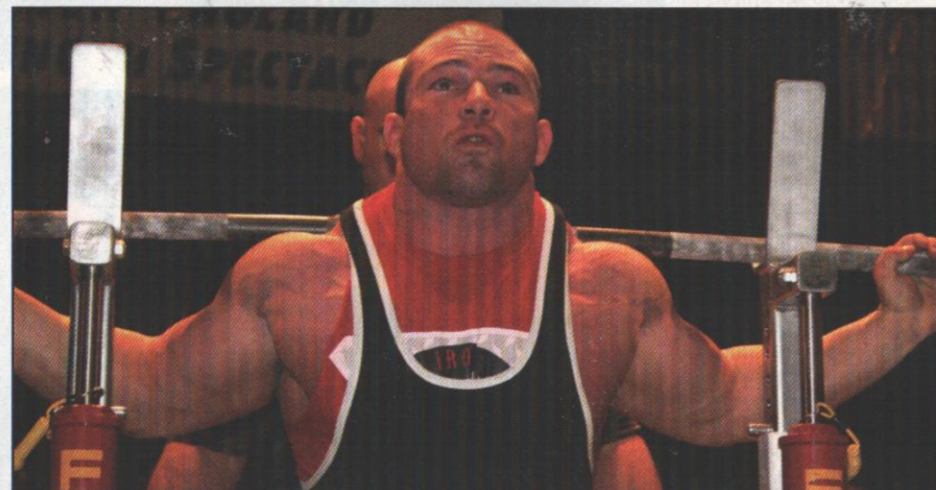
in the gym, 551 in competition and my best pull is a 683. I totaled 2149 in my first APF meet and broke the 198 squat record with 915. I have only done two geared meets, so I have yet to put together a good total. I have had some shoulder issues holding back my bench and have been training my deadlift hard. Hopefully I will be able to pull it all together soon and post a big total.

**BC:** You mentioned having some shoulder issues. What other injuries have you had to deal with?

**SB:** Back when I was bodybuilding I was a consistent 500+ raw bencher, but I have had some nagging shoulder issues for the last two years. Sometimes my bench would be fine, and sometimes I would struggle with 405. It was hit or miss like that, but since I could still train, I didn't think much of it. While I was training for the New England Record Breakers Raw meet I got on some prescription anti-inflammatories for a couple weeks and my bench started climbing again. I went heavy one night to test where I was and see how the shoulder held up. It was the heaviest I had been in about a year and everything felt great! The next week warming up I heard a loud pop in that shoulder. After the set I couldn't lift my arm without pain. I had managed to tear the labrum of my left shoulder in half, just four weeks before the meet. I kept lifting when I could and the pain began radiating down my arm into my biceps. I didn't get it checked out, and didn't want to know what was wrong, not smart, but I competed on it anyway and managed to do ok by posting a 425 raw bench.

When I finally did get it checked out and learned I needed surgery I knew I would be out for a while. My squats had been feeling strong so I decided to take a shot at the grand and take token bench and DL before I went under the knife. Once there my competitive nature came out and couldn't just take tokens. I managed to bench 523 and just missed a 777 pull for a

(Sam Byrd interview continued on page 97)



Sam Byrd squats at the New England Record Breakers, after tearing his shoulder. (BodyTech USA)

## STARTIN' OUT

### LEG PRESS FOR POWER told by Doug Daniels

There are only a handful of assistance exercises for the squat, of which one is the leg press. By far, the best way to improve your squat is to squat, but judicious use of the leg press can lead to better results at contest time. First, the leg press allows a lifter to work the thighs and hips when their lower back is tired and needs rest. The leg press is also a perfect candidate for light days when you may choose not to squat at all. This can be a real plus for a lifter whose leg strength is sub par, but who chooses not to squat more than once per week. If a lifter has an injury that prevents squatting altogether, the leg press can help maintain and even build leg power while recuperating.

Now that we know the benefits of the leg press, let's see how to work it in your training schedule. First, let's examine the types of leg presses available. One type is the 45-degree leg press on a sled, another is the Universal Gym style in which the lifter sits down and presses the weight straight-ahead. Eagle offers a leg press in which the lifter lays flat on a movable sled and pushes away from the base. Which one you choose depends, of course, on what is available. For this discussion, hack squat machines can be treated just like a leg press machine since their movement is similar.

If you are new to the leg press, progress slowly with weight increases, as you should with any new exercise. The leg press allows the lifter a high range of motion. Lowering the weight to the extreme low position requires flexibility. Unless you have great flexibility, an injury can easily occur. I don't see the need for a lifter to use such extreme range in the leg press.



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New York Barbell offers a multi-purpose leg press machine, Model C-91663. See their ad on page 104 of this issue.

Simulate the depth in the squat and reach that depth on every rep, that way, increases in strength can be measured. Too many lifters decrease the range of motion as the weight increases and regard that as an increase in strength when, in truth, less work is performed and less benefit gained. This is 'high squatting' on the leg press, don't cheat yourself.

A flaw many lifters have at the bottom of the squat is their knees bow inward together as they rise up from the bottom. Not only can this cause injury, but also it is a very inefficient use of leg power. Some lifters are not aware of this unless a coach or training partner recognizes it. If this is your problem, the leg press can help. As you press the weight up to completion, concentrate on keeping your knees straight up, and your legs parallel to each other throughout each rep. Because your knees are in clear view, you can see them buckle inward first hand. If necessary, lower the weight on the leg press until you can maintain this position throughout all your reps and sets. Increase weight used slowly while maintaining this form. If you combine this type of form with new attention and similar adjustments in your squat, this problem will be history and bigger squats will lay ahead.

The leg press also can be employed as a deadlift assistance exercise. The leg press mimics the leg drive during the deadlift. For best results, perform your leg presses using the same leg spacing as your deadlift stance. This obviously favors conventional deadlifters compared to sumo lifters. Sumo lifters should use a shoulder width stance for best results.

As with any exercise, safety should always be on your mind. Make sure the leg press you use is in proper working condition and the weights are loaded securely and evenly. If you are going to attempt extremely heavy weights (for you), get a few spotters ready. If you miss a rep in the leg press, it may be too heavy for one spotter to get it off you. A 500 pound squatter can leg press around 750-1000 pounds. That much poundage would be impossible for you alone or even with one spotter to get the weight back in the rack. Because of this, reconsider trying to get in the one last gut-busting rep.

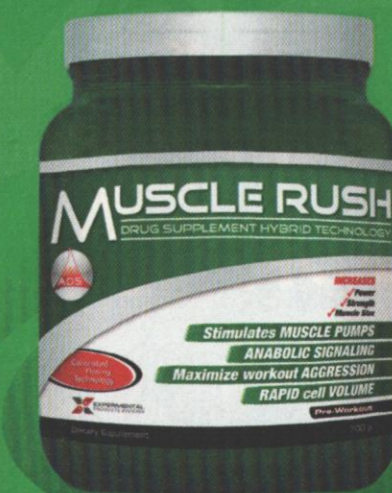
Lastly, let's look at how we can incorporate the leg press in our training schedule. The key thing to remember is not to overtrain. I suggest squatting once per week and leg pressing on light days to the exclusion of squats. This will help your lower back to remain fresh and not be overly taxed by squatting and deadlifting. Sets and reps are up to you. I suggest keeping reps in line with your current cycling set-up. Drop the leg press from your routine the last 3-4 weeks prior a meet to avoid overtraining.

The leg press is not a substitute for hard work on the squat, but by including its use in your training, you can strengthen your legs and hips and not over tax your lower back in the process. The leg press also provides an injured lifter with a method to maintain and build power while recuperating. It can prove to be a very useful tool to help you get a leg up on the competition.



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# TRAINING

## Technique Matters as told by Tom Eiseman

Today I will take you on a journey to the heart and mind of deadlifting. This will be from my vantage point as a Chiropractor and a somewhat, sometimes efficient lifter. I've pulled 800

pounds, to completion, in the 181 pound weight class over twenty years ago and at the WABDL World Championships on November 18, 2006, I lifted 760 pounds at 181, at 48 years of age.

When I began powerlifting, more than thirty years ago, I quickly came to the conclusion that proper form increases function, and that, more than any one thing, improving your technique increases your performance.

How does one develop their optimal technique? The first step is to observe lifters that are highly proficient. Then practice with light

weight while being critiqued. Don't be discouraged if you can't find someone qualified to analyze your style. You can tell someone with a keen eye for detail what to look for. Also, more importantly the feel of the weight will dictate whether you're in the groove or not. The lighter and more effortless it feels the better.

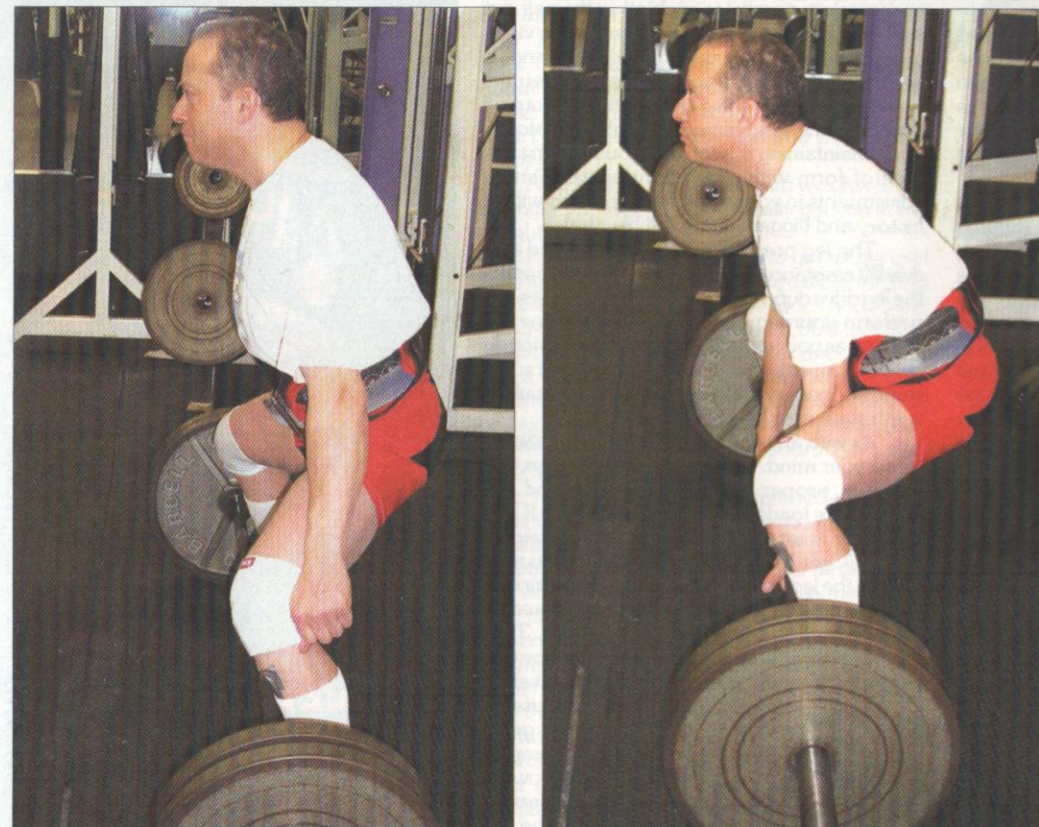
When it feels just right, lock that picture in your mind. You want to video your lifting from time to time and go over it step by step, frame by frame, to improve your vision of the proper technique. However, again, it is the "feel" of the lift that matters most.

In the performance of the deadlift there is no initial descent with the weight as with the bench press and the squat. Therefore, the descent is typically disregarded by the most powerlifters. I've found it to be an important focus to add pounds to my performance.

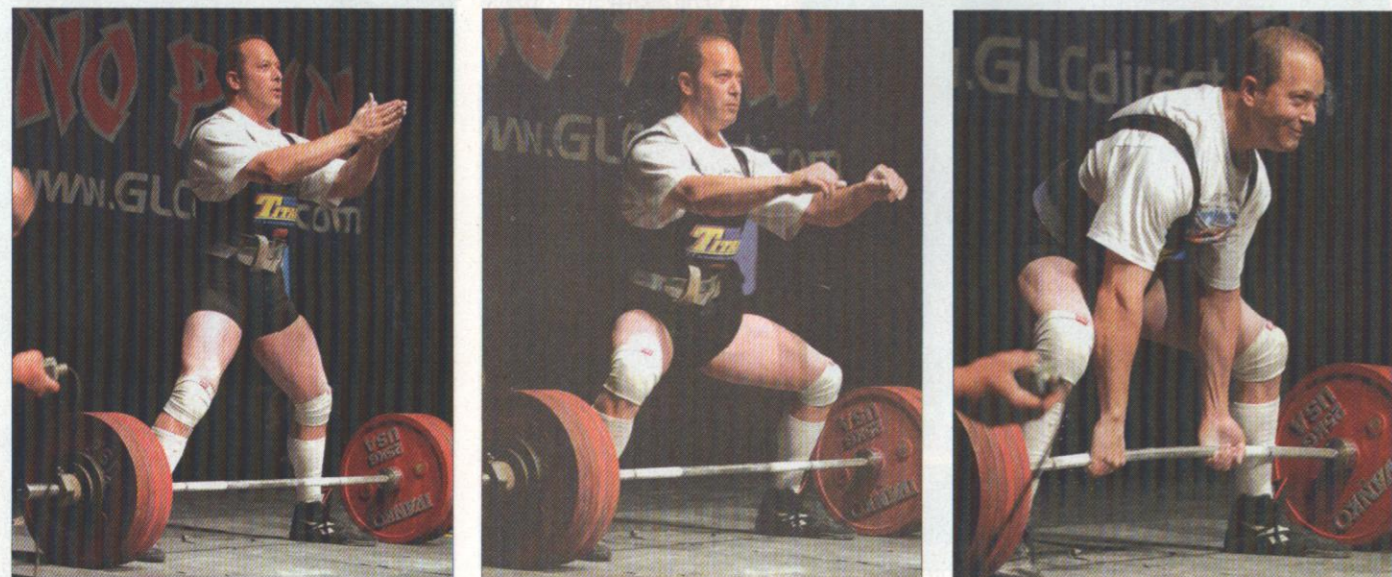
Begin your descent with your spine perpendicular with the floor and your head and back forming a straight line. As you go down, maintain an upright torso, head and neck. Arch the lower back, shoulders back, chest forward and push the shins forward. All positioning is done naturally and without great effort.

Your body position at the start of the initial pull should be as follows: head is perpendicular to the floor, eyes looking forward, torso upright as much as possible with slight arch in the lower back, shins pushed slightly forward to bring your hips over the bar. Your body should be semi-relaxed, as if you were ready for a burst of energy, like a sprint. When running fast or for a burst of energy, contracting the muscles too much and at the wrong time, interferes with your effort.

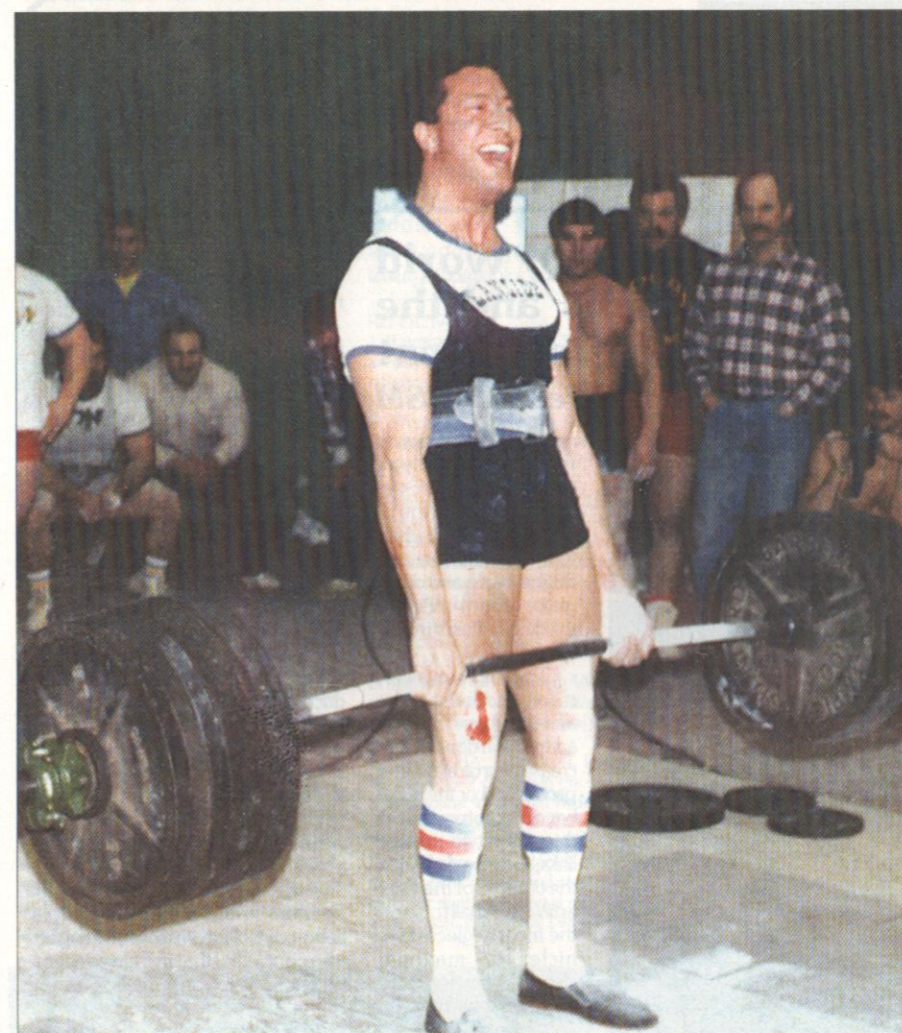
The lift, if you're positioned properly at the start, should be one movement. No shifting gears. Do



Tom Eiseman carefully setting up for a training deadlift (these photographs courtesy of Tom Eiseman)



Tom Eiseman at the 2005 WABDL Worlds in Reno, Nevada, setting up perfectly for a smooth success, now utilizing the sumo style



Tom Eiseman stood up with 800 pounds in the deadlift at 181 pounds many years ago.

you shift gears in the squat or in the bench press?

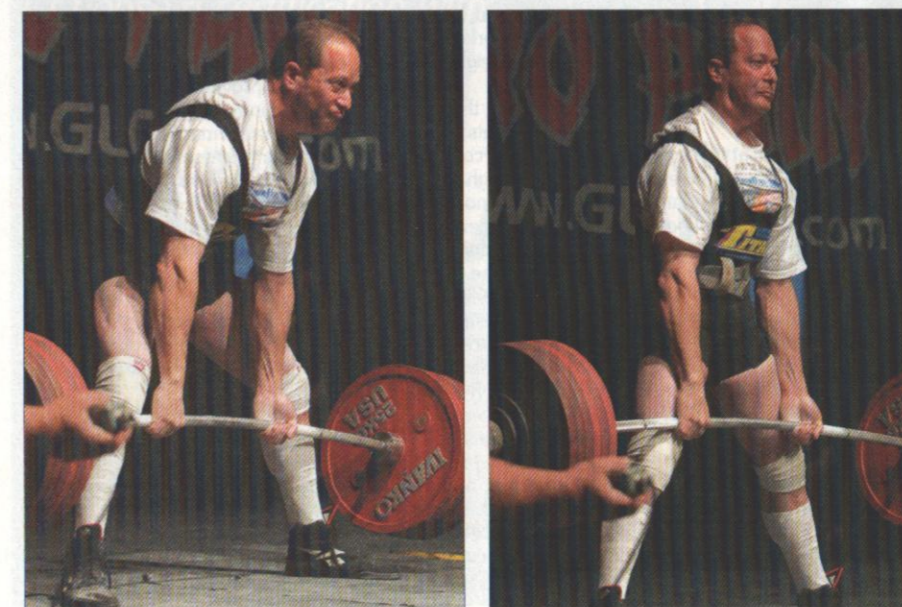
Every time you lift, every warm-up, should be done to create optimal form, perfect body position. Your first warm-up should look and feel like your heaviest lift of the day, easy. Focus, concentrate and commit your "good lifts" to memory. Progressing in anything is like climbing a mountain, it takes many small steps. Thus,

increase your weights gradually and take time for the proper development of your technique.

This is a primer to get YOU to think about your technique deeply enough to achieve your optimal results.

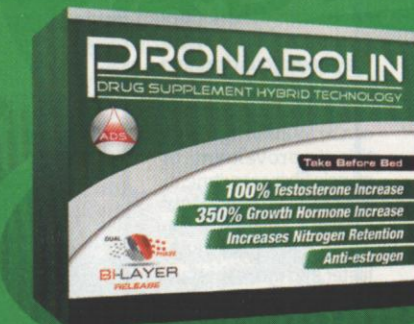
If you believe it, you can achieve it. I believe in you.

Thanks, Tom



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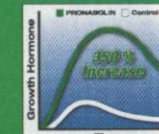
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# POWER - RESEARCH

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

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

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

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

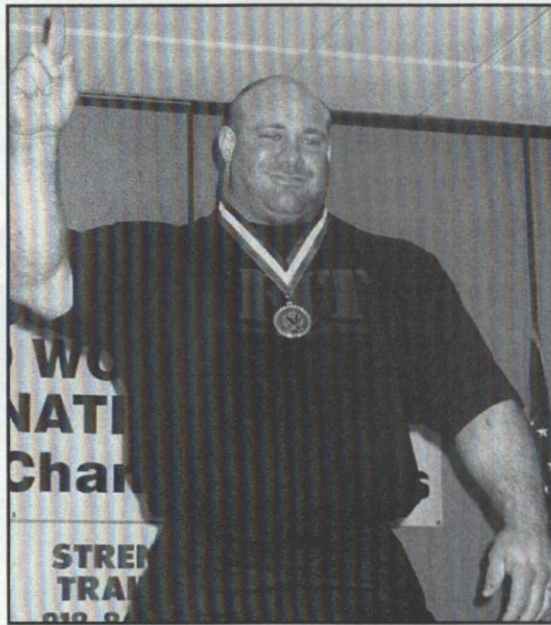
2) When the electrical impulse reaches the end of the motor neuron, the neurotransmitter acetylcholine is released and travels across the gap to the surface of the muscle membrane.

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

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

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

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



Scott Mendelson is a big endorser of BodyQUICK

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

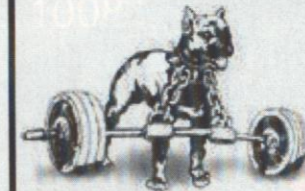
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## LOUIE SIMMONS' PRESENTS

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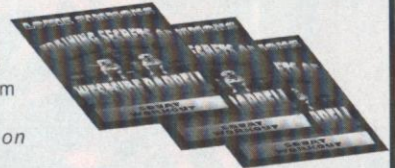
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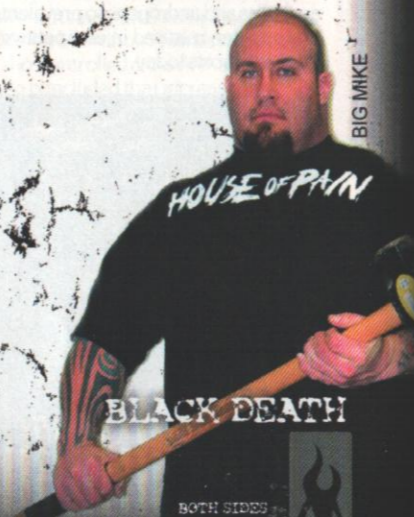
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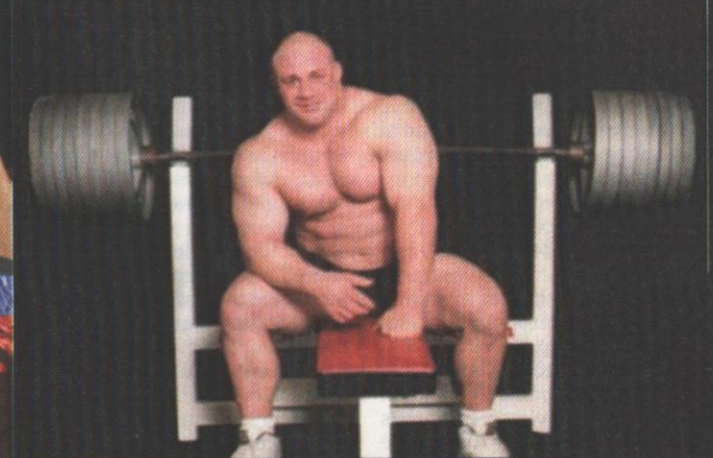
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Scot Mendelson, World's #1 Bench-Presser  
9 World Records in Powerlifting

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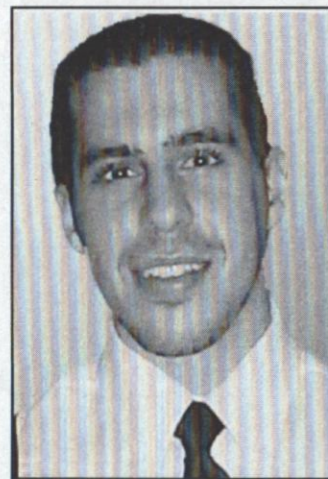
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Ok, I am back with another installment of this series for eating a power packed breakfast. What I plan to do is take a look at what a lot of powerlifters eat for breakfast. Oh yeah, the guilty among you should hide your faces now because it's only going to get worse. This installment is going to help you to not choose the wrong foods for breakfast. Instead of just getting to the point of what you should eat for breakfast. I thought that you lifters out there should get a better understanding of what not to eat and why your current bad choices are going to cause a decrement in your performance. This way you can properly apply the knowledge that I give to you on a higher level, instead of just eating what the nutrition guys say to eat.

#### Why do I sound like a broken Record?

I know you guys get upset with me for harping on you month after month for eating like circus help, but - hey - somebody has to do it. If I wasn't there to constantly complain and make fun of your eating habits just imagine how you would be eating. I have worked with hundreds of powerlifters and I know that I have not only helped them set world and national records, but I have done something even more important. I have helped engrain in them a desire to eat not only for performance but also for health. Let's face reality for a minute. The reality is too many powerlifters have health conditions that can be prevented. To make this even worse there are also way too many powerlifters that have died at a young age and their nutritional and lifestyle choices have greatly contributed to this. It seems like every issue of PL USA has a memorial of a dear lifter of ours that has passed away way before their time. Remember it's not only how many years that you live on this



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

# NUTRITION

## Power Up Your Total With a Power Breakfast, Part 2

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

planet that counts, but also the quality of your life. What fun is life if you survive three heart attacks and go through half a dozen bypass surgeries? Or what joy is there in having to inject Insulin five times per day, not because you were born with Type I Diabetes but knowing you caused your case of Type II Diabetes from all the garbage that you feed your body for decades. This isn't a quality life, so when you hear me harping on you remember I am not the party crasher that doesn't want you to enjoy a night of pizza and wings with your buddies while you are out watching the fights. I want you to take responsibility for your eating so that you will not only live longer but a healthier more fulfilled life for yourself and your family.

#### What's wrong with Powerlifters Breakfast Choices?

In the first installment of this series I discussed the reasons why eating a proper breakfast is very important for your performance and health. In this second part, I could have thrown together a few breakfast tips and been on my way, but I didn't do that. Do you know why? It's because powerlifters are hardheaded! With the first part you started to understand what a good breakfast can do for you, but instead of just telling you what is good to eat I am going to dissect you and your eating habits like a frog in biology class. With this issue you are going to now understand why what you are eating is bad for. I know not all of you eat like the following, but for every one of you who are eating well there are 200 that are not. Let's take a look at some of the problems that are associated with eating the typical "Powerlifter Breakfast".

#### Food choices of sub par quality

The first thing I see wrong with the majority of the food choices that powerlifters eat for breakfast has to do with quality. Most powerlifters eat so much garbage in their diets that they can't even differentiate what's good or bad any more. Since this is the base for all other points to come I would like to hit home with this one. You want to feed your

body nutrients that are going to nourish it after it has not consumed any food for 6-8 hours. With most powerlifters they don't care and this is a big mistake because breakfast is one the most important meal of the day. If you put garbage in you can bet your bottom dollar that you are going to get crappy performance out and numerous health complications to top it all off. Here are some typical choices most of you eat for breakfast..

#### Typical Powerlifter Breakfast Food Choices

White Bagels  
White Toast  
English Muffins  
Sugary Cereals  
Hash Browns  
Pancakes  
Sausage  
Bacon  
Donuts  
Muffins  
Generic Fruit Juice  
Fast Food Combos

#### Too Low in Protein

This is a major mistake with powerlifters. They do not take in enough quality protein first thing in the morning. This is a big mistake because you are in a catabolic state when you first wake up and your muscles are just begging for a nice dose of essential and non essential amino acids. With so many powerlifters taking in very little or no quality proteins during their breakfast they are setting the stage for a super catabolic day. If you want to start your day with your body eating away at all that hard earned muscle and strength that you have worked so hard for, then don't eat any protein for breakfast.

#### Contains too many Carbs

This is a powerlifter's trademark. They will eat little or no protein for breakfast, but will wolf down carbohydrates like they were going out of style. I have seen many lifters taking in as much as 200 grams of carbohydrates just for breakfast. I am not talking about a superheavyweight here I have seen people weighing

200 pounds eating like this and it is just plain wrong. When you eat meals too high in carbs with too little protein you are increasing your chances for Diabetes more than you would like.

#### Wrong types of Carbs

Not only do powerlifters eat way too many carbs for breakfast, they also eat the wrong types. Refined carbs and sugars are powerlifter's favorite foods outside of saturated and trans fats. There are key times when a high glycemic carb choice is the order of the day, but for most powerlifters they should stay away from them as much as possible. Powerlifters 9.9 times out of 10 carry too much body fat and eating these types of carbs, especially when you are already showing signs of insulin resistance, is only going to make you grow a lot more love around the handles you already are sporting. Plus these carbs are the best for one other thing...setting you up for Diabetes!

#### Miscalculated Caloric Intake

When I design a customized nutrition plan for one of my athletes I calculate everything right down to the gram. I know the desired physiological response that I plan to get from what I just made you eat. With breakfast, like all meals, I calculate how many calories will be consumed as well as the amount of grams of protein, carbs and fats. I also calculate the ratio percent of each of these three macronutrients as well. Having looked over thousands of food journal entries I can honestly say that powerlifter's caloric intakes for their breakfast is way off. That means that powerlifters either eat way too many calories for breakfast or they take in way too little. Both have drastic effects on your performance so they both need to be avoided at all times.

#### Too much Saturated Fat

Don't get me wrong. I like fat but I like the healthy versions not the ones that block your arteries. I have said this numerous times before and it still holds true. Powerlifters eat way too much saturated fat and do not take in enough Omega 3 and Monounsaturated fats in their diets. We want to consume some saturated fat in our diets but in minimal amounts. With other athletes, I would let them take in a little more, but with the way powerlifters are known for their cardiovascular health abnormalities then I try to limit it even more.

#### Doesn't support stable blood sugar levels

Improper breakfast choices will lead you to have unstable blood

sugar levels throughout the day. This means that you may hit a nice low during your training and ruin your workout. Or you may just start snacking on sweets throughout the day because of the roller coaster ride you just put yourself through with spiking your insulin levels too drastically. Another powerlifting favorite is just being a crusty ass clown who is in a bad mood. These are all symptoms of unstable blood sugar levels.

#### Macronutrient Breakdowns of Powerlifter Breakfasts

In this section I am going to lay down some macronutrient breakdowns for you to see what you are consuming. For those of you who do not know what macronutrients are they consist of Proteins, Carbohydrates and Fats. I will make the breakfast as if it was for your average 200 pound powerlifter.

#### Eggs and Bacon

Here is a typical Powerlifter breakfast of eggs and bacon with toast on the side. I will give a breakdown that analyzes 3 whole eggs, 4 strips of bacon and 3 pieces of toast with jam. I don't want you to choke on the eggs so I included a nice big glass of OJ.

Food	Calories	Protein	Carbs	Fat
Whole Egg	225	18	2	15
Bacon Strips	181	9	1	16
White Bread	210	6	42	3
Jam	102	1	26	1
Orange Juice	111	1.5	26	1
Total	829	35.5 grams	97 grams	36grams

If we take a look at the total percentage of each macronutrient you will see it the following: Protein 16%, Carbohydrates 52% and Fats 32%. This meal is simply atrocious. If you are consuming any meal where the protein intake is only 16% of your total calories then you are going to start looking at a life of Diabetes. The carbohydrates are a staggering 52% of the calories and come in with at 97 grams. I am not saying that some athletes cannot take in 100 grams of carbs at one time. This is in relation to the comprehensive nutritional analysis that I do, along with your blood work profile including a glucose tolerance test. For the majority of you this is way too many carbs to be taking in at one time. The fat is also quite high and considering that it is purely saturated fat, this is also a big no-no! This is one of the best scenarios to destroy your health from a nutritional perspective and if you look at the way most of the population eats, it is commonplace.

#### Pancakes and Sausage

With our second example of the "Typical Powerlifter's Breakfast" we are going to look at good old pancakes and sausage I assumed home made pancakes of medium size, and that is why I have recorded the quantity as five pancakes. I have included 2 links of Italian sausage, 2 tablespoons of butter, one glass of fruit punch and quarter cup of maple syrup.

Food	Calories	Protein	Carbs	Fats
Pancakes	431	15	55	15
Sausage	630	26	1	57
Syrup	210	0	54	1
Butter	215	0.5	0	24
Fruit Punch	116	0	30	0
Total	1602	41.5 grams	140 grams	97 grams

This layout has Protein at only 10% of the total caloric intake. This is atrocious. Carbohydrates come in at 33.5% and Fats come in at an artery clogging 56.5%. With the above meal you can see there are many problems. First off, the caloric intake is too high. Remember you are a Powerlifter, not a polar bear getting ready to hibernate. The protein intake is not bad here when we are talking in grams per meal, but what does come into question is the quality of the protein. When you put the highest octane gas in your car we all know it runs better. Why would you put an inferior fuel source in your body? It's not always about meeting the gram requirements when it comes to making sure that you are reaching your macronutrient goal intake. It's the quality of those macronutrients that you are consuming. One gram of protein is not necessarily equal to another gram of protein. The same holds true for carbohydrates and fats as well. Next on the list is the carbohydrate part of the equation. 140 grams of carbs is way too much for our lifter to be taking in at breakfast. First thing in the morning you are more insulin sensitive, compared to other times of the day, but in reality this is still too much to be of benefit and will lead to fat gain. Next is the quality of the carbs that this meal contains. All of the carbs in

this meal are either refined or are sugars. This is the last thing you want to be taking in because they provide the body with little nutritional value. Let's take a look at the fat intake. If you have read my column in the past you know I am big on fat. No, I am not big and fat, I said I am big on fat! The types and how much are in each meal play a big role in how your body is going to function performance-wise. Let's not forget how well your heart is going to work trying to pump your blood through those butter clogged arteries of yours for eating all this crap! The fat in this meal is not from Omega 3s and Monounsaturated fats, like I preach month after month. The fats in this meal come from none other than saturated fats. A properly calculated amount of saturated fat is essential for hormone production, but you don't need close to 100 grams of it for breakfast to get this to happen. This large intake will ruin your health and performance, not enhance it. This simple yet typical powerlifter's breakfast is really not only a performance destroyer but also a heart attack just waiting to happen.

#### Donuts and Coffee

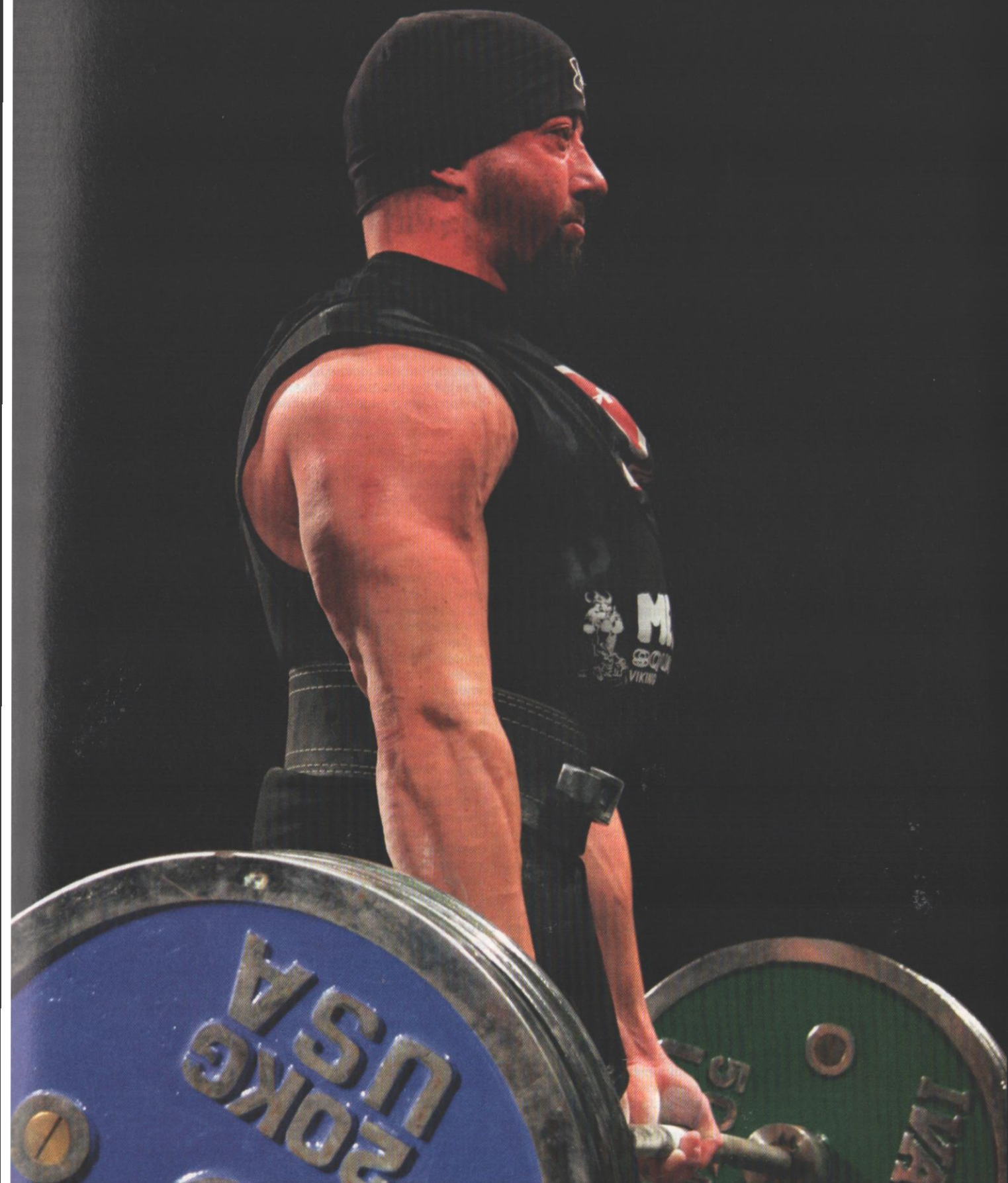
Here is another famous powerlifting breakfast. Hopefully the majority of you reading this don't fall into this category. If you do, now is the time to smarten up and make a major change in your life. Let's take a look at what this "Power Packed" breakfast of nuggety goodness offers. So, this powerlifting champ is going to start off with two very exquisite doughnuts. One will be jelly filled because he used to eat these as a child and that reminds him of his mommy and the second will be cream filled... you know... to get the extra protein! This man will also wash down all this nutritious gluttony with a large double double coffee. Let's take a look how this superman's breakfast looks when it's scrutinized under my glaring eye.

Food	Calories	Protein	Carbs	Fats
Jelly Donut	290	5	34	16
Cream Donut	307	5	26	21
Coffee	5	0	1	0
Cream	105	0	1	11
Sugar	93	0	24	0
Total	800	10 grams	86 grams	48 grams

OK, This meal comes in at 5% Protein, 43% Carbs and a whopping 54% fat. I am going to be straight up with you. This shouldn't even be considered a meal. The reason why I included it in this article is because of the numerous times I have seen it among powerlifter's breakfast choices in their nutrition journals. Any meal that gives you a skimpy 5% Protein, yet loads in a mind boggling 54% Fat tells you one major thing...you should not be eating it! What someone of you will call a "Quick breakfast on the run" is not going to fuel your body for performance. Do you realize what happens to your body on the inside after you have slept for 8 hours and then you feed yourself this crap upon waking? I would feel guilty if I fed an animal the way most powerlifters eat. The above slop provides almost no nutritional value what so ever, but what it can do is take your blood sugar and insulin levels and shoot them into the stratosphere. We all know that what goes up must come down and when it does you are going to feel like a bag full of wet dog hair. Let's not get the sweet 48 grams of heart clogging grease that you just consumed. If you are looking for a quick route to an angioplasty this is your one way ticket. I don't want you to think that you can never ever have a doughnut again in your life and you should only eat grass and bark for breakfast. This is not the case at all. I am not some vegan, nor am I a life extensionist extremist that thinks all people should eat under 1000 calories a day because some studies showed that rats that eat less live longer. No, I believe that you can have your cake and eat it too. You can still eat like an athlete, and perform like a champ. All the while you still can increase your life expectancy and have a quality life without major disease and health ailments dragging it down.

#### Where do we go from here?

Many of you will now blast me, but don't be so quick. I have thought out this series for you thoroughly and I didn't plan on giving you a subpar review of what not to eat for breakfast and then not give you what you should do. In the first part I provided you with why eating a healthy breakfast is beneficial to your health and performance. In this part I showed you the dark reality of what most powerlifters do on a daily basis. In the next installment I am going to enlighten you with some ideas on what you should be eating and why. I am even going to breakdown the meal's macronutrient profiles just as I did in this issue, so you can compare what I would recommend for breakfast versus what you guys eat for breakfast! Now you will understand what I mean by a quality breakfast that will fuel you for the rest of the day and, most importantly, for your intense training session. Until next month, get rid of those damn doughnuts and get ready to eat clean, because after next month you won't have any excuse to eat like a slop!



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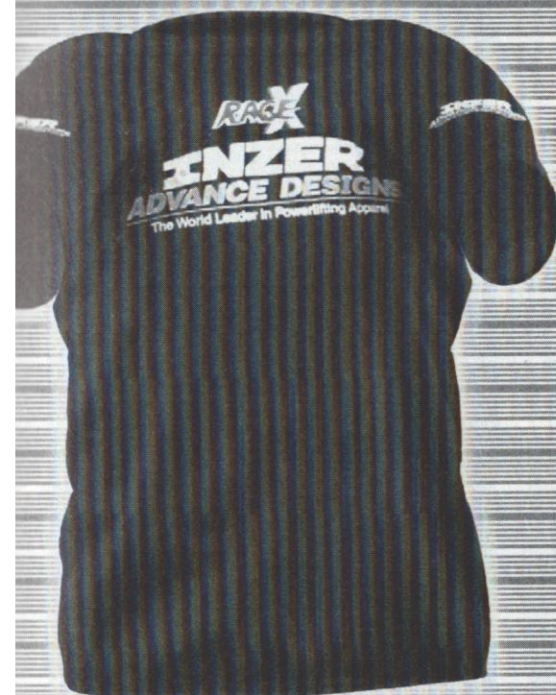
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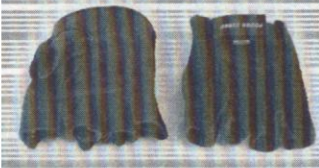
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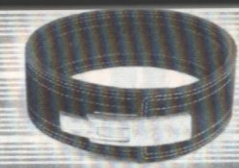
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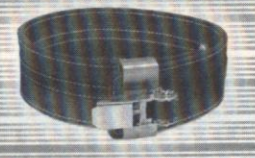
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"If you build it, they will come." This is either a quote from the movie *Field Of Dreams*, or from Anna Nicole's plastic surgeon. I can't remember which, but it has something to do with today's Hard Core Gym; so be patient.

When I was a little boy, my dad had a quote on the wall of his office that changed my life. Pop was the most successful man I knew, so if it was important to him - it must've been really important. The quote sticks with me now, almost 40 years later: "Whatever you vividly imagine, ardently desire, sincerely believe, and enthusiastically act upon must inevitably come to pass." (Paul J. Meyer)

A simpler way to say this is "Believe it and achieve it." It's a season of sappy phrases - so sue me. The point is that we need to imagine our success, then work hard towards it until it is reality. I thought that I was good at this, because I visualize successful lifts and white lights. I even read Dr. Judd's books and so I have done it right. But I suck BIG TIME (at this skill) compared to Jason 'Tadow' Carson - he takes it to a HNL (hole-nutha-level)!!

I've met Jason a few times at BP meets, and he generally wears a Tadow Gym T-Shirt. He always refers to Tadow Gym when he meets people, and he signs his letters "Tadow - CEO of Tadow Gym." I have SEVERAL newspaper articles that refer to him as the CEO of Tadow Gym. Jason puts on BP Meets in Decatur, Illinois - everyone knows the team of lifters from Tadow Gym.

Try to imagine my surprise when he recently told me: 'one day I will have my gym.' WHAT?!? TADOW

## HARD CORE GYM #63

### Tadow Gym "What Do You Believe" as told to PL USA by Rick Brewer

GYM is just a dream and a plan? What is UP?

Let me back up a little and explain. Jason "Tadow" Carson is a stocky lifter with 22" arms. He is currently a 198# lifter, and he has packed a lot of muscle size on his 5'8" frame. His wife Siodhan says that his musculature causes strangers to ask if he is a pro football player. People stare at him in restaurants. (They stare at me too, and often signal that I have food on my face or clothing.) But Jason benches really big, and he has won a lot of BP awards. I hear that his entire family is big, and he has a photo of himself with a few big weightlifting cousins (James, Alan, Brian, Bill, and Steve) on the wall of the garage where he works out when he trains at home.

Jason was a sprinter in high school, but he and his family have always lifted weights. He started gaining strength during Karate as a kid, then progressed into more serious lifting as his body responded to the weights. Jason says "I was about 25 when I won my first bench press event, and the trophy was almost 6' tall; man, I felt good." (Note to PL Meet Promoters: what does this tell you?) Jason evidently started out in a few meets put on by Dr. Darrell Latch (Son Light Power) and our hat remains off for Darrell Latch; he brings more new lifters into this sport than anyone I know! Many of these lifters go on to excel in the great sport

of powerlifting. Ron Palmer is one of the many who come to mind - who started out with Darrell Latch. (Q: did you bring a new lifter to a PL meet this year?) Jason has now received a total of about 275 awards, medals, trophies, and sculptures. There are a lot of gyms that haven't won that many awards - between all of their members! "Tadow Gym" has that many awards won by just the CEO, and Tadow Gym hasn't even opened yet!!

Jason 'Tadow' Carson has progressed up through the weight classes as he packs more and more muscle on his frame. He now holds records in the 165, 181, and 198# classes. He currently benches about 475 raw, and hopes to bench about 575-600 in his BP Shirt. Not bad for a 198# lifter with room to grow a few pounds of BW!

He works full-time as a machine operator for Archer Daniels Midland Company, but still finds time to train about 17 kids during the summer months. He also promotes BP meets, like his wacky "Don't Come With No Weak Stuff RAW Bench-Off." Wow. He really needed a few more words on that T-Shirt, didn't he?!? This BP meet attracted lifters from other cities and states - so he must be getting the (Tadow Gym) word out beyond Decatur, Illinois. He has since renamed his meets "(Who Is) King of the Bench?" to make them easier to remember. These BP meets have

both Raw & Shirted categories. He has also planned a meet titled "The Baddest Of the Classes." He's really proud of these BP meets, but he keeps his eye on the prize: he still wants to open a gym. "Tadow Gym" is still mostly a dream, and the meets are a way to turn it into a lifting reality.

Jason currently trains at the AMD Wellness Center, and he also has a lot of weights and equipment in his garage - so he can train at home when he needs to. Like most of us. Although he coaches younger lifters, he also has a coach (John Hudson) to encourage him. Jason sets many goals, and hopes that his BP prowess will help his credibility so that when he opens Tadow Gym - he can also write 'How-To' books and train a new crop of lifters.

He places God first, and has a pastor (C.D. Stuart) pray for him before he goes to bigger PL Meets. This blessing eases his nerves, and prepares him spiritually. He prepares physically by training hard and eating right. He is only afraid of one thing: break-dancing. He hardly ever injures himself while lifting, but he did strain his groin while trying to spin on the floor - to show some kids how he used to break dance back in the day. Maybe he better avoid kicking it old-school when he's getting ready for BP meets. (That's the only reason I don't break-dance: potential groin injuries.)

Jason credits so many people for helping him that we cannot begin to list them all; suffice it to say that he appreciates everything that anyone has ever done for him. He is very grateful and gracious. More importantly, he believes that he'll soon open TADOW GYM, and he acts like this belief is already a reality.

Jason hopes to get a bigger garage to improve his home gym, and add more weights and equipment until he ultimately open a commercial gym named TADOW GYM. When TADOW GYM becomes a reality, he'll put on BP Meets and train young lifters in the fine art of bench-pressing. Until TADOW GYM opens; he'll put on BP meets and train lifters wherever he can. Jason is the CEO of TADOW GYM! What do you believe you can achieve???

Thanks for all of the cards and letters of sympathy for my dead dinosaur (mentioned last month). No more flowers, please. Next month, we'll go to a more conventional gym, but it's in an out-of-the-way place with four (count 'em: 4) syllables in the town name. That makes it special. Like my friend Bokeesha - sometimes the name just makes you.

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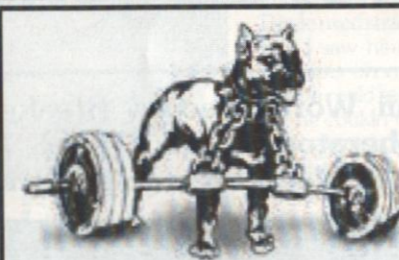


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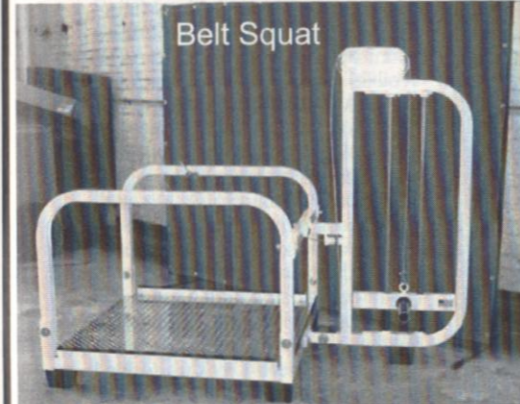
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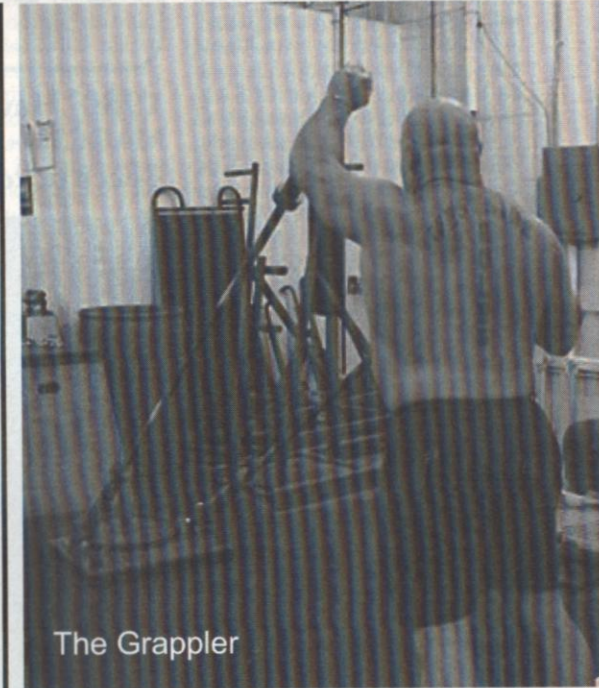
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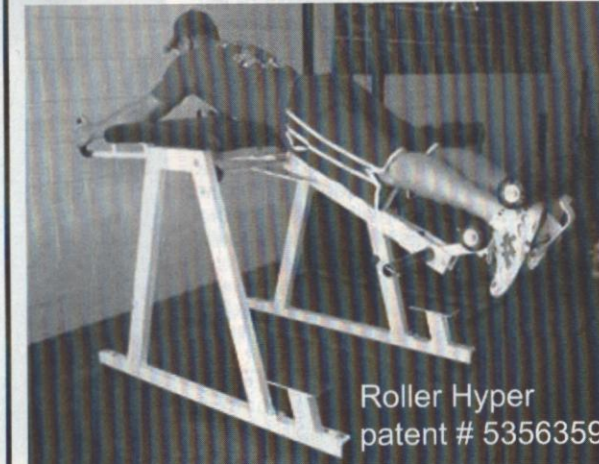
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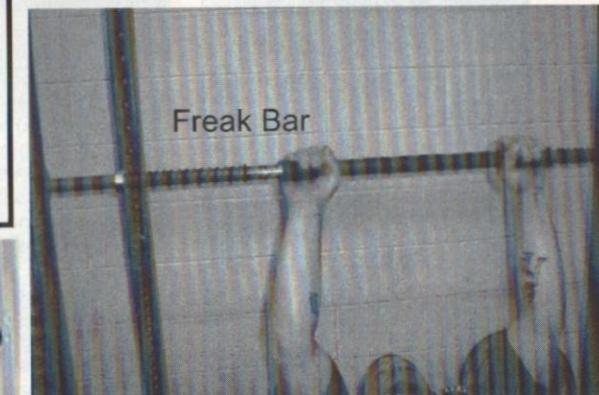
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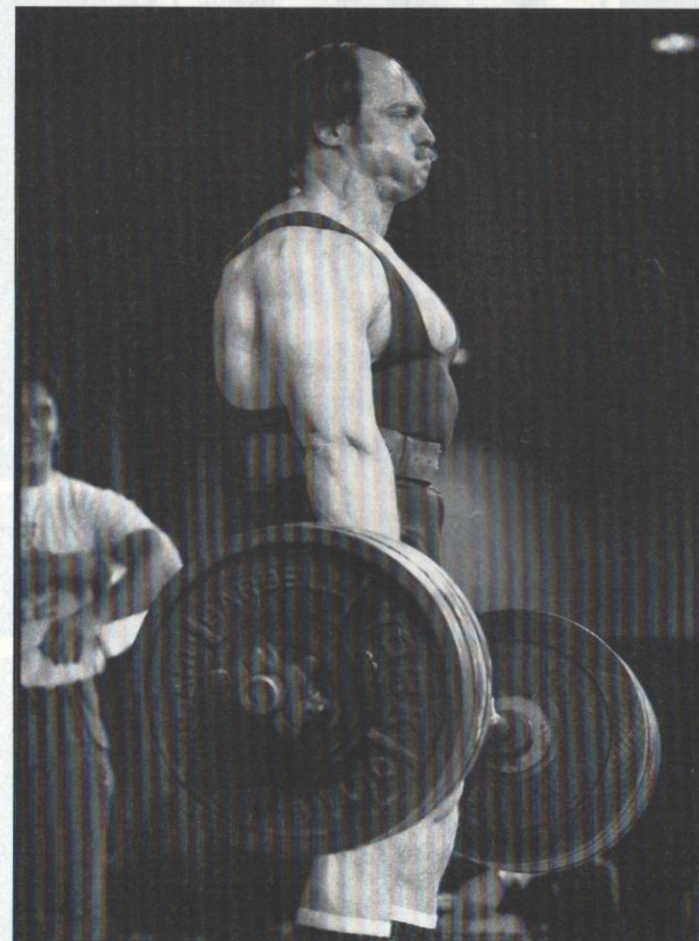
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# Power Legends

**1980 Hawaii World Record Breakers, 19 MARCH - Sheraton Waikiki Hotel, Waikiki Beach as told by Meet Director Gus Rethwisch**



John Ks the personification of the ultimate force in deadlifting power

not. The reason you can't get network or even ESPN coverage nowadays is that the networks want Americans to be able to compete, but USA lifters don't dominate the same way they once did on the IPF scene any more (although with the suspension of the Russian and Ukrainian teams, this may change). Even the World's Strongest Man contest organizers were told to feature more Americans or ESPN wouldn't cover it any more. It was a honor for lifters from Europe, Asia, and the rest of the world, to beat Americans in powerlifting, just like it's an honor for an American to beat a Russian, Iranian, or Bulgarian, in Olympic lifting.

Moving onto the lifting. Because of the aforementioned political battle, the attendance by big name lifters was sparse compared to 1978 and

1979. Even so, we had the greatest deadlifter ever, John Kuc, the greatest squatter at the time, Marvin Phillips, and the greatest lightweight lifter at the time, Precious McKenzie. We also had Wayne Bouvier, Larry Kidney, Dave Show, and Mark Dimiduk.

At 123, Precious McKenzie deadlifted 551 and this was before deadlift suits. He was just inducted into the South African Hall of fame for sports this past year, 2006. He squatted 462 with no knee wraps or squat suit, and just missed a world record 512 squat, and benched 270 raw. Dale Yoshizum of Hawaii benched 286 and Tetsuo Willy deadlifted and squatted 407, but they weren't even in the hunt. Precious also pulled 600.7 over his knees and half way up his thighs! He weighed in at 122.

At 132, Ray Verdonck, who squatted 529, tried a world record 540 and just missed it. (He and I entered our first meet together on September 8, 1972, and he squatted 320 at 123. I had deadlifted 551, weighing 243). Also at 123, Albert Andrade benched 330 and came very close with a world record 363.7 twice. This was Ed Morishima's first meet. Ed was to go on and bench 462 at 148, but he put up 275 at this meet. I've seen Morishima do seated dumbbell presses with 120 lbs. for ten reps, and Wayne Bouvier do seated dumbbell presses with 170 for three reps. At 148, Bret Mendeiros went 501 on the squat and 523 in the deadlift at age 21. At 165, Kevin McClaverty pulled 600.7 and totaled 1515. At 181, Mike Navarres, my training partner at the time, squatted 573 and pulled 584 and totaled 1548 weighing 176.

At 198, Jerry Jones, who had set a world record 782 in the 1979 World Record Breakers, had to settle for 738 on this day. Jerry realized that living in Bloomington, Minnesota, he hadn't seen a woman in a bikini all year and in five days at Waikiki Beach, he saw hundreds. He couldn't believe that they would be walking on the main thoroughfare of Waikiki, Kalakaua Ave., and they were all over the lobby of the Sheraton Waikiki Hotel. He said, "After seeing that, who cares about a world record squat." Then of course, we had the fourth annual Ms. Hawaii Bikini contest and Jerry was in the front row. Jerry did a solid 705 deadlift and totaled 1824.

At 220, Mark Dimiduk totaled 1934 with a 744 squat and a close call with 766. He deadlifted 716.

At 242, the "show" took many notches up in excitement. Marv Phillips was a policeman from Pomona, California and trained with Kazmaier, Larry Kidney, Terry McCormick, and Dave Shaw, at Samson's Gym. Marv had more 100 per mile chases in Southern California than anyone else. He always got his man even though he trashed a few police cruisers. He opened up with 744 then 799. They looked hard. Then he went to 843 for a



Island Lifters like Al Andrade, Kevin McClaverty, and Mike Navarres got to lift with the best in the PL world.

world record and showed perfect form. He had his first 2000 lb. total. When he was nine he fell out of a tree from 60 feet up and hit a tree limb and severed his arm. The doctors reattached his arm. He benched 462 and deadlifted 694.

Now comes John Kuc, the legend, the greatest deadlifter of all time. If he competed against Coan in his prime, he would have elevated his game and beaten him. If he competed against Andy Bolton in his prime, he would have elevated his game and beat him. Nobody was more intense than Kuc! You can't be normal if your'e going to be a great deadlifter. If I'm in a foxhole or firefight, I want Kuc and his intensity backing me up. If I'm in a bar fight, same deal. Clay Patterson held the world record total of 2133 and before every attempt, John yelled "Patterson." There was also a message from John to me that 'if Clay Patterson shows up there would be some serious trouble'. It seems Patterson had dated a woman John liked. Patterson didn't show. Kuc squatted 782 in a singlet and benched 507 raw. There were no bench shirts until 1985. A few people experimented with them in 1984.

In the deadlift, he opened light with 755. He looked like he could have done six or seven reps with it. There was no rounds system until much later. In the 1979 World Record Breakers, Kuc opened with 843 and then did 854 two minutes later, and pulled 900 over his knees three minutes later. Just imagine that 843, 854, and a 900 attempt all done in five minutes without a belt and without a deadlift suit. The highest deadlift in the world, next to John's at 242, was Terry McCormick, who had pulled 804. The third highest was 770. This time John wore a slim, thin, leather built. He jumped from 755 to 865. The bar got out in front of him slightly, but Kuc still hauled it in and Mike Lambert of Powerlifting USA called it the easiest lift over 800 that he had ever seen.



Larry Kidney plots his next attempt with George Zangas of Marathon.



Marv Phillips squatted a WR 843!!

The audience at the Sheraton Waikiki erupted. John had just raised the IPF total record from 2133 to 2154. John then went on to try 876, but it wouldn't budge. It was kind of an off day for him. He used everything he had in his body and mind for the 865. He weighed 239, had no deadlift suit, no groove briefs, no knee wraps, and no super belt. In November 1972, John weighed 345 at six feet tall. He squatted 905 raw, benched 600 raw and deadlifted 845 raw. In July 1974, less than two years later, he had lost over 100 lbs. and deadlifted 816, at the 1974 Senior Nationals. That November of 1974, he deadlifted 848. Who do you know that can lose 100 lbs. of bodyweight in less than two years and not enter one competition during that time, and deadlift more? Only one man, John Kuc.

John never blew his own horn and never got the respect he deserved. For you holier than thou's, who would say that John wasn't drug free, he joined the ADFPA and deadlifted 856 weighing 260, with no deadlift suit, which is either higher or about the same as Brad Gillingham, who weighs 325 and uses a deadlift suit. John did his lift in the last 1980s, when he was in his late thirties.

At 275, Larry Kidney was very impressive. He was balding, bearded, and as big as they come at 275. He was much more muscular than the current crop of APF 275 pounders. The ultimate in musculature was Dave Shaw with 23-1/2 inch arms and sunglasses. When he pulled his best, his deadlift was 848, but in this contest, he pulled 788. Kidney squatted 848 and deadlifted 766 for a 2149 total. When I picked up Dave Shaw and Larry Kidney at the Honolulu airport, they got attention normally reserved for rock stars.

Moving on to the supers. Doyle Kenady did three reps in the deadlift with straps at 900 in 1984, and Soren Sorenson saw him do 1,000 with straps in 1985. Soren had totaled over 2200 at 242. Doyle opened with 881 and missed 914

twice. He ended up with a 556 bench raw. His squat suit was the old Marathon Super suit. He opened at 799 in the deadlift and went to 854 and lost his grip twice. I always felt Doyle used straps too much in training. I saw him miss world record attempts on numerous occasions, that he could have tripled with straps, but he couldn't hold onto the bar.

In the bench, Wayne Bouvier, Lars Hedlund, and Bill Kazmaier were the best in the world at Super. Lars had competed in two World Strongest Man competitions on CBS Sports Spectacular. Wayne was one of the best arm wrestlers in the world and he didn't even train for that sport. Wayne opened with 589. The bar was mis-loaded to 628. He missed it. His second was 617, which he made. Kazmaier had the world record with 628 and Wayne jumped to 633, but he couldn't make it. Hedlund opened with 600.7 and missed 633 twice.

Dwayne Fely, who was 19, did 716 in the squat and it was the most explosive squat you would ever see. Dwayne was destined for greatness in the 1982 Record Breakers.

At the end of the powerlifting, there was a pro bodybuilding show with Serge Nubret of France winning the top prize of \$5,000 and a trip around the world on Pan American Airlines, the main sponsors of this tournament. Dave Johns was second and Tony Pearson was third.



Wayne Bouvier ... greets the crowd.

So, the fourth installment of the World Records Breakers was history and the average attendance over the last three years had been 3800. Next time, I will write about the 1981 World Record Breakers, which featured Dr. Squat Fred Hatfield, Jim Rouse, Chip McCain, Terry McCormick, Dave Waddington, and Doyle Kenady, among others. I apologize or the lapse of time between the 1979 article and this one. From now on, I promise them more quickly until all of the World Record Breakers have been covered. The last one was in 1995 and the 1988 version was aired on ESPN nine times. It was a half hour special, aired during prime time, and it was the first powerlifting aired on ESPN.

There is one more anecdote about the 1980 meet, involving John Kuc. When it was time for him to fly back home, I got him to the airport late, and when we were going through security, two very large Samoan women were manning the conveyor belt where they x-ray everything. They insisted that John put his trophy through the conveyor belt. John's comment was, "I'm not a cocaine dealer and my trophy better not get broken." Well, when the trophy came out from under the flap, the worst had happened. I could tell by the look of John's face. John's comment to the women was something akin to what stray female dogs do in heat. We were already late for John's plane and the swearing between John and the Samoan women lasted until they were out of earshot as we ran like hell for his gate. When we got there, the airline had given up John's seat. That led to some more intensity from John directed at me and the airline. So, now he's on standby and he's sitting down looking at his broken trophy and you could see he needed something to relieve the pressure of his anger. He said, "What the hell. I took a baseball bat once and broke all my trophies. I have a lot of spare parts." Then he finally got a standby seat and the greatest deadlifter in history rode off into the sunset. I would say that of the 132 world class lifters who competed in the Hawaii World Record Breakers, the five who stood out with the most serious impact on the audience were Kuc, Kazmaier, Fred "Dr. Squat" Hatfield, Ted Arcidi, and Dwayne Fely, who blew everybody's mind in 1982, but that will come in a later story. Wilt Chamberlain attended this meet again, and Lou Ferrigno was also in attendance. The front row didn't have the window dressing that the 1979 Record Breakers had, but some of the best looking women in the world were sitting in that row doing their best to show they belonged there. The 1977, 1978, 1979, and 1980 Miss Hawaii Bikini contests were by far the best I've ever seen. If those contests didn't stimulate you, it meant you were due for the morgue in 24 hours or less.



**9th Wisconsin's Best BP  
14 APR 07 - Independence, WI**

BENCH	Masters III	181 lbs.	
WOMEN	C. Roffier	185	
Masters I	242 lbs.		
148 lbs.	J. Shafer	390	
S. Meyer	360		
Masters I	SHW	290	
Raw	T. Nelson	405	
165 lbs.	Masters III		
L. Bjorge	242 lbs.	395	
UNL	275 lbs.		
N. Adams	198 lbs.	375	
Masters II	R. Magnuson	215	
Raw	220 lbs.		
198 lbs.	L. Kollauf	335	
K. Ritter	Open	148 lbs.	
220 lbs.	J. Scarbury	300	
D. Adams	D. Dunn	260	
G. Steffen	S. Robinson	205	
E. Nauckan	B. Guenther	205	
G. Erickson	N. Smieja	205	
Open	B. Gustavson	190	
114 lbs.	Paczkowski	225	
B. Brown	198 lbs.		
UNL	M. Maluyuk	425	
R. Nutter	B. Drexler	360	
Open Raw	B. Cady	350	
123 lbs.	J. Cady		
B. Holland	R. Halford	—	
148 lbs.	220 lbs.		
P. Meyer	R. Fuchs	550	
198 lbs.	M. Thronson	410	
L. Taylor	242 lbs.		
Pre-Teen	L. Umnus	475	
Raw	B. Gehri	425	
97 lbs.	J. Schielke	420	
M. Woychik	M. Sias	405	
123 lbs.	275 lbs.		
S. Woychik	J. Schutz	665	
Submaster	308 lbs.		
UNL	T. Knapp	660	
R. Nutter	S. Kadrluk	605	
Submaster	C. Gudgeon	475	
Raw	Open		
UNL	Raw	148 lbs.	
J. Riggs	C. Riebe	210	
Teen	165 lbs.		
132 lbs.	N. Buck	275	
B. Gorka	D. Stickney	250	
Teen Raw	181 lbs.		
123 lbs.	B. Drexler	310	
C. Adramchak	M. Ganyer	300	
132 lbs.	J. Holden	275	
K. LeaVesseur	R. Garcia	245	
C. Casper	198 lbs.		
K. Hellerud	B. Hager	300	
A. Walek	C. Doering	275	
S. Houles	220 lbs.		
B. Adams	Nachreiner	385	
165 lbs.	J. Hirsch	325	
K. King	(Guest Lifter)		
A. Kierstyn	G. Curtis	335	
181 lbs.	242 lbs.		
B. Raymer	J. Kleinmans	350	
MEN	275 lbs.		
Masters I	J. Kester	485	
198 lbs.	308 lbs.		
Kollmansberg	J. Kollauf	520	
220 lbs.	C. Pata	425	
M. Maloney	B. Taylor	405	
242 lbs.	C. Stanek	385	
R. Delisi	SHW		
T. Perry	Woyciedowski	480	
S. Wahl	220 lbs.		
M. Zei	242 lbs.		
Masters I	Police/Fire	181 lbs.	
Raw	181 lbs.		
165 lbs.	M. Hepfler	255	
A. Myszka	198 lbs.		
181 lbs.	S. Heiser	385	
A. Maldonado	242 lbs.		
198 lbs.	T. Nibbelink	405	
Kollmansberg	275 lbs.		
L. Woodman	S. Becker	505	
R. Saxe	Police/Fire		
220 lbs.	Raw	198 lbs.	
C. Conner	S. Heiser	340	
242 lbs.	Pre-Teen	132 lbs.	
A. Jensen	132 lbs.		
275 lbs.	T. Bromeisl	95	
Englebretson	Submaster	181 lbs.	
R. Abbott	181 lbs.		
Masters II	T. Stinson	440	
181 lbs.	B. Peckmillr	725	
UNL	242 lbs.		
K. Scully	275 lbs.		
	K. Herrmann	460	
	308 lbs.		
	G. Woychik	505	
	SHW		
	S. Nutter	605	
	S. Bromeisl	500	

Submaster	M. Spaeth	—	B. Taylor	160	M. King	280
Raw	Teen		181 lbs.		M. Spaeth	275
198 lbs.	Raw		M. Brady	290	R. Pietrowski	175
P. Smith	114 lbs.	300	R. Spaeth	235	275 lbs.	
220 lbs.	D. White	110	J. Walek	215	G. Garrett	225
J. Shafer	123 lbs.	390	J. Woodman	185	SHW	
S. Guenther	N. Roemer	200	198 lbs.		B. Bingham	315
L. Seidlitz	M. Senn	150	L. Haarsma	335		
242 lbs.	T. Guenther	145	D. Deleasky	275		
K. Kulig	S. Taylor	105	C. Mousel	265		
275 lbs.	132 lbs.		J. Beck	315		
J. Easterly	K. Jensen	150				
SHW	F. Winrich	135				
J. Riggs	J. Miller	85				
Teen	148 lbs.					
148 lbs.	J. Scarbury	265				
J. Scarbury	D. Dunn	260				
150	S. Robinson	205				
165 lbs.	B. Guenther	205				
J. Medina	N. Smieja	205				
210	G. Gustavson	190				
181 lbs.	B. Witcraft	150				
Paczkowski	165 lbs.					
198 lbs.	M. Johnson	340				
225	A. Dayton	270				
198 lbs.	M. Frankson	325				
M. Johnson	M. Sylla	205				
340	S. Riebe	185				
B. Cady	A. Russett	160				
350						
J. Cady						
—						
R. Halford						
—						
220 lbs.						
R. Fuchs						
550						
M. Thronson						
410						
242 lbs.						
L. Umnus						
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B. Gehri						
425						
J. Schielke						
420						
M. Sias						
405						
275 lbs.						
J. Schutz						
665						
308 lbs.						
T. Knapp						
660						
S. Kadrluk						
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C. Gudgeon						
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148 lbs.						
C. Riebe						
210						
165 lbs.						
N. Buck						
275						
D. Stickney						
250						
181 lbs.						
B. Drexler						
310						
M. Ganyer						
300						
J. Holden						
275						
R. Garcia						
245						
198 lbs.						
B. Hager						
300						
C. Doering						
275						
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G. Woychik						
505						
SHW						
S. Nutter						
605						
S. Bromeisl						
500						

Walek took second by benching 100. The 165 pound class had Kirsten King benching 110 to beat Ashley Kierstyn by twenty. In the 181's Brittne Raymer was all alone taking first with a 100 bench. The Women's open classes 123, 148, and 198 had one lifter each. Taking first was Becky Holland with a 130 bench, as well as Peggy Sue Meyer-Miller hitting 150, and in the 198's Laura Taylor hit 155. The Submasters lone entry was Jami Riggs hitting 125 lbs. to take first at SHW. The Masters I had Linda Bjorge taking first in the 165 class with a 165 lbs. lift. In the SHW Nancy Adams went 110 to take first as well. In the Teen Boys Division, 114 lbs. class had Dillon White going with 110. In the 123's Nathan Roemer beat out Mitch Senn by 50 pounds, 200 to 150 to take first. In the 132 lbs. class Kertis Jensen got the win over James Win rich by benching 150 lbs. to James' 135 lbs. The 148 division went to Josh Scarberry as he beat Dan Dunn by 5 pounds, third went to Sean Robinson who benching 205 lbs. Austin Dayton led the 165 pound teen women's class went to Krystal Hellerud hitting 145, Ashley

Coming in second was Mike Sylla at 205 pounds and Seth Riebe managed 185 lbs. The 181 pound class was again won by Matt Brady as he benching 290 lbs. to beat Rob Spaeth who did hit a nice 235 lbs. Josh Walek took third while pressing 215 lbs.. The 198's went to Luke Haarsma as he beat out Dakota DeLeasky by 60 pounds, 335 to 275. Jeremy Beck benching 315 pounds to take the 220 pound weight class, Morgan King followed with 280 lbs. to take second. The 275 pound division was won by Garrett Eide as he benching 225 pounds, and Brad Bingham went 315 lbs. in the SHW to take first, as both of these were unopposed. In the Open Division the 148's Clay Riebe was alone in his class as he benching 210. The 165 pound class was won by Nick Buck, as he benching 275 pounds. Derek Stickney was second at 250 pounds. The 181's belonged to Ben Drexler as he out did Matt Gayner to take first as they went 310 to 300. The 198 pound class was won by Brandon Hager as he benching 300 pounds to Chet Doering's 275. The 220 lbs. class had Mike Nachreiner going 385 lbs. followed



The Competitors at the Wisconsin's Best Bench contest. (Woychick)

by James Hirsch with 325 lbs. The 242 pound class saw John Kleinmans bench 350 lbs. to take first in his class. The 275 pound class had Jon Kester bench 485 lbs. to take first. In the 308 division Jason Kollauf benching 520 lbs. to beat Carmen Pata's 425 lbs. In the super's, Jake Wojciechowski was unopposed, hit a nice

Riggs finished it off in the SHW to 385 and take first. In the Masters One Divisions the 165 and 181 pound classes had only one entry each. Taking first place in each class were Al Myszka with 335 lbs., and Al Maldonado with 200 lbs. In the 198 lbs. division Scott Kollmansberger edged Leonard Woodman 310-280 to take first. Chris Conner and Andy Jensen were unopposed and benching 300 lbs. and 355 lbs. to take first at 220 and 242. Richard Engerbretson bested Richard Abbott by 225 pounds to take the win in

# ASK THE DOCTOR

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

**Hi Mauro,** I read the article you wrote in Powerlifting USA August 2006 with regards to aerobic exercise and whether you should train aerobically on an empty stomach or not. My question is with regards to the Carb adapted people vs the Fat adapted people. Would all people naturally shift to being carb adapted with regular aerobic exercise? Does the body just store more glycogen and become more efficient at burning carbs so that there would be few "lean" athletes who would remain fat adapted? As I read the article I wondered how I would determine which type of "adapted" person I am. I usually do aerobic exercise in the morning on an empty stomach (drinking water only) with breakfast (high in protein) within 30-40 minutes post exercise and weight train in the evening followed by a protein shake with the goal of keeping low body fat and increasing lean muscle mass and strength. **Marion**

**Hi Marion,** Right now there is no valid objective testing for determining whether you're genetically more suited for adapting your energy metabolism towards the use of fatty acids over glucose. However there may well be soon as I'm working on detecting multiple gene activities in the use of macronutrients in energy metabolism. There are ways to check various genes involved in fat, glucose, protein and energy metabolism to see what adaptations take place with different dietary macronutrient contents.

But don't confuse the very valid method of using DNA microarrays to determine metabolic status with the various forms of metabolic typing as espoused by various books such as *The Metabolic Typing Diet* and *Eat Right For Your Blood Type*. These are mainly marketing ploys and don't base their metabolic typing scenarios on any valid objective data.

However, because of our genetic makeup and the diversity of environments that have impacted on it over hundreds of thousands of years, it's safe to say that anyone, given a long enough go, can become more fat adapted, with the degree of adaptation depending the degree of carbohydrate restriction and to a lesser extent and at the same time, the amount of fat in the diet.

Regular aerobic exercise that is of low intensity is mostly fat driven in almost everyone, regardless of their macronutrient intake. However as you reach moderate intensity and beyond, carb adapted people will switch over to using glucose as their main energy source while fat adapted people will use fatty acids to a much greater extent even above 70% VO2Max.

The reasons for this are complex and more suitable for a book or a seminar. However, it involves, among other metabolic changes, increasing the adaptive enzymes for fat metabolism including absorption, lipolysis,

transport, cellular uptake, intracellular transport and utilization, etc.), and increasing substrate availability from both intracellular sources and extracellular sources.

There's an increased immediate availability of fatty acids via an increase in cellular levels of intramuscular triglycerides, triacylglycerol (IMTG) deposited as lipid droplets inside skeletal muscle fibers. These droplets of fat in the muscle cells are directly in contact with mitochondrial membranes allowing rapid delivery and utilization of free fatty acids, with possibly the production of acetate units within the IMTG droplets, and rapid transfer of these units to be used directly in the TCA cycle.

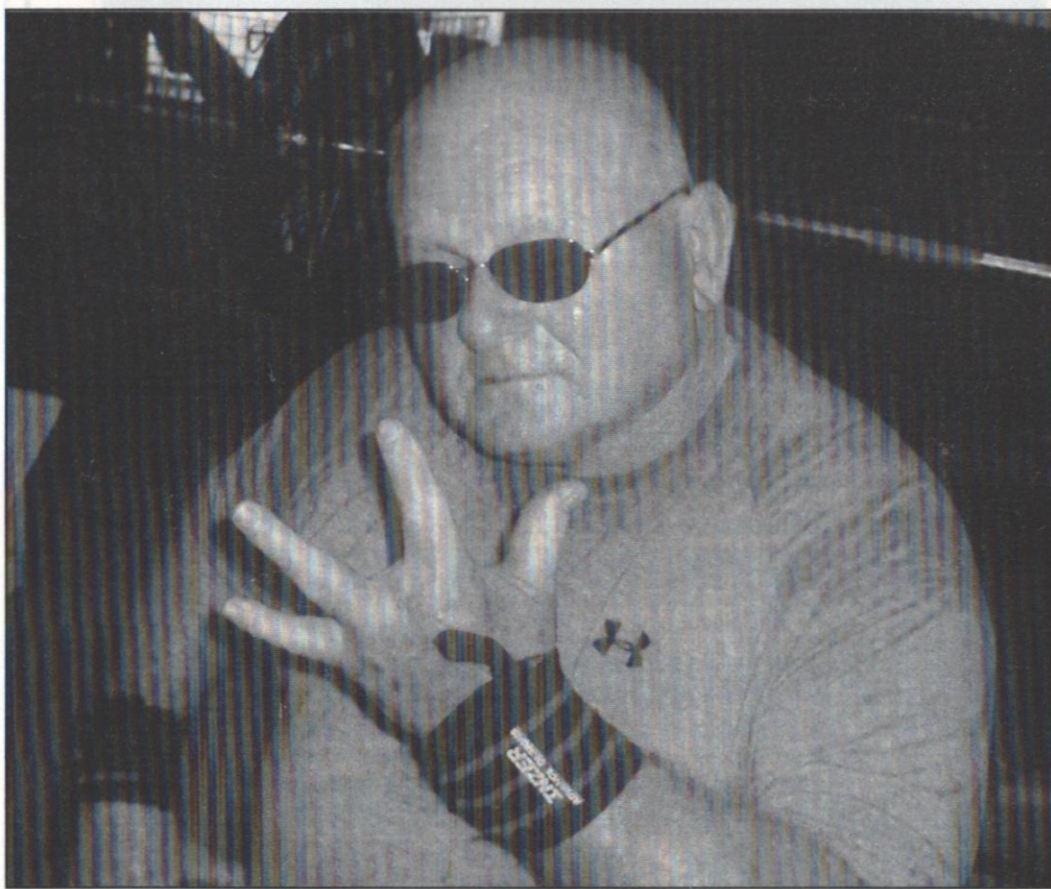
The extracellular sources include free fatty acids from triglycerides contained in adipocytes surrounding muscle fibers, fats in the circulation and body fat.

The adaptive process also involves changes in amino acid metabolism, substrate level phosphorylation, gluconeogenesis, etc.

As far as your present program, you're going in the right direction. I would suggest, however, that if you want to maximize the results from the exercise you're doing that I'd read my *Anabolic Solution* for Powerlifters, and look into some of the targeted supplements that I've formulated specifically for my phase shift diets.

This is not a shameless plug to sell my products, but a tip on how you can best maximize your efforts. I formulate my products to the best of my knowledge and ability, taking no short cuts, specifically for maximizing body composition and performance. If you're interested have a look at my store at [www.mdplusstore.com](http://www.mdplusstore.com). You may be specifically interested in looking at the PDF information files for the products that are listed there. These files contain hundreds of pages of information on the ingredients in the various products, with the material being heavily referenced by scientific and medical papers and studies.

I hope that this information is of use to you. Best regards, **Mauro**



**Francis "Mack" McBride**, a WABDL competitor, sat out the April 14th competition in Lakeland, Florida at All American Gym, after coming back from two recent hand surgeries to remove, as Mack would say, the "useless finger." He hopes to be back in bench competition, possibly by October, with his "shut up and lift" philosophy. According to his friend Timothy Z. Chincor "Without Mack I would not have been led back into lifting and I would like to thank him, along with our team, in being such an inspiration to us..." Additional Team Hargrove McBride members include Timothy Z Chincor 40-46 @ 242 lb., Ed Hargrove, 67 years young @ 275 lbs., Bret Fudge, 19 yrs. old @ 220 lbs., and Timothy I Chincor, 20-25 @ 165 lbs.

## IPF Asian Championships 2-6 MAY 07 - Kaohsiung, TPE

Powerlifting	SQ	BP	DL	TOT
<b>FEMALE</b>				
98 lbs.				
S-Jr				
Chen-TPE	231	93	242	567
S-Jr				
Snehal-IND	187	66	220	474
Junior				
Wong-HKG	110	60	137	308
105 lbs.				
S-Jr				
Saswati-IND	209	99	248	556
S-Jr				
Pooja-IND	231	88	242	562
Junior				
Yuni-INA	308	170	369	848
Lee-TPE	303	—	374	677
Lin-TPE	286	132	292	711
Roshita-IND	187	104	308	600
Senior				
Chen-TPE	418	165	402	986
VSNL-IND	308	143	314	766
Sarita-IND	275	132	281	688
Santos-PHI	220	93	264	578
114 lbs.				
S-Jr				
Ramala-IND	319	159	330	810
S-Jr				
Mala-IND	220	99	264	584
Junior				
Vasina-UZB	270	115	281	666
Sri-INA	396	220	352	970
Lin-TPE	275	137	314	727
Sneha-IND	—	110	259	369
Senior				
Chou-TPE	341	176	418	937
Ruby-IND	330	121	369	821
Merlina-PHI	314	187	248	749
Nakai-JPN	275	176	297	749
Master I				
Tanaka-JPN	242	154	253	650
Master II				
Leonora-PHI	250	132	242	625
123 lbs.				
S-Jr				
Hsu-TPE	332	176	297	806
Ashitha-IND	242	110	308	661
Junior				
Zhukova-KAZ	303	192	303	799
Wang-TPE	308	154	358	821
Roma-IND	220	99	264	584
Eusebio-PHI	187	77	220	485
Senior				
Chandana-IND	220	115	292	628
Urupova-KAZ	314	198	358	870
Wang-TPE	286	170	330	788
Ikeya-JPN	418	253	385	1058
Master I				
Elvira-PHI	248	126	297	672
Ip Wing-HKG	237	143	292	672
Master III				
Lin-TPE	319	154	341	815
132 lbs.				
S-Jr				
Yau-TPE	286	110	308	705
Junior				

## Dateline: Kaoshiung, May 1-6 IPF ASIAN CHAMPIONSHIPS as told to Powerlifting USA by Paul Kelso



Left to Right: Indonesian Coach Eddy Santos, Indonesian stars Sutrisno, Hartati, Setiowati, with author Paul Kelso and Dr. Maile.

Noviana-IND	443	220	466	1129	Tseng-TPE	474	237	407	1118
Yeh-TPE	242	154	264	661	Iskandar-KAZ	451	248	440	1140
Vishaya-IND	270	110	281	661	Rupali-IND	336	132	314	782
Cardenas-PHI	248	—	264	512	Master II				
Senior					Ratanmai-IND	275	137	292	705
Makhpiro-KAZ	470	242	429	1143	181 lbs.				
Chou-TPE	413	226	457	1096	S-Jr				
Wai-HKG	176	—	—	176	Chiu-TPE	297	187	308	793
479					Chen-TPE	336	148	319	804
Master I					Junior				
Sakai-JPN	—	—	—	—	Narayan-IND	374	148	385	909
148 lbs.					Chung-TPE	341	132	352	826
S-Jr					Ong-PHI	319	159	286	766
Kuo-TPE	352	187	352	892	Senior				
Junior					Pecante-PHI	476	270	440	1187
Tseng-TPE	407	187	374	970	Hung-TPE	242	286	275	804
Keerthi-IND	292	143	297	733	198 lbs.				
Takaba-JPN	297	148	303	749	S-Jr				
Senior					You-TPE	264	115	292	672
Ortiz-PHI	314	203	336	854	Junior				
Cruz-PHI	325	176	341	843	Sandeep-IND	330	143	319	793
Hsu-TPE	396	231	463	1091	Wang-TPE	396	176	385	959
Ranu-IND	413	192	429	1036	Sharada-IND	352	99	308	760
Khurana-IND	308	132	286	727	Senior				
Master II					Chang-TPE	509	220	460	1190
Kozlan-UZB	275	165	297	738	Deepali-IND	330	148	341	821
Shasikan-IND	—	99	154	253	Master I				
165 lbs.					Raksha-IND	220	154	264	639
S-Jr					198+ lbs.				
Lai-TPE	385	110	264	760	S-Jr				
Wu-TPE	330	110	286	727	Chen-TPE	463	264	418	1146
Junior					Senior				
Lo-TPE	418	209	396	1025	Stesenko-UZB	396	242	396	1036
Anuya-IND	369	220	297	887	Huang-TPE	264	126	330	722
Naju-IND	297	121	325	744	Junior				
Senior					Sampa-IND	407	237	352	997
					Kato-JPN	396	192	391	981
					Fu-TPE	341	176	358	876
					Master I				
					Parveen-IND	297	181	242	722
					Ela-TPE	330	176	330	837
					MALE				
					114 lbs.				
					S-Jr				
					Wang-TPE	407	187	396	992
					Junior				
					Hu-TPE	242	132	292	666
					123 lbs.				
					S-Jr				
					Yang-TPE	352	181	385	920
					Junior				
					Ajinkya-IND	—	209	286	496
					Suhail-OMN	358	154	352	865
					Nitin-IND	352	220	418	992
					Master I				
					Taguibao-PHI	385	181	396	964
					Sanjay-IND	264	192	352	810
					Master II				
					Deodatta-IND	297	181	369	848
					Purna-IND	330	132	352	815
					Tsai-TPE	286	77	297	661
					Kuo-TPE	—	198	231	429
					Master III				
					Kung-HKG	237	170	275	683
					Master IV				
					Yang-TPE	—	—	—	—
					Senior				
					Isagawa-JPN	451	396	496	1344



Hard Working IPF Officials: Susumu Yoshida and John Stephenson

Hu-TPE	463	209	512	1185
Tenelon-KAZ	424	308	446	1179
Rajesh-IND	424	231	435	1091
Buriyev-UZB	424	242	429	1096
Tan-PHI	—	281	446	727
Dilip-IND	—	209	396	606
Rolenz-PHI	264	209	275	749
132 lbs.				
S-Jr				
Huang-TPE	352	181	457	992
Ahmedov-UZB	407	187	385	981
Hu-TPE	396	154	424	975
Jalal-OMN	380	181	358	920
Junior				
Kozba-KAZ	474	319	440	1234
Wun-TPE	385	226	440	1052
Nagase-JPN	424	270	457	1151
Senior				
Hsieh-TPE	551	418	606	1576
Sutrisno-INA	630	418	589	1639
Sarbalayev-KAZ	485	325	501	1311
Hsu-TPE	485	286	490	1262
Ikemura-JPN	418	308	396	1124
Manish-IND	385	220	407	1014
Master I				
Devendr-IND	341	209	374	925
Master IV				
Li-TPE	176	110	275	562
148 lbs.				
S-Jr				
Chan-TPE	407	209	463	1080
Junior				
Rajendra-IND	578	336	611	1526
Su-TPE	540	352	573	1466
Vaskov-KAZ	507	358	440	1306
Tsai-TPE	485	275	474	1234
Sagar-IND	407	214	507	1129
Yousuf-OMN	429	242	—	672
Senior				
Lin-TPE	595	396	551	1543
Prokopen-KAZ	595	319	567	1482
Maslam-IND	562	330	595	1488
Kuan-TPE	529	330	628	1488
Yoshihiro-JPN	—	330	496	826
Monroy-PHI	396	—	429	826
Master I				
Terakado-JPN	407	297	463	1168
Bahrani-IRI	352	248	374	975
Ashok-IND	352	259	424	1036
Master II				
Cheng-TPE	374	209	380	964
Master III				
Magome-JPN	330	363	341	1036
Anil-IND	231	181	319	



Teen of the Year - Zach Zenzen

WOMEN	SQ	BP	DL	TOT	A. Busch	485	319	451	1256
AAPF 198+ lbs.					T. Stein Jr.	314	137	248	700
Open					M. Robinson	463	297	485	1245
J. Stone	319	237	336	892	K. Anderson	330	203	270	804
MEN					165 lbs.				
AAPF 114 lbs.					Teen (16-17)	463	292	474	1229
Teen (13-15)					A. Steil	523	330	451	1306
Master (45-49)					181 lbs.				
Open					Junior (20-23)	711	402	529	1642
M. Robinson	463	297	485	1245	E. Swastek	523	330	451	1306
Master (70-74)					Open				
K. Anderson	330	203	270	804	E. Stone	711	402	529	1642
165 lbs.					S. Gawlik	617	336	551	1504
Teen (16-17)					Submaster				
A. Steil	463	292	474	1229	S. Gawlik	617	336	551	1504
181 lbs.					M. Hibbing	545	297	474	1317
Junior (20-23)					Master (60-64)				
E. Swastek	523	330	451	1306					
Open									
E. Stone	711	402	529	1642					
S. Gawlik	617	336	551	1504					
Submaster									
S. Gawlik	617	336	551	1504					
M. Hibbing	545	297	474	1317					
Master (60-64)									



Illinois Hall of Famer Richard Flores with Ernie Frantz and Cathy Flores. (by Amy Jackson)

Master (45-49)	B. McCord	540	369	496	1405
Master (50-54)					

APF/AAPF Illinois State  
24-25 MAR 07 - Bolingbrook, IL

BENCH	FEMALE	AAPF	Sub	P. Toth	137
198 lbs.					
Open					
D. Ambrosini	137				
198+ lbs.					
Master (50-54)					
S. Thoms	347				
MALE					
AAPF 148 lbs.					
Master (40-44)					
C. Morse	275				
Master (70-74)					
I. Plagov	154				
165 lbs.					
Junior					
J. Haiduke	440				
181 lbs.					
Open					
B. Mulhearn	402				
Open					
I. Kalyta	352				
198 lbs.					
Junior					
M. Mulhearn	429				
Master (60-64)					
J. Hussey	380				
Junior					
S. Borrego	325				
Master (50-54)					
M. Fadke	319				
Master (60-64)					
R. Cuny	270				
220 lbs.					
Master (45-49)					



APF/AAPF Illinois Team of the year - Rudy's Gym, Rudy Ruettinger with Eric Stone. (left)



Left to right, Joe Sitzer (198 - 562 DL), Michael Davis Jr. (275 - 1st place), Todd Moore (308 - 1st place). Trainer - Alia Moussa-Davis. (photo courtesy Earl Davis)

L. Readman	314	220	474	1008
242 lbs.				
Junior (20-23)				
J. Jursich	644	369	463	1477
Teen (16-17)				

R. Stockman	551	314	402	1267
Teen (18-19)				
J. Minor	573	402	501	1477
Open				
J. Atef	821	578	606	2006
J. Visny	672	429	512	1614
J. Glasch	512	330	501	1344
275 lbs.				
Teen (13-15)				
C. Smith	507	209	424	1140
Teen (16-17)				
L. Sarpong	600	314	551	1466
B. Lee	600	303	501	1405
Open				
M. Davis	490	303	429	1223
309 lbs.				
Teen (13-15)				
J. Kripp	523	292	551	1366
Teen (16-17)				
N. Fonck	727	424	540	1692
Master (40-44)				
S. Edmiston	733	468	644	1846
Open				
T. Moore	711	474	711	1896
S. Edmiston	733	468	644	1846
APF 181 lbs.				



Lord Sarpong with the host Bolingbrook Coach John Ivlow

T. Blanchard 562 485 600 1647  
The Illinois State Committee awarded the overall state awards to Lifters of the Year: Male-Bob McConaughy, Female-Sidney Thoms, Teen-Zach Zenzen. Team Award-Rudy's Team. Hall of Fame Inductee-Rich Flores. Team standings were: 1st-Zenzen, 2nd-Rudy, 3rd-Frantz, 4th-Stone. Venue: Bolingbrook High School. Meet Directors Amy Jackson and Ernie Frantz are to be congratulated on running another great meet. The staff was well coordinated to help run a smooth meet, in particular the boys from Rudy's Team who did the spotting and loading. They saved many lifters from major injury. In the Bench Press division there were several outstanding lifters. In particular were best lifters Jeff Haiduke, Dave Murphy, Brian Mulhearn, Sidney Thoms, who broke another American records with her 347.5 third attempt. Also in the best lifter class were Mark Chellino, after a long absence from the platform, came in with a beautiful 600 bench. The full lifters were very exciting to watch. The ages spread from 70+ Kirby Anderson to age 15. It just shows that powerlifting is moving right along in Illinois. The best lifters in the full power were Erik Swastek, Zack Zenzen, Shawn Flanagan, and Kelly Martin. Also included in that group were Alan Busch, Marty Caliendo, Joe Atef, and Luke Edwards. It was another great meet. We got to talk and catch up with a number of lifters we haven't gotten to see in a long time. Next years meet information will be available soon. (Maris Anne Sternberg)

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Joe Atef squatted 821 @ 242

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The Gang at Wayside Mission in Aurora, IL (Dr. Darrell Latch photos)

**SLP Wayside Cross Mission**  
20 JAN 07 - Aurora, IL

BENCH	(Raw)	
MALE	M. Engle	440*
Novice	Master (50-54)	
148 lbs.	242 lbs.	
(Raw)	(Raw)	
C. Taber	145* K. Haines	405*
4th-150*	275 lbs.	
220 lbs.	(Raw)	
S. Harrison	345 B. Blackmon	450*
Teen (18-19)	Open	
181 lbs.	165 lbs.	
B. Waldvogel	285 (Raw)	
Submaster	B. Bielecki	200*
220 lbs.	4th-210*	
T. Bruckner	375 220 lbs.	
Master (40-44)	(Raw)	
165 lbs.	C. Wingerter	340*
(Raw)	242 lbs.	
D. Steadman	260* B. Hull	555
4th-270*	DEADLIFT	
181 lbs.	MALE	
(Raw)	Teen (18-19)	
D. Thompson	215* 181 lbs.	
4th-225*	B. Waldvogel	465*
220 lbs.	Submaster	
(Raw)	220 lbs.	
J. Broadhurst	365* T. Bruckner	535
Master (45-49)	Master (40-44)	
242 lbs.	181 lbs.	
M. Chellino	580* A. Crespo	325

record of 450. In the open division "Wild" Billy Bielecki set the state record at open 165 with 210. Cory Wingerter also set a state record for the open division at 220 with 340. Buddy

Hull also had a great day, taking the 242's with 555 lbs. In the deadlift competition Ben Waldvogel won his second title of the day with his 465 pound state record pull at 18-19/181! Great job! Tim Bruckner won at submaster 220 with 535, but his pull also gave him the best lifter award, just barely over Ben by bodyweight. Al Crespo, a former Brazilian national soccer player, won at 40-44/181 with 325. Thanks to everyone who helped with the competition. Hope to see all back soon. (results Dr. Darrell Latch)

**USPF PowerBowl Championships**  
28 JAN 07 - Fairmont WV

Push Pull	BP	DL	TOT
MALE/FEMALE			
148 lbs.			
Junior (16-17)			
B. Eckleberry	181	319	500
165 lbs.			
Junior (16-17)			
M. Winans	248	385	633
C. Row	220	352	572
N. Bodkin	165	165	

181 lbs.			
Junior (16-17)			
M. Loncharich	308	473	781
C. Craig	170	—	170
Master (50-59)			
R. Simpson	—	407	407
Submaster (35-39)			
L. Pierce	148	275	423
198 lbs.			
Master (40-49)			
M. Deriggi	—	518	518
R. McCoy	—	446	446
V. Dupuis	248	369	617
220 lbs.			
Junior (16-17)			
W. Wells	352	—	352
Junior (20-23)			
S. Christopher	347	666	1013
Master (40-49)			
D. Currence	473	—	473
Open			
F. Goff	325	446	771
M. Mouser	—	429	429
Submaster (35-39)			
A. Leach	—	600	600
242 lbs.			

	BP	DL	TOT
Junior (16-17)			
242 lbs.			
Junior (16-17)			
K. Smith	—	402	402
Master (40-49)			
R. Perkins	391	—	391
Master (50-59)			
M. Modesitt	523	—	523
Submaster (35-39)			
R. Harbert	—	573	573
D. Wamsley	385	—	385
275 lbs.			
Junior (16-17)			
C. James	319	518	837
Master (40-49)			
J. Morgan	484	—	484
Open			
S. Modesitt	584	683	1267
308 lbs.			
Junior (16-17)			
T. Bunner	303	551	854
Master (40-49)			
T. Goudy	440	—	440
Best Lifter Women: Vicky Dupuis. Best Lifter Men: Shane Christopher. (Thanks to Matt McCas for providing these results)			

**SLP Meador's Gym Classic**  
10 FEB 07 - Lawrenceburg, IN

BENCH	198 lbs.
Junior	J. Molcentin 380*
AHW	4th-390*
A. Angel	575* 220 lbs.
Master (40-44)	S. Fletcher 430*
198 lbs.	4th-440*
S. Watts	525* Master (45-49)
Master (65-69)	220 lbs.
198 lbs.	D. George 310*
Smallwood	450* Open
4th-460*	181 lbs.
Raw	K. Kimbrell 425*
MEN	4th-435*
Teen (13-15)	242 lbs.
198 lbs.	C. Powell 460*
B. Rader	235* DEADLIFT
4th-245*	MEN
Teen (16-17)	Novice
220 lbs.	220 lbs.
A. Duffy	300* A. Hauss 525*
4th-315*	Submaster
Master (40-44)	198 lbs.
R. Stevens	560*



Best Lifters at the Meador's Gym Open: Steve Watts & Rob Stevens

Watts. The first annual SLP Meador's Gym Bench Press & Deadlift Championship was held at the gym. Thanks to owners Heather and Tony Carota for hosting this event and all the efforts they put into it. Even with a small turnout we had a great meet, with every lifter setting an Indiana state record for their respective classes. Brandon Rader age 13 won at 13-15/198 with 235, followed by as successful pr fourth 245! Our other teen, Andrew Duffy, won at 16-17/220 with his personal best fourth of 315! Anthony Angel, who just started competing about a year and a half ago, set the state record at junior shw with a fantastic 575 final attempt! And all of Tony's family was there, wife and three little kids, mother and grandmother, all wearing their Wayne's Gym shirts, supporting everyone's lifting. In the master men's 40-44, best lifter Steve Watts broke the state record for the 198 class with an impressive 525, which he got on his second attempt, after opening with a state record 505! Strangely enough, with each of Steve's attempts there came from seemingly out of the ethers the chant, "Where's Tracy, Where's Tracy!" Also at 40-44/198, lifting in the raw division, was first time competitor Jeff Molcentin, who finished with 390. Another first timer, Shane Fletcher, won at 220 with a great double bodyweight 440! Dennis George, who came all the way from Wisconsin, though he is originally from nearby Hamilton, Ohio, won at 45-49/220 with 310. One of the greatest thrills of the day was watching the lifting of 66 year old Wayne Smallwood. Wayne, who brought the bulk of the lifters from his gym in Hamilton, Ohio, had his best day ever, finishing with a personal best and new Indiana state record of 460 for the 65-69/198! In the open division we had just as impressive lifts with Kris Kimbrell taking the raw 181 class with 435. That's 75 lbs. over double-bodyweight and raw! Chris Powell also got a great double bodyweight bench at 242 with 460, weighing in at just 230! Great lifters! Oh, and by the way, every lifter who went for a fourth attempt, made their lift! That's rare! With only two deadlifters, it was Andrew Hauss for the state record at novice 220 with his personal best 525. Taking the submaster 198 and overall best lifter award was Rob Stevens. Rob finished with a pr and new state record of 560. Thanks to Matt Berry and Eric Ward for doing a great job loading and spotting. Thanks also to Ty Powell and Tony Carota for helping with the deadlift duties. And to Heather Carota for taking pictures and to five year old Alexandria Angel for serving as our trophy girl. See all again next year! (results from Dr. Darrell Latch)

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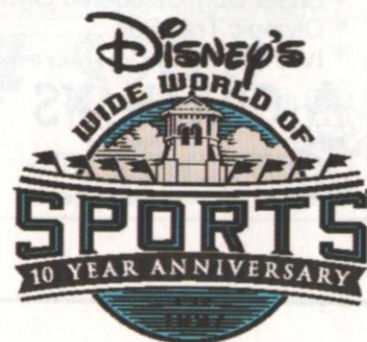
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Ph: 804.559.4624  
(after 7:00 pm EST)  
[VAPowerlifting@aol.com](mailto:VAPowerlifting@aol.com)



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

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](mailto:scott@apa-wpa.com), [www.apa-wpa.com](http://www.apa-wpa.com)

30 JUN, ADAU 12th Catasquua Meet (BP, DL, SQ - Catasquua, PA) Nick Theodorou, 5 Stoncroft Dr., Easton, PA 18045, 610-258-1894, [nutritek@aol.com](mailto: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](http://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@chicagopowerlifting.com](mailto:thestone@chicagopowerlifting.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](mailto:strength@exis.net), [www.powerandstrength.com](http://www.powerandstrength.com)

30 JUN, Oregon Bench Press (Special Guest: Ryan Kennelly) Tod Becraft, [www.oregonbodybuilding.com](http://www.oregonbodybuilding.com), [www.juliehavelka.com/oregonbenchpress2007.html](http://www.juliehavelka.com/oregonbenchpress2007.html)

30 JUN, 100% Raw Freedom USA BP, John Shifflett, 186 Happy Hollow Rd., Ruckersville, VA 22968, [valifting@aol.com](mailto:valifting@aol.com), [www.rawpowerlifting.com](http://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, [SQBPD@aol.com](mailto:SQBPD@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](mailto: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,

## COMING EVENTS

[sqbpdl@aol.com](mailto:sqbpdl@aol.com)

JUN, 5th IPF/NAPF North American Powerlifting Championships (Guatemala City, Guatemala) Robert Keller, [rhk@verizon.net](mailto:rhk@verizon.net), 954-790-2249

7 JUL, USAPL Iron Eagle Open (basic gear only, Downtown Athletic Club, Hemet, CA) Mike Womelsdorf, 909-880-2948, [usaplcoach@aol.com](mailto:usaplcoach@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, [SQBPD@aol.com](mailto:SQBPD@aol.com)

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

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

7 JUL, ADFPF Unequipped Division Open PL, Tri-States BP & Strongman (Washington Square Mall, Evansville, IN) [www.adfpf.org](http://www.adfpf.org), [board@adfpf.org](mailto: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](mailto:sonlight@netcare-il.com), [www.sonlightpower.com](http://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, Sportsfest Cedar Beach BP/DL, YMCA of Allentown, 425 S. 15th St., Allentown, PA 18102, 610-434-9333

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

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

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](mailto: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](http://www.seguinfitness.com), [seguinfitness@satx.rr.com](mailto:seguinfitness@satx.rr.com)

14 JUL, USAPL Mid Atlantic Open (PL/BP/DL/Ironman, Raw/Assisted) John Shifflett, 186 Happy Hollow Rd., Ruckersville, VA 22968, [valifting@aol.com](mailto: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](mailto: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](mailto:strength@exis.net), [www.powerandstrength.com](http://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 (corrected phone number), WABDL Southern Regional BP/DL (Houston, TX) Tiny Meecker, 832-423-7662

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, [SQBPD@aol.com](mailto:SQBPD@aol.com)

15 JUL, A.D.F.P.F. UNEQUIPPED BP (Currituck High School in Currituck, NC) Paul Bossi, 252-336-4188,

### APF/AAPF/WPO Schedule

- 30 JUN, APF Florida State
- 30 JUN, APF/AAPF Chicago Summer Bash
- 14 JUL, APF Texas Border Classic
- 28 JUL, APF Southeast Texas
- AUG 4, APF Florida State BP/Ironman
- 10-11 AUG, APF Teenage Nationals
- 8 SEP, APF/AAPF Summer Heat III
- 15 SEP, APF/AAPF Georgia State PL/BP
- 15 SEP, APF First State Power Frenzy
- 16 SEP, APF Southern Cal Push/Pull
- 22 SEP, APF/AAPF West Metro Open
- SEP, AAPF/APF Snake River
- 27 OCT, APF Texas Cup
- 27 OCT, APF Wolverine Open
- 27 OCT, APF Texas Cup
- OCT, APF New England BP
- 1 DEC, APF West Metro Christmas BP Bash
- 1 DEC, APF Texas Gulf Coast
- 8 DEC, APF Rio Grande Valley

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

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**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 Works Open III Full Power (Midland, MI) Matt Smith, 989-837-8700, 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@usbf.net  
**21 JUL**, PPL Southeastern Drug Free (PL, BP, BP reps, DL, PP, Posedown), Tee Meyers, 2250 Lumpkin Rd., Augusta, GA 30906, 706-790-3806, pythongym@aol.com  
**21 JUL, NASA Grand Nationals (Un/equipped, PL/PS/PP/BP Only - Pickwick St. Park, TN)**  
**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@satx.rr.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, pwriftrs@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**, Northern California Push Pull (San Mateo, CA) John Ford, 650-303-7518  
**28 JUL**, Pacific NW's 1st Annual StrengthExpo (BP, DL, Arm Wrestling, Strongman, Submission Fighting - Coeur d'Alene, ID) www.StrengthExpo.com  
**28 JUL**, SPF Georgia State (City Club Fitness, Lafayette, GA) Jesse Rodgers 423-255-3672, www.southernpowerlifting.com  
**28 JUL**, USPF MD State BP/DL (Baltimore, MD) Matt McCasie, 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@satx.rr.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

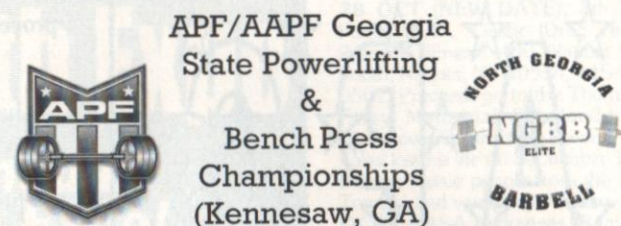
**28 JUL**, Vermont State Open Raw BP, Rick Poston, 1881 Williston Rd., S. Burlington, VT 05403, 802-865-3068 / 31667, allamericanfitnessvt@yahoo.com  
**28,29 JUL, AAU Junior Olympics and BP (Knoxville, TN) www.aausports.org**  
**28,29 JUL, WABDL National BP/DL (Marriott Hotel, Rancho Cordova/Sacramento, CA) Jody Woods, 916-485-3808**  
**29 JUL**, 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, power103@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**, USAPL/USOC West Palm Beach Sports Commission Youth Fitness Festival (West Palm Beach, FL) Robert Keller, 954-790-2249, rhk@verizon.net, www.geocities.com/floridausapl  
**JUL**, USAPL/USOC Tropical Games Championships (BP, DL - West Palm Beach, FL) Robert Keller, 954-790-2249, rhk@verizon.net, www.geocities.com/floridausapl  
**JUL/AUG, AWPC Worlds (Chicago, IL) Amy Jackson and Ernie Frantz, 630-896-7309, amyjackson@aol.com**  
**4 AUG (DATE CHANGE)**, NASA Kansas City Push Pull (Kansas City, KS) Jim Duree, jduree7086@aol.com  
**4 AUG, ADAU Single Lift Nationals (SQ, BP, DL - Men/Women - all age divisions, Joe Oregina, 4319 W. 26th St., Erie, PA 16506, 814-833-3727**  
**4 AUG**, USAPL Mississippi, John Micka, 135 Mayfair Rd., Hattiesburg, MS 39402, 601-297-5646  
**4 AUG**, 100% RAW Nebraska State PL (Sorensen 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@usbf.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  
**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, SQBPDL@aol.com**  
**4,5 AUG**, USAPL State Games of America, Dan Gaudreau, 16653 E 7th Place., Aurora, CO 80011, 303-475-3366  
**5 AUG**, WNPf Delaware BP/DL/SC & Delaware vs Maryland (Seaford, DE) Troy Ford, Box 142347, Fayetteville, GA, 30214, 678-817-4743, 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 (REVISED NEW DATE)** WABDL World Cup (Manchester Convention Center, Manchester/Nashville, TN) Ken Millrany, 931-962-1596  
**11 AUG**, USPF National Powerlifting (Open, Jr., Master, men, women - Las Vegas, NV) Steve Denison, 661-333-9800, pwriftrs@msn.com, www.powerliftingCA.com  
**11 AUG**, USAPL Maximum Metal IV Outdoor Push/Pull (Dunmore, PA) Motivations Fitness Center 570-341-

7665, 570-840-4462  
**11 AUG**, Team Weber Meet (BP, Trap Bar DL - Camanche, IA) Bob Weber Jr., 563-259-8695, Bob Weber III, 563-212-6424  
**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, John Jachim, 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, pwriftrs@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, Bairdzz@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, BP reps, Raw BP, 1st-2nd) Pit Bull Gym, 6910 N. Armenia Ave., Tampa, FL 33604, 813-486-6973, www.myspace.com/tonyconyers, pitbullygymtampa@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)**, WNPf 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**, 12th Annual Granite State Open BP & New England Open DL (deadline 11 AUG, free shirt w/entry) Louie LaPoint, 337 Roxbury St., Keene, NH 03431, 603-352-8590  
**25 AUG**, IBP Mountain Bench Bash (Asheville, NC) Keith Payne, 336-251-8704, keith@ironboypowerlifting.net  
**25 AUG**, 100% Raw Eastern USA Open BP & Curl, John Shifflett, 186 Happy Hollow Rd., Ruckersville, VA 22968, valisting@aol.com, www.rawpowerlifting.com  
**25 AUG**, SLP Kentucky State Fair BP/DL (Louisville, KY) Dr. Darrell Latch, 122 W. Sale, Tuscola, IL 61953,



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**23rd Annual Iowa State Fair**  
 Bench Press Deadlift Contest  
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 Don't miss the most exciting,  
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 Email BAIRDZZ@AOL.COM 515-953-6833

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 State Powerlifting  
 &  
 Bench Press  
 Championships  
 (Kennesaw, GA)  
 Sept 15, 2007  
 Limited to first 50 paid entries  
 Meet Director: Jon Grove 770-426-1077  
 www.ngbb.net  
 kennesaw@fitnessresource.com

## NASA Powerlifting & Power Sports Events

- 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  
**25th** - Rich Peters' Training Seminar, Kansas City, KS  
**September**  
**1st** - Rich Peters' Training Seminar, OKC, OK  
**8th** - New Mexico Regional, Rio Rancho, NM  
**8th** - Rich Peters' Training Seminar, OKC, OK  
**22nd** - Bartlesville Classic, Bartlesville, OK  
**22nd** - Ohio Regional, Grovesport, OH  
**October**  
**6th** - East Texas Regional, Tyler, TX  
**6th** - Can-AM International, Minot, ND  
**6th** - W. Virginia Regional, Ravenswood, WV  
**20th & 21st** - Unequipped Nationals, OKC, OK  
**27th** - Iowa Regional, Des Moines, IA  
**???** - Arkansas Regional, Russellville, AR  
**November**  
**3rd** - National Masters/Submasters, Mesa, AZ  
**3rd** - Arizona Regional, Mesa, AZ  
**10th** - Kansas City Regional, Kansas City, KS  
**17th** - Colorado Regional, Loveland, CO  
**17th** - NASA/YMCA Great Lakes Regional, Chicago  
**17th** - Southeastern States, Bristol, VA  
**24th** - Kansas Regional, Salina, KS  
**December**  
**1st** - New Mexico Push-Pull, Rio Rancho, NM  
**1st** - Missouri Regional, Joplin, MO  
**8th** - West Texas Regional, Hereford, TX  
**15th** - Illinois Christmas Regional, Flora, IL

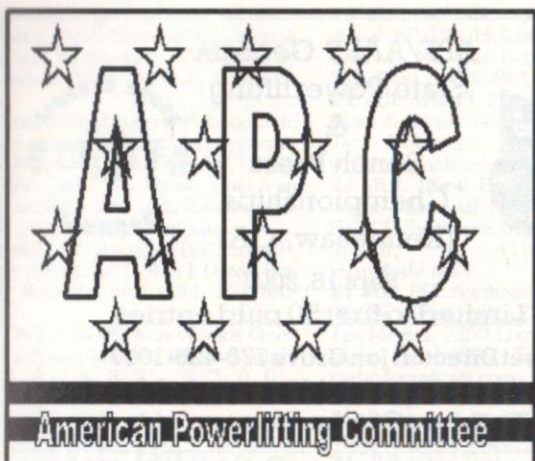
Complete NASA Coming Events and Entry Forms at: [www.nasa-sports.com](http://www.nasa-sports.com)  
 Coming in 2008 - NASA Pro Power Sports

### UPCOMING SLP COMPETITIONS

- 7 JUL**, SLP Samson's Gym Open BP/DL (Hamilton, OH)  
**21 JUL**, SLP Arkansas Open BP/DL (Glenwood, AR)  
**22 JUL**, SLP Oklahoma Summer Open (Sallisaw, OK)  
**5 AUG**, SLP Vince Soto Memorial Ohio State Fair

Son Light Power  
 122 W. Sale, Tuscola, IL 61953  
 217-253-5429  
[www.sonlightpower.com](http://www.sonlightpower.com) [sonlight@netcare-il.com](mailto:sonlight@netcare-il.com)

UPCOMING WNPf MEETS  
 DRUG FREE POWERLIFTING  
 (Raw, Single Ply, Unlimited)  
**7 JUL**, WNPf Subs, Masters  
**14 JUL**, WNPf USA & Women's Natls  
**29 JUL**, WNPf Drug Free Nationals  
**4 AUG**, WNPf New Jersey  
 WNPf, PO Box 142347,  
 Fayetteville, GA 30214  
 678-817-4743 or [wnpf@aol.com](mailto:wnpf@aol.com)  
 website - [members.aol.com/wnpf](http://members.aol.com/wnpf)



217-253-5429, sonlight@netcare-il.com, www.sonlightpower.com  
**AUG, USAPL Deadlift Push Pull Nationals, Jim Hart, Box 82264, Lincoln, NE 68501, 402-47-3672**  
**1 SEP, UPA Iowa Bench Bash** for Cash (Dubuque, IA) Bill Carpenter, Meet Director, 563-599-1390, www.UPA-Iowa.com  
**1 SEP, Rich Peters Powerlifting & Strength Training Seminar** (OKC, OK) Rich Peters, Box 735, Noble, OK 73068, 405-527-8513, sqbpd@aol.com  
**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, pwriftrs@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  
**8 SEP, APF/AAPF Summer Heat III** (Primal Iron Gym, Rock Hill, SC) Will Millman, Shelter223@aol.com  
**8 SEP, Rich Peters Powerlifting & Strength Training Seminar** (Ripley, WV) Rich Peters, Box 735, Noble, OK 73068, 405-527-8513, sqbpd@aol.com  
**15 SEP, Works Outdoor BP/DL**, Matt McCas, 210 Gilbob St., Fairmont, WV 26554, 304-376-2432, mccase@yahoo.com  
**15 SEP, APF/AAPF Georgia State PL & BP**, (Kennesaw, GA - 1st 50 paid entries) JON Grove, 770-426-1077, kennesaw@fitnessresource.com, www.ngbb.net  
**15 SEP, APF First State Power Frenzy** (PL, SQ, BP, DL, PP, Raw, Equipped - The Training Center, New Castle, DE) Broderick Chavez, 302-858-7465, isquat700@mchsi.com  
**15 SEP, USPF & Power Promotions Works Outdoor BP/DL** (New Martinsville, WV) Matt McCas 304-376-2432, mccase@yahoo.com,

www.uspf.com  
**15 SEP, APC Las Vegas Open**, Mark Swank 702-245-6852  
**15 SEP, NPA Drug Free National Open BP & DL** (Fitness Lifestyles, 641 W. Stephenson St., Freeport, IL 61032) 815-233-2292, Fitlifedb@cs.com  
**15 SEP, WABDL Washington BP/DL** (Aberdeen, WA) Don Bell, 360-533-6620  
**15 SEP, SPF Bench Bash** for Cash (Holiday Inn, Bristol, VA) Jesse Rodgers 4 2 3 - 2 5 5 - 3 6 7 2 , 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**

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, Marietta, Ga. Meet Directors Curtis Leslie and Tom Bowman, 770-439-7907, 770-222-0363  
 July 28, 2007, Northern California Push Pull, San Mateo, John Ford 650-303-7518  
 September 15, APC Las Vegas Open, Mark Swank, 702-245-6852  
 October 21-27, 2007 GPC World Powerlifting and Bench Press Championships, Calgary, Canada. Brian Johnston, Independent Powerlifting Association 403-215-4549

For more information; www.americanpowerliftingcommittee.com  
 IronDawg Power, www.irondawg.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**  
**15-16 S SEP, Fernando Baez Cup (PL, Weightlifting, Bodybuilding - Adjuntas, Puerto Rico) Nestor Gregory, gregory\_nestor@hotmail.com**  
**16 SEP, APF Southern Cal Push Pull (FIT Gym, Sherman Oaks, CA) Scot Mendelson 818-399-0905, www.worldpowerlifting.com, www.apf-california.com**  
**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 (Date Assigned), APF/AAPF West Metro Open PL/BP (Elk River, MN) Jerry 763-753-0569 oi Dave 763-441-4232, jgnerre@comcast.net**  
**22 SEP, Upstate Battle of the Beasts (Greenville, SC) Kate Taillon, 864-286-0532, kathryn264@charter.net**  
**22 SEP, Arizona BP/DL Challenge (men, women, masters, teen) Balanced Fitness, 3621 N. Campbell Ave., Tucson, AZ 85719, 520-907-3258/292-2100**  
**22 SEP, NASA Ohio Regional PL, BP, PP & PS (Groveport, OH) Greg Van Hoose, RR1 Box 166, Ravenswood, WV 26164, www.vhepower.com**  
**22-23 SEP, IPA Pennsylvania State & IPA Qualifier (Full power/BP - New Castle, PA) Gene Rychlak Jr., 143 2nd Ave., Royersford, PA, 610-948-7823, bench\_a\_grand@yahoo.com**  
**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-**

**The 2007 A.D.F.P.F. NATIONAL POWERLIFTING CHAMPIONSHIPS**  
**AUGUST 11th In SIX FLAGS, MI (1 hour from Grand Rapids)**  
**EQUIPPED & UNEQUIPPED Divisions; all categories & weight classes.**  
**NO QUALIFICATION TOTALS REQUIRED FOR ENTRY**  
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**Meet Director: John Jachlm; Phone 231-937-9496**  
**Have Questions? Contact A.D.F.P.F. National Office; 309-837-2111**

761-5309, (Grants Pass, OR)  
**SEP, AAPF/APF Snake River** (Idaho Falls, ID) Michael Higgins, 208-520-8773, snakeriverp@yahoo.com  
**SEP, ADAU PL/BP** (Staunton, VA) Dean Griffin, 412 Betsybell Rd. Apt. 103, Staunton, VA 24401, deangriffin06@adelphia.net  
**SEP, WNPFL Upstate NY II** (Clyde, NY) Troy Ford, Box 142347, Fayetteville, GA, 30214, 678-817-4743, wnpf@aol.com, http://members.aol.com/wnpf  
**6 OCT, SPF Worlds (Open, Raw, PP/BP/DL/SC, BP Reqs - Holiday Inn, Sun Spree, Gatlinburg, TN) Jesse Rodgers 423-255-3672, www.southernpowerlifting.com**  
**6 OCT, NASA Wisconsin State Bench Press, Job Hou-Sey, 1-888-JOB-HOUSE, statechaiman@wisconsinpowerlifting.com, aandz.insurance@sbcglobal.net**  
**6 OCT, NASA Can-AM International (Minot, ND) Rich Peters, Box 735, Noble, OK 73068, 405-527-8513, sqbpd@aol.com**  
**6 OCT, NASA WV Regional PL, BP, PP & PS, Greg Van Hoose, RR1 Box 166, Ravenswood, WV 26164, www.vhepower.com**  
**6 OCT, APF Hawg Farm PL/BP/DL (Evansville, IN) Larry Hoover, 2089 N. St. Rd. 65, Princeton, IN 47670, 812-779-6229 or 812-385-9932, quad4hoo@peoplepc.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, pwriftrs@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, pwriftrs@msn.com, www.powerliftingCA.com**  
**12-14 OCT, WDFPF Single Event World Championship (Montesilvajo, Italy) www.wdfpf.cc**  
**12-14 OCT, AAU 3 lift World, Single BP, Single DL, Push-Pull (Disney World, Orlando, FL) vapowerlifting@aol.com, 804-559-4624**  
**13 OCT, USPF & Power Promotions 2nd annual Regional PL & NAS Strongman (Morgantown, WV) Matt McCas, mccase@yahoo.com, www.properformancerx.com**  
**13 OCT, USPF Regional Powerlifting & Single Lift (Open, National qualifier - Pro Performance, Morgantown, WV) Matt McCas, 210 Gilbob St., Fairmont, WV 26554, 304-376-2432, mccase@yahoo.com**  
**13 OCT, 11th Pennsylvania Power Challenge (BP, DL, ironman - Leesport, PA) Gene Rychlak Jr., 143 2nd Ave., Royersford, PA, 610-948-7823, bench\_a\_grand@yahoo.com**  
**13 OCT (New Date), WABDL Night of Champions BP/DL (All America Gym, Lakeland, FL) Louis Baltz & Ken Snell, 863-687-6268**  
**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**

**2007 Pacific NW's Strength Expo**  
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- Deadlift Contest
- Arm Wrestling
- Strongman
- Submission

**Fighting**

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Portion of all entry fees and sponsorships go to the National Breast Cancer Foundation

**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, 7 0 6 - 7 9 0 - 3 8 0 6 , 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**  
**20 OCT, Mighty Christian Powerlifting III (SQ, BP, DL, ages 13+ - Mighty Gibbons Strength Center, 79-b Bassett Hwy, Dover, NJ 07801) Newton Romualdo, 973-303-3645, themightygibbons@aol.com**  
**21-27 OCT, IPC World PL/BP (Calgary, CAN) Brian Johnston,**

**Independent Powerlifting Association 403-215-4549**  
**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 1, 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, NASA Arkansas Regional (Russellville, AR) Rich Peters, Box 735, Noble, OK 73068, 405-527-8513, sqbpd@aol.com**  
**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, gvh@wirefire.com**  
**OCT, APF New England Open BP (Amoskeag Inn, Manchester, NH) Dave Follansbee or Maggie Blanchard, 865 Second St., Manchester, NH 03102, 6 0 3 - 6 2 6 - 5 4 8 9 , 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, WNPFL Can-Am (Youngstown, OH) Ron 330-792-6670, powerlt103@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, SQBPD@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, 4 4 0 - 4 3 9 - 5 4 6 4 , www.kingsgymohio.com**  
**3 NOV, Northern VA Raw PL/BP (Sterling, Virginia) John James, 703-4 7 5 - 9 8 8 5 , 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 WNPFL 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, ADFPF Open PL & Single Events (unequipped/equipped - Canton High School, Canton, IL) Meet Director Chris Siders, 309-837-2111, www.adfpf.org**  
**10 NOV, USAPL Ohio PL & BP, Ed King, 24775 Aurora Rd., Bedford Hts., OH 44146, 440-439-5464**  
**10 NOV, Oregon Old School Spirit Classic (no sanction, no gear, no singlets, no Monolift - Newport Hallmark Resort) bigbearegym@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/RIS 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 NOV**, US Open BP/DL (Pittsburgh, PA) Matt McCasie, 210 Gilbob St., Fairmont, WV 26554, 304-376-2432, mccasie@yahoo.com

**17 NOV**, 3rd Annual NASA/YMCA Great Lakes Regional, David Oyler & Cheryl Targos, Leaning Tower YMCA, 6300W. Touhy Ave., Niles, IL 60174, 847-828-8964

**17 NOV**, NASA Southeastern States Regional PL, BP, PP & PS (Bristol, VA) Greg Van Hoose, RR1 Box 166, Ravenswood, WV 26164, www.vhepower.com

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

**17,18 NOV, WDFPF PL Worlds (Grangemouth, SCT) Hamish Davidson, www.wdfpf.org, www.wdfpf.ac**

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

**24 NOV**, NASA Kansas Regional (Un/Equipped, PL, PS, PP, BP Only - Salina, KS) Rich Peters, PO Box 735, Noble, OK, 73068, 405-527-8513, SQBPDL@aol.com

**NOV**, USAPL Southeastern USA Regional Championships (BP, PL - Miami, FL) Robert Keller, 954-790-2249, rhk@verizon.net, www.geocities.com/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**, APF West Metro Christmas Bench Bash, (all divs./classes/team - Elk River, MN) Jerry Gnerre, 763-753-0569 or Dave 763-441-4232

**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

**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@sabx.rr.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 (Ernty 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 (Ernty 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@sabx.rr.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, wnpp@aol.com, http://members.aol.com/wnpp

**8 DEC**, USAPL Virginia State PL/BP/DL/Ironman, John Shifflett, 186 Happy Hollow Rd., Ruckersville, VA 22968, 434-985-3932

**8 DEC**, 3rd Annual IPA Christmas Carnage & IPA Qualifier (Full power, BP - Leesport, PA) Gene Rychlak Jr., 143 2nd Ave., Royersford, PA, 610-9 4 8 - 7 8 2 3 , bench\_a\_grand@yahoo.com

**8 DEC**, Northern California Open PL, BP, DL (Yuba City, CA) Steve Denison, 661-333-9800, pwriftr@msn.com

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

**8 DEC**, NASA West Texas Regional (Un/Equipped, PL, PS, PP, BP Only - Hereford, TX) Rich Peters, PO Box 735, Noble, OK, 73068, 405-527-8513, SQBPDL@aol.com

**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@pikilup.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), powerack@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, wnpp@aol.com, http://members.aol.com/wnpp

**DEC**, 6th USAPL American Open Championships (BP, PL - Philadelphia, PA) Robert Keller, rhk@verizon.net, 954-790-2249

**12 JAN**, Chippewa Classic Open Powerlifting Meet (Chippewa Falls, WI) Job Hou-Sey, 1-888-JOB-HOUSE, statechairman@wisconsinpowerlifting.com, aandz.insurance@sbcglobal.net

**17-19 FEB 08, USAPL Women's Nationals, Johnny Graham, 2203 Excel Dr., Killeen, TX 76542, 254-526-0779**

**16-17 FEB**, NASA Ohio State High School & Teenage Nationals PL, BP, PP & PS (Springfield, OH) Greg Van Hoose, RR1 Box 166, Ravenswood, WV 26164, www.vhepower.com

**23 FEB**, 2nd Annual Barno/Newman Classic & IPA Qualifier (Full power, BP - Ashton, PA) Gene Rychlak Jr., 143 2nd Ave., Royersford, PA, 610-948-7823, bench\_a\_grand@yahoo.com

**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**

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

**29-30 MAR 08, NASA High School Nationals (Un/Equipped, PL, PS, PP, BP Only - Oklahoma City, OK) Rich Peters, PO Box 735, Noble, OK, 73068, 405-527-8513, 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**

**APR**, Powerpalooza 10 (Full power, BP, DL - Leesport, PA) Gene Rychlak Jr., 143 2nd Ave., Royersford, PA, 610-9 4 8 - 7 8 2 3 , bench\_a\_grand@yahoo.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**

**12 JUL, NASA Youth Nationals & WV Open BP, PP & PS (Ravenswood, WV) Greg Van Hoose, RR1 Box 166, Ravenswood, WV 26164, www.vhepower.com**

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



Brickyard Best Lifters (l-r): Mike Geiger, Dr. Darrell Latch, Paul Harris

**SLP Brickyard Gym Open**  
**17 FEB 07 - Millwaukee, WI**

BENCH	308 lbs.	600*
MEN	M. Krill	600*
Master (40-44)	Teen (13-15)	
181 lbs.	132 lbs.	
G. Medrek 330	G. Baltes 135	
4th-340	165 lbs.	
242 lbs.	C. Walsh 340	
T. Bauer 440	Teen (16-17)	
Master (45-49)	198 lbs.	
275 lbs.	K. Rabe 365	
J. Geiger 460*	Teen (18-19)	
SHW	148 lbs.	
J. Ray 575*	D. Murphy 380*	
Master (55-59)	4th-400*	
198 lbs.	Submaster	
R. Gronowski 320*	181 lbs.	
Open	J. Vallis 545	
165 lbs.	S. Hill 425	
M. Lanigan 335	Master (40-44)	
198 lbs.	242 lbs.	
S. Barton 430	T. Bauer 500	
242 lbs.	Master (45-49)	
L. Beede 515	220 lbs.	
4th-525	D. Lemus 575	
242 lbs.	242 lbs.	
D. Walker -	Breuckman 550	
275 lbs.	275 lbs.	
P. Harris 725*	J. Dyke 600	
Raw	Master (50-54)	
Teen (13-15)	165 lbs.	
220 lbs.	K. Weber 400	
C. Woods 250*	Master (55-59)	
Teen (16-17)	275 lbs.	
148 lbs.	R. Sadowski 510*	
B. Aldag 225*	Police/Fire	
Teen (18-19)	198 lbs.	
198 lbs.	M. Barajas 480*	
K. Rabe 160*	4th-500*	
Submaster	220 lbs.	
148 lbs.	P. Kinsella 515*	
D. Manuel 350*	275 lbs.	
Police/Fire	M. Geiger 750*	
198 lbs.	Open	
M. Barajas 320*	198 lbs.	
220 lbs.	K. Rabe 365	
P. Kinsella 340*	242 lbs.	
Open	L. Beede 675	
198 lbs.	R. Martinez 570	
J. Wixom 355*	Breuckman 550	
220 lbs.	J. Leno 540	
T. Davidson 425*	B. Woods -	
A. Alvarado 335	275 lbs.	
242 lbs.	M. Geiger 750*	
B. Woods 385*	R. Spidell 500	
308 lbs.	308 lbs.	
D. Patrick 525*	H. Thiel 650	
H. Thiel 345	SHW	
DEADLIFT	M. Wanat 705*	
MEN	2-Man	
Novice	198 lbs.	
308 lbs.	K./D. Rabe 705*	

\*=Son Light Power Wisconsin state records. Best Lifter Bench Press: Paul



Lowell Beede with a PR 675 DL in the Open 242 class at the SLP Brickyard Open. (Photographs are courtesy of Dr. Darrell Latch)

teammate Patrick Kinsella took the 220's with 340. In the open division Jon Wixom broke the state record at 198 with 355, while Tschombe Davidson got a big pr 425 at 220! Angel Alvarado was second at 220 with 335. Blaine Woods set the state record at 242 with a strong 385 second attempt, but injured his pec with his 400 final attempt. We hope Blaine recovers quickly. Then at 308 was strongman competitor Dru Patrick, one of the thickest men you will ever see! Opening with a ridiculously easy 500, Dru finished with his 525 second attempt. Heath Thiel (The Real Deal), who was urged on by his own personal fan club, finished second at 308 with 345. For the assisted division we had just as impressive lifters. For the master men's 40-44 age group it was George Medrek with 340 at 181 while Tony Bauer got a new pr at 220 with 440. Jim Geiger broke his own state record at 45-49/275 by thirty pounds with his solid 460 final attempt. Jim Ray, a great raw lifter, used a shirt for the first time in one of my meets, then finished with a new state record at 45-49/shw with 575. 600+ is right there! Ray Gronowski, who helped a lot with the competition, broke the state record at 55-59/198 with 320. In the open division Matt Lanigan won at 165 with 335, even getting 350 to lockout, before being called for raising his butt. Steve Barton lifted well, taking the 198 class with a personal best 430. Lowell Beede continues to improve with each new outing, finishing at 242 with a personal best 525. Dave Walker, a consistent 700 bench, had problems setting up on the bench, failing with his opener of 640 three times. Our biggest lift of the day came from 275 winner and best lifter Paul Harris. Paul finished with a strong 725 state record after coming close with a 765 final attempt. 800 is going to go real soon! Great job, Paul! In the deadlift event Matt Krill set the novice 308 state record with his easy 600 pull. For the teenage men's 13-15 age group it was 2006 Wisconsin State Fair Champion at 123, Gustav Baltes. Nine year old Gus finished with 135. Cole Walsh won at 13-15/165 with 340. Kelly Rabe moved up to the 16-17 age division, but still took the win at 198 with 365. Dan Murphy came all the way from New Jersey to compete, taking the 18-19/148 class with a new Wisconsin state record of 400. Jeff Vallis won easily over Scott Hill 545 to 425 for the submaster 181 title. Tony Bauer won at 40-44/242 with 500 while Dave Lemus took the 45-49/220 class with 575. Dan Breuckman won at 45-49/242 with 550 while Jan Dyke took the 275 class with 600. Brickyard Gym owner Ken Weber, in his first competition, won at 50-54/165 with 400. Richard Sadowski, always a consistent puller, broke his own state record at 55-59/275 by five pounds, moving it up to 510. All three police & fire competitors set new state records for their classes, beginning with Mike Barajas, who won his second title of the day at 198 with his first 500 pull! Patrick Kinsella won at 220 with 515. Our biggest puller of the day was Mike Geiger, who

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Whey Protein 90% instant isolate, 2.4oz	.....	15.50
Tribulus Ext. 45% 100gm	.....	7.50
Long Jack 100:1, 20gm	.....	39.50
Yohimbe 2% Std. Extract 150gm	.....	7.50
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**USAPL ASH Qualifier**  
**15 MAR 07 - Alexandria, LA**

Powerlifting	SQ	BP	DL	TOT
FEMALE				
105 lbs.				
M. Alexnader 160	70	155	385	
MALE				
D. Basco	245	110	295	6450
114 lbs.				
J. Blalock	225	115	245	585
132 lbs.				
J. Cox	132	270	10	290
148 lbs.				
B. Cowher	275	195	330	800
K. Malone	350	175	300	825
181 lbs.				
D. Poitter	360	250	425	1035
198 lbs.				
C. Eyie	385	200	365	950
275 lbs.				
W. Horn	420	215	410	1045

(Thanks to USAPL for providing results)

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Dan Driscoll deadlifting 615 at the ADFPF Massachusetts State Invitational Deadlift Test. (thanks to Saul Shocket for photograph)

#### ADFPF Mass Invitational DL APR - Boston, MA

DEADLIFT		B. Stinchfield 380	
Master Raw		Master Eq	
WOMEN		P. Pilkington 405	
R. Steele 200		C. Peters 550	
C. Armstrong 180		Master Raw	
MEN		B. Coleman 390	
Master Raw		Master Eq	
P. Hogan 270		M. Wilcox 575	
J. Breault 405		J. Ingram 450	
Raw		D. Driscoll 615	

Raw=Unequipped. Eq=Equipped. This meet was set up to be a personal test rather than a head to head competition. There are numerous three lift, push/pull, and single lift conventional meets to choose from. I wanted to offer a small meet where the camaraderie was exceptional, and the atmosphere was both relaxed, yet conducive to personal bests. This concept allowed lifters the luxury of not obsessing about making weight. They basically weighed in and lifted at whatever class the scale dictated. The judging was by the rules, fair and consistent. Thirteen lifters were tested and the lifting took approximately one hour. This production was well handled by a staff of five people. Registrations and Attempt Expediting: Jen Niles. Judges: Mark Marrocco, Lee Beane, and Saul Shocket. Platform Manager: Tim Beane. The lifting took place in a small barn, which is Sauls Elite Training System (S.E.T.S.). There was an interesting mixture of first time lifters blending nicely with local veterans. Rachel Steele lifted at 105.5. This youthful looking muscular and

energetic grandmother went 3 for 3, finishing with the 200 lb. pull she trained for. This was Catherine Armstrong's first meet. She completed her first two attempts easily, but a pulled hamstring prevented the completion of her third attempt. The former college track athlete is a quick learner and will progress quickly. Paul Hogan was also lifting in his first meet. A former Fleet Bank Executive, Paul was quite technical with his sumo technique, and finished with a strong 270 lb. pull. Bill Stinchfield had the lift of this meet. Billy is a college student who is also an accomplished boxer. He happens to train the powerlifts for strength and power which led him to this meet. His third attempt pull of 380 lbs. probably took a full 14 seconds to complete. He never faltered. This was a very slow, smooth pull which was loaded with character. He was loudly cheered on by fellow lifters and spectators alike. I know strength coach Lee Beane was particularly proud as were Billy's parents and girl friend who were in attendance. Joe Breault was breaking in a new suit and looked strong in his opener, but inexplicably missed his 2nd and 3rd attempts. Peter Pilkington pulled his 2nd attempt with power but a slight hitch at the top of his 3rd caused the lift to be turned down. Bill Coleman lifted in his first meet, completing a strong 2nd attempt 390. Bill is the son of former Legendary Red Sox Baseball announcer Ken Coleman. Chuck Peters using a sumo dive technique, pulled a strong 550 lbs. before missing his 3rd at 575. John Ingram upped his best pull by 45 lbs. in only his second meet. Mark (Wilks) Wilcox is a DL'er. His 575 for this day isn't indicative of his potential. He'll eventually be hitting some big numbers. Dan Driscoll pulled his 2nd attempt of 615 strongly, in spite of a motorcycle mishap on the morning of the meet, which caused some damage to both his hand and foot. That's it for this time around. Next years edition should be at least as much fun! (Thanks to Saul Shocket for these results)

#### SLP World BP/DL Championship 2 SEP 06 - Tuscola, IL

BENCH		181 lbs.	
MALE		M. Raya 550*	
Master (50-54)		Master (50-54)	
181 lbs.		181 lbs.	
L. Ligouri 340*		L. Ligouri 540*	
4th-350*		Master (65-69)	
Master (65-69)		148 lbs.	
148 lbs.		R. Gidcumb 350*	
R. Gidcumb 245*		Open	
DEADLIFT		165 lbs.	
MALE		R. Snelling 600*	
Master (45-49)		242 lbs.	
		A. Grimes 650*	

\*=SLP World Records. Best Lifter Bench:

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Louie Ligouri. Best Lifter Deadlift: Ryan Snelling. The Son Light Power World Bench Press/Deadlift Championship was held at Son Light Power Gym. A small crowd but some great lifters, all of whom set new world records for their classes. In the bench press event Louie Ligouri came from Nebraska to set the record at 50-54/181 with a personal best of 340. A fourth with 350 was also good! Richard Gidcumb, who has won six world championships already this year, and twenty four since he began competing ten years ago, won at 65-69/148 with another world record of 245. In the deadlift competition Mike Raya dropped down to the 181 class in the 45-49 division, taking the win with a new world record of 550. Louie continued his win at 50-54/181 with another personal record of 540! Richard also won again at 65-69/148 with 350. In the open division best lifter Ryan Snelling won at 165 with an easy 600, just missing a 640 pr at the top on his final attempt. Adam Grimes set a new personal record at 242 with a strong 650! Thanks to my son Joey and Justin Maurer for their help. (results - Dr. Darrell Latch)

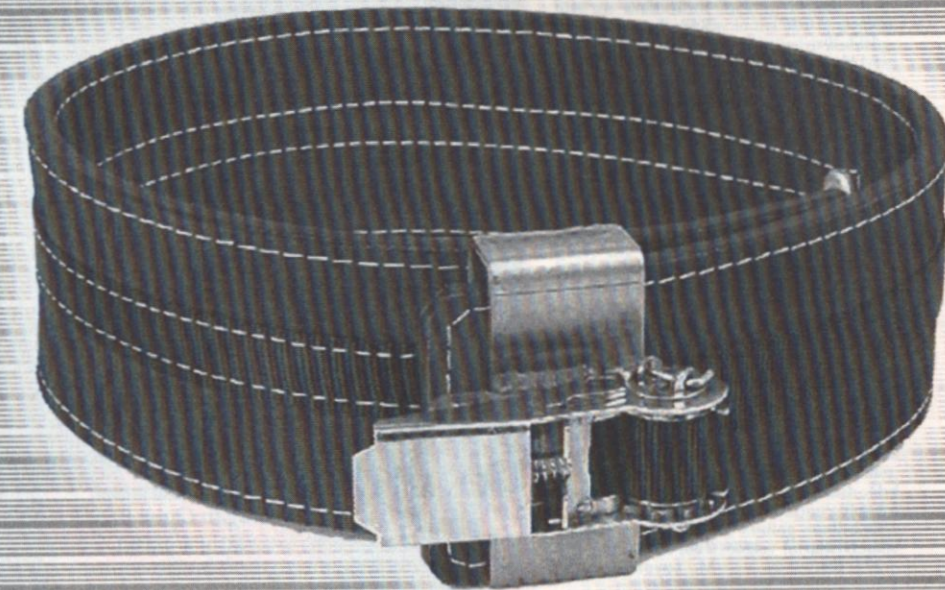
#### USAPL Virginia Open 3 FEB 07 - Culpeper, VA

BENCH		40-44	
MALE		J. Donnelly 440	
Raw (18-19)		(55-59)	
J. Peebles 300		R. Beuch 405	
220 lbs.		Open (45-49)	
Open		J. Sheckler 365	
M. Jones 440		275 lbs.	
Raw (45-49)		Raw (60-64)	
J. Shifflett 320		W. Morris 305	
242 lbs.		DEADLIFT	
Raw (40-44)		MALE	
J. Donnelly 365		220 lbs.	

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

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

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

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

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

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

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

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

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

#### Referee Ranks & Organizations

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

Non-active ADFPF Membership Fee \$20.00. Paid via (CIRCLE ONE): CASH CHECK made out to the ADFPF MONEY ORDER made out to the ADFPF  
All membership cards expire on December 31st of the year purchased with the exception of cards purchased in NOVEMBER which shall be valid through the following year. All payments to the ADFPF are non-refundable.

SLP Flex Fitness West Michigan  
27 JAN 07 - Holland, MI

BENCH	D. Ewen	410*	
WOMEN	308 lbs.		
Raw	G. Lealiifano	700*	
Novice	SHW		
123 lbs.	J. Thurlow	385	
S. Hayes	85*	4th-425*	
148 lbs.	Raw		
A. Baushke	110*	Novice	
165 lbs.	97 lbs.		
Hernandez	145*	Lealiifano III	65*
Teen (13-15)	165 lbs.		
198 lbs.	E. Johnson	255	
D. Gilmore	85*	198 lbs.	
4th-90*	J. Brunink	345*	
Teen (16-17)	242 lbs.		
123 lbs.	M. Barre	315	
J. Mendez	115*	4th-320	
4th-120*	Teen (16-17)		
Junior	165 lbs.		
148 lbs.	P. Finn	230*	
S. Robiadek	110*	220 lbs.	
Master (40-44)	M. Rodriguez	255	
132 lbs.	Junior		
R. Kerkstra	115*	198 lbs.	
Open	A. Carr	345*	
148 lbs.	Master (40-44)		
A. Green	120	198 lbs.	
MEN	T. Lentine	335*	
Submaster	Master (45-49)		
308 lbs.	198 lbs.		
G. Lealiifano	700*	J. Dylewski	275
Master (40-44)	Master (55-59)		
181 lbs.	220 lbs.		
C. Houser	355*	P. Obetts	305
Master (45-49)	242 lbs.		
275 lbs.	B. Moleski	335	
Zimmerman	405*	4th-340*	
Police/Fire	Open		
275 lbs.	148 lbs.		
D. Currie	465	C. Loyola	280
Open	181 lbs.		
242 lbs.	P. Sabala	300	
B. Hislop	475*	220 lbs.	
275 lbs.	M. Loyola	365	



SLP Flex Fitness West Michigan Open BEST LIFTERS included (left to right): Jim Casemier, George Lealiifano, George Lealiifano III, and Jasmine Mendez. (photograph by the courtesy of Dr. Darrell Latch)

SHW	T. Howell	375*	Open	242 lbs.
DEADLIFT	J. Casemier	650*		
MEN	B. Hislop	600		
Junior	SHW			
275 lbs.	A. McKay	640*	J. Thurlow	500

\*=Son Light Power Michigan state records. Best Lifter Bench Press Women: Jasmine Mendez. Best Lifter Bench Press Men: George Lealiifano. Best Lifter Deadlift: Jim Casemier. The Son Light Power Flex Fitness Western Michigan Open Bench Press & Deadlift Championship was held at Flex Fitness. Thanks to owners Shawn and Amy Miller for once again hosting this event. In the raw bench press competition we had several new lifters, among them were seven new female lifters from Grand Rapids. All were trained by Kim Haas, who we commend for his efforts. For the novice women's division Stacie Hayes won at 123 with 85. Amanda Baushke took the 148 class with 110 while Lori Hernandez won at 165 with 145, the biggest lift of the day for the ladies. All of these lifts were new Michigan raw records for the division. In the teenage women's 13-15 age group first-timer Desiree Gilmore set the state record at 198 with 90. Fellow teenager Jasmine Mendez took the 16-17/123 class with her state record effort of 120. Jasmine also won the best lifter award for the ladies. Stephanie Robiadek broke the state record at junior 148 with 110 while Rene Kerkstra did the same at 40-44/132 with 115. Miss Annie Green won at 148 open with her fine 120 effort. Kathy Waugh was also scheduled to compete, but suffered a shoulder injury during warmups, and wisely passed on the competition. Moving to the novice men, in the raw division, it was seven year old George Lealiifano III for the win at 97 with a new state record there of 65. Evan Johnson won at 165 with 255 while Jon Brunink set the state raw record at 198 with 345. Another first-timer, Matt Barre, won at 242 with 320. In the teenage 16-17 age division, Peter Finn took the 165 class with a new state record of 230,

while Mario Rodriguez won at 220 with 255. For the junior men's division Andrew Carr broke the state record at 198 with 345. Thomas Lentine broke the state record at 40-44/198 with 335 while John Dylewski, suffering through a shoulder injury, won at 45-49/198 with 275. In the 55-59 age group it was Phil Obetts with 305 at 220 and Bob Moleski at 242 with a new state record fourth attempt of 340. In the open division Cristino Loyola won at 148 with 280 while Pete Sabala took the 198's with 300. Marcos Loyola won at 220 with 365 while Trent Howell set the state record at shw with 375. The assisted division marked the return to SLP competition the great George Lealiifano. Using this meet as a training day for an upcoming world competition, George won both the submaster and open 308 competitions with a strong 700. George finished with day with a great personal best 730 attempt, which was locked out on the right side but failed on the left by a mere half an inch! All this in a brand new Katana shirt he had never worn before! Best Lifter! Chuck Houser broke the state record at 40-44/181 with 355 while Raymond Zimmerman did the same with his own state record at 45-49/275, finishing with 405. Dave Currie won at police & fire/275 with 465. In the open division Bill Hislop set the state record at 242 with 475, just missing a final attempt with 505. Dave Ewen also got a new state record with his 410 effort at 275. Then at shw it was Jeff Thurlow with 385, coming back with a strong 425 fourth attempt for the record there. In the deadlift event Andrew McKay set the state record at junior 275 with 640, pulling all three of his attempts successfully. For the open division best lifter Jim Casemier won at 242 with his new state record mark of 650 over Bill Hislop, who finished with 600. At shw Jeff Thurlow won his second title of the day with a personal record final attempt of 500. Thanks to Troy Klubeck and Mike Gruppen for loading and spotting the competition and to our trophy girls Cassie and Chanda Miller. Thanks also to Amy Miller for taking pictures. See you all September 15 for the USA Raw Bench Press Fall Nationals! (Dr. Latch)

USAPL Idaho State High School  
10 MAR 07 - Nampa, ID

FEMALE	SQ	BP	DL	TOT
Teen				
114 lbs.				
A. Kolar	275	140	250	665
132 lbs.				
J. Younts	200	105	205	510
181 lbs.				
K. Hower	310	115	270	695
A. Moe	330	150	335	815
198 lbs.				
A. Moe	200	90	250	540
UNL				
E. Landry	250	180	280	710
MALE				
114 lbs.				
T. Perkes	240	130	250	620
132 lbs.				
N. Stevenson	415	235	385	1035
148 lbs.				
N. Stover	365	205	380	950
165 lbs.				
E. Hernandez	440	290	455	1185
J. Rowley	445	275	470	1190
J. Siverson	450	220	415	1085
C. Littlefield	360	225	400	985
181 lbs.				
G. Kroon	500	280	425	1205
S. Nutting	315	245	405	965
S. Brand	250	145	315	710
198 lbs.				
T. Stimpson	425	225	410	1060
220 lbs.				
D. Markle	535	350	520	1405
T. Stocks	430	250	415	1095
K. Clark	450	220	470	1140
242 lbs.				
A. Carrillo	425	265	455	1145
275 lbs.				
D. Petty	410	215	450	1075
K. Murray	—	225	380	—

Meet Director: Steve Rayborn. (by USAPL)

APA Lock-Out at the Lock-Up  
11 FEB 07 - Taylorville, IL

BENCH	Master (45-49)		
FEMALE	220 lbs.		
Open	M. Maxwell	340	
123 lbs.	Open		
M. Anderson	242 lbs.		
Master (45-49)	J. Douglas	450	
165 lbs.	Submaster		
E. Reeves	220	242 lbs.	
MALE	Hutchinson	420	
Open	Teen (18-19)		
148 lbs.	275 lbs.		
S. Oyama	265	J. Alwert	470
Teen (16-17)	Submaster		
165 lbs.	275 lbs.		
J. Smothers	300	T. Harrison	815
181 lbs.	Open		
J. Andruch	225	308 lbs.	
Junior	P. Harris	—	
198 lbs.	Master (50-54)		
S. Borrego	320	308 lbs.	
Open	R. Ryan	675	
198 lbs.	Open		
S. Barton	425	308 lbs.	
Master (40-44)	R. Benson	540	
198 lbs.	Open		
M. Smothers	—	SHW	
		R. Vick	—

Best Lifter: Tommy Harrison. Venue: Lock-Up Gym. The 2007 American Powerlifting Association Lockout at the Lock Up Bench Press Championship was held under the excellent direction of Wayne Prose, with much help from the Illinois APA Chairman Roger Ryan and local strongman Lee Mateer. Wayne is becoming well known for holding high quality and entertaining events, and this meet featured several of the very best bench pressers in Illinois and beyond. In the female division Misty Anderson struggled to and her groove and failed all three attempts in the open 123 pound class. Misty is a world record holder in the deadlift, and a great all around lifter, so she'll be back stronger than ever. Eleanor Reeves, a Master (45-49) lifter nailed a strong 220 lbs. for an impressive Illinois State record, after moving to Illinois just a few months ago. The male competition featured Shuhe Oyama, who ew all the way from California just for this meet, illustrating the reputation Wayne Prose is getting for his excellent productions. Shuhe is a very strong lifter who will be extremely tough as he gains experience. He finished with a 265 bench press in the open 148 class giving him a California state record. The teen (16-17) class boasted Jesse Smothers, a young guy with tremendous technique. Jesse smoked 300 for an Illinois state record. Joseph Andruch hoisted 225 pounds raw to take a teen (16-17) IL state record in the 181 class, and had a couple of good efforts in his shirt. In the junior 198 class, Sam Borrego had an excellent day going 320 lbs. for another Illinois state record. Steve Barton, who might just revolutionize fashion in powerlifting with his purple singlet and white belt, had an excellent day and lifted 425 in the open 198 class. Finally, in the first sight of lifters, was Jeff Douglas who lifted raw in the open 242 class for a solid personal record of 450, just 10 pounds under his stunted shirted best. In the second flight, Mike Maxwell fought hard and came out with 340 in the masters (45-49) 220 class. Mike Smothers, a local and exceptionally talented bench presser, had a tough day and failed to get a lift. However, he did an excellent job of coaching his son Jesse to state records. Matt Hutchinson lifted in the submaster 242 division and nailed an easy 420 lbs. and gave several tough efforts to nearly hit a PR 465. He'll be up over 500 soon. Jeremy Alwert, a local teen lifter with mind boggling strength and a ton of potential, smoked 470 for an IL state record in the teen (18-19) class. Paul Harris opened with 700 pounds but couldn't quite and his groove in transitioning to lockout. He'll be back for some huge numbers. The star of the day was Tommy Harrison, the largest 275 pound person on the planet. Tommy crushed 815 pounds on his opener and nearly pressed out 865. His 815 was an APA world record. Tommy took best lifter honors for his tremendous performance. Roger Ryan, who has bench pressed more

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weight than anyone over a half-century old in history, had another excellent day. Roger destroyed 675 lbs. on his second attempt for his second world record of the day. On third and fourth attempts he called for 710 pounds, which would just beat the all time best of his good friend and chief rival Lee Mateer. This was a good opportunity for Roger, though he'll never admit to any chipper taking place, because Lee was sidelined with a slight pectoral strain because he thought showing highschool kids how a 350 pound man does plyometric push-ups with no warmups seemed like a good idea. Roger fought 710 hard but came just an inch from locking it out. Ryan Benson had a huge day in the 308 open class and smoked 540 in an impressive showing. Rounding out the day was Robert "Big Steel" Vick. Robert was breaking in a new shirt and kept adding more weight to the bar in hope of touching. By his third attempt, Robert had over 900 pounds loaded. The bar hovered just an inch over his chest for what seemed like an eternity, but when it was clear it wouldn't touch Robert pressed out the bar like it was a feather. With just a little more fine-tuning in his gear, Big Steel is destined to do some amazing things in 2007. The meet was a huge success due to Wayne and the excellent supporting cast. Matt Cole and Adam Barton worked the whole show spotting and lifting o, and received much help in spotting big lifts from Chad Taylor. Certified APA judges Wayne Prose, Jeff Douglas, Roger Ryan and Lee Mateer served as referees. Mitch Duckworth stood uncomfortably on a ladder for three hours taking photos that were part of the novel awards prepared by Wayne and his wife Jennifer. Finally, the makers of fine pizza and suppliers of Stag beer at Burton's Tavern helped put a perfect ending to the day. (Thank you to Jeff Douglas for the results)

SLP National Championship  
23 SEP 06 - Tuscola, IL

BENCH	Submaster			
MALE	181 lbs.			
Open	R. Richardson	445*		
275 lbs.	Open			
J. Carter	545	181 lbs.		
DEADLIFT	R. Richardson	445		
MALE				
Powerlifting	SQ	BP	DL	TOT
MALE				
Master (40-44)				
275 lbs.				
T. Oberle	720	455	550	1725
Open				
181 lbs.				
M. Gugino	720*	560*	670*	1950*
275 lbs.				
J. Carter	870*	545*	715	2130*

\*=Son Light Power National Records. Best Lifter: Joe Carter. The Son Light Power National Powerlifting Championship was held at Son Light Power Gym. Lifting in the powerlifting event was Tom Oberle for the 40-44/275 class. Tom, who hadn't competed for nearly two years, did well, setting new personal bests in the squat 720, bench 455, and total 1725. Tom also got in a strong pull of 550 to make his total. In the open division Mike Gugino just did make weight, then settled in with all new national records at 181. His squat opener of 720 was all he had there, as was his second attempt bench of 560, but his 670 pr deadlift gave him a new personal record total of 1950! But best lifter Joe Carter had his greatest day ever, with a personal best squat 870 and total 2130 at 275. Weighing in at 270 Joe hit his 870 squat with some degree of ease, making 900 a real possibility soon. But that took some out of Joe, allowing him to make just two pulls, ending with 715. Joe's 545 bench was also a new personal three lift meet record. In the deadlift single event competition, Dr. Rob Richardson won at submaster and open 181 with 445. A true powerlifter, Rob was competing with a couple of broken ribs but still pulled a national record in the submaster class. Thanks to Linda Middleton for all her help with the competition. It was a small meet but lots of fun. See you all again next year. (from Dr. Darrell Latch)

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Membership Application

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 STREET ADDRESS: \_\_\_\_\_  
 CITY / STATE / ZIP: \_\_\_\_\_  
 AREA CODE / TELEPHONE: \_\_\_\_\_ DATE OF BIRTH: \_\_\_\_\_  
 AGE: \_\_\_\_\_ SEX: \_\_\_\_\_ E-MAIL ADDRESS: \_\_\_\_\_

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One Year From The Date of Application.

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

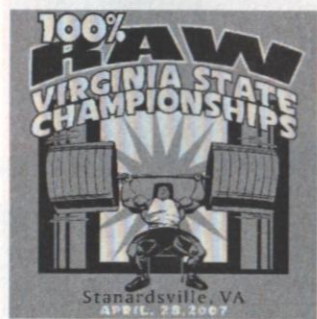
DATE OF APPLICATION: \_\_\_\_\_ (This Will Be Your Renewal Date)

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.

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**100% Raw Virginia State**  
28 APR 07 - Stanardsville, VA

BENCH	148 lbs.		
MALE	(50-54)		
114 lbs.	K. McGee	55	
(14-15)	(55-59)		
X. Escala	125	T. Wiles	50
132 lbs.	181 lbs.		
(12-13)	(35-39)		
J. McCormick	115	M. Stocks	70
148 lbs.	148 lbs.		
College	(20-24)		
J. Shifflett	220	A. Lenhart	105
165 lbs.	165 lbs.		
Open (25-29)			
K. Ackah	385	Open	
181 lbs.	181 lbs.		
(14-15)			
B. Ruebush	175	Open	
Open			
J. Self	370	198 lbs.	180
198 lbs.	Open		
Open			
T. Henriques	335	T. Henriques	180
(20-24)	(60-64)		
J. Secrish	245	D. Junkins	130
220 lbs.	220 lbs.		
(12-13)	(30-34)		
J. Hugh	135	B. Lapole	160
Open	(60-64)		
J. Kelly	320	D. Oprison	170
B. Lapole	460	R. Dahlhamer	135
J. Frye	340	242 lbs.	
(45-49)	(20-24)		
J. Shifflett	330	S. Issa	145
(70-74)	(45-49)		
R. Dahlhamer	275	C. Barger	140
242 lbs.	308 lbs.		
(55-59)	(20-24)		
J. Sheckler	290	Z. Spidel	180
CURL			
FEMALE			
132 lbs.	220 lbs.		
(40-44)	(60-64)		
D. Crampton	55	D. Oprison	385
Ironman	BP	DL	TOT
FEMALE			
132 lbs.			
Open			
K. Self	180	275	455
(40-44)			
D. Crampton	90	200	290
148 lbs.			
(50-54)			
K. McGee	80	190	275
(55-59)			
T. Wiles	75	160	235
181 lbs.			
(35-39)			



275 lbs.			
(20-24)			
S. Issa	245	460	705
308 lbs.			
(20-24)			
Z. Spidel	460	580	1040
(Thanks to John Shifflett for these results)			

**ADFPF Six Lakes**  
20 JAN 07 - Six Lakes, MI

BENCH				
181 lbs.	J. Mokma	237		
220 lbs.				
Master I				
C. Houser	—	Master II		
198 lbs.		T. Andrews	270	
Master I		242 lbs.		
L. Delis	—	Master IV		
220 lbs.		R. Moleski	330	
Master II		275 lbs.		
M. LeClair	—	Master II		
Raw		B. Baywater	—	
181 lbs.				
FEMALE	SQ	BP	DL	TOT
154 lbs.				
Teen II				
A. Holland	226	198	275	700
Raw				
123 lbs.				
Teen II				
C. Herman	143	82	198	424
154 lbs.				
Open/Master II				
C. Burr	231	159	336	727

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175 lbs.				
Teen II				
J. Maidwaring	121	82	203	407
MALE				
148 lbs.				
Teen II				
N. Diczno	308	176	352	837
181 lbs.				
Master I				
R. Batko	418	214	501	1129
Junior				
C. Perdaris	341	237	402	981
Teen II				
D. Lormie	380	226	358	964
198 lbs.				
Teen II				
J. Stachowicz	474	297	534	1306
220 lbs.				
Master II				
J. Perdairs	231	264	253	749
242 lbs.				
Open				
R. Lopez	600	435	562	1598
275 lbs.				
Open				
A. Ninaber	507	402	529	1437
Teen II				
K. Grant	402	308	407	1118
Raw				
148 lbs.				
Teen II				
S. Black	242	—	291	—
165 lbs.				
Teen I				
Jo. Krukowski	275	176	352	804
Je. Krukowski	264	154	347	766
181 lbs.				
Teen I				
R. Vincent	—	231	435	—
198 lbs.				
Open				
J. Decker	308	374	666	1570
M. Sobczak	330	220	385	937
Junior				
M. Marsiglia	297	231	507	1014
Teen I				
A. Bohn	297	170	385	854
220 lbs.				
Open/Master III				
D. Burr	330	259	413	992
Master II				
W. Mosher	352	275	424	1025
320 lbs.				
Master I				
W. Hanna	485	297	518	1300

Hosted by the Church of the Gentle Shepherd. Steady membership growth has taken place since Aug. 13th, 2005, when the American Drug Free Powerlifting Federation hosted their first competition in the state of Michigan. The ongoing development of the A.D.F.P.F. is due to the dedication of competent, energetic administrators, athletes and meet directors each reflecting a deep commitment to drug free sport. To date, the A.D.F.P.F. membership represents 16 states! The administrative backbone of the ADFPF continues to be the teamwork of Board of Directors Richard and Jan Van Eck who deliver platform and warm-up room equipment to many of the MI and Indiana competitions. Assisting the Van Ecks with the MI work are Debby and John Jachim (MI State's Chair) who traveled to Bendigo Australia to participate in

the 2006 Single Event World Championships. John could hardly wait to return home to incorporate within Michigan what he believed to be very professional aspects of the promotion and conduct of that World Championships. Jeff Buchin (teacher at Lansing Community College) along with wife Kenjo (Assistant Director at Sparrow Hospital) promote drug-free Powerlifting by hosting A.D.F.P.F. events in Lansing and traveling to other events to compete and assist. On January 20th, John Jachim, Debby with the assistance of numerous volunteers many from the Gentle Shepherd Church, hosted the Gentle Shepherd's first Powerlifting and Single Event competition in Six Lakes MI. The Church has a special events community center was not what one would expect to find in this small community. The facility was new, large and well equipped to host events. The large kitchen complete with a crew of well-qualified chefs provided an array of wonderful homemade food throughout the day. John along with Josh Decker canvassed high schools from surrounding areas including Grand Rapids encouraging young lifters to get involved with drug free Powerlifting; a sport guaranteed to develop total body strength, which carries over to all sport activities as well as to improving general health throughout life. Their efforts paid off as 15 teen and Junior lifters entered the meet joining the ranks of other MI competitors. During the competition, 32 teenage American Records were set, five Junior Records, 19 Masters' records, and 13 Open Records, with a total of 89 Michigan State Records. Three lifters were drug tested, with one positive drug test (lifter's name and competition info has been removed from results.) Many thanks to the officials, score table workers, announcer, spotters/loaders, and platform manager Mike Lawrence. (results courtesy Judy Gedney)



Meet Director Dan Corridean and Ryan Massey with their awards from the ADAU meet in Hagerstown, MD. (photograph provided by Dan Corridean)

**ADAU Meet**  
7 APR 07 - Hagerstown, MD

BENCH				
220 lbs.				
R. Massey	380	D. Reeder	420	
Master (70-74)		319 lbs.		
Dahlhammer	270*	D. Corridean	400	
242 lbs.		319+ lbs.		
MALE	SQ	BP	DL	TOT
132 lbs.				
Teen (14-15)				
K. Ross	190	115	255*	535
165 lbs.				
Open				
Junior (20-23)				
A. Susmanski	340	240	435	1015
L. Pototschnik	330	215	400	945
Teen (18-19)				
Z. Diamond	375	230	375	980
Master (65-69)				

R. Hutchinson 335\* 200 425\* 960\* 181 lbs.  
 Open  
 R. Revie 395 285 500 1180 198 lbs.  
 Open  
 D. Thompson 330 250 520 1100 Teen (18-19)  
 J. Koltes 370 230 400 1000 Master (40-44)  
 M. Grizzard 315 215 400 930 Master (50-54)  
 R. Patterson 240 200 380 820 Master (55-59)  
 D. Thompson 290 240 370 900 220 lbs.  
 Open  
 N. Ruppert 360 315 525 1200 P. Melby 405 275 460 1160 Master (50-54)  
 S. Barry 305 275 455 1035 242 lbs.  
 Open  
 M. Eaton 550 390 675 1615 B. Wassenius 315 315 405 1035 Master (40-44)  
 M. DeAngelis 515 325 550 1390 Master (55-59)  
 B. Hill 135 135 535 805 \*American Records. I'd like to start by thanking everyone who helped make this meet possible, Al Brenda, Nick, and Joe for judging and running the tables. Ryan, Matt, John, and Kevin for spotting and helping set everything up. After 17 years as a competitor, this was my first time as a meet director. I have a whole new level of respect for all the other meet directors out there who put in all the hours of work and planning for very little money. But the satisfaction of running a meet where the lifters were happy was extremely rewarding. It was Easter weekend and while most were spending time with family and friends 27 warriors came to battle. The 132's saw Kenny Ross in his first meet squat 190, bench 115, and deadlift 255 on a fourth for a new American teenage record. The 165's had some great lifting by master lifter Rich Hutchinson. At 66 years old and 160 pounds Rich started things off by breaking a few masters American records in the squat ending with a very solid 335. Rich's shoulder was bothering him but still went on to bench 200 before ending the day with huge 425 American record deadlift and 960 American record total. Great job Rich. The 165 open was a tight battle but it was Aaron Susmanski who claimed the title with an impressive total of 1015 at only 20 years old. Ryan Revie, 24 year old from White Hall, Md. was the only 181 pounder but still pushed himself to some very nice lifting. A 395 squat, 285 bench, and a big 500 pound pull for an 1180 total. Always a consistent lifter Dave P. Thompson won the 198's with a nice 520 deadlift, 1100 total with room to spare. John Koltes at 19 came in second by hitting the 1000 pound mark. Matt Grizzard won the 40-44 division hitting a PR 400 pound deadlift. Ron Patterson won the 50-54 division with a solid total of 820. Dave C. Thompson at 189 pounds won the 55-59 division with some pretty easy looking lifts to total 900. Dave should definitely total 1,000 at the Nationals. Nate Ruppert and Paul Melby had a back and fourth battle with Paul out squatting Nate 425 to 360 then Nate out benching Paul 315 to 275. Subtotals Paul 700 to Nate's 675. Nate made up the lost ground with a big 525 pull and 1200 total. Paul went for the win with 500 but was just a bit too much. I look forward to the rematch next year. Steve Barry at a very light 203 in the master 50-54 hit a great 455 deadlift, 1035 total. Watch out next year 198's because Steve was just getting back to lifting so I'm looking for an 1150 + at 198 next year. The 242's saw big Michael Eaton hit a big 550 pound opener but missed twice at 580. Mike went on to bench a 390 before just missing 400. Then three great deadlifts, 600, 650, and a perfectly picked attempt at 675. A 1615 total at 242 raw and drug free, great day Mike. Bryan Wassenius just missed the 220's weighing in at 223 hit a very respectable 1035 for second. Master lifter Mark DeAngelis had a very impressive day himself hitting a big 515 squat, 325 bench, and a huge 550 pull at just a bodyweight of 227. Bob Hill was just there to deadlift so after his token squat and bench, Bob hit a very easy opener at 500. Then Bob went on to pull 525, but after a recheck of the bar it was discovered that Bob had in fact pulled 535 and was rewarded the lift and took first in the 55-59 division, nice lifting Bob. On to the benchers now where there was only five. In the 220 lb. 70-74 division at a light 208 Bob Dahlhammer benched like a machine 245, 260, 265, before ending at 270 for a new masters American record. I just hope to bench the bar at his age, very impressive lifting Bob. Then there was all around

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Powerhouse Ryan Massey who usually only does three lift meets but since he was there helping me spot and load and everything else he decided to do the meet with Kevin and myself. Ryan's 360 opener at 208 pounds was a bullet, 380 went the same way so we knew 400 was going today for his first official 400 bench but it was just about 2inches from lockout before it stalled. Dave Reeder always a great bencher competing in the 45-49 division weighing 238 hit a big 420 bench for the win. I was only there to do an opener since we didn't have that many benchers so I just smoked a 400 pound bench then later on between loading and spotting and running all over all day with no warm up just walked up and pulled 600 for five reps because I wanted my new lifters to know I was just not a meet director. Kevin Prosser who just started training with myself and Ryan Massey, with only four bench workouts in and spotting most of the day and helping me set everything up ended the day with an easy 320 bench. Best open lifter was Michael Eaton. Best master lifter was Rich Hutchinson. Best bencher was Dave Reeder. All in all it was a fun meet and I will be doing it again in September with Kevin Prosser and Ryan Massey. We will be doing seminars and running meets and promoting raw, drug free lifting. I have totaled over 1800 raw and drug free without even wearing a belt and have trained and made a few national champions out of them. I have also won national championships and world titles in a few other federations and so has Ryan. Kevin is well on his way to winning them but has had to deal with severe knee injuries over the years but is improving fast and has great knowledge of the sport and how the lifts are to be done. If you are interested in a seminar or our upcoming training manuals or tapes please give me a call at 240-417-2229 or email bdan1745@aol.com (from Dan Corridean)

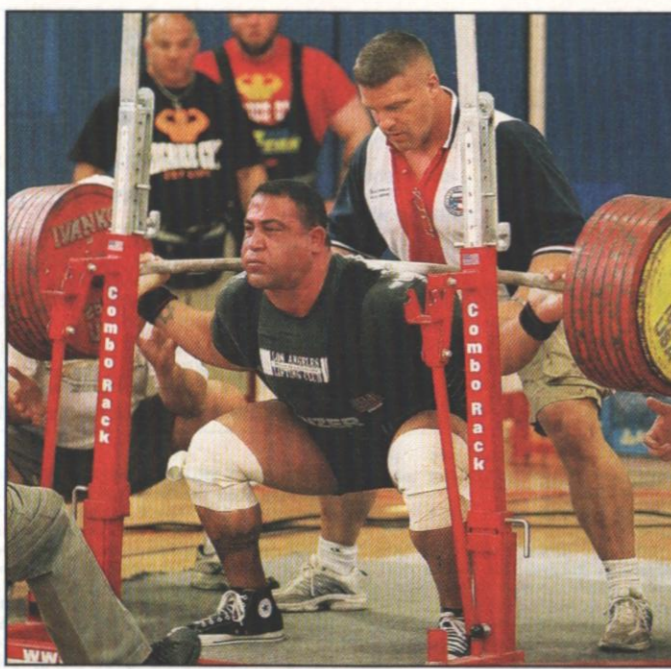


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 Member's Signature \_\_\_\_\_  
 Parent/Guardian Signature \_\_\_\_\_  
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 Phone or Fax: 814-768-9400  
 E-mail: al@pikilup.com • Website: www.pikilup.com

**USPF San Diego Open**  
5 MAY 07 - San Diego, CA

BENCH		308 lbs.		
WOMEN		Open		
114 lbs.	P. Abbott	573		
Open	308+ lbs.			
B. Aerts	105	Junior (16-18)		
Master (40-49)	J. Cooper	452		
B. Aerts	105	Open		
MEN		C. Jaoude	—	
DEADLIFT				
WOMEN				
114 lbs.	Open			
165 lbs.	Open			
Junior (19-23)	B. Aerts	198		
J. DeJesus	259	Master (40-49)		
Open	B. Aerts	198		
M. Kinsell	314	Open		
181 lbs.	Open			
Open				
M. Lambert	375	D. Gilliland	485	
Master (50-59)	Master (40-49)			
J. Ciasulli	303	D. Gilliland	485	
Master (60+)	181 lbs.			
Mullendore	215	Junior (19-23)		
198 lbs.	M. Cook	413		
Junior (13-15)	181 lbs.			
C. Eskam	270	Open		
Master (40-49)	M. Lambert	452		
L. Applewhite	—	Master (60+)		
220 lbs.	Mullendore	270		
Junior (19-23)	198 lbs.			
G. Butler	408	Open		
242 lbs.	J. Martini	457		
Open	Master (40-49)			
B. Burke	375	L. Applewhite	496	
Master (60+)	242 lbs.			
Haudenschild	474	Open		
275 lbs.	B. Burke	529		
Open	275 lbs.			
A. Aerts	452	Open		
Master (40-49)	A. Aerts	518		
D. Hayes	435	Master (50-59)		
Master (50-59)	A. Aerts	518		
A. Aerts	452	Open		
Powerlifting	SQ	BP	DL	TOT
WOMEN				
105 lbs.				
Junior (20-23)				
J. Rankin-Gee	127	83	220	430
Open				
J. Rankin-Gee	127	83	220	430



Onn Basson squatting 903 at the USPF San Diego (by Mrs. Basson)

114 lbs.	Open	V. Tanabe	485	231	501	1218
Open	B. Aerts	99	105	198	402	1075
Master (40-49)	Master (40-49)					
B. Aerts	99	105	198	402		
A. Tronske	121	110	154	386		
148 lbs.	Open	J. Luna	276	243	314	832
Open	Master (60+)					
Mendelsohn	198	143	287	628		
MEN						
148 lbs.	Open	R. Scott	441	254	463	1157
Junior (13-15)	181 lbs.					
D. Horine	243	154	292	689		
Master (40-49)						

198 lbs.	Junior (13-15)					
C. Eskam	303	270	314	887		
Open						
J. Dorsten	612	243	694	1549		
K. Ross	276	237	430	942		
Master (40-49)						
L. Applewhite	314	—	—	—		
220 lbs.						
Junior (16-18)						
D. Horine	424	281	435	1141		
Open						
M. Tronske	551	446	568	1565		
P. Nicholas	452	386	529	1367		
W. Porter	325	160	314	799		
Master (40-49)						
M. Tronske	551	446	568	1565		
D. Lewis	419	298	413	1130		
275 lbs.						
Open						
D. Hennessey	562	165	672	1400		
A. Aerts	309	452	518	1279		
308 lbs.						
Open						
O. Basson	904	656	672	2232		
M. Dickerson	—	—	—	—		
Master (50-59)						
A. Aerts	309	452	518	1279		
308+ lbs.						
Open						
J. Petersen	606	452	562	1620		

**ANPPC National Championship**  
28 OCT 06 - Tuscola, IL

BENCH		Master (50-54)				
MALE		308 lbs.				
Teen (13-15)	D. Gibson	405*				
198 lbs.	4th-415*					
J. Vinyard	135*	Master (60-64)				
Teen (16-17)	308 lbs.					
148 lbs.	B. Adams	420*				
Z. Ermel	185	DEADLIFT				
181 lbs.	MALE					
A. Lewis	255	Teen (16-17)				
242 lbs.	SHW					
W. Wedekins	250*	D. Kennedy	300*			
4th-255*	Master (55-59)					
SHW		181 lbs.				
D. Kennedy	205*	R. Carlson	445*			
Powerlifting	SQ	BP	DL	TOT		
FEMALE						
Teen (16-17)						
123 lbs.						
C. Dougherty	120	70	115	305		
Master (50-54)						
220 lbs.						
M. Vincent	215*	135*	135*	485		
MALE						
Submaster						
181 lbs.						
S. Gawlik	615*	335	580*	1530*		
275 lbs.						
B. Cripe	675*	470	585	1730		
Master (45-49)						
181 lbs.						
J. Dougherty	550	315	530*	1395		
Master (50-54)						
198 lbs.						
D. Newman	525*	400*	485*	1410*		
Master (55-59)						
181 lbs.						
R. Carlson	410	300	445*	1160		
Master (65-69)						
242 lbs.						
T. Hall	375*	210*	500*	1085*		
Open						
181 lbs.						
S. Gawlik	615	335	580	1530		
220 lbs.						
G. Zajac	715	480	550	1745		

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Power Gym. Thanks to my sons D.C. and Joey for their help setting up the event and for loading and spotting throughout the competition. A special thanks to Linda Middleton, Mike Maxwell and Dave Newman for serving as side judges. In the full meet, it was Casey Dougherty for the win at teenage women's 16- 17/123 class with a personal best 305 total. Casey's total was by way of a 120 squat, 70 bench and a 115 deadlift. Margie Vincent started well at 50- 54/220 with a national record 215 squat, but three straight failures at 240 seemed to take its toll. Another national record came in the bench with 135, though 150 seemed too much. Lowering her opening deadlift to 135, Margie finished the day with a 485 total. Steven Gawlik always lifts well at this meet. Setting a new national mark for the squat at 615 helped to give Steven a new national record total of 1530 at submaster 181. Steven finished his win with a 335 bench and another national record for the pull with 580. Steven also won at 181 open. Brian Cripe got a big national record 675 squat at submaster 275! Brian followed that with a 470 bench and a 585 deadlift, making just his opener in these last two events. But Brian finished with a great 1730 total on just four successful attempts for the win there. John Dougherty took the title at 45-49/181with a 550 pr squat, made just is opening bench of 315, then pulled a national record 530 deadlift for a 1395 total. Dave Newman lifted conservatively at 50-54/198 but still set all new national records there. Dave finished with his 525 opening squat, followed by a 400 bench and a 485 pull for a great 1410 total! Richard Carlson also had a great day, taking the title again at 55-59/ 181. Richard finished with a 410 squat, followed by a 300 bench and a national record 445 deadlift for a 1160 total. Our final master competitor was Ohio's own Tom Hall. Tom posted all new national records for the 65-69/242 class with a 375 squat, 210 bench and a great 500 deadlift for a 1085 total. Tom is definitely one of the greatest master pullers! 500 at age 68! In the open division best lifter Greg Zajac had a good day, but with just a few minor adjustments could have given him a much higher total. Greg got a solid 715 squat, that could have just as easily been 725! His 480 bench was slow but here again he has the potential to get an easy 500. Same with his deadlift, making just his opener of 550, Greg could just as easily pull 600 on a good day. Plenty of potential here for a great lifter, but still a great 1745 total for Greg at 220! In the bench press event Jacob Vinyard set the national record at 13-15/ 198 with his 135 opener. Zach Ermel won at 16-17/148 with 185 while training partner Allen Lewis took the 16-17/181 class with 255. Wade Wedekins set the national record at 16-17/242 with 250, followed by a successful fourth of 255. David Kennedy got a new national record as well, making 205 at 16-17/shw. Danny Gibson came all the way from Mississippi to take the crown at 50-54/308 with new national records for his third 405 and fourth 415 attempts. Taking the title at 60-64/308 and the best lifter title as well was Butch Adams with 420. This was also a new national record for Butch's class. In the deadlift event we had two competitors, both of which set new national records for their respective classes. At 16-17/shw it was David Kennedy with 300 while Richard Carlson broke the record at 55- 59/181 with 445. Thanks again for the support of the lifters and spectators. Thanks also to our trophy girl Jaci Vinyard for helping out. See you all again next year. (Thanks to Dr. Darrell Latch for providing these contest results)

**SLP Southern Illinois Open**  
29 OCT 06 - Jonesboro, IL

BENCH		Master (40-44)	
MALE		181 lbs.	
Novice	D. Stokes	350	
181 lbs.	Master (55-59)		
M. Hathy	305	181 lbs.	
4th-315*	J. King	260	
Submaster			
181 lbs.	Police/Fire/Sub		
A. Edwards	325	242 lbs.	
4th-335	L. Edwards	505	

settled with his opener of 505, but did come close with his final attempt of 640. For our deadlift event it was lone competitor Jerry King. This being his first competition, Jerry did well, finishing with another personal best 365 at 55-59/181. The team award went to Xtreme Physique Power. Thanks to the lifters and spectators. (Darrell Latch)

**SLP 23rd Fall BP/DL Classic**  
22 OCT 06 - Mattoon, IL

BENCH		4th-350*	
MALE		Open	
165 lbs.	D. Frost	190	
105 lbs.	4th-205		
(Raw)	DEADLIFT		
B. Tate	135*	MALE	
4th-145*	Open		
181 lbs.	148 lbs.		
(Raw)	D. Frost	300	
M. York	340*	4th-315	

\*=Son Light Power Illinois State Records. The twenty third annual Son Light Power Fall Bench Press/Deadlift Classic was held at the Cross County Mall. A very small turnout, but some good lifting and a good time had by all. In the bench press event newcomer Ben Tate set the Illinois state record for the novice 105 class with a personal best 145! Mike York also had a good day, taking the raw submaster 181 class with new state records for his third (340) and fourth (350) attempts. These were also new personal bests in competition. Dennis Frost made his return to competition with a win at open 165, finishing with 205. His twin brother Duane, our lone competitor in the deadlift, won at open 148 with 315. Thanks to my sons Joey and D. C. for helping with the competition. See you all again December 2 for our annual Christmas For Kids Bench Press/ Deadlift Championship! (Thanks to Dr. Darrell Latch for providing these results)

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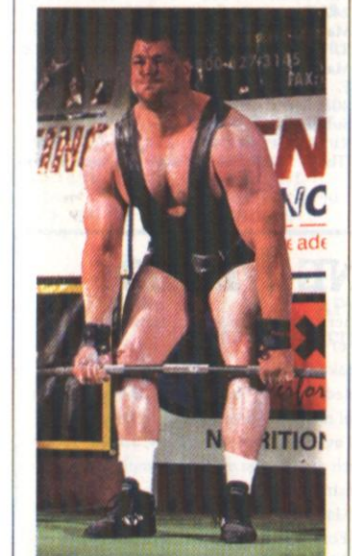


**APF Hawg Farm BP**  
31 MAR 07 - Evansville, IN

BENCH	
WOMEN	
114 lbs.	Open
123 lbs.	198 lbs.
132 lbs.	345
148 lbs.	Junior
165 lbs.	400*
181 lbs.	B. Singleton
Submaster	
100*	Open
120*	N. Lannert
132 lbs.	375
148 lbs.	Master I
165 lbs.	J. Reiley
181 lbs.	335
MEN	
123 lbs.	220 lbs.
132 lbs.	Teen (16-17)
148 lbs.	185*
165 lbs.	D. Darwin
181 lbs.	242 lbs.
Open	
200	D. Minks
250*	455
Submaster	
255*	Guest
308 lbs.	Master I
410	G. Buechlein
425	Submaster
455	J. Weigant
505*	505*
525	K. Perkins
545	410
575	308 lbs.
600	Open
630	Open
660	D. Fullz
690	525
720	Master I
750	425
780	M. Day

\*=Indiana State Records. Venue: Executive Inn. First off, I would like to thank my spotters and judge. It is hard to get spotters all the time. Spotting and loading is a hard job. The meet had a lot of Indiana state records broken. I want to thank Team Elite. Everyone on the team set an Indiana state record. All the lifters in the meet set a record of some sort. Matt Day was making his debut after bicep surgery and still had a good day. It was Brit Fullz first meet and he benched 525. Not bad for a first meet. My guest lifter was Glenn Buechlein. This was his first meet after hurting his shoulder trying to bench 715 a year ago. He is real strong, not only on the bench. I hope to see him back. (results courtesy Larry Hoover)

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**WPC Russian Championships**  
8-11 FEB 07 - Chelyabinsk, RUS

BENCH	
WOMEN	
114 lbs.	Novinskiy
123 lbs.	413
132 lbs.	Upolovnikov
148 lbs.	385
165 lbs.	Semikolenykh
181 lbs.	374
Teen (16-17)	
114 lbs.	Abubekirov
123 lbs.	363
132 lbs.	Grishechkina
148 lbs.	137
165 lbs.	Kargapolov
181 lbs.	363
Submaster	
93	Zlobin
100	181 lbs.
110*	D'yachenko
120*	429
132 lbs.	Medeltsov
148 lbs.	429
165 lbs.	Kas'yanov
181 lbs.	396
Teen (18-19)	
114 lbs.	Shustikov
123 lbs.	396
132 lbs.	Shisterov
148 lbs.	374
165 lbs.	Grishin
181 lbs.	347
Gass	
159	Grabenyuk
165 lbs.	Popov
174	198 lbs.
181 lbs.	Tokareva
198 lbs.	159*
Junior (20-23)	
105 lbs.	Chernev
123 lbs.	518*
148 lbs.	Alikin
165 lbs.	463
181 lbs.	Zotova
198 lbs.	352
Masters (45-49)	
123 lbs.	Glovatskiy
132 lbs.	220 lbs.
148 lbs.	Kurbatov
165 lbs.	507
181 lbs.	Bezuglov
198 lbs.	463
Ogorodnikova	
115	115
123 lbs.	Shmakova
132 lbs.	110
148 lbs.	Brylin
165 lbs.	446
181 lbs.	Shatalin
198 lbs.	429
Kondratova	
181	Sosnin
198	418
Kargapolov	
170	242 lbs.
181	Dubrovina
198	170
Ponomareva	
137	137
Open	
105 lbs.	Matsur
123 lbs.	275 lbs.
148 lbs.	551
165 lbs.	Korshkov
181 lbs.	309 lbs.
198 lbs.	595*
Laptev	
143	Open
154	123 lbs.
165	Onuchin
174	264
181	Korbulakov
198	496
Petuhov	
485	Masters (45-49)
496	Maksimov
507	463!
518	363
529	Shalokin
540	237
551	Rasskazova
562	226*
573	Burmatov
584	347
595	Saytgalin
606	341
617	Pyshmintsev
628	463
639	Belousov
650	308
661	Sargsyan
672	308
683	Perelvalov
694	286
705	Sinacheva
716	165 lbs.
727	Masters (45-49)
738	114 lbs.
749	99*
760	Epifanova
771	335
782	Avdonin
793	385
804	Paderin
815	363
826	Kuhorenko
837	—
848	Teen (13-15)
859	148 lbs.
870	330!
881	170
892	181 lbs.
903	170
914	Teen (16-17)
925	114 lbs.
936	143
947	143
958	123 lbs.
969	132 lbs.
980	148 lbs.
991	154
1002	165 lbs.
1013	181 lbs.
1024	198 lbs.
1035	264
1046	347
1057	363
1068	375
1079	385
1090	396
1101	407
1112	418
1123	429
1134	440
1145	451
1156	462
1167	473
1178	484
1189	495
1200	506
1211	517
1222	528
1233	539
1244	550
1255	561
1266	572
1277	583
1288	594
1299	605
1310	616
1321	627
1332	638
1343	649
1354	660
1365	671
1376	682
1387	693
1398	704
1409	715
1420	726
1431	737
1442	748
1453	759
1464	770
1475	781
1486	792
1497	803
1508	814
1519	825
1530	836
1541	847
1552	858
1563	869
1574	880
1585	891
1596	902
1607	913
1618	924
1629	935
1640	946
1651	957
1662	968
1673	979
1684	990
1695	1001
1706	1012
1717	1023
1728	1034
1739	1045
1750	1056
1761	1067
1772	1078
1783	1089
1794	1100
1805	1111
1816	1122
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1871	1177
1882	1188
1893	1199
1904	1210
1915	1221
1926	1232
1937	1243
1948	1254
1959	1265
1970	1276
1981	1287
1992	1298
2003	1309
2014	1320
2025	1331
2036	1342
2047	1353
2058	1364
2069	1375
2080	1386
2091	1397
2102	1408
2113	1419
2124	1430
2135	1441
2146	1452
2157	1463
2168	1474
2179	1485
2190	1496
2201	1507
2212	1518
2223	1529
2234	1540
2245	1551
2256	1562
2267	1573
2278	1584
2289	1595
2300	1606
2311	1617
2322	1628
2333	1639
2344	1650
2355	1661
2366	1672
2377	1683
2388	1694
2399	1705
2410	1716
2421	1727
2432	1738
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2564	1870
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2586	1892
2597	1903
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2630	1936
2641	1947
2652	1958
2663	1969
2674	1980
2685	1991
2696	2002
2707	2013
2718	2024
2729	2035
2740	2046
2751	2057
2762	2068
2773	2079
2784	2090
2795	2101
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2850	2156
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3697	3003
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3785	3091
3796	3102
3807	3113
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3829	3135
3840	3146
3851	3157
3862	3168
3873	3179
3884	3190
3895	3201
3906	3212
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3950	3256
3961	3267
3972	3278
3983	3289
3994	3300
4005	3311
4016	3322
4027	3333
4038	3344
4049	3355
4060	3366
4071	3377
4082	3388
4093	3399
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4148	3454
4159	3465
4170	3476
4181	3487
4192	3498
4203	3509
4214	3520
4225	3531
4236	3542
4247	3553
4258	3564
4269	3575
4280	3586
4291	3597
4302	3608
4313	3619
4324	3630
4335	3641
4346	3652
4357	3663
4368	3674
4379	3685
4390	3696
4401	3707
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4632	3938
4643	3949
4654	3960
4665	3971
4676	3982
4687	3993
4698	4004
4709	4015
4720	4026
4731	4037
4742	4048
4753	4059
4764	4070
4775	4081
4786	4092
4797	4103
4808	4114
4819	4125
4830	4136
4841	4147
4852	4158
4863	4169
4874	4180
4885	4191
4896	4202
4907	4213
4918	4224
4929	4235
49	



**AAU Dan Miller New York State  
10 FEB 07 - Clyde, NY**

BENCH Only	D. Morgan (45-49) LE	350	T. Carroll (18-19) Raw	250	405	635*
165 lbs. (40-44) Raw	W. Carroll	400*	A. Puzio	205	405	610
J. Sykes (65-69) Raw	225* Lifetime E		Open E	275	500*!	775
C. Bartlett (198 lbs. Raw Life)	M. Arcarisi (40-44) Raw	290	E. Argentieri Lifetime	350*	415	765
S. Shales Jr (360* Open)	R. Murray (35-39) Raw	425	D. Kingwater Raw Life	315	440*	755*
B. Maroni (220 lbs. Open Raw)	R. Berkley (40-44) LE	330	G. Jarosz (35-39) L E	335	650*!	985*
M. Kaufman (18-19) E	S. Rogers (16-17) Raw	510*!	B. Clark (220 lbs. Raw)	380*!	540*!	950*
B. Mosher (45-49) LE	DEADLIFT Only		J. Brown (16-17) E	215	300	515
D. Herbst (45-49) Raw L	198 lbs.	650*!	E. Houseknecht (16-17) E	380*!	540*!	950*
L. Cichelli (405 lbs. Raw)	B. Clark (20-23) E	570	J. Brown Open Raw	350	475	825
J. Mitchell (60-64) Raw	J. Burgey (40-44) E	540	C. Mineo (275 lbs. Raw)	415	575*!	990
S. Shales (242 lbs. Raw)	T. Kristoff (45-49) Raw	540	M. Harrison (45-49) Raw	285	580	865
Ironman (35-39) Raw	K. Bowns (45-49) Raw	630*!	M. Brown (55-59) RL	255	430*	685*
MALE (114 lbs. Raw)	BP DL TOT		D. Crans Open Raw	315	540	855
C. Merkle (148 lbs. Raw)	55 180* 235*		M. Scala	315	540	855
V. Becker (18-19) Raw	130* 230* 360*		*State Records. !=American Records. L=Lifetime. E=Equipment. The Dan Miller AAU NY State Championships were held at Donselaar's Party House in Clyde, New York. A huge crowd greeted the lifters who set 30 New York State AAU records and nine AAU American records. As always, this meet is dedicated to Dan Miller. We miss you and you will never be forgotten. AAU Deadlift records were set by Chris Merkle 12-13/114 Raw 180#, doubling his 90 lbs. bodyweight. Vince Becker 12-13/148 Raw with a 230# deadlift. Steve Hunt 18-19/148 Raw with a 405 pounds State and American record. Joe "Stud" Rosato in the 35-39 Raw Lifetime with a 505# State and American record. John Kocak 16-17/181 Equipped with a 500# State and American record deadlift. Bryan Ozog with a 460# State record. Carlton Gleason Jr. 40-44/181 Equipped 430# State record and the Coach Raloh Diliberto 50-54/181 Raw with a State record of 375 lbs. Great job Ralph, you pour so much into the Burdett Powerlifting crew; it is good to see you do well. Gene Jarosz in the 198 Raw in the			

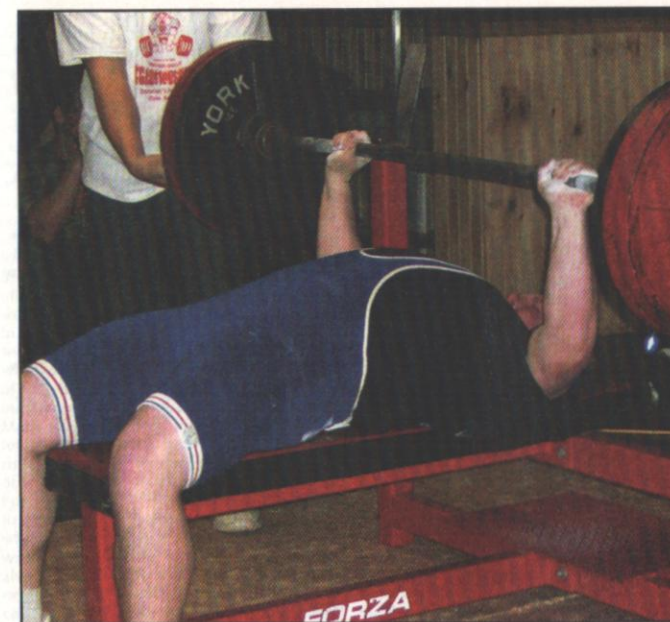


R.L. Murray (at left) receiving the Fred Rogers Sportsmanship Award from the AAU New York State meet director Steve Rogers

198 Raw Lifetime with a State record of 440# deadlift. The amazing Bill Clark 35-39/198 Lifetime Equipped 650# State and American record. Bill I know that 700# is coming soon. The teen phenom Skipper Sailor Jeremy Brown with a 540# State and American record and Mark "The Buffer" Harrison 275/40-44 Equipped with a 575 pounds easy State and American record. Darryl Crans 275/55-59 Raw Lifetime with a State record of 430 pounds. Finally, Ken "The Truth" Bowns 242/45-49 Raw with a State and American record of 630 lbs. In the bench press, Vince Becker with a State record of 130 pounds in the 12-13/148 Raw division; Luke O'Malley 14-15/181 Raw with a 225# State record bench. Joe Rosato in the 165/35-39 Raw Lifetime 355# State record bench press. Bryan Ozog 20-23 181 Raw with a State record bench of 265#. Matt Akerley 181 Raw Lifetime with a State

record of 325# bench. And my friend Dr. Dave Kingwater 198 Lifetime Equipped no shirt however with a State record bench mark of 350#. It is good to see Bad Street USA back. Once again teen phenom Skipper Sailor Jeremy Brown with a State and American record in the 220/16-17 Raw and Equipped division bench press record of 380#. Jamie Sykes in the 40-44/165 Raw State record bench of 225#. And Cody Bartlett 65-69 Raw 245# State and American record bench press. The Dr. Scott Shales 198 Raw Lifetime with a 360# State record bench. Then "Poppy" Scott Shales 60-64/220 Raw with a 375# State and American record. The First Family of AAU NY lifting Nick Carroll 14-15/165 200# State record bench and 315# State record deadlift. Next TC Carroll 198 Lifetime Equipped Ironman record 635#, 250# bench press and 405# deadlift. He just missed 465# with a hitch. Then dad Wayne Carroll with a 400# bench State record in the 45-49/242 Lifetime Equipped and finally the Big Dawg Steve Rogers 308/40-44 Lifetime Equipped with a State and American record of 510# bench press. It was my best meet bench to date. I want to thank all of the lifters for allowing me to lift during my flight and then running the rest of the meet when I am done. This years Dan Miller Deadlift Award went to Vince Becker a very deserving youngster who has great parents and a great heart toward lifting. Congrats to you Vince, I am sure that Dan would approve. And my brother's award went to RL Murray. I am so proud to give him this award. He is so deserving. A great sport, a great lifter and a great friend. I am sure that Fred is looking down saying that it was a fine choice that I made. Congrats RL, I love you and you are like a brother to me. Special thanks go to my wife, Michelle. It was a long and busy day for you but you handled it like a champion. You are the best and I love you. Thanks for making these meets run smooth. To my set up and tear down crew, Terry Stafford, RL Murray, Jason Stafford, Brett Wells, and Rich Molisani you guys are there to set up before anyone shows and are there to tear down after everyone has left. You are the best and the reason I can lift and run these meets, without you guys it would not happen. Thanks to my Aunt

Joan for helping Michelle at the head table. Thanks to Kristy and her daughter Clara for manning the door and selling the 50/50 tickets. To Brett Wells, Mark Howell and Jason Stafford great job spotting. You are the reason for the safety that the lifters have on the bench. To my National Referees Tom Kristoff, Rich Molisani, Terry Stafford, RL Murray and Jason Stafford great job as always. The lifters know their lifts are good when they get the white lights, they earn them. Thanks to Dr. Dave Kingwater for being there to help everyone. When you do your interviews, it is priceless! Thanks to Mark



Jeremy Brown benched 380 raw for State and American records at the Dan Miller AAU New York State (photos courtesy Steve Rogers)

Joan for helping Michelle at the head table. Thanks to Kristy and her daughter Clara for manning the door and selling the 50/50 tickets. To Brett Wells, Mark Howell and Jason Stafford great job spotting. You are the reason for the safety that the lifters have on the bench. To my National Referees Tom Kristoff, Rich Molisani, Terry Stafford, RL Murray and Jason Stafford great job as always. The lifters know their lifts are good when they get the white lights, they earn them. Thanks to Dr. Dave Kingwater for being there to help everyone. When you do your interviews, it is priceless! Thanks to Mark

Harrison and Dave Herbst for doing some of the announcing to give me a break. Thanks you guys. Hey Mark you announced my first 500 pounds and my first 510 pounds, thanks Beefy. To Scott Molisani, Rich Donselaar and Mom Barb the food is always delicious and the facility is top notch. We ate the place out of food! Thank you guys you are the greatest. Another AAU New York production is done until April 28, 2008, The AAU Don Reinhoudt Classic honoring one of the best ever. Take care and train drug free. (Thank you to Steve "Big Dawg" Rogers, AAU NY, for providing results)

**Provincial Championships  
11 MAR 07 - Sherbrooke, CAN**

BENCH	(40-49)	Chapdelaine 165
MALE	275 lbs.	Open
198 lbs. (33-39)	D. Rousseau 235	DEADLIFT
M. rheume 300	MALE	181 lbs.
Chapdelaine 310	Open	Y. Darbouze 410
242 lbs. (40-49)	C. Dallaire 670	275 lbs. (40-49)
Open	C. Dallaire 670	L. Bermej 295!
Y. Darbouze 410	(13-19)	308 lbs. (50-59)
275 lbs. (50-59)	V. Gagne 520!	D. Chasse 435*
L. Bermej 295!	308 lbs. (50-59)	CURL
308 lbs. (50-59)	D. Chasse 610	MALE
D. Chasse 435*	181 lbs. (40-49)	Open
CURL	A. Vigneault 160*	198 lbs. (40-49)
MALE	181 lbs. (40-49)	O. Michaud 85
181 lbs. (40-49)	Open	220 lbs. (40-49)
Open	J. Potvin (50-59)	340 450 790
A. Vigneault 160*	B. Robidas	260 325! 585
198 lbs. (40-49)	J. Emond	4th-DL-34 275 295! 570
Open	M. Lebrun	4th-DL-310
M. Lebrun	S. Lebonte	460 570 1030
S. Lebonte		410 535 945
275 lbs. (40-49)		4th-DL-550
Open		275 lbs. (40-49)
J. Caron		475 725 1200
308 lbs. (20-23)		500 575! 1075
M. Court (50-59)		435* 610 1045
D. Chasse		*Canadian Records. !=Quebec Records. (Thanks to Marcel St. Laurent for results)

**Cutting Edge Winter Classic  
10 FEB 07 - Albany, NY**

Powerlifting	SQ	BP	DL	TOT
FEMALE				
Teen (16-17)				
Guest				
R. Mayer 326*	171*	258*	755*	
Master (55-59)				
122 lbs.				
S. McCallion 219	90	229	538	
4th-DL-243*				
Master (45-49)				
132 lbs.				
J. Cannizzaro 143*	94*	188*	425*	
4th-SQ-145*				
165 lbs.				
C. Bosco	---	---	245*	---
4th-DL-266*				
MALE				
Special Olympics				
114 lbs.				
C. Vooyo	190	111	203	504
Youth (11)				
90 lbs.				
A. Forezzi	100*	83*	166*	349*
4th-DL-90*				
Teen (13)				
155 lbs.				
B. Roberts	123*	89*	205*	417*
Submaster (33-39)				
Physically Challenged				
248 lbs.				
H. Harris	---	301*	---	---
Master (40-44)				
181 lbs.				
D. Naughton	484*	420	320	1224
4th-DL-340				
Master (45-49)				
198 lbs.				
C. Baldwin	175*	165*	310*	650*
4th-SQ-200*				
275 lbs. (65-69)				
P. Burgess	416*	198	400*	1014
Master (65-69)				
220 lbs.				
E. Brown	223	292*	341	856
Open				
165 lbs.				
T. Potts	300*	230*	290	820*
275 lbs.				
T. Martinez	579*	475*	540*	1594
*Meet Records. (results - Dyke Naughton)				

**AAU ATHLETE INDIVIDUAL MEMBERSHIP APPLICATION**

AAU Membership Year is September 1 to August 31. A membership card will be forwarded to you.

Use Legal Name

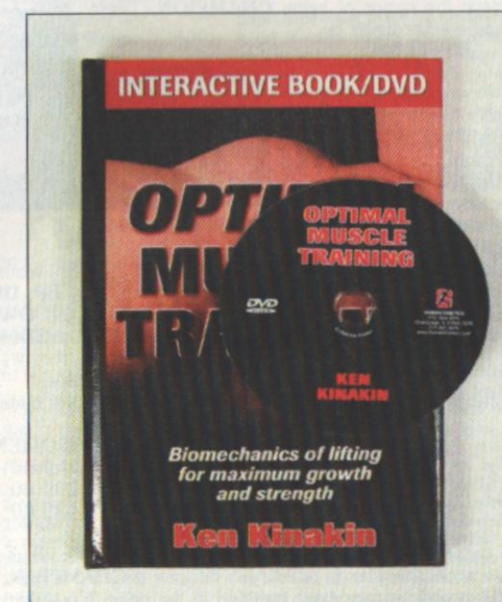
First	Middle	Last
Street Address		
City	County	State Zip
Application Date	Work Phone/Ext.	Home Phone
E-Mail Address		Fax Number
Birth Date	Gender	Cell Number
<input type="checkbox"/> Male <input type="checkbox"/> Female		
Do you have Health and Accident Insurance?	Club Code (if Known)	Club Name (if Known)
<input type="checkbox"/> YES <input type="checkbox"/> NO		Sport Code (see list below)

By paying or authorizing payment of my annual membership dues, I certify that: 1) I have never been convicted of any sex offense nor felony; or, if so, I must apply for membership (and receive approval) through the AAU National Office; and, 2) this application is correct in every material aspect, including but not limited to my (street) address and birth date. The Applicant agrees to be bound by the AAU Code, including all AAU Policies, which are available for review on the AAU Web site at [www.aausports.org](http://www.aausports.org). NOTE: Parent/Guardian signature if member is under 18 years old.

Member's Signature	Parent/Guardian Signature
Date	Date

AAU National Office, Post Office Box 10,000, Lake Buena Vista, Florida 32830

**OPTIMAL MUSCLE TRAINING** .... "The Biomechanics of lifting for maximum growth and strength" by Ken Kinakin .... is this just another training book? .... no way. First off, this is a book AND a companion DVD, which opens an entire new dimension in weight training instruction. Second, author Ken Kinakin is not just a chiropractor, and a certified strength and conditioning specialist, and a certified personal trainer. He's been a body-builder and a competitive POWERLIFTER for over 20 years, as well as a member of the Canadian and International Powerlifting Federation Medical Committees, and a renowned speaker on weight training, injury treatment, rehab, and nutrition. Ken's is the "optimal" approach, indeed, merging the appropriate exercise science with his effective chiropractic expertise to produce results in the "real" world, where athletes face career ending injuries and waste years in the training room trying to overcome unknown weaknesses. In Chapter 1, Dr. Kinakin optimizes the strength training approach in relation to existing weight training dysfunctions. Chapter 2 assesses one's overall readiness to train with weights, and Chapter 3 establishes a practical link between each individual muscle's function and correct exercise movement. Chapter 4 presents a very unique and useful "risk-benefit" concept for analyzing the appropriateness of individual weight training exercises. There's even a very usable guide for designing personal training programs in Chapter 5. The big time bonus is the interactive DVD, included in the binding of the book, which represents a profound opportunity for self-understanding, what with the rich synergy between these printed words and the directly complementary visual demonstrations. (P.S. ... buyers of OPTIMAL MUSCLE TRAINING also receive special access to the "members only" section of Dr. Kinakin's website, with detailed description of additional exercises, printable versions of the sample forms referred to in the book and on the DVD, plus ..... additional chapters on rest and recovery, and even more beyond that!) OPTIMAL MUSCLE TRAINING is a multi-media approach to personal strength development, written by a broadly acclaimed professional, who actually LIFTS in PL competition himself! Order your copy now, \$27.95 US plus \$4 shipping and handling to Powerlifting USA, Post Office Box 467, Camarillo, CA 93011, 800-448-7693 (Visa/MasterCard/Check/Money Order, California Residents please add 7 1/4% state sales tax)



**NPA Midwest Drug Free Open**  
3 March 07 - Freeport, IL

BENCH	G. Mannery	335
WOMEN	275 lbs.	
132 lbs.	C. Cozine	460
B. Cable	135	DEADLIFT
MEN		WOMEN
Open	132 lbs.	
165 lbs.	B. Cable	235*
T. Owens	345	MEN
308 lbs.		Teen
J. Riley	450	165 lbs.
Submaster	B. Folgate	455
242 lbs.	Open	
P. Mercado	440	165 lbs.
308 lbs.	T. Owens	550*
J. Amla	355	SHW
Masters	A. Miller	630*
181 lbs.	Submasters	
D. Diagoslia	260	275 lbs.
220 lbs.	J. Miller	450
W. Gaines	380	Masters
242 lbs.	242 lbs.	
	G. Mannery	550

Best Lifter Bench Press: Paul Mercado. Best Lifter Deadlift: Terrell Owens. Our first meet of the year turned out to have the largest amount of spectators we have ever had. There were about 80 people watching the lifters. The meet started with first time lifter Betty Cable competing in the 132 class lifting raw taking the win with a lift of 135 lbs. Dave Diagoslia followed with a lift of 260 lbs. to take the 181 masters class. Terrell Owens lifting raw in his second meet shows a lot of promise with a lift of 345 lbs. winning the 165 open. This guy is going to go places. Willie Gaines took the win in the 220 masters with a lift of 380 lbs. also lifting raw. Paul brother bear Mercado won the 242 submasters with his opener 440 lbs. Paul got out of the groove on his second and third attempts. Master lifter Greg Mannery came out of retirement to win the 242 master with a press of 335 lbs. raw. Cozy Cozine hit a solid lift on his third attempt putting up 460 lbs. to win the 275 master class. Big Joel Miller had an off day



At the N.P.A. Midwest Open: standing, left to right: Paul Brother Bear Mercado, Dave Diagoslia, J.R. Riley, Jonathon Miller, Joel Miller, Greg Mannery; kneeling, white t-shirt - Cozy Cozine, Adam Miller in blue t-shirt; kneeling, front row: Barry Folgate Jr., Willie Gaines, Betty Cable, Terrell Owens. (thanks to Duane Burlingame for photo)

just getting his opener at 355 lbs. winning the 308 submaster class. Joel will be back and put up some big numbers this year without a doubt. Last lifter in the bench was JR Riley putting up 450 lbs. for the win in the 308 open class. Belly Cable started off the deadlift competition ending with an easy pull of 235 lbs. to take the 132 class. Teenage lifter Barry Folgate won the 165 teen with his opener of 455 lbs. Barry went for a PR on his second and third attempts just falling short of lockout. He will get that PR this year. Terrell Owens pulled an impressive 550 raw to take the win in the 165 open. Master lifter Greg Mannery also pulled 550 lbs. to win the 242 masters. Big

Joel Miller took the 275 submasters with a pull of 450 lbs. Adam Miller had the biggest pull of the day with a lift of 630 lbs. to win the SHW open. A big thank you to our spotters, loaders, judges and helpers. Jen Mercado, Barry Folgate Sr., Richard Lee, Duane Burlingame, Cody Schad, and James Barthel. Until next time may all enjoy this great sport and do something for our children growing up to make the world a better place. (results by Duane Burlingame)

**AAFP Southern States**  
18 NOV06 - Lake City, FL

BENCH	G. Mathis	363			
FEMALE	Open				
242 lbs.	B. Highnote	490			
J. Davis	270	242 lbs.			
MALE	M. Westerdal	380			
Junior/Teen	275 lbs.				
220 lbs.	M. Allocco	705			
J. Benson	562	SHW			
SHW	D. Garvey	628			
D. Garvey	628	SHW			
Master	G. Frank	925			
FEMALE	SQ	DL	TOT		
Open					
132 lbs.	A. franciscus	396	159	336	892
148 lbs.	M. Flesh	264	148	220	633
165 lbs.	Jaskiewicz	275	154	363	793
MALE	Junior/Teen				
114 lbs.	W. Flesh III	231	99	220	551
165 lbs.	J. Land	584	451	440	1477
181 lbs.	R. Kephart	402	341	463	1207
220 lbs.	J. Benson	782	562	589	1934
275 lbs.	S. Hammock	672	551	672	1896
SHW	D. Garvey	738	628	463	1829
Master	181 lbs.				
G. Godwin	573	325	496	1394	
220 lbs.	R. Schmidt	600	391	573	1565
R. Scully	540	341	551	1433	
D. Thompson	407	402	440	1251	
B. Garnett	374	330	402	1107	
242 lbs.	S. Pares	479	341	512	1333
Open	165 lbs.				
J. Land	584	451	440	1477	
V. Lyobey	644	413	545	1603	
G. Godwin	573	325	496	1394	
R. Westberry	402	242	407	1052	
198 lbs.	K. Kirby	672	363	551	1587
220 lbs.	T. Walyus	622	363	551	1537

220 lbs.	R. Schmidt	600	391	573	1565
R. Jones	529	435	512	1477	
R. Scully	540	341	551	1433	
242 lbs.	T. Irby	948	551	672	2171
275 lbs.	R. Samples	600	507	600	165
N. Tatum	600	474	589	1664	
Guest					
308 lbs.	J. Vaughn	964	573	733	2270
G. Thierlot	975	650	782	2408	

**SLP "The Last One"**  
30 DEC 06 - Tuscola, IL

BENCH	Master (65-69) Raw	
FEMALE	181 lbs.	
Submaster Raw	R. Patterson	200*
165 lbs.	Open	
S. Bridges	135*	275 lbs.
Master (40-44) Raw	J. Evans	515
114 lbs.	J. Willoughby	405
J. Ingram	110*	308 lbs.
4th-115*	M. Rose	—
Master (45-49)	DEADLIFT	
181 lbs.	FEMALE	
D. Covington	175*	Submaster
4th-180*	165 lbs.	
Master (50-54) Raw	S. Bridges	215
132 lbs.	4th-225	
L. Schweig	115*	Master (40-44)
MALE	114 lbs.	
Novice	J. Ingram	190*
181 lbs.	4th-200*	
Raw	Master (45-49)	
M. Chapman	300*	181 lbs.
275 lbs.	D. Covington	315*
J. Morris	455*	4th-325*
Raw	Master (50-54)	
J. Ridings	485*	132 lbs.
Teen (18-19) Raw	L. Schweig	200
220 lbs.	DEADLIFT	
A. Starkey	335*	MALE
Junior Raw	Novice	
220 lbs.	181 lbs.	
G. Butler	350*	M. Chapman
4th-365*	4th-375	
Teen (16-17)		
R. Finney	385	242 lbs.
Master (40-44)	T. Silver	450
275 lbs.	Junior	
B. Saunders	—	220 lbs.
Master (45-49)	C. Richardson	605
242 lbs.	Master (45-49)	
M. Aydt	365	242 lbs.
275 lbs.	D. Silver	525
J. Lucas	410	Master (50-54)
Master (50-54) Raw	242 lbs.	
242 lbs.	J. Ewing	440
J. Willoughby	250*	J. Willoughby
Master (55-59)	Open	300
181 lbs.	275 lbs.	
J. Wood	375	J. Willoughby
535		

\*Son Light Power Illinois state records. Best Lifter Bench Press Female: Dian Covington. Best Lifter Male: Justin Evans. Best Lifter Deadlift: Craig Richardson. The Son Light Power "The Last One" Bench Press & Deadlift Championship was held at Son Light Power Gym. Thanks to all who helped with the meet, once again making it a huge success. In the bench we had some first time lifters in the ladies division, all of which represented FitTek Fitness Center in Mahomet, Illinois. For the submasters it was Shannon Bridges with a new raw Illinois state record of 135 for the 165 class, Jeannie Ingram won at 40-44/114 with her state record raw 115. And also lifting in the raw division was FitTek owner Linn Schweig, who posted the state record at 50-54/132 with 115. Our final ladies competitor was 45-49/181 winner, in the equipped division, Dian Covington. Not only did Dian set the state record there with 180, she was also awarded the best lifter trophy for the ladies as well! For the men's novice division Mike Chapman set the state record for the raw 181 class with 300, making just his opener. At novice 275 Joshua Morris broke the existing open record with 455 while John Ridings set the raw 275 class with a strong 485! Another state record was set at 18-19/220 by Aaron Starkey, who finished with 335 raw. Greg Butler broke the state raw record at junior 220 with 365 while Ryan Finney took the 242's with 385. Our first master lifter was

Brad Saunders, who had some problems with his opener of 525 at 40-44/275, then ripped his shirt on his second attempt, bowing out of the competition. At 45-49/242 it was Mark Aydt with 365 while John Lucas, returning to competition after seven years, finished with 410 at 275. Jerry Willoughby won at 50-54/242 with 250 while Jerry Wood took the 55-59/181 class with his 375 opener. Our final master competitor was Robert Peterson who at 65-69/181, setting a new Illinois state record for the raw division there! In the open division it was Justin Evans with his first official 500 bench for the win at 275. Justin went on to finish with a personal best 515 to win the best lifter award as well. Taking second place at 275 was Jarrod Willoughby with 405. Mark Rose failed with his opener of 585 twice then retired from competition, mentioning he had peaked two weeks ago. Mark is one of those lifters who still has a lot of potential left and in time, with the right amount of training and the mastering of a good shirt, will someday go over 700! For the deadlift competition Shannon Bridges won at submaster 165 with 225 while Jeannie Ingram took the 40-44/114's with 200. Training partner Linn Schweig also finished with 200. All three girls set new personal records, while Jeannie also captured the state record for her class. Also setting a new state record was Dian Covington, who finished with 325 at 45-49/181! Mike Chapman won at novice 181 with a personal best 375 while Trent Silver ended with 450 at 16-17/242. Craig Richardson had a great day, taking not only the junior 220 class with a new personal record 605, but also the best lifter award as well. Darryl Silver won at 45-49/242 with 525, just missing a personal best 560 final attempt. Darryl will be having hip surgery in January, and we all wish him the best. At 50-54/242 James Ewing took the class over Jerry Willoughby 440 to 300. This was Jerry's first official 300! In the open division Jerry's son, Jarrod Willoughby, won at 275 with 535. Thanks to all who helped with the meet. We all had a great time. See you all again next year! (Thanks to Dr. Darrell Latch for results)

**The Iron Chamber Gym BP/DL**  
16 DEC 06 - Magnolia, OH

BENCH	MEN	
WOMEN	132 lbs.	
114 lbs.	High School Raw	
A. Miskinis	55	148 lbs.
148 lbs.	Open	
High School Raw	D. Miskinis	220
Campanella	85	Open Raw



Iron Chamber Gym Elite Division competitors, from left to right, Adam Hicks (590 @ 272), Jim Smith (545 @ 265), Lew Spirtos (350 @ 172), Chad Make (DNP), Mario Sinicropi (425 @ 172), and winner Jeff Peshek (750 @ 297). Jeff Was awarded \$300 in prize money and earned the title of best pound for pound bencher in the event. (photograph courtesy 5150 Sports Photography - Sir Charles Venturella)

D. Alexander	280	C. Asplin	—
Master Raw		Master	
D. Alexander	280	N. Rolle	—
High School		Police/Fire	
D. Miskinis	220	Master	
165 lbs.		M. Lyons	470
Open		DEADLIFT	
R. Sinicropi	325	WOMEN	
Open Raw		114 lbs.	
Mroczkowski	—	High School Raw	
Master		A. Miskinis	135
R. Dye	165	148 lbs.	
High School		High School Raw	
C. Smith	190	A. Campanella	130
181 lbs.		165	
Open Raw		MEN	
L. Spirtos	315	132 lbs.	
J. Rawson	315	High School Raw	
198 lbs.		Campanella	130
Open		148 lbs.	
M. Carlin	450	Open	
K. Iser	430	D. Miskinis	390
P. Sinicropi	420	High School	
A. Kovach	355	D. Miskinis	390
L. DiTomas	325	High School Raw	
Open Raw		M. Noebe	240
D. Hardesty	300	198 lbs.	
B. Dutton	250	Open	
Master		P. Sinicropi	570
T. Wyler	405	J. Stonestreet	555
Police/Fire		A. Kovach	470
Master Raw		Open Raw	
M. Seruch	205	B. Dutton	425
220 lbs.		220 lbs.	
Open		Open	
M. Keyser	490	J. Blackstone	560
C. Hurst	370	242 lbs.	
Open Raw		Open	
J. Henkel	275	W. Quinn	455
220		Open Raw	
Master Raw		B. Hennebert	565
J. Henkel	275	Master Raw	
Police/Fire		K. Bardos	605
Master Raw		IRONMAN	
J. Henkel	275	WOMEN	
242 lbs.		114 lbs.	
Open Raw		High School Raw	
C. Hull	375	A. Miskinis	190
W. Quinn	295	123 lbs.	
Master		High School Raw	
McLaughlin	530	M. Woofter	290
K. Bardos	380	132 lbs.	
High School		Master Raw	
R. Ryan	—	P. Wolfe	300
275 lbs.		148 lbs.	
Master Raw		Master Raw	
S. Hamilton	285	F. Combest	250
B. Demchak	275	High School Raw	
SHW		Campanella	250
Open		165 lbs.	
K. Patterson	625	Master	
R. Luckland	540	A. Tressler	710
J. Straight	—	MEN	
Open Raw		132 lbs.	

High School Raw	J. Bednar	600
T. Fox	365	Police/Fire
Campanella	200	Master
148 lbs.		R. Gipson
Open		220 lbs.
D. Miskinis	610	Open Raw
High School		T. Fox
D. Miskinis	610	Master
165 lbs.		J. Pfeiffer
Open		Master Raw
A. McVane	935	T. Fox
High School		Police/Fire
D. Pfeiffer	315	Master
181 lbs.		B. Weber
Open		242 lbs.
T. Cleveland	925	Master Raw
Open Raw		R. Combest
D. Swingle	695	275 lbs.
Master		Open
D. Noebe	830	D. Coleman
High School Raw		E. Frasher
Luckland Jr.	615	Open Raw
198 lbs.		J. Wells
Open		SHW
N. Mercorelli	960	Open
Master Raw		D. Bosler
Elite Division Points		1010
BP for Cash		Place
J. Peshek	2,5235	\$300
M. Sinicropi	2,4680	2nd
A. Hicks	2,1619	3rd
J. Smith	2,0558	4th
L. Spirtos	2,0266	5th
C. Maki	0,0000	DNP

tators witnessed many of the areas best lay out on the line in the arena complete with auditorium style seating, stage lighting, backstage warm-up area's and a chest pounding DJ. Although busy, Santa Claus, (1994 Mr. Canton winner Ric Ady), was the guest lifter and handed out gifts to the spectators from APT Pro Wrist Straps, Universal Nutrition, Bodybuilding.com, Mark Dugdale, Karin's Xtreme, Westside Barbell, World of Weights, House of Pain, Titan Support Systems (Ken Anderson), Elite Delivery Technologies and many more. Santa also posed for free photos with the children courtesy of 5150 Sports Photography. The event was capped by an Elite division equipped bench press category in which six men battled it out for \$300 cash in a no formula, no equation, no coefficient, true test of pound for pound strength by dividing the best bench by the lifters weigh-in weight. The event was won by the incomparable Jeff Peshek who narrowly eclipsed a furious run by raw bencher Mario Sinicropi who lost by a mere five hundredths of a point. Mario was also given the ICG inspiration award for his battle with cancer and determination to overcome all odds and we are extremely honored to have had him choose our event as his first since remission. To the competitors, I would like to sincerely thank all of you for your support of the ICG and our meet. I can assure you that this meet will continue to grow and will always provide a fun, safe and positive stage for you to do battle. I am currently working on next years event and can tell you that it will be at the same place in mid December, keep checking PLUSA for exact dates as we get closer. Thanks to my family, friends and brothers and sisters in iron for another quality ICG event and I look forward to seeing you all in December! (Thank you to Jeff Begue of I.C.G. for providing results)

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- Give your name as you wish it to be engraved inside the ring.
- Specify your ring size.
- Men's rings up to six letters on each side under the lifter. Women's rings up to four letters on each side under the lifter. Exp. **SQ, BP, DL, USPF, USAPL, MASTER, SUBM, OPEN, IPF, MAKE YOUR OWN**
- Accompany your order with full payment. **MONEY ORDER ONLY.**

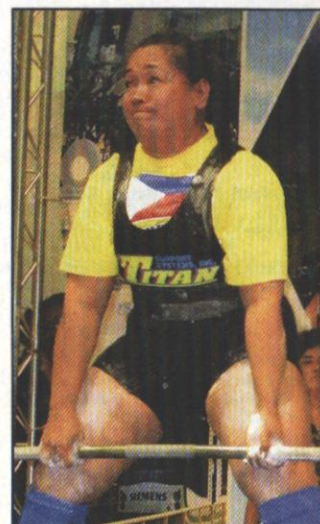
The gem is a beautiful smooth fire blue spinel. Rings are available in the following non-tarnishing metals:

	MEN	WOMEN
White non-gold	249.00	

(article continued from page 49)

Dadapee-IND	573	275	578	1427
Aran-PHI	396	396	—	793
Master I				
Mani-IRI	606	407	578	1592
Shkirman-KAZ	551	330	639	1521
Lee-KOR	584	363	485	1433
Renato-PHI	551	264	529	1344
Jose-IND	374	220	418	1014
Kitano-JPN	507	—	518	1025
198 lbs.				
S-Jr				
Malkit-IND	540	325	562	1427
Wu-TPE	573	308	518	1399
Nouri-IRI	562	352	584	1499
Junior				
Munkh-MGL	463	—	—	463
Gass-UZB	606	341	595	1543
Amin-IRI	573	352	573	1499
Nitin-IND	485	308	529	1322
Issa-OMN	474	325	485	1284
Senior				
Mohamma-IRI	661	418	666	1747
Zinovyev-KAZ	666	501	666	1835
Khardin-UZB	661	374	688	1725
Yang-TPE	661	507	573	1741
Saghaei-IRI	551	429	507	1488
Moriya-JPN	595	418	518	1532
Enrico-PHI	440	330	496	1267
Master I				
Saghaei-IRI	374	407	418	1201
Cabalza-PHI	501	336	501	1339
Gulab-IND	496	330	396	1223
Master II				
Toma-JPN	512	292	474	1278
Omori-JPN	485	352	496	1333
Rao-IND	187	154	264	606
220 lbs.				
S-Jr				
Hsiao-TPE	661	308	551	1521
Junior				
HuPo-TPE	507	264	485	1256
Ahmed-OMN	507	270	512	1289
Omid-IRI	573	341	639	1554
Senior				
Ketan-IND	440	264	485	1190
Torres-PHI	694	402	694	1791
Javad-IRI	639	396	606	1642
Nageswaran-IND	650	374	617	1642
1642				
Shibata-JPN	650	—	573	1223
Bautista-PHI	396	440	396	1234
Chen-TPE	551	—	485	1036
Seyedham-IRI	396	429	463	1289
Master I				
Yaghoob-IRI	584	396	584	1565
Luis-IND	440	308	418	1168
Master II				
Luzanov-UZB	529	374	617	1521
Master III				
Maghsood-IRI	374	297	352	1025
242 lbs.				
S-Jr				
Wu-TPE	463	209	507	1179
Junior				
Ari-IRI	562	407	529	1499
Huang-TPE	440	330	440	1212
Senior				
Seyed-IRI	611	518	600	1730
Makarov-UZB	688	463	683	1835
Ueda-JPN	727	529	573	1829
Chen-TPE	705	440	578	1725
Sanjay-IND	661	341	600	1603
Master I				
Ishar-IND	529	363	529	1422
Yang-TPE	463	264	485	1212
Lin-TPE	308	220	264	793
275 lbs.				
Junior				
Gaurau-IND	—	308	518	826
Indo-JPN	672	463	584	1719
Asad-OMN	551	248	463	1262
Tsai-TPE	440	242	440	1124
Senior				
Babak-IRI	617	529	683	1829
Mohsen-IRI	738	507	611	1857
Harjit-IND	749	440	600	1791
Harsh-IND	374	297	440	1113
275+ lbs.				
S-Jr				
Lin-TPE	—	—	396	396
Junior				
Aidh-OMN	595	297	485	1377
Senior				
Mojtaba-IRI	793	573	727	2094
Trubitsin-UZB	705	507	551	1763
Chao-TPE	771	507	639	1918
Best lifters Women: Sub-Jr 1st-J.				
Ramalaxmi, India. 2nd-Hsu Chia Shan, C.				
Taipei. 3rd-Kuo Yu Chun, C. Taipei. Junior				

1st-Noviana Sari, Indonesia. 2nd-Sri Hartati, Indonesia. 3rd-Yuni Setiowati, Indonesia. Senior 1st-Chen Wei Ling, C. Taipei. 2nd-Chou Chien Yu, C. Taipei. 3rd-Ayako Ikeda, Japan. Master I 1st-Elvira Lorenzo, Philippines. 2nd-Tanaka Shoko, Japan. 3rd-Ip Wing Yuk, Hong Kong. Master II 1st-Leonora Oca, Philippines. 2nd-Kozlan Zarifa, Uzbekistan. 3rd-Ratanmani Roy Chaudhuri, India. Master III 1st-Lin A Yun, C. Taipei. Men Best lifters: Sub-Jr 1st-Wang Chun Lin, C. Taipei. 2nd-Chiang Nien Peng, C. Taipei. 3rd-Nouri Nehran, Iran. Junior 1st-Rajendra Patil, India. 2nd-Su Chih Lun, C. Taipei. 3rd-Romanenko Alexandr, Uzbekistan. Senior 1st-Sutrisno Bin Darimin, Indonesia. 2nd-Hsieh Tsung Ting, C. Taipei. 3rd-Turakhanov Davranbek, Kazakhstan. Master I 1st-Mani Khosravi, Iran. 2nd-Shkirman Vladimir, Kazakhstan. 3rd-Lee Yong Soo, Korea. Master II 1st-Luzanov Alexander, Uzbekistan. 2nd-Renato Dio, Philippines. 3rd-Omori Ryo, Japan. Master III 1st-Magome Toru, Japan. 2nd-Kung Him Wong, Hong Kong. 3rd-Maghsoud Sattarzadeh, Iran. Master IV 1st-Liu Sung Ming, C. Taipei. Women's Team Awards: Sub-Jr 1st-Chinese Taipei, 2nd-India, Junior 1st-Chinese Taipei, 2nd-India, 3rd-Indonesia, 4th-Uzbekistan, 5th-Philippines, 6th-Hong Kong, 7th-Kazakhstan, 7th-Japan. Senior 1st-Chinese Taipei, 2nd-India, 2nd-Philippines, 4th-Japan, 5th-Kazakhstan, 6th-Hong Kong. Masters I: 1st-India, 2nd-Japan, 2nd-Philippines, 2nd-Chinese Taipei, 5th-Hong Kong. Masters II: 1st-India, 1st-Uzbekistan, 1st-Philippines. Masters III: 1st-C. Taipei. Men's Team Awards: Sub-Jr: 1st-Chinese Taipei, 2nd-Kazakhstan, 2nd-Iran, 4th-India, 4th-Uzbekistan, 6th-Philippines, 7th-Oman. Junior: 1st-Chinese Taipei, 2nd-India, 3rd-Oman, 4th-Iran, 5th-Japan, 6th-Uzbekistan, 7th-Kazakhstan, 8th-Mongolia. Senior: 1st-Kazakhstan, 2nd-Iran, 3rd-Chinese Taipei, 4th-Japan, 5th-India, 6th-Philippines, 7th-Uzbekistan, 8th-Indonesia. Master I: 1st-India, 2nd-Iran, 3rd-Philippines, 4th-Chinese Taipei, 5th-Japan, 5th-Uzbekistan, 7th-Kazakhstan, 7th-Hong Kong, 9th-Korea. Master II: 1st-India, 2nd-Chinese Taipei, 3rd-Japan, 4th-Uzbekistan, 4th-Philippines. Master III: 1st-Japan, 1st-Hong Kong, 1st-Iran, 4th-India. Master IV: 1st-Chinese Taipei. (Results Susumu Yoshida)



Lily Pecante (PHI) open 82.5kg.

They came from Muscat and Ulan Bator, Teheran, Tokyo and Taichung, from Hong Kong, New Delhi and Quezon City. Kazakhstan, Uzbekistan and Korea came to play and even Iraq had several entries. 222 athletes from thirteen countries invaded the Jongheng Field arena,

but it was the lifters from Lampung who stole the show early on.

Indonesia sent only four competitors to the IPF Asian Powerlifting championships in Kaoshiung, Taiwan, May 1-6. They won no team titles, but the three young women and male 60kg force Sutrisno bin Darimin walked off with four Golds and set one Senior and two Junior world records. Commercial fish farmer Sutrisno, fast becoming a legend, exceeded his own total WR with a 12.4 x bodyweight 743.5kg exhibition of grace and strength that left the crowd shaking their heads. His perfectly executed 286kg Asian record squat had this reporter jumping up and down in front of the stage, yelling "THAT, boys and girls, is how you do a squat!"

The level of competition is rising fast in Asia. Numerous world records were attempted. Senior men's team scoring was close: Kazakhstan 59 pts, Iran 58 pts, and Chinese Taipei (CTPA) 57. Women's SR teams had CTPA 66 pts, India 56 and Philippines (RP) 42. Taipei's big home-team advantage in number of women lifters gained them number one rank sub-jr through senior for ladies. India gathered second place for sub-jr, JR, and SR women's teams, which bodes well for their future. India's Masters men grabbed M1 Gold, 60-40 over Iran and M2 59-40 past CTPA.

"Observers" John Stephenson, chairman of the IPF Technical Committee and Larry Maile, Executive Committee member for North America, were present and served as jury members, announcers and in other roles. They, along with Asian Gen/Sec Susumu Yoshida, will offer thoughts on the Asian PL scene later in the article. Erlina Pecante of the RP smoothed up a Masters One WR squat of 216 kg while taking 1st in the Open 82.5 division. Lily's 538.5 total would have taken second at the last Women's Worlds. Behind "Lily," Hung Min Chiu, she of the big short-stroke BP of 171.5, did only 130 here, missing 158.5 twice. The new bench rules seemed to effect many, and added an inch or so to Hung's tiny stroke, but Lily's BP keeps going up. She did a PR 122.5 for an Asian record at M1. But Chang Ya Wen of CTPA ground out the big absolute total for women with a 540 in the 90k JRs. Weighing only 82.6, she cranked Asian JR records of 231 squat and 209 DL. She bears a strong resemblance to Michaela Conlin, the lab researcher on TV's "Bones," and is the only person in her town doing PL training.

The Kazak men were strong from 56k to 90k, with no entries above that. Golds by Konstatin at 75k, Turakanov at 82.5 and Zinovyev at 90 assured the win. (My unofficial count has Turakanov first in eight past Asians). Iran won points from 75k up, but had no entries 56-67.5, and CTPA dominated the light classes but had only three lifters in the top six weight classes.

Best Lifter Sutrisno, SR men, had a Wilkes of 636. Kazakhstan coaches protested that Sutrisno's

total WR was invalid, claiming the "one-kilo" rule applied only to single lifts, but the WR was upheld. Only one other man scored above 600 formula. Hsieh Tsung Ting of CTPA, the "boy wonder" previous world junior winner placed second to Sutrisno with a 715 total and 616 pts. Chen Wei Ling of CTPA earned 603.6 pts for her 447.5 total in senior 48ks, with a 190k Asian record squat for Lady's Best Lifter. Indonesian women swept the JR best lifter ranks. 60kg Noviana Sari 1st earned 573.5 pts, with a squat of 201 and a 211.5 deadlift - both JR WRs. Sri Hartati, a former weightlifter training for PL only eight months, hit an 52k Asian Open and three Asian JR records while totaling 440 for 555 pts. Yuni Setiowati had 514.6 pts on taking the JR 48kgs with 385T and a 77.5 Asian BP mark. All four Indonesian lifters train at coach Eddy Santoso's gym in Lampung.

The intense competition and strength shown by these young Indo women was "almost scary" to some observers. How is it that Indonesia, which rarely sends more than four lifters overseas and has little support at home, will every so often produce new phenoms that jolt the PL world? If they start sending out full teams, that would be scary.



Makhpirova (KAZ) won the 132s.

However, Sari's JR WR only lasted an hour or so as Eleanora Makhpirova of Kazakhstan, lifting as a 60k Senior, broke two Open Asian records with a 518 total and is #2 women's best lifter with 584.14 pts. Later, Eleanora was discovered to be a junior by birth date, and was awarded the JR WR for her 213.5 SQ!

Hiroyuki Isagawa, last year's winner of the world men's open, world masters and world bench press, as amazing a hat trick as one can get in PL, took the 56k with a 610 total. He missed a 191 WR BP by a hair after making 180. What more needs

(article continued on page 83)

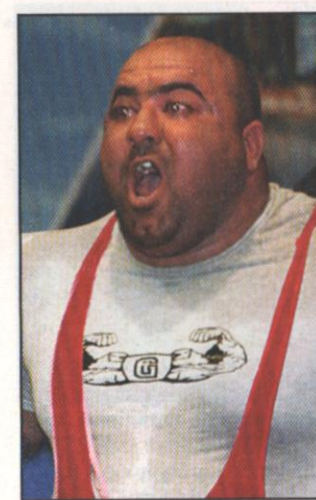
(article continued from page 82)

be said about one of the giants of the game? But he had opposition.

At the 1993 Asians in Taiwan, I watched a nineteen year old kid named Hu come down from his indigenous tribe in the hills and blow away the field while wearing sandals. Hu Chun Shiung went on to world titles in 2001 at 52k, at 56k in '97, plus five 2nds or 3rds in his career. It showed here as he topped Hiro in both squat and DL, but a shoulder injury held his bench to 95. He's only 33. As Isagawa intends to lift forever, I predict huge match ups down the road.

Dimitri Kozba (KZK) winner of the 60k JRs with a fine 560 total, dropped his sumo-style final DL on his toe, and limped bloody off. Fortunately, two on-duty nurses had a medical clinic in the building. Another lifter was carried out with a back spasm and a third fainted dumping a squat forward. All recovered due to timely attention.

Maleki of Iran coasted at 125 plus, taking two squats, and, to my eye, wearing no squat or DL suit and a minimal BP shirt. His 950 total was the absolute highest in the contest, yet way below his over 2220 lb. best.



Maleki of Iran ... biggest total.

Asia still doesn't have the array of big boys seen in the West, but the newer countries are beginning to change that.

Space doesn't permit me to report on all classes: 49 Golds were awarded to men and 37 women across Sub-jr, JR, SR and a variety of Masters classes. I'll hit best lifter highlights from here.

WOMEN: Ramalaxmi, India, took 52k sub-jrs with three Asian records, 376.5 total and 464.33 pts. India nabbed six women's golds. Sari from Indonesia the JRs, see above. Chen Wei Ling of CTPA is best senior, the only woman to earn 600+ Wilks pts. Leonora "Nina" Oca set Asian M1 and M2 squat records at 52k with fellow Filipina Elvira Lorenzo grabbing the 60k M1 title.

MEN: seventeen year old Wang Chun Lin of CTPA is 52k sub-JR boss, with a 450 total. Rajendra Patil, India, JR, age 22, totaled 692.5k at 67.5. India needs a true international star. Of all their men, I believe this youngster may be the future one. Mani Khosravi, the Iran Fed Prez, was M1 best. He lived in the USA twenty years, and is a great English conversationalist. Alexander Luzanov of Uzbekistan ruled M2 and 67.3k Toru Magome of Japan destroyed M3 with four Asian records topped by a 470 total - at age 64! Estakhr and Ghosiyani of Iran saw-sawed the lead throughout their 125k battle, with Estakhr's 845 total edging Ghosiyani's 830, who missed his last DL needed to win. Makaron of Uzbekistan (832.5T) eked past Ueda of Japan (830T) at 110 when Ueda failed twice with

the DL needed to protect his sub-total lead.

Other fine outings were Eddie Torres, RP, with 812.5 at 100kg, three Asia records, and veteran Ayako Ikeya of Japan, SR 56k, with two Asian records and a 480 total. She also took turns as a ref. I flew in with the 21 member Philippine group. My new compatriots sacked 7 weight class Golds, including 2 SRs, a MWR, 9 Asian records, two Best Lifter titles and a pile of lift medals. Phil's Prez Nick Cabalza took many turns as meet announcer and won the 90k M1s. World Masters 82.5 champ Renato Dio took his M2 flight, as did five time 52k WM1 champ Tony Taguibao. Not too shabby for my "home team."

OBSERVATIONS: Susumu Yoshida, long time Executive Board member for Asia, defines Asian contests as "energy plus chaos". They differ from IPF contests held in Europe or North America, which are more rigidly controlled, conservative, and more subject to established manners. Susumu points out Asian teams are from similar, but different, cultures. They share a number of unwritten rules that may baffle West

(article continued on pg. 100)

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Dr. Edward G. Dudley-Robey with Scot Mendelson at the APF Fit Expo meet. Ed won his class in the amateur bench meet and then helped out in the pro competition.

APF Fitexpo Scot Mendelson BP  
17 FEB 07 - Pasadena, CA

BENCH	R. Meness	314
148 lbs.	275 lbs.	
Open	R. Matulia	457
O. Shuhei	330	308 lbs.
Masters	M. Bell	661
S. Tamerius	225*	PRO MEET
181 lbs.	Lightweight	
Dudley-Robey	275	242 lbs.
220 lbs.	R. Luyando	821!
S. DeMarinis	523	Heavyweight
242 lbs.	SHW	
Masters	R. Kennelly	909
Full Power	SQ	BP DL TOT
181 lbs.	U. Jara	579 342 502 1422
198 lbs.	C. Mangano	320 281 452 1053
242 lbs.	P. Hakola	805 601 650 2055
Castleberry	502	402 650 1554
SHW	R. Lamont	700 562 551 1813

French Semi Final Bench Press  
21 JAN 07 - Brionne, FRA

BENCH	Teen II		
FEMALE	G. Small	170	
Raw	Teen III		
104 lbs.	A. Lefebvre	176	
N. Debail	121	Junior	
116 lbs.	C. Ju Nothias	242	
K. Colas	99	Senior	
C. Laree	121	D. Valley	259
D. Pannier	115	T. Llobel	220
138 lbs.	Master I		
C. Reynes	198	D. Latch	264
F. Estable	137	Master VIII	
V. Bumblebee	170	D. Calf	170
154 lbs.	165 lbs.		
C. Laree	143	Teen II	
198 lbs.	E. Gefen	214	
G. Saussois	214	X. Rousselin	203
MALE	A. Vatinel	198	
148 lbs.	Teen III		
Master VIII	M. Tellier	237	
V. Tidona	198	C. Ninguéz	226
165 lbs.	J. Morel	187	
Master VI	Junior		
M. Huchet	253	C. Langlet	281
Raw	J. Peacock	231	
132 lbs.	J. Bonicel	203	
A. Andrieux	209	Senior	
J. Longevial	198	X. Craff	314
148 lbs.	C. Cusomano	308	
	C. Homo	253	

S. Callac	248	J. Dumont	286
S. Dubois	242	S. Dubourg	275
D. Simeon	242	Master III	
B. Sall	237	J. Basket	297
D. Gaillet	203	L. Pacaud	297
D. Eude	198	D. Henrion	259
J. Cantel	176	Master IV	
Master I	F. ElAawar	303	
Sharecropper	253	Master V	
Master II	G. Laree	231	
P. Bizon	275	Master VI	
J. Dheilly	253	C. Valley	319
Master III	220 lbs.		
A. Roucou	270	Senior	
D. Debail	248	S. Galhaut	330
J. Lebrun	198	D. Carpentier	319
Master IV	C. Colange	297	
D. Delaporte	264	R. Galhaut	264
181 lbs.	S. Good	259	
Teen II	P. Marical	242	
J. LeConte	187	Master I	
Teen III	T. Chiarot	374	
A. Dingeon	220	Master II	
J. Guiffard	181	P. Belloncle	363
Junior	P. Fair	341	
J. Radigne	209	Master III	
Senior	L. Fretel	292	
M. Maloubier	336	G. Lucas	275
J. Provost	319	Master IV	
S. Pesqueux	308	Bellevergne	308
A. Segard	286	P. Vallais	275
D. Luzurier	286	Master V	
P. Roze	281	J. Alain	330
B. Gaffet	264	242 lbs.	
L. Bezin	242	Senior	
R. Mahieu	203	P. Corn	330
Master II	S. Bance	264	
L. Bourdelois	242	Master II	
Master VI	P. Sanchez	391	
L. Massi	231	J. Godon	385
198 lbs.	Master IV		
Senior	H. Gardie	352	
R. Ayache	391	J. Delapierre	286
G. Rondos	330	275 lbs.	
O. Simeon	281	Senior	
Master I	E. Verel	424	
K. Nasroune	341	S. SaltMaker	253
J. Bordet	275	Master I	
Master II	A. Thioux	374	
T. Grude	314		

IBP RAW BP/SC Championships  
13 APR 07 - Winston-Salem, NC

BENCH	275 lbs.		
MALE	Open		
123 lbs.	B. Jones	515	
Open	K. Mackey	510	
B. Etringer	155	308 lbs.	
Teen (14-15)	Master (45-49)		
B. Etringer	155	T. McVicker	475
132 lbs.	STRICT CURL		
Youth Teen (12-13)	FEMALE		
G. Dale Jr.	125	198 lbs.	
148 lbs.	Master (45-49)		
Open	M. Boyles	85	
M. Perry	300	MALE	
181 lbs.	123 lbs.		
Intermediate (24-34)	Teen (14-15)		
J. Reutter	255	Ben Etringer	85
Novice	132 lbs.		
J. Reutter	255	Youth/Teen (12-13)	
Open	G. Dale Jr.	70	
G. Dale	380	181 lbs.	
Submaster (35-39)	Intermediate (24-34)		
G. Dale	380	J. Reutter	150
198 lbs.	Novice		
Junior (20-23)	J. Reutter	150	
S. Durham	245	Police/Fire/Military	
Master (50-54)	B. Evans	145	
S. Durham	325	Submaster (35-39)	
D. Calf	170	G. Dale	175
K. Harmon	198	4th-180	
Open	198 lbs.		
J. Riggan	350	Master (40-44)	
Submaster (35-39)	M. Crawford	75	
J. Riggan	350	Master (60-64)	
220 lbs.	K. Harmon		
Master (40-44)	220 lbs.		
L. Scales	385	Master (40-44)	
Master (60-64)	K. Bayard	145	
K. Bayard	215	242 lbs.	
Junior (20-23)	Submaster (35-39)		
L. Bullins	475	R. Rochester	135
242 lbs.	4th-140		
Submaster (35-39)	308 lbs.		
T. Isbell	395	Master (50-54)	
		W. Ferguson	135

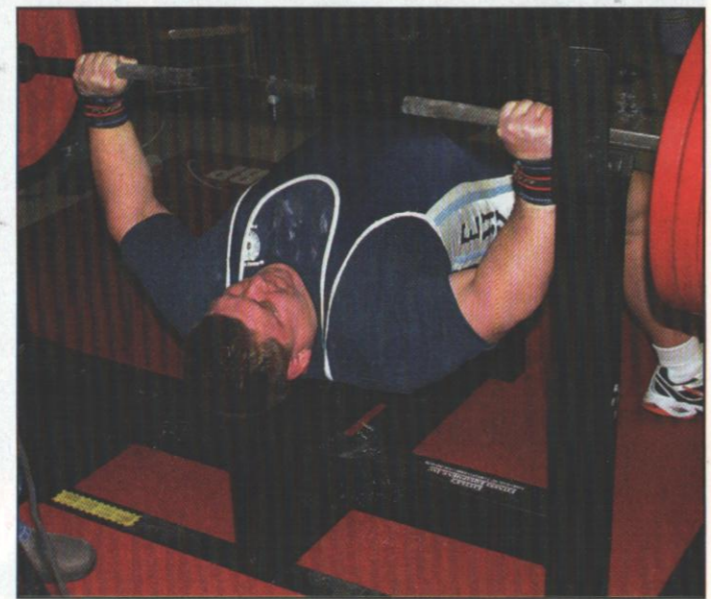
(Thank you to Keith Payne for the results)

IPF/NAPF Tournament of Americas  
15-17 JUN 06 - Dorado, PR

Powerlifting	SQ	BP	DL	TOT
FEMALE				
97 lbs.				
Serrano-PR	242	137	242	622
Johnson-USA	192	99	226	518
105 lbs.				
Osorio-PR	237	110	286	633
Baldwin-USA	248	110	242	600
Vasquez-PR	231	88	259	578
114 lbs.				
vanDuse-USA	330	181	314	826
deCarriil-GUA	264	132	303	700
Torre-MEX	209	132	253	595
Quinones-PR	220	99	275	595
Mendez-COL	220	82	198	501
123 lbs.				
Brown-USA	314	159	330	804
Saban-GUA	264	170	319	755
Rodriguez-PR	248	148	286	683
Pagan-PR	253	115	308	677
Cruz-MEX	319	—	319	—
132 lbs.				
Perry-USA	330	220	358	909
Perez-PR	308	121	330	760
Mendez-PR	248	93	253	595
148 lbs.				
Ribic-USA	490	314	534	1339
4th-DL-551				
Marts-USA	286	198	319	804
Tyqueng-PR	297	132	325	755
165 lbs.				
Blyn-USA	490	303	463	1256
Larsen-USA	358	209	363	931
Diaz-PR	270	154	270	694
181 lbs.				
Baum-USA	374	214	369	959
Vargas-PR	330	181	319	832
198 lbs.				
Costas-PR	501	303	490	1295
198+ lbs.				
Santiago-PR	352	198	358	909
Valentin-PR	380	154	325	859
Junior (14-23)				
Serrano-PR	242	137	242	622
Johnson-USA	192	99	226	518
105 lbs.				
Baldwin-USA	248	110	242	600
Vasquez-PR	231	88	259	578
114 lbs.				
vanDuse-USA	330	181	314	826
Quinones-PR	220	99	275	595
123 lbs.				
Pagan-PR	253	115	308	677
Rodriguez-PR	248	148	286	683
Cruz-MEX	319	—	319	—
132 lbs.				
Perez-PR	308	121	330	760
Mendez-PR	248	93	253	595
148 lbs.				
Tyqueng-PR	297	132	325	755
165 lbs.				
Diaz-PR	270	154	270	694
181 lbs.				

181 lbs.				
Vargas-PR	330	181	319	832
198+ lbs.				
Santiago-PR	352	198	358	909
Valentin-PR	380	154	325	859
MALE				
114 lbs.				
Cancel-PR	369	242	374	986
Sorsa-FIN	442	198	330	755
123 lbs.				
Ocacio-PR	314	176	330	821
Claudio-PR	181	154	297	633
Rivas-GUA	374	—	402	—
148 lbs.				
Rodriguez-PR	402	209	451	1063
Marroqu-GUA	435	297	463	1196
Rios-PR	429	308	451	1190
165 lbs.				
Hernandez-PR	501	363	440	1306
Arenas-PR	457	303	501	1262
181 lbs.				
Recinos-ELS	573	396	573	1543
Corona-MEX	529	380	589	1499
Johnson-CAY	540	314	606	1460
Figuerola-PR	474	341	529	1344
198 lbs.				
Brown-USA	600	451	529	1581
Ramos-PR	562	402	595	1559
Garcia-PR	529	363	545	1438
Bravo-GUA	523	374	501	1399
Woodley-ARU	330	—	402	—
McInern-CAY	—	253	529	—
220 lbs.				
Gonzalez-GUA	556	385	584	1526
Ocasio-PR	551	319	556	1427
Lopez-PR	611	303	507	1422
Hart-USA	402	281	451	1135
242 lbs.				
Orengo-PR	501	440	551	1493
Pickering-VIR	451	325	545	1322
Calvano-USA	407	440	435	1284
275 lbs.				
Nieves-PR	705	451	661	1818
Victorine-VIR	633	385	—	1620
Mendez-CAY	374	220	440	1036
275+ lbs.				
Gillingh-USA	815	611	815	2243
Urias-ELS	727	606	611	1945
Schouten-VIR	705	424	622	1752
Junior (14-23)				
123 lbs.				
Ocasio-PR	314	176	330	821
Rivas-GUA	374	—	402	—
132 lbs.				
Rodriguez-PR	402	209	451	1063
198 lbs.				
Garcia-PR	529	363	545	1438
181 lbs.				
Figuerola-PR	474	341	529	1344
220 lbs.				
Gonzalez-GUA	556	385	584	1526
Lopez-PR	611	303	507	1422
275 lbs.				
Mendez-CAY	374	220	440	1036

(Results are courtesy of Nestor Gregory)



Keith Mackey benching 510 at the IBP Raw BP meet (Keith Payne)

METAL Record Breakers  
24-25 MAR 07 - Juva, FIN

BENCH	198 lbs.				
MALE	Poykio-FIN	584			
Junior	Andersso-FIN	402			
165 lbs.	220 lbs.				
Oksa-FIN	198	Laukkane-FIN	385		
181 lbs.	242 lbs.				
Sorsa-FIN	442	Mursu-FIN	639		
275 lbs.	Vinni-FIN	655			
Lukkarin-FIN	529	Falck-FIN	551		
Lehto-FIN	485	Rinkinen-FIN	463		
308 lbs.	275 lbs.				
Ruuskane-FIN	440	Rouhiaine-FIN	474		
Open	308 lbs.	Kokkonen-FIN	562		
165 lbs.					
Andersso-FIN	297	SQ	BP	DL	TOT
Powerlifting					
FEMALE					
148 lbs.					
Ahola-FIN	297	220	286	804	
MALE					
Open					
220 lbs.					
Friberg-SWE	661	418	661	1741	
Kemppain-FIN	628	440	595	1664	
Rautio-FIN	617	418	589	1625	
242 lbs.					
Niemi-FIN	661	220	661	1543	
275 lbs.					
Turtiainen-FIN	1102	628	881	2612	
Keisala-FIN	942	551	705	2199	
MALE					
Open					
220 lbs.					
Murtoma-FIN	937	804	771	2513	
Junior					
181 lbs.					
Laati-FIN	595	396	518	1510	
198 lbs.					
Kontturi-FIN	451	374	418	1245	
220 lbs.					
Lindqvist-FIN	507	396	551	1455	
242 lbs.					
Jaakkola-FIN	407	308	463	1179	
Not only was this a new national record, but also earned her best lifter honors among the ladies! Taking the open title at 148 was Michelle Homrich, who finished with 145. We had a few teenage men lifting, beginning with 16-17/148 winner Justin Clay, who won there with 195. David Rains, taking the 18-19/181 class, finished with 250. Both of these lifters were competing for the first time. Mark Munro won at 18-19/198 with an easy 365. In the junior men's division Trey Hague won at 165 with 320, taking that title also for the novice division. Luis Ruiz won at 181 with 355, followed by William "Buster" Brown,					



**Red Brick BP Classic IV**  
17 FEB 07 - Lewiston, NY

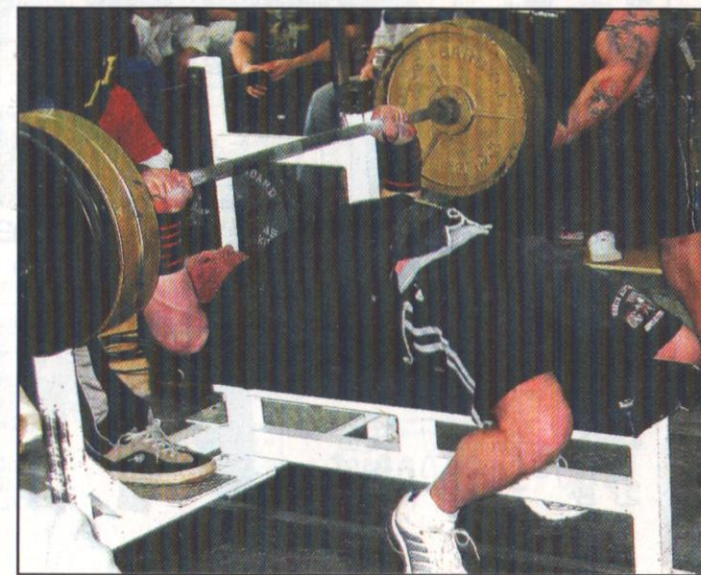
BENCH	WOMEN	198 lbs.	Open (24-34)	Miller	Raw	114 lbs.	Youth (11-12)	Braugher	123 lbs.	Junior (20-23)	Ficarra	Military	Ficarra	148 lbs.	Youth (11-12)	Sexton	165 lbs.	Teen (13-14)	Braugher	Open (24-34)	Pedulla	220 lbs.	Master (50-59)	Logan	MEN	148 lbs.	Open (24-34)	Jackson	181 lbs.	Submaster (35-39)	Freischlag	198 lbs.	Junior (20-23)	Herbert	Open (24-34)	Fiori	Submaster (35-39)	Hailey	Master (60-69)	Doll	Police/Fire	Moore	220 lbs.	Open (24-34)	Gibson	Master (60-69)	Stellrecht	242 lbs.	Junior (20-23)	Fraas	Open (24-34)	Larson	Master (40-49)	Schmidt	275 lbs.	Open (24-34)	Rydelek	Harvey	Police/Fire	Rutkowski	SHW	Open (24-34)	Miller	Guest Lifter	Rogers	Groneman	Raw	132 lbs.	Teen (13-14)	Barke	148 lbs.	Teen (15-16)	Holly	Teen (17-19)	Duchow	DePronio	Blount	Junior (20-23)	Brunej	165 lbs.	Youth (11-12)	Braugher	Open (24-34)	Carter	Baes	Wegerski	Master (40-49)																																																	
Camarre	300	Marshall	180	Teen (15-16)	Hart	245	Teen (17-19)	Liberati	325	Didas	250	Gannon	220	Open (24-34)	House	260	Open (24-34)	Scapelliti	365	Police/Fire	Vogt	285	Sexton	255	Armenia	215	198 lbs.	Youth (11-12)	Thomas	210	Teen (15-16)	Beaudoin	150	Teen (17-19)	Richardson	335	Cart	285	Open (24-34)	Frawley	365	Carter	355	Zahno	205	Submaster (35-39)	Greene	355	Master (40-49)	Cronkhite	325	Master (50-59)	Wohleben	275	Saph	250	Master (60-69)	Gajkowski	205	Police/Fire	Ewy	250	220 lbs.	Teen (17-19)	Braugher	195	Junior (20-23)	Droman	365	Epililo	305	Submaster (35-39)	Burke	375	R. Braugher	320	T. Braugher	265	Master (40-49)	McPherson	—	Police/Fire	Kenney	315	Greenwald	275	242 lbs.	Teen (17-19)	Wolfe	295	Open (24-34)	Newman	460	Maynard	255	Submaster (35-39)	White	360	Master (40-49)	Beaudoin	350	Master (50-59)	Hehir	355	Police/Fire	Wilson	325	275 lbs.	Junior (20-23)	Mitchell	300	Open (24-34)	Blaser	275	Submaster (35-39)	Fair	415	Master (40-49)	Schimpf	380	308 lbs.	Open (24-34)	Zee	325	Master (40-49)	Schimpf	380	Master (50-59)	Greene	300	Fisher	255	SHW	Master (40-49)	Williams	460



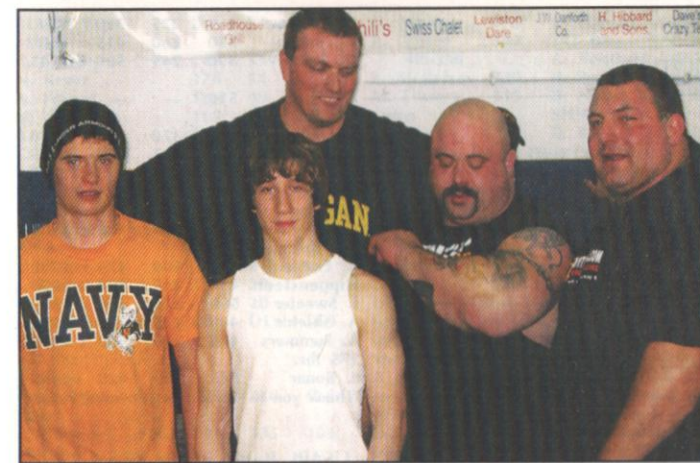
**Overall Red Brick Bench Classic Team Champions:** knelling, left to right, Natalie Ficarra, Ralph Camarce, David Cronkwhite (Captain); standing, l-r, Mike Burke, Sam Scapelliti, Venice Beaudoin, Mike Wohlebon, Dan Beaudoin, Andy Gajkowski. (missing: Hank Baes)

is a local celebrity who volunteers her talent to help our cause to raise money for our local military families. This year event raised \$6,800 that will go to Carole Adamczak of the 107th Air Refueling Wings Family Support Group. In the past Carole has used the money to start youth groups, drug prevention groups, family picnics and to help military families during holidays. This year's event was honored by guest lifter Travis Rogers and world record holders Paul Childress and Joe Dougherty. Travis Rogers called us and asked what he could do to help. The patriotism and big hearts in power lifters is shown to be equal in their strength. Their presence and help was greatly appreciated. One special master elite lifter was Tom Schmidt who on his own raised almost \$1,800 plus dozens of gift certificates from local restaurants, bakeries and other businesses for our Chinese auction. Thanks again Tom. As several seasoned bench pressers have put it the Red Brick Bench Press has grown into western New York's premiere bench press contest. A record 88 lifters were signed up to compete in this year's event. The caliber of lifters has also increased with lifters such as Matt Rydelek, Sean Hailey, Pat Dick, Tom Schmidt, Aaron Neuman, Gary Larson and of course Big Travis. Woman's Raw 114: Newcomer Maria Braugher showed she's made of more than sugar and spice with her 65 lbs. bench press. Raw 123: Natalie Ficarra was our outstanding Military and junior class winner with an impressive 105 lbs. press. Raw 148: Shaina Sexton was another one of our young ladies that is made of more than sugar and spice with a 100 lbs. press. Raw 165: Rebecca Braugher won the teen division with an easy 65 lbs. press. Janelle Pedulla won the open division with a 95 lbs. press. Raw 220: Women's master lifter Valeda Logan won with a 135 lbs. press. Assisted 198: The blonde bomb Rae-Ann Miller won the women division with an awesome 305 lbs. bench press and also won the outstanding female lifter award. Men's Raw 132: 14 year old Travis Barke won the teen (13-14) division with an easy 180 lbs. s and just missed 200 lbs. No doubt he has a promising career started. Raw 148: Francis J. Holly won the teen (15-16) division with a 145 lbs. press. Freddy Duchow won the teen (17-19) division with an impressive 250 lbs. bench press. Second place went to Phillip DePronio with a 210 lbs. press. Third place went to Mackenzie Blount with a 185 lbs. press. Junior winner Joseph Brunej looked like he had a lot more to go with his easy 180 lbs. press. Raw 165: Tim Braugher Jr. won the youth division with a nice 80 lbs. bench press. Ernest Carter won the open division with a 315 lbs. press,

with a 325 lbs. press. Strongman David Carl took second with a 285 lbs. bench press. The open division went to Joe Frawley's 365 lb. press and with a close second place finish was Edward Carters 355 press. Another new comer to powerlifting is Dan Zahno who took third With a 205 lbs. press. Welcome aboard Dan. Submaster winner James Green III added another first place trophy to his large collection with a 355 lbs. press. Master (40-49) winner David Cronkrite is still getting stronger as showing with his 325 lbs. press. Michael Wohleben's 275 lbs. press edged out Carl Saph's 250 lbs. press to win the masters (50-59) division. Master (60-69) winner, Andrew Gajkowski did very well with his 205 lbs. press. Jimmy Ewy won the Police/Fire division with a 250 lbs. bench press. Raw 220: Robert Braugher Jr. is definitely getting stronger as his 195 lbs. bench press showed to win the teen (17-19) division. Michael Droman won the junior division with 365 lbs.s followed by David Epililo's 305 lbs. press. In the submaster division, Michael Burke's 375 beat out brothers' Robert Braugher's 320 lbs. press and Tim Braugher's 265 lbs. press. Watch out Bob, Tim's catching up. Jason Kenney benched 315 lbs. to win the Police/Fire division followed by Dan Greenwald's 275 lbs. press. Raw 242: Cannan Wolf is definitely bigger and stronger than the first time I saw him bench press as his 295 lbs. press showed. This was good enough for a first place trophy in the teen (17-19) division. The outstanding mens raw lifter award went to Aaron Newman with his 460 lbs. bench press. Second place in this open division went to Matthew Maynard with a 255 lbs. press. Submaster winner, Ed White had a good showing with his 360 lbs. press. Master (40-49) division was won by Daniel Beaudoin with a 350 lbs. bench. Another impressive new comer was Robert (Hee-Haw) Heber. In his first bench press competition he benched 355 lbs. to win the masters (50-59) division. Chris Wilson made it look easy with his 325 lbs. press to win the Police/Fire division. Raw 275: Kevin Mitchell III broke into the 300 barrier with his 300 lbs. press to win the junior division. The open division went to Russ Blaser with a 275 lbs. press. Submaster Willie Faire Jr. Benched 415 lbs.s for a first place trophy. Old man Matthew Schimpf only gets stronger and stronger as he wins another master (40-49) trophy with an impressive 380 lbs. bench press. Raw 308: Tim Zee won the open division with a 325 lbs. bench. James Green Jr had an off day for himself but still took first place in the masters (50-59) division with a 300 bench press. Second place went to Greg Fisher with 255 lbs. in his second competition. Raw SHW: Master (40-49) winner Alphonso Williams Jr. is still as strong as ever with



Tom Schmidt during his successful 645 lb. bench. (Brochey photos)



Strongman Mike Anderson, Bench Press Star Travis Rogers and WPO Powerlifting Champ Paul Childress pose with powerlifting newcomers Brendan Gannon and Travis Barke, at the Red Brick meet.

his 480 lbs. press. Assisted 148: Andre Jackson had no trouble with his 330 lbs. bench press to win the open division. Assisted 198: Kris Herbert won the junior division with his 435 lbs. effort. Open division winner David Fiori set a personal record for himself with a 380 lbs. press. No doubt he will have 400 at his next competition. Submaster elite and outstanding light weight award winner Sean Hailey had a great lift with his 515 lbs. press. Congratulations Sean. Master (60-69) winner Robert Doll is making a comeback and impresses us all with his 215 lbs. press. He had more in him. Joe Moore won the Police/Fire division with a nice 275 lbs. press. Assisted 220: Open division winner, Nate Gibson, had a great lift with his 405 lbs. Assisted 242: Junior division winner Nick Frass had what looked to be an easy time with his 430 lbs. press. Open competitor Gary Larson had an off day missing his light 725 lbs. opener. Tom Schmidt, master elite lifter (40-49) division winner put on quite a show with his 645 lbs. personal record bench press. Like fine wine he just keeps getting better the older he gets. Assisted 275: Last years outstanding lifter Matthew Rydelek, got an easy 575 lbs. press to take first place this year in the open division and just missed 600 lbs. because his left arm failed to lock out. I think if it was 599 lbs. he would have got it. Next time Matt. Nate Harvey also crossed into the 500 lbs. club with 500 lbs. for second place. William Rutkowski had the biggest bench press of all the Police/Fire division entries with a fine 405 lbs. press. Assist SHW: Big Jeff Miller went to the next level with his 600 lbs. bench press. The audience was so quiet you could hear a pin drop as guest lifter Travis Rogers attempted his 825 lbs. bench press. The crowd erupted with a roar as he pumped the weight into the air. Second place in the guest lifter division went to Ryan Groneman with an equally entertaining 725 lbs. The Lockport Powerlifters edged out eight other local teams to win the "Patriots Cup". The Niagara County Sheriff's Dept. Team won the Police division beating out second place U.S. Border Patrol. The South Buffalo Moose Lodge lbs.1407 (led by the Braugher clan) won the non-profit organization division. Tom Schmidt of Tonawanda won the overall outstanding lifter award with a 645 lbs. bench press. Aaron Newman of Niagara Falls won the outstanding raw lifter award with a 460 lbs. press. Sean Hailey won the lightweight lifter award with a 515 lbs. press and Rae-Ann Miller of Niagara Falls won the women's outstanding lifter award with a 305 lbs. press. Rae-Ann and her husband Jeff Miller, who had a 600 lbs. bench press, also won the outstanding husband-wife team award. Special thanks to my Niagara Powerlifting Club teammates, Bob Petrie, Thomas Delorimiere, Tony Evans, Johnny Elsberry and Mike Torrie. Recognition also goes to flight and results organizers and announcer Mark

**SLP Alabama Push Pull**  
7 OCT 06 - Northport, AL

BENCH	FEMALE	Teen (13-15) Raw	123 lbs.	K. Trammell	85*	Novice Raw	R. Gray	300*	Teen (16-17) Raw	165 lbs.	C. Williams	220*	Teen (18-19) Raw	275 lbs.	C. Farmer	280*	Junior	198 lbs.	C. Streetman	300*	Submaster	220 lbs.	G. Powers	385	4th-405*	SHW	R. McCants	585*	Master (40-44)	198 lbs.
T. Bowman	405	(Raw)	242 lbs.	T. VanHorne	485*	B. Williams	315*	J. Griffin	375*	B. Tindall	520*	M. Hardy	365*	T. Syverson	340	M. Hardy	365*	T. Syverson	340	C. Green	300*	C. Green	300*	J. Reed	320*	Open Raw	181 lbs.	P. Hardy	365*	

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220 lbs. J. Ray 500\* P. Duke 500\* class at 242 with a big 520! At 50-54/220 it was Thomas Syverson with 340 while Philip Hardy broke the state raw record at 181 with 365. Philip also captured the open 181 class as well, setting his second state record of the day. Our final master lifter was Tennessee's favorite son, Chuck Green. The state recordholder there at 65-69/220, Chuck set the Alabama state record here with an easy 300. The police and fire winner at 242 was James Reed, who broke the state record with his 320 second attempt. A third with 335 was close, but just a little too much for this day. In the open division Jeff Ray got a big personal and state record 500 for the win at 220. Casey Dunaway finished in second place at 220 while Daniel Carpenter was third with 355. Chris James broke the state raw record at 242 with 335 while Robert Gray did the same with his 300 for the novice class at 242. David (D.J.) Taylor set the open 275 record with his 425 third and 435 fourth attempts. The best lifter award for the bench competition went to Jeff Ray, as did the \$200.00 cash prize for the best pound for pound bench! In the deadlift event Phil Duke showed why he is one of the top lightweight pullers in the South with a great 500 state record at junior 165! Thomas Syverson won at 50-54/220 with 520 while Dan Davidson got a big 700 pull at 275! Daniel Carpenter won at 220 open with a new state record 525 pull while Robert Gray rounded out the field with wins at 40-44/242 and open 242. Robert's 315 set the mark for the master division. The best lifter award went to Dan Davidson, who had much more in him, but was suffering from a foot injury and took only two attempts. Thanks again to the members and the Lord of the Harvest Baptist Church for hosting this event. Thanks also to Nyla Williams for helping with the trophy presentation. See you all again next year! (Thanks to Dr. Darrell Latch for results)

**American Powerlifting Committee (APC)**  
www.americanpowerliftingcommittee.com

P O Box 40  
Bogart, Ga. 30622

As a member I agree to follow and obey all the rules, regulations, and procedures of the American Powerlifting Committee.

Name \_\_\_\_\_ Date \_\_\_\_\_  
Address \_\_\_\_\_  
City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_  
Phone \_\_\_\_\_ Email \_\_\_\_\_  
Date of Birth \_\_\_\_\_ Age \_\_\_\_\_ Sex \_\_\_\_\_ US Citizen \_\_\_\_\_ Club \_\_\_\_\_  
Prices: Adult \$30.00 Teenage \$15.00 Special Olympian \$10.00

Signature \_\_\_\_\_ If under 21 Parent or Guardian \_\_\_\_\_

Card expires 12 months from date of purchase

APC Sin City Open 24 MAR 07 - Las Vegas, NV				
BENCH	198 lbs.	Junior	424	501
I. Miller	220 lbs.	(45-49)	341	501
G. Hayes	242 lbs.	(60-64)	573	424
D. Beckinsale	Open	(45-49)	341	501
S. Scaler	Powerlifting	SQ	341	501
FEMALE	132 lbs.	(65-69)	314	176
V. Kersey	148 lbs.	(40-44)	374	865
M. Sparango	181 lbs.	(45-49)	352	931

USAPL Plainwell Qualifier 10 FEB 07 - Plainwell, MI				
Powerlifting	SQ	BP	DL	TOT
FEMALE	123 lbs.	Master II	140	198
N. Proctor	148 lbs.	Master III	90	114
B. Morris	114 lbs.	Teen I	160	132
J. Helms	260	Master I	275	165
M. Freecorn	240	Raw	240	148
J. Krafcik	255	Master II	390	475
R. Brown	390	Open	300	300
S. Mickey	300	Master I	275	165
K. Mayer	655	Master II	460	181
P. Cannon	500	Master I	675	375
R. Kopchak	405	SHW	1200	405
W. Likens	630	Open	1935	670
T. Leone	435	Raw	1280	435

G. Thorton	365	225	360	950
E. Limban	330	260	415	1005
M. Embury	390	245	500	1135
181 lbs.				
M. Smith	510	—	—	—
198 lbs.				
L. DiThomas	430	370	380	1180
A. Harrod	515	335	575	1425
C. Terry	655	355	715	1725
220 lbs.				
R. Jones	410	375	80	1165
A. Toy	405	365	4005	1175
242 lbs.				
A. Easton	415	400	475	1290
Hippensteel	430	295	500	1225
J. Sweeter	500	275	400	1175
A. Shields	400	225	395	1020
A. Summers	425	275	450	1150
275 lbs.				
S. Bonar	545	300	420	1265

**USAPL Battle of the Great Lakes**  
31 MAR 07 - Cleveland, OH

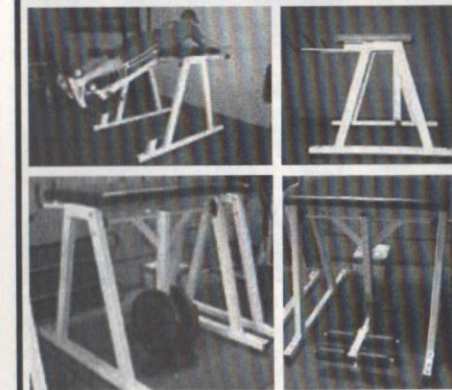
BENCH	123 lbs.	Master II	140	198
N. Proctor	148 lbs.	Master III	90	114
B. Morris	114 lbs.	Teen I	160	132
J. Helms	260	Master I	275	165
M. Freecorn	240	Raw	240	148
J. Krafcik	255	Master II	390	475
R. Brown	390	Open	300	300
S. Mickey	300	Master I	275	165
K. Mayer	655	Master II	460	181
P. Cannon	500	Master I	675	375
R. Kopchak	405	SHW	1200	405
W. Likens	630	Open	1935	670
T. Leone	435	Raw	1280	435

BENCH Reps	Lbs.	Reps
MALE		
K. Mayer	240	53
N. Royer	170	51
A. Furnas	180	49
M. Ruelan	165	45
R. Lath	115	36
C. Tong	140	34
S. Mickey	135	33
J. Auerbach	230	28
J. Schribner	145	26
J. Wrabel	200	25
B. Barnes	170	23
D. Baker	200	21
J. Linden	95	20
G. Beck	190	20

Powerlifting	SQ	BP	DL	TOT
FEMALE	132 lbs.	College	250	135
C. Bolitho	250	135	250	635
A. Pommer	120	110	135	365
148 lbs.				
Raw				
C. Carlson	205	135	260	570
MALE	132 lbs.	Teen III	335	175
D. Ondercin	335	175	365	875
148 lbs.				
Teen				
C. Tong	385	245	385	1015
Junior				
C. Tong	385	245	385	1015
165 lbs.				
Raw				
J. Caputo	400	260	480	1140
181 lbs.				
Junior				
N. Royer	470	375	485	1330
198 lbs.				
Junior				
J. Suschak	500	375	550	1425
Master II				
G. Beck	475	305	475	1255
P/M/F				
R. Kopchak	405	390	405	1200
Raw				
J. Lupia	45	320	500	1270
M. Russi	425	275	530	1230
B. Godsen	405	275	475	1155
J. LaGuardia	355	225	375	955
220 lbs.				
Raw				
T. Fox	550	335	525	1410
Open				
W. Mance	425	315	530	1270
Master I				
T. Fox	550	335	525	1410
College				
K. Clark	510	335	450	1295
K. Long	385	225	500	1110
242 lbs.				
College				
A. Dawson	275	230	365	870
275 lbs.				
Raw				
G. Bess	525	400	660	1585
Novice				
N. Bartell	205	225	315	745
Teen I				
N. Bartell	205	225	315	745
SHW				
Open				
W. Likens	670	630	635	1935
Raw				
T. Leone	435	315	530	1280

C. James 375\* C. Hansen 450\*  
R. Gibson 340 242 lbs.  
4th-350 A. Barnhart 475\*  
S. McKelvey 340 B. Burton 460  
M. Lowery 315 B. Hislop 400  
Open SHW  
198 lbs. B. Reagan 500\*  
\*USA Raw Bench Press Federation World Records. Best Lifter Lightweight: Luis Ruiz. Best Lifter Heavyweight: Craig Hansen. The 2006 USA 'Raw' Bench Press Federation World Championship was held at Son Light Power Gym. This was the second annual world championship to be held by the USA Raw Bench Press Federation. The USA Raw Bench Press Federation was founded in 1994. We had a good turnout, with lifters traveling from Illinois, Indiana, Michigan, Missouri, and Tennessee. A great time with some old friends and some new friends. In the teenage men's 16-17/148 class Michigan's own Mike Hall set the record there with his 235 lbs. final attempt. Luis Ruiz, who continues to improve his form, set the record at junior 181 division with a strong 360 lbs. double bodyweight lift. For the submaster division it was best lifter Craig Hansen with 450 lbs. in the 198 class for the win and a new world mark as well. Philip Hardy came all the way from Tennessee for the title at 50-59/181 division, setting the record there with 365 lbs. Jim Bell set the Illinois state record at 50-54/220 class with 225 lbs. while "The Legend" Bill Reagan, broke the world mark at 50-59/shw with a solid 500 lbs.! Mike Collet, the originator of the great SAAS organization, set the world mark at 60-64/220 division with 250 lbs. Daryl Meloche, who had held the national mark at 60-69/242 with 300 lbs., upped that by fifteen pounds to finish with 315 lbs., for a new world record as well. Chuck Barth set the Illinois state record with his 335 lbs. finish in the police/fire & submaster/198 divisions. In the open police & fire division Chris James won at 275, in a battle with three other great competitors. Chris set the world mark with 375 lbs., followed by Roger Gibson's 350, Scott McKelvey's 340 and Mike Lowery's 315 lbs. final attempt. In the open division it was Craig Hansen at 198, setting his second world mark of the day. Aaron Barnhart broke the record in the 242 lb. class with 475 lbs. while Brian Burton finished a close second with 460

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lbs. Third place at 242 went to Bill Hislop which was very much appreciated. Bill Hislop was also given a special award, "the sportsmanship award", presented by Mike Collet. Thanks to my son D.C. for all his help. And, thank you to Scott Hobart, Jim Bell, Bill Hislop, and my wife Susie, for their assistance as well. I hope to see you all again next year! (Thank you to Dr. Darrell Latch for providing these results)

**USA Powerlifting™ (formerly ADPPA) Membership Application** • PO Box 668, Columbia City, IN 46725

(260) 248-4889 • (260) 248-4879 fax • www.adppa.com • www.usapowerlifting.com

**Conditions of Membership:** As a condition of membership to USAPL, I agree to follow and obey all rules, regulations, and drug testing procedures of USAPL. I further agree that the rules, regulations, and drug testing procedures are subject to change at any time and that I agree to obey any new or changed rules, regulations, and drug testing procedures as a condition of continued membership. I agree that my membership may be revoked temporarily or permanently, suspended, and/or denied for my failure to obey USAPL rules, regulations, and drug testing procedures. I will voluntarily submit to any drug testing procedure that USAPL has approved in its rules, regulations, and drug testing procedures. If I do 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 that positive test regarding my membership.

As a condition of membership to USAPL, I understand and accept that I am prohibited from using any substance or doping method that is banned by the United States Olympic Committee. It is my sole responsibility to stay current with any USOC banned substance or doping method, including those most recently banned. I further accept sole responsibility for what I take into my body and that should I consume a banned substance unknowingly, and test positive for that banned substance, I shall be solely responsible for the consumption of that banned substance and shall accept the results and consequences of that test.

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

**SIGNATURE:** \_\_\_\_\_ **If under 21 yrs., Parent Initial:** \_\_\_\_\_ **Date:** \_\_\_\_\_ **Prior Reg. #** \_\_\_\_\_

**Name:** \_\_\_\_\_ **Phone:** ( ) \_\_\_\_\_ **E-Mail:** \_\_\_\_\_

**Address:** \_\_\_\_\_ **City:** \_\_\_\_\_ **State:** \_\_\_\_\_ **Zip Code:** \_\_\_\_\_

**Date of Birth:** \_\_\_\_\_ **Age:** \_\_\_\_\_ **Sex:** \_\_\_\_\_ **U.S. Citizen?** \_\_\_\_\_ **USAPL Registered Club Represented:** \_\_\_\_\_

**Membership Prices:** (please circle one) • Adult - \$40.00 • High School Division (Full year) - \$30.00 • Special Olympian - \$10.00 • Youth (10-13) - \$15.00  
• High School Seasonal (6 mo. Only good Dec. 1 thru May 31) - \$15.00 • Upgrade from current HS Seasonal to HS Div. Full year - \$15.00

**Competing Divisions:** (please circle all that apply) Open Youth (10-13 yrs.) Teen (14-19 yrs.) Junior (20-23 yrs.) Master (40 yrs. & up)  
Collegiate Military Police & Fire High School - Full Year High School Seasonal - 6 mo. Dec. 1 - May 31 Special Olympian

**USAPL Merchandise:** (please circle choices) • T-Shirt - \$15.00 (size \_\_\_ qty. \_\_\_) (colors: Navy and black, gray) • Sweatshirts (Crewneck, zipper or hooded) - see e.store  
• Women's T-Shirt - \$18.00 (size \_\_\_ qty. \_\_\_) (colors: Black, gray and white) • Kids T-Shirts and hooded sweatshirts - see e.store on website  
• White Referee Designation Polo - \$30.00 (size \_\_\_ qty. \_\_\_) • Logo Patch - \$5.00 (qty. \_\_\_) (Shpg for patch: .50) • Tanks - see e.store on website  
• Lifter Classification Patch - \$5.00 (qty. \_\_\_) (must provide meet results) • Singlets - see e.store • Caps and Beanies - \$15.00 (qty. \_\_\_) (colors: Navy)

Check/Money Order # \_\_\_\_\_ Membership Price: \$ \_\_\_\_\_

Credit Card: Visa-Mastercard-Discover Exp. Date: \_\_\_\_\_ Merchandise Total: \$ \_\_\_\_\_

Card # \_\_\_\_\_ Merchandise Shipping: \$5.85

Cardholder Signature: \_\_\_\_\_ Total Purchased: \$ \_\_\_\_\_

All memberships expire 12 months from date of purchase. (Write Original - National Office • Yellow - Seller's Copy • Pink - Lifter's Copy)

**USA Raw BP Federation Worlds**  
4 NOV 06 - Tuscola, IL

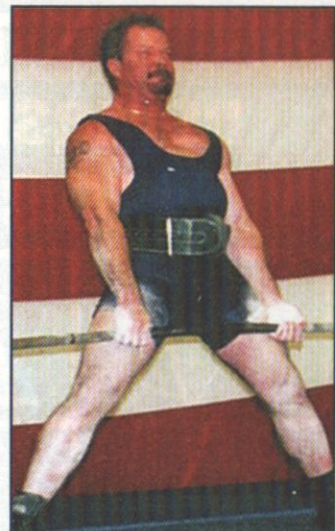
BENCH	220 lbs.	
MALE		
Teen (16-17)	SHW	225
148 lbs.	B. Reagan	500*
M. Hall	235*	Master (60-69)
181 lbs.		220 lbs.
L. Ruiz	360*	M. Collet
Submaster		245*
181 lbs.		4th-250*
B. Hanrahan	350	D. Meloche
198 lbs.		315*
C. Hansen	450*	Police/Fire
Master (50-59)		Submaster
181 lbs.		335
P. Hardy	350*	C. Barth
4th-365*		Police/Fire
		Open
		275 lbs.

**WABDL**  
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				Area Code/Telephone
Current WABDL Classification	Renewal Status	U.S. Citizen?	Date of Birth	Sex
Elite Master I II III IV	World National State	Y N		M F
Registration Fee:				NOTE: All WABDL-sanctioned meets will be subject to drug testing.
Adults \$30.00				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.
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				
If under 18, have parent initial _____			Signature _____	

APF/AAPF Snake River  
24-25 MAR 07 - Idaho Falls, ID

BENCH		Novice	
Snake River	J. Wilkinson	281	Open
Youth (4)	Open		
K. Heath	22	181 lbs.	Cunningham
Youth (5)	H. Heath	22	220 lbs.
H. Heath	22	198 lbs.	C. Wessells
Youth (6)	J. Landis	33	374
J. Landis	33	220 lbs.	E. Whitmore
Youth (7)	55 lbs.		K. Coombs
55 lbs.	N. Howe	33	275 lbs.
N. Howe	33	275 lbs.	C. Shovar
55 lbs.	K. Cord	37	Submasters
K. Cord	37	242 lbs.	D. Fortner
Youth (10)	145 lbs.		Masters (40-44)
145 lbs.	T. Porter	—	181 lbs.
T. Porter	—	181 lbs.	Cunningham
100 lbs.	B. Couch	147	501
B. Couch	147	242 lbs.	K. Lombard
FEMALE	Snake River	468	275 lbs.
Snake River	Teen (14-15)	275 lbs.	C. Porter
Teen (14-15)	97 lbs.	253	Master (45-49)
97 lbs.	Cunningham	115	132 lbs.
Cunningham	115	242 lbs.	V. Nakamura
115	Novice	330	S. Berger
132 lbs.	132 lbs.	330	198 lbs.
J. Heath	134	308	R. Cowles
J. Heath	134	308	Master (50-54)
Open	114 lbs.	198 lbs.	D. Clayton
114 lbs.	S. Randolph	132	385
S. Randolph	132	220 lbs.	J. Richards
Masters	114 lbs.	380	242 lbs.
114 lbs.	S. Randolph	132	T. Wood
AAPF	Teen (13-14)	97 lbs.	308+ lbs.
Teen (13-14)	97 lbs.	308+ lbs.	Master (55-59)
97 lbs.	Cunningham	115	308+ lbs.
Cunningham	115	308+ lbs.	P. Herdt
115	Open	114 lbs.	AAPF
114 lbs.	114 lbs.	148 lbs.	Teen (14-15)
S. Randolph	132	148 lbs.	114 lbs.
132	Master (45-49)	187	R. Garcia
132	114 lbs.	187	181 lbs.
S. Randolph	132	148	E. Cruz
132	APF	220 lbs.	220 lbs.
APF	Teen (13-14)	97 lbs.	J. Rosen
Teen (13-14)	97 lbs.	264	242 lbs.
97 lbs.	Cunningham	115	J. Catalan
Cunningham	115	237	Junior
115	Open	97 lbs.	132 lbs.
114 lbs.	114 lbs.	275	N. Lenhart
S. Randolph	132	132 lbs.	Open
132	Master (45-49)	275	N. Lenhart
132	114 lbs.	275	148 lbs.
S. Randolph	132	308	Edmondson
132	Teen (14-15)	308	Law/Fire Open
132	148 lbs.	308	Edmondson
R. Garcia	192	308	Open
192	220 lbs.	501	220 lbs.
J. Rosen	264	501	J. Nelson
264	Open	440	308+ lbs.
Open	181 lbs.	440	D. Edgell
181 lbs.	Cunningham	501	Submasters
Cunningham	501	440	308+ lbs.
501	Master (40-44)	440	D. Edgell
440	181 lbs.	440	440
Cunningham	501	440	Masters (40-44)
501	MALE	501	242 lbs.
Snake River	Teen (13)	501	J. Nelson
Teen (13)	181 lbs.	501	Masters (45-49)
181 lbs.	181 lbs.	501	132 lbs.
L. Trejo	—	501	V. Nakamura
L. Trejo	—	501	—
Teen (14-15)	148 lbs.	501	148 lbs.
148 lbs.	Edmondson	308	D. Clayton
123 lbs.	F. Cazares	154	518
123 lbs.	148 lbs.	474	518
T. Anderson	170	474	518
170	165 lbs.	507	507
165 lbs.	A. Winterfeld	88	165 lbs.
A. Winterfeld	88	507	165 lbs.
88	198 lbs.	507	165 lbs.
I. Jauregui	—	507	165 lbs.
I. Jauregui	—	507	165 lbs.
Woodhouse	148	507	165 lbs.
148	220 lbs.	507	165 lbs.
Teen (16-17)	220 lbs.	507	165 lbs.
220 lbs.	C. Dredge	—	165 lbs.
C. Dredge	—	165 lbs.	165 lbs.
Teen (18-19)	275 lbs.	1620	275 lbs.
275 lbs.	M. Draper	402	275 lbs.
M. Draper	402	1620	275 lbs.
402	Novice	496	275 lbs.
Novice	198 lbs.	496	275 lbs.
198 lbs.	J. Wilkinson	—	275 lbs.
J. Wilkinson	—	496	275 lbs.
275 lbs.	G. Baczuk	—	275 lbs.
G. Baczuk	—	496	275 lbs.
Junior	198 lbs.	496	275 lbs.
198 lbs.	S. Larson	—	275 lbs.
S. Larson	—	496	275 lbs.
Junior	308+ lbs.	496	275 lbs.
308+ lbs.	Z. Porter	303	275 lbs.
Z. Porter	303	1129	275 lbs.
303	FEMALE	1129	275 lbs.
FEMALE	Snake River	SQ	440
Snake River	Youth (4)	440	688
Youth (4)		688	1129



Master Jon Cunningham adds a 501 pull to go with his 500 bench at 181, at the Snake River Meet (photo courtesy of Mike Higgins)

L. Younger	22	33	55	110				
Youth (5)								
L. Damon	—	—	—	—				
Youth (5)								
45 lbs.								
J. Haynes	44	44	81	169				
Youth (6)								
K. Younger	22	33	81	136				
Youth (7)								
55 lbs.								
M. Willis	66	55	81	202				
Youth (8)								
40 lbs.								
P. Wessells	66	44	138	249				
Youth (9)								
65 lbs.								
A. Haynes	81	99	231	412				
79 lbs.								
S. Draper	119	110	246	476				
Youth (10)								
T. Wessells	55	55	138	249				
D. Edmondson	66	66	88	220				
FEMALE								
Open								
148 lbs.								
A. Benkovich	226	110	264	600				
Novice								
SHW								
B. Willis	209	115	314	639				
AAPF								
Open								
SHW								
B. Willis	209	115	314	639				
MALE								
Teen (14-15)								
148 lbs.								
T. Anderson	242	170	292	705				
Teen (16-17)								
198 lbs.								
C. Hodges	446	242	374	1063				
275 lbs.								
T. Porter	501	286	451	1240				
Teen (18-19)								
165 lbs.								
G. Lamb	231	198	325	755				
275 lbs.								
M. Draper	402	347	523	1273				
Submaster								
165 lbs.								
S. Winslow	352	242	407	1003				
181 lbs.								
D. Winslow	474	341	501	1317				
Masters (50-54)								
181 lbs.								
M. Higgins	501	341	501	1344				
Over 70 lifters, mostly newcomers, came to Teton Country and set or broke over 40 records. Between Gary Frank's lifters in Louisiana and our lifters, we both may fill all the untaken single lift records in the AAPF. 17 youths (5-12 years) pleased the parents and grandparents with their fun performance on Saturday. Most of them lift a Styrofoam, red, white, and blue barbell weighing only maybe 3 lbs. Their performance is a light note among of the serious lifters on day one. Clark Hodges (MT), coached by multi APF/AAPF champ Jim Thompson, once getting through his opening squats, took the 16-17/198 with 446-243-375-1063, he set a Snake River record squatting 446, and an American record deadlift lifting 402. The Snake River squat record was previously held by IF's own J.T. Jichia, who still holds the bench and deadlift for that age group. J.T.'s in Calif, as he calls California, with his lovely military/college track star wife. Congrat Clark is built to lift, so watch for him in the future. He even helped spot the big guy's on day two. That's what's so great about power meets is people helping people! Matt Draper (UT) age 19, won the Teen 275 and Best Teen Lifter of meet, lifting 402-347-524-1273. Matt broke several Snake River records and went 7 for 9 in his lifts. At 132, Nick Lenhart (UT) was one of the most impressive newcomers in the meet. Again, at 132, Nick squatted 341. With ease, benched 275, and pulled an American record 424, and took Best Junior Lifter. Joel Ward, currently serving the US Marines, was the last great 132er from this area. Joel went 424-242-460 for records, and won the Junior Nationals before enlisting and being deployed. Nick, Joel would have been hearing; spotting, loading, whatever, and cheering you on, just that kind of guy. We pray he'll be back, and back on the platform, where he's a natural like Nick! Watch for Nick in the future! Amy Benkovich (MT) was Best Female Lifter								

C. Carlin	—	—	—	—				
308+ lbs.								
D. Edgell	677	440	688	1807				
Submasters								
308 lbs.								
J. Thompson	821	507	672	2000				
Submasters								
308+ lbs.								
D. Edgell	677	440	688	1807				
Master (40-44)								
242 lbs.								
T. Reem	551	363	551	1466				
275 lbs.								
J. Thompson	672	407	672	1752				
Master (55-59)								
242 lbs.								
D. Ward	—	—	—	—				
Submasters								
275 lbs.								
J. Gibson	870	573	666	2110				
APF								
Junior								
242 lbs.								
D. Winslow	501	363	611	1477				
Open								
242 lbs.								
T. Reem	551	363	551	1466				
275 lbs.								
B. Coroon	523	451	457	1433				
308+ lbs.								
D. Edgell	677	440	688	1807				
Submasters								
308+ lbs.								
D. Edgell	677	440	688	1807				
Master (45-49)								
181 lbs.								
D. Winslow	501	363	611	1477				
Master (40-44)								
242 lbs.								
T. Reem	551	363	551	1466				
Submasters								
275 lbs.								
J. Gibson	870	573	666	2110				
Masters (45-49)								
148 lbs.								
D. Edmondson	551	308	507	1366				
165 lbs.								
S. Winslow	352	242	407	1003				
181 lbs.								
D. Winslow	474	341	501	1317				
Masters (50-54)								
181 lbs.								

lifting 225-110-265. Master Multi-Champion, David Edmondson (UT) at 46 years and 148 was Best Master Lifter of the meet going 551-309-507. David also took many American records and went 8 for 9 on his attempts. Mike Haynes (UT) broke Snake River records in the Submaster 165, squatting 440 lbs. and deadlifting 429. Mike's 440 squat was a breeze, so hopefully in the fall, 500 will fall! Two teen bench teams, Taylorview and Claire E. Gale, came benching for the team trophy for their school trophy case. The local Yo Murphy Foundation sponsored the team and sometime, Mr. Murphy may show up at the meet to cheer them on. Yo is currently playing Canadian Football, but was a NFL player at one time. Thanks Yo for helping the kids! The Claire E. Gale team won the team trophy. Coach



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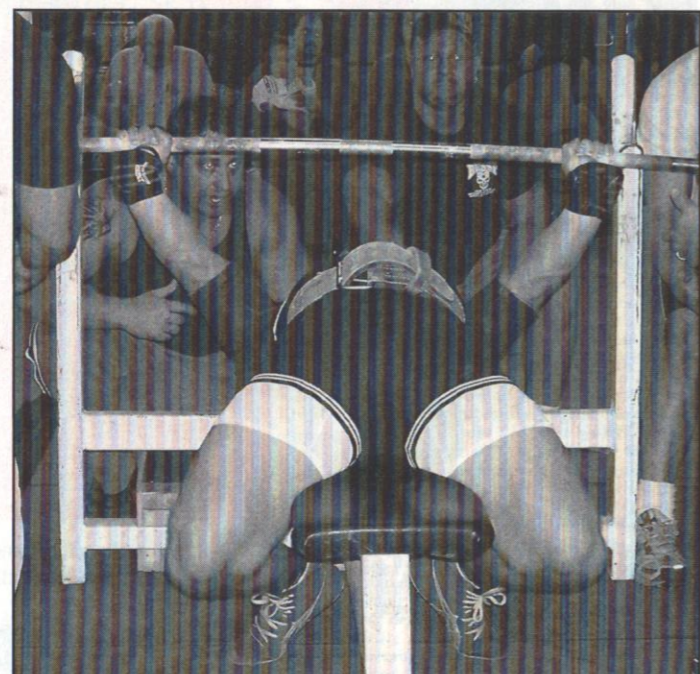
USAPL N. Charleton Push Pull  
10 MAR 07 - N. Charleton, SC

BENCH Only	C. Griggs	390
FEMALE	Master IV	
165 lbs.	Raw	
Open	W. Rickards	260
Raw	275 lbs.	
T. Bennett	Open Raw	115
MALE	A. Taylor	400
148 lbs.	DEADLIFT Only	
Open	FEMALE	
B. Miller	165 lbs.	305
Open Raw	Open	
E. Wright	M. Stanley	605
165 lbs.	Open Raw	
Open	T. Bennett	275
M. Stanley	Master I	350
Open Raw	M. Stanley	605
F. Beaufort	181 lbs.	270
Master I	Master II	
M. Stanley	W. Kellett	430
181 lbs.	220 lbs.	
Master II	Teen III	
W. Kellett	Raw	240
220 lbs.	J. Hillard	385
Teen III	242 lbs.	
Raw	Master I	
J. Hillard	Raw	305
Master IV	C. Griggs	400
R. Price	Master IV	
242 lbs.	W. Rickards	340
Open	275 lbs.	
T. Isbell	Open Raw	485
Master I	A. Taylor	500
Powerlifting	SQ	
165 lbs.	BP	
Open	DL	
M. Stanley	TOT	1455
Master I		
M. Stanley		1455
242 lbs.		
Master IV		
W. Rickards		300
Chief Referee: Regina Hackney. (USAPL)		280

UNS Beast of the Northeast  
10 MAR 07 - Warren, PA

BENCH WOMEN	J. Coder	280
97 lbs. <td>Open</td> <td></td>	Open	
Open (11) <td>P. Parks</td> <td>415</td>	P. Parks	415
K. McCaslin	Submasters	
165 lbs.	S. Pensyl	480
Open	Masters	
McQuiggon	P. Parks	415
190	J. Gibson	335
MEN	Masters II	
132 lbs.	B. Shaffer	405
Masters	242 lbs.	
Pee Wee	Open	
250	D. Martin	575
148 lbs.	J. Hendryx	500
Open	Submasters	
J. Czeklovsky	E. Bedow	
500	Masters IV	
Teen	D. Barhight	375
T. Warner	275 lbs.	
205	Open	
Junior	C. Phillips	575
N. Renard	Submasters	
315	J. Snyder	
165 lbs.	308 lbs.	
Blattenberger	Masters III	
435	B. Godden	475
P. Fleming	308+ lbs.	
375	Junior	
J. Shoemaker	P. Bullers	400
275	DEADLIFT	
J. Gelnett	WOMEN	
Teen	132 lbs.	
M. Pascarello	Open Teen	250
240	M. Melo	
W. Gillen	Teen	
—	123 lbs.	
Masters	Open	320
Blattenberger	M. Wolfley	715
435	148 lbs.	
P. Fleming	S. Kuhns	460
375	Teen (18-19)	
181 lbs.	H. Colyer	425
Open	165 lbs.	
E. Gustafson	Open Raw	
300		
J. Kaziska		
225		
Teen		
J. Kaziska		
225		
198 lbs.		
Open		
M. Wolfley		
715		
S. Kuhns		
460		
S. Closson		
—		

Open	M. Coulter	365	198 lbs.	Open	C. Beatty	520	Ehrensberger	510	G. Scarnati	500
Teen (16-17)	L. Koontz	380	Open	Teen			275 lbs.	Open	308 lbs.	Junior
							Masters II		J. Fair	525



Mike Wolfley benching 715 pounds in the 1980s at the Beast of the Northeast (photographs provided by the courtesy of Sandi McCaslin)



Sarah McCaslin breaking the 200 lb. barrier in the deadlift, backed up by her father Zane McCaslin.

S. McCaslin	135	205	340	Teen (18-19)	T. Kelly	400	352	390	1115
123 lbs.				165 lbs.					
Open Submasters				Teen (16-17)	C. Connor	350	225	375	950
J. Ochoa	195	350	545	Junior (2-23)	A. Valleza	650	455	530	1635
MEN				181 lbs.					
Open				Open	D. Linnerud	—	500	—	500
E. Eliason	435	500	935	Teen (18-19)	B. Conant	605	295	425	1325
Teen (16-17)				198 lbs.					
Z. Wagner	295	500	795	Open	R. Moore	800	525	600	1925
K. Kysor	225	550	775	Submaster	B. McCloud	650	390	460	1500
198 lbs.				Junior (20-23)	M. Connor	650	225	455	1330
Teen				220 lbs.					
C. Latten	405	450	900	Open	M. Miner	—	460	—	460
Submaster				Master (40-44)	S. Olson	—	415	—	415
D. Gordon	425	470	895	220 lbs.					
Masters				Open	J. McDonald	600	335	555	1490
T. Myers	350	655	1005	308+ lbs.	A. Bess	475	—	—	475
220 lbs.				Open	K. Barker	—	425	—	425
Open				Raw Open	Q. Ishmaci	555	360	640	1555
M. Haviland	530	585	1015	Q. Cappelto	425	225	525	1175	
308 lbs.				Junior (20-23)	E. Gahlsdorf	510	365	515	1390
Masters				Submaster (33-39)	H. Barrett	670	415	615	1700
B. Carmack	365	450	715	Open	B. Risch	—	450	—	450
308+ lbs.				Raw Submaster	N. Rudd	—	350	—	350
Open				Master (40-44)	V. White	—	405	—	405
S. Lewis	550	665	1215	Master (45-49)	M. Straly	650	380	540	1570
B. Younker	420	625	1045	SHW	R. Lacey	500	315	285	1200
(Thank you to Sandi McCaslin for results)				Open	D. Pigge	—	630	—	630
				A. Thornton	510	300	435	1245	
				MALE					
				148 lbs.	D. Walker	350	225	410	985
				Raw Open	Unsponsored				
				S. McCaslin	J. Rice	500	350	600	1450
				Teen (13-15)	R. Resseau	315	300	385	1000
									242 lbs.

Open	D. Boelf	820	555	630	2005
Teen (16-17)	E. Baum	590	445	565	1600
Raw Junior	J. Lynch	315	—	325	—
Submaster (33-39)	J. Centoni	—	405	—	405
Master (40-44)	M. Connor	725	475	550	1750
Master (65-69)	L. Sandberg	575	175	560	1610
275 lbs.	L. Sandberg	—	475	560	1035
Open	J. Linnell	750	650	700	2100
Junior (20-23)	J. Payne	700	520	700	1920
Submaster (33-39)	R. Lahourcade	—	640	—	640
640	J. McEllrath	—	625	—	625
Junior (20-23)	J. Seath	905	550	775	2330
Submaster (33-39)	R. Rigdon	805	660	600	2065
640	J. Angel	700	525	610	1835
Open	L. Bush	475	375	500	1350
Junior (20-23)	Master (40-44)				
640	J. Garcia	—	—	550	550
Submaster (33-39)	Master (45-49)				
640	S. Schultz	700	535	580	1815
Open	J. Roy	550	500	525	1575
Junior (20-23)	308 lbs.				
640	Teen (18-19)				
Submaster (33-39)	D. Fonta	800	625	625	2050
640	J. Roy	550	330	500	1380
Open	Junior (20-23)				
640	M. Moore	995	620	725	2300
Submaster (33-39)	SHW				
640	Open				
640	J. Patterson	800	605	755	2160
Open	A. Anderton	650	535	785	1945
640	Junior (20-23)				
640	T. Corwin	—	800	—	800
640	Master (45-49)				
640	P. Ratsch	800	725	630	2155
640	Raw Master				
640	V. Eldridge	—	700	—	700
640	(Thanks to Brent Mikesell for these results)				

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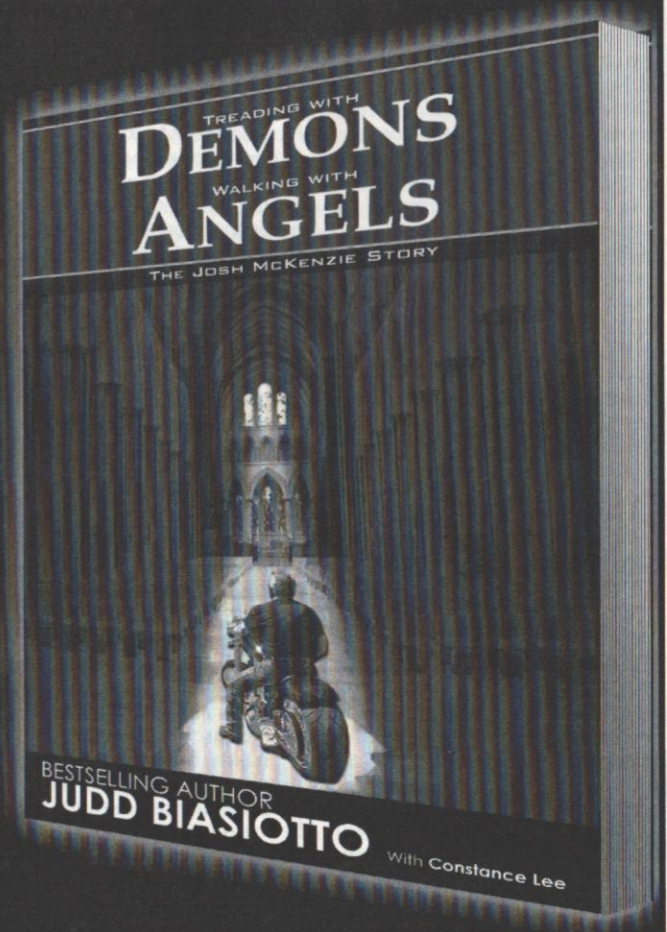
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(article continued from page 12)

a lot of steak, hamburgers, hamburger helper, and whatever else my girlfriend is willing to cook for me.

**ALN:** Is there a particular benefit you ascribe to consuming a lot of beef or do you just love the taste?

**NW:** The benefit is its high protein content and caloric density. I need a lot of quality calories to maintain my size. Oh, and yes, I love the taste!

**ALN:** I know you recently suffered a partial tear of your pectoralis. To what do you attribute the injury and how have you rehabbed yourself?

**NW:** The injury was a result of my obsession to be the best and my concurrent overreaching with respect to volume and load. Bottom line, I was overtrained and that left me open to injury. That fact combined with a bad spot and there you have it.

My rehab consisted of rest, ice, stim, ultrasound, massage, and proper diet with respect to staying sufficiently hydrated and making it a point to consume extra protein. In addition, you were kind enough to offer me ETS (Extreme Training Support). This is no b.s.; I am truly amazed at how well the product worked. You had told me Kara Bohigian used it during her rehab from knee surgery but I was a bit skeptical with respect to what it could really do for me. With its use I was able to get back to heavy training much more quickly than I imagined possible.

**ALN:** What is "stim"?

**NW:** "Stim" is short for electric stimulation. Its use improves circulation in the treated area which offers a myriad of recovery benefits to include the removal of fluid.

**ALN:** Ok, got it. You're not kidding about getting back to heavy training very quickly! You competed in The Kings of the Bench meet (held at the expo for the Mr. Olympia contest in Las Vegas on September 29th) literally only a few weeks after the tear, correct?

**NW:** It was just under 6 weeks prior to the meet that I injured myself. With the ETS and rehab I was back up to 90% or so in time for the meet. I tied Brian Siders with a 625 lbs raw press but lost due to bodyweight. I gave 650 lbs a real nice ride twice, but it was just not quite there on that day. I don't like losing, but was happy to be able to compete so soon after the injury.

**ALN:** Are supplements part of your regular arsenal as well and if so which do you use?

**NW:** I am a firm believer in proper supplementation. I use several products to include your aforementioned ETS and also your protein product called Nitrean. I also like Designer Supplements' products



Nick Winters interviewed by Bill Kazmaier at the New England Record Breakers event. (BodyTech USA)

and am currently using Vigor, Glucophage XR, and Xceed.

**ALN:** It occurs to me that someone like you is in a very interesting position. You are one of the best benchers in the world and that gives you a tremendous ability to influence others. I remember when I was young and just getting into training and reading about how the biggest and strongest trained was always a tremendous thrill! I can vividly remember the anticipation when I got a new magazine or book. It was like Christmas! I knew that in the magazine or book was some new way that a champion trained which would help me to achieve my goals!

Now you are the guy that young men will look to for the secrets to training success! Let me ask you, what would you say to that young man who ever so desperately wants to bench 3 plates and is reading this interview right now?

**NW:** This will be a bit of a case of "do as I say not as I do". You must train intelligently. You cannot push your body to its limits every time. You should also eat in such a way that it facilitates optimal recovery. This includes making sure to get plenty of quality protein every day and not skimping on the carbs.

Your training focus for a big bench must include plenty of bench work but the real "secret" to a big bench revolves around plenty of hard work for your triceps, lats, and shoulders. This assistance work is what will take you to the next level in benching.

Finally, form is the key to a big bench. Learning proper form has enabled me to reach heights I would have never thought possible.

**ALN:** Tell us more about proper form for the bench. What have you done to your own form that has reaped you the greatest benefit?

**NW:** I have done several things which in totality have greatly enhanced my bench:

1) I needed to find a way to position my feet so that I would not lift my butt when pressing. I accomplished this by placing my feet as far back as possible. I put my weight on the balls of my feet and turn my heels inwards. I am not recommending this particular style for everyone but it has certainly worked for me.

2) Louie Simmons and the guys at Westside taught me the importance of triceps in benching. Prior to Westside I was essentially trying to use the momentum I could generate with my pecs and delts to power the weight to lockout. I now know that to maximize my bench I must focus on my triceps so that I have the power to lockout the loads I can press off my chest. This may sound obvious but I can tell you that there are a myriad of benchers who don't realize the true value of triceps strength in benching.

3) I learned to lift my head and watch the bar. This helps to protect the neck and also shortens your stroke just a touch.

4) I started pushing out my abdomen while lowering the bar

which again helps to shorten the ROM.

5) Westside taught me to press the bar in a straight line.

6) Finally, I was taught to hold my breath during a maximum lift. This increases pressure in the whole thoracic cavity thus creating a sturdier base for the press and increasing the absolute load you can bench.

When I went to Westside I basically learned to bench all over again. Prior to my making that move I really had no idea what I was doing with respect to the technical aspects of powerlifting. To anyone reading this I would suggest you check out their videos as they will truly teach you how to become the best benchers you can be. You can get the videos at [www.westside-barbell.com](http://www.westside-barbell.com) and I also know that AtLarge Nutrition ([www.atlargenutrition.com](http://www.atlargenutrition.com)) is going to be running a promotion where you can get a FREE Westside video with your purchase of AtLarge's products. You can't beat that! Great supplements and great videos! All you need to become the next big thing in benching!

**ALN:** Yep, the Westside videos are awesome to be sure! Good stuff and thanks for sharing with our readers.

Nick, I wish you the best of luck in becoming the greatest raw and shirted presser in the history of strength sports and I am confident you have what it takes to do just that. Thanks for the interview and we will be seeing you in the record books soon!

(interview continued from pg. 26)

2200 lb. total, and had my surgery a few days later. It's been 10 weeks post op as of this interview and I'm still not cleared to lift yet, so I'm glad that I hit that squat while I was feeling good.

The only other serious injury I have had was back in 2004 when I crash landed a squat and tore the meniscus and strained the MCL of my left knee. It was my second time in a squat suit and I didn't have any experienced powerlifters around. As I sat back to descend, the material was so thick I didn't push back hard enough and it shot my hips forward and I lost my balance. It was not a major injury and only required a scope for some clean up, but it took me a long time to recover from it. I was unable to fully flex my quads or fully extend my knee for about eight months.

**BC:** Well, I'm glad you got that taken care of and wish you a speedy recovery. Would you mind telling us about your training routine?

**SB:** Sure. My training routine changes a lot throughout the year depending on my current goals. I believe that everything works, but everything doesn't work all the time. I use high reps, low reps, heavy weight, light weight and everything in between. But I always fall back on the same basic size and strength routine. I always see peaking routines in here which don't do much for you unless you have already laid the foundation work leading up to it, so I'll lay out my foundation training program.

#### Monday - Bench, Heavy Tris

Flat Bench: Up to max 1-5 reps, then back to down to 2-3 sets of 3-5 tough reps.

Incline Bench: Up to max 5 the get 1-2 more sets for as many as I can.

Dumbbell Flies: 4 sets of 15  
Nose Breakers: 3 sets of 8-12  
Other Heavy Tri Movement: 3 sets of 8-12

Calves

#### Tuesday - Back, Heavy Bis

Pull Ups: 3 sets to failure  
Bent Rows: 3 sets of 10

\*alt every other week with DL for 3 sets of 3-6  
Barbell Curls: 3 sets of 6-10  
DB Curls: 3 sets of 6-10

Calves

#### Wednesday - REST

#### Thursday - Shoulders, Traps

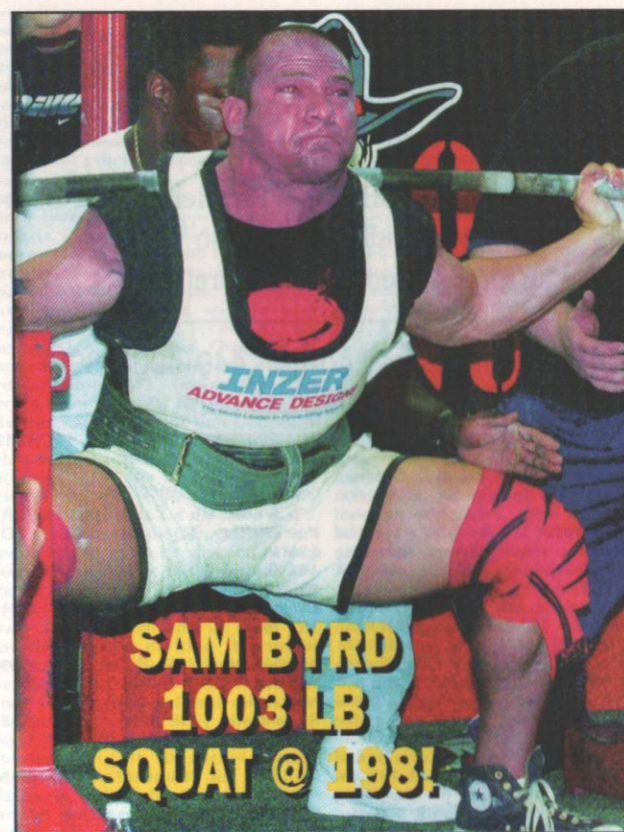
Shrugs: 3 sets of 12  
Close Grip Bench: Up to max triple, then back down sets of 5; or speed benches

Shoulder Press: 3 sets of 5-8  
DB Lateral Raises: 3 sets of 12-15  
DB Shoulder Press: 3 sets of 8-12

Upright Rows: 3 sets of 12-15  
Calves

#### Friday - Arms

Barbell Curls: 3 sets of 10-15  
DB Curls: 3 sets of 10-15  
DB Hammer Curls: 3 sets of 10-15  
Tri Press Downs: 3 sets of 10-15  
Rope Press Downs: 3 sets of 10-15  
Overhead Rope Ext.: 3 sets of 10-15



As he appeared on the cover of the OCT/06 PL USA. (Ken Overby)

#### Saturday - Legs

My leg workouts vary the most and I do a lot of bodybuilding work for them off season.

Squats: Up to heavy set of 5  
Hack Squats: 2-3 sets of 12-20  
Leg Sled: 2-3 sets of 15

Leg Ext.: 2-3 sets of 15  
Leg Curls: 2-3 sets of 15

#### Sunday - REST

**BC:** That looks more like a bodybuilding routine than a powerlifting routine. Does that really work?

**SAM:** As I have said, it works quite well for me, but it is not all I do. I believe that you must cycle periods of high intensity with periods of lower intensity and higher volume. When I say lower intensity, I mean lighter weights, but it's still heavy for whatever rep range you are trying to get whether it's 2 or 20.

I don't care what routine you use, who is training you, or what principals you are using, you just flat out have to want it!

**BC:** How has nutrition played a role in your success in both bodybuilding and powerlifting?

**SB:** Nutrition is probably the single most important factor in the muscle building process - even more important than training and supplementation. Anybody can go into the gym and train hard, but all the REAL hard work is done in the kitchen.

You are only in the gym 1-2 hours a day, so it's what you do during the other 22-23 hours

that separates the winners from the also-rans. Intense training without proper nutrition is like trying to run a Formula One race car on 87 unleaded gasoline. The results you get are just nowhere near what the car would be able to produce with the right fuel. The body is the same way. You can't expect to maximize one without paying equal attention to the other.

Whether your goal is to build muscle, lose body fat, or a combination, how efficiently you eat is critical to your success.

**BC:** What is your advice for the beginner?

**SB:** My advice to the beginner is to have fun with the sport, train instinctively, meaning if you feel like destroying the weight - destroy it. If you feel beat up and tired then go through the range of motion, and use the weight your body is comfortable with. There are no secrets to training, either you have it or you don't. I can't give you advice to make you a champion because this comes from the inside; genetics, the drive to be the best, and by having no upper limit to your success. Oh yeah, I almost forgot the most important tip! Make sure you go to the bathroom before you put your squat suit on!

**BC:** (Laughs) That's some pretty good advice! So what are your plans and comments about powerlifting?

**SB:** I still have some personal goals to achieve in the 198 class before I move up to the 220s and into the WPO. I plan on trying out some new gear and spending more time working in it this year to really get the most out of it. I am also considering doing another bodybuilding show in the next year, either this summer or next.

One of the things I have been working on over the last few months is a raw powerlifting exhibition series called the Raw Powerfest. The Raw Powerfest Series is a nationwide series of events showcasing Strength and Power with a wide array of events including Powerlifting, Bench for Reps, Iron Triathlon, Strongman, Arm Wrestling, and Strict Curls competitions.

The Raw Powerfest is not affiliated with any federation nor is it a federation in itself. The Powerfest series of the Powerfest is designed to give powerlifters, athletes, and gym rats an opportunity to compete against each other on a level playing field under the circumstances any average gym goer can relate to. There are a lot of lifters, myself included, who would like to compete in a raw PL meet for fun without having to succumb to WADA testing which bans many over the counter supplements. I would also like to make clear that we are not against the use of powerlifting gear or supportive equipment, but we do want to provide a venue for lifters to prove themselves against the weight without the added support.

In promoting this series, we hope to expand the sport of powerlifting and reach lifters who otherwise would not compete. It is our belief that the numbers of geared powerlifting intimidate new prospects to the sport. We also believe that with the advancement in gear, it is hard to tell how one may compare to a top athlete either because they have not used the gear, or because they may not have become as proficient in it.

For more information on the Raw Powerfest Series, please visit [www.rawpowerfest.com](http://www.rawpowerfest.com).

**BC:** That sounds like a great idea, and I know there is a lot of buzz about this already. Are there any final comments you would like to make, or people to thank?

**SB:** I would just like to invite everyone to visit my website and forum at [www.IronPlayground.net](http://www.IronPlayground.net). I would also like to thank Alan at APT ([www.prowreststaps.com](http://www.prowreststaps.com)) for providing me with the best knee wraps on the market, the North Georgia Barbell crew (NGBB) for all their help, Kara Bohigian for making the video of my squat, all the great people I have met since I have been in the sport, and all the training partners I have had over the years. I would also like to thank my biggest supporters, my parents, who have stood behind me in everything I have ever done.

**BC:** Sam, thanks for your time and I look forward to seeing what you do in the future.

**USA Raw BP Spring Nationals**  
10 MAR 07 - Tuscola, IL

BENCH	T. Hague	350
WOMEN	4th-355	
Submaster	220 lbs.	
123 lbs.	R. Gendron	460*
M. McElroy	120	4th-470*
MEN	Master (40-49)	
Teen (18-19)	181 lbs.	
220 lbs.	M. York	350
C. Gee	330	Master (60-69)
4th-345	181 lbs.	
Submaster	R. Peterson	205
198 lbs.	Police/Fire	
D. Phipps	460	275 lbs.
220 lbs.	R. Dixon	525
T. Dann	405	Open
Open	181 lbs.	
181 lbs.	T. Hague	350
S. Rieger	385	4th-355
Raw	198 lbs.	
Novice	T. Crigger	360
242 lbs.	4th-370	
E. Peterson	365	220 lbs.
Teen (13-15)	C. Wingerter	365
148 lbs.	308 lbs.	
T. Borders	205	B. Weber
4th-210	405	DEADLIFT
Teen (18-19)	MEN	
148 lbs.	Teen (18-19)	
R. Despres	250	220 lbs.
4th-265	C. Gee	550
Junior	Open	
148 lbs.	198 lbs.	
N. Dreisig	295	T. Crigger
4th-305*	600	308 lbs.
181 lbs.	B. Weber	640

\*=USA Raw Bench Press Federation national records. Best Lifter Bench Press: Ricardo Dixon. The USA Raw Bench Press Federation Spring Nationals was held at Son Light Power Gym. Thanks to my son Joey and Nate Phipps for their help loading and spotting. In the raw division it was first-time competitor Marla McElroy for the win in the submaster women 123 lb. division. Even though Marla only got in her opener of 120 lbs., it was good enough for a new SLP Illinois raw record for her class. This in spite of her coach (?) Anthony Ashley! Seriously, it was great to see Tony again, a great 500 pound bench, who hasn't competed for over a year, but I'm sure will be back stronger than ever soon. For the novice men's 242 pound class it was another first time competitor Erick Peterson, who finished with 365 lbs. Taylor Borders broke the Illinois state raw record at 13-15/148 with 210 lbs. while our only other teenager, Ryan Despres, won at 18-19/148 with another record of 265 lbs. Neal Dreisig took the junior men's 148 lb. class with 305 lbs., tying the national teenage USA Raw record there. Trey Hague, one of those naturally strong benchers, won at junior

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181 division with 355 lbs. Ryan Gendron, who continues to improve as a great young raw lifter, broke the national record at junior 220 lbs. with a personal best 470 lbs. fourth attempt. Ryan also finished second in the best lifter category. Mike York moved up to the master's division, taking the win at 40-49/181 with a solid 350 lbs. Robert Peterson broke his own Illinois state record at 65-69/181 with 205 lbs. Best lifter Ricardo Dixon won at police & fire/275 with 525 lbs., just missing a final attempt with 540 lbs. All of this "raw", and even taking the weight out of the rack by himself! In the open division Trey Hague won his second title of the day with his win at 181 lbs. Troy Crigger, with near perfect lifting form, took the 198 class with 370 lbs., while Cory Wingerter got a personal best and new Illinois state record raw lift of 365 lbs. at 220. Bob Weber won at 308 with 405 lbs., another new Illinois state raw record! In the assisted division Cody Gee broke the low state record in the 18-19/220 division with his 345 lbs. final attempt. Dan Phipps came oh, so close with his first 500 pound bench at submaster 198, but did finish with a new low state record of 460 lbs. Ted Dann got his record at submaster 220, finishing with his 405 pound opener. We also have some deadlifters, all from Iowa, all of whom set new low state records for their classes. First up was Cody Gee with 550 lbs. in the 18-19/220 division. Troy Crigger pulled a strong 600 lbs. in the open 198 class while Bob Weber got his record in the open 308 lb. class with 640 lbs. Thanks again to those who helped out and to the spectators who came to cheer on the lifters. (Thank you to Dr. Darrell Latch for providing these results)

**USAPL American Open**  
2-3 DEC 06 - Palm Springs, CA

Powerlifting	SQ	BP	DL	TOT
FEMALE				
105 lbs.				
Guest				
C. Anderson	281	176	314	771
132 lbs.				
Junior				
K. Buffington	226	121	242	589
148 lbs.				
Master II				
K. Andrews	192	99	226	518
165 lbs.				
Guest				
P. Ribic	551	308	529	1388
MALE				
165 lbs.				
Master III				
R. Mattison	253	231	396	881
Open				
R. Spencer	512	352	578	1444
181 lbs.				
R. Scott	407	176	451	1036
Master II				
E. Martinez	—	—	—	—
Master III				
B. Weinstock	330	192	474	997
Open				
C. Saewong	501	—	501	1003
198 lbs.				
Master II				
L. Vallot	226	214	308	749
Master III				
R. Taylor	314	170	451	937
Master IV				
L. Manly	286	231	325	843
Open				
A. Segura	—	—	—	—
R. Robson	374	297	463	1135
220 lbs.				
Guest				
C. Gahagan	727	435	727	1890
Master I				
Wolmesdorf	325	214	402	942
Master II				
M. Koprnicky	—	369	—	369
Open				
A. Hudson	463	336	518	1317
M. Edelstein	584	413	650	1647
D. Mahan	617	347	617	1581
Tremblay Jr.	573	385	589	1548
G. Baxter	463	341	507	1311
242 lbs.				
Master I				
K. Jordan	319	286	501	1107
Master III				
B. Evans	418	402	374	1196
Open				
A. Johnson	545	314	556	1416
A. Fritz	711	485	683	1879
J. Nicolosi	661	435	518	1614
B. Marum	573	440	567	1581
275 lbs.				
Master I				
J. Dentice	457	391	501	1350
Open				
J. Dentice	457	391	501	1350
R. Speno	672	518	622	1813
J. Tremblay	512	325	551	1388
UNL				
Guest				
A. Patalano	—	463	518	981
Master II				
O. Haugen	—	451	705	1157
Open				

Open  
R. Castro 711 451 650 1813  
O. Haugen 705 451 705 1862  
A. Gonzalez 507 — 518 1025  
Best Lifter Female: Kendal Buffington.  
Best Lifter <90 Kgs.: Ryan Spencer. Best Lifter >82.5 kgs.: Al Fritz. (Thanks to USAPL for providing these meet results)

**USAPL N. Charleston Push Pull**  
10 MAR 07 - N. Charleston, SC

BENCH Only	C. Griggs	390
FEMALE	Master IV	
165 lbs.	Raw	
Open	W. Rickards	260
Raw	275 lbs.	
T. Bennett	115	Open
MALE	Raw	
148 lbs.	A. Taylor	400
Open	DEADLIFT Only	
B. Miller	305	FEMALE
Open	165 lbs.	
Raw	Open	
E. Wright	280	M. Stanley
165 lbs.	605	Open Raw
Open	T. Bennett	275
M. Stanley	350	Master I
Open	M. Stanley	605
Raw	181 lbs.	
F. Beaufort	270	Master II
Master I	W. Kellett	430
M. Stanley	350	220 lbs.
181 lbs.	Teen III	
Master II	Raw	
W. Kellett	240	J. Hillard
220 lbs.	385	242 lbs.
Teen III	Raw	
Raw	Master I	
J. Hillard	305	C. Griggs
Master IV	400	Master IV
R. Price	400	W. Rickards
242 lbs.	340	275 lbs.
Open	Open	
T. Isbell	485	Raw
Master I	Raw	
Powerlifting	A. Taylor	500
SQ	BP	DL
TOT		
MALE		
165 lbs.		
Open		
M. Stanley	500	350
Master I	605	1455
M. Stanley	500	350
Master IV	605	1455
242 lbs.		
Master IV		
W. Rickards	300	280
340	900	
Chief Referee: Regina Hackney. (USAPL)		

**ABPA Arkansas Raw State**  
7 APR 07 - Benton, AR

BENCH	165 lbs.			
Class Winners	S. Boutwell	325		
WOMEN	220 lbs.			
M. Crain	125	T. Venable	440	
MEN	242 lbs.			
Teen	C. Norwood	365		
R. Nichols	155	SHW		
Master	K. Brown	415		
K. Brown	415	Assisted		
Open	220 lbs.			
C. Alexander	350			
Overall Winner: Terry Venable. The Arkansas Bench Press Association is still raw! There was a shirt assisted class, but we only had one competitor in it. We believe that the vast majority of true lifters prefer to go shirtless! We really had a great turn out of talent and strength this weekend! The weight lifters are pleased to be able to compete on a level playing field. The bench press records that were set this weekend are true testaments of strength of these young men and woman. No help from shirts, just true raw power. Reid Nichols won the teenage division by benching 155 lbs. The master's division was won by Kelvin Brown, who also won the super heavy division. Shawn Boutwell, Terry Venable, Curtis Norwood, and Chase Alexander each won their class. Mindy Crain won the women's division. We appreciate everyone who came out to compete and we hope to see you all again soon! DD Nichols, along with his wife Tony, owns Express Fitness, which is the new home of the Arkansas Bench Press Association. (Thank you to Tonya Nichols for providing these results)				



Best Lifter at the Black Iron Gym Open, Aaron Ridgway with a PR 500 @ junior/181. (Latch photo)

**SLP Leo's Black Iron Gym**  
3 FEB 07 - Beech Grove, IN

BENCH	M. Newell	145*
(Raw)	220 lbs.	
WOMEN	B. Kunkel	400*
Junior	275 lbs.	
132 lbs.	K. White	400*
M. Lawrence	125*	4th-410*
Submaster	Master (45-49)	
242 lbs.	198 lbs.	
D. Smith	525*	K. Little
Master (50-54)	275*	275*
242 lbs.	220 lbs.	
D. Goble	485*	G. Good
Master (65-69)	250*	250*
181 lbs.	DEADLIFT	
D. Vogler	210	MEN
Open	Special Olympic	
242 lbs.	148 lbs.	
D. Smith	525*	K. McNamara
MEN	Novice	255
Novice	148 lbs.	
181 lbs.	J. Stowell	300*
Lewkowicz	340*	Teen (18-19)
Teen (18-19)	148 lbs.	
148 lbs.	J. Beasley	355
J. Beasley	—	4th-360
Junior	181 lbs.	
181 lbs.	A. Ridgway	500
L. Ruiz	365*	198 lbs.
242 lbs.	A. Brockman	465
Chambers, Jr. 375*	242 lbs.	
Submaster	Chambers, Jr. 430	
165 lbs.	Master (50-54)	
L. White	235*	242 lbs.
181 lbs.	C. Riesenmey	525*
*=Son Light Power Indiana state records. Best Lifter Bench Press: Dennis Smith. Best Lifter Deadlift: Aaron Ridgway. The Son Light Power Leo's Black Iron Gym Open Bench Press & Deadlift Championship was held at Leo's Gym. Thanks to owner Beth Starker for once again hosting this event and to the staff		

there for helping with the loading and spotting duties. In the bench press event newcomer Mindi Lawrence got a new Indiana state record in the raw junior women's 132 pound class with 125 lbs. Mike Lewkowicz set the mark in the novice 181 lb. division with 340 lbs. This was Mike's first competition as well. Joseph Beasley had come to break the state record in the 18-19/148, but failed three times with his opener of 245 pounds. Luis Ruiz had lost some bodyweight, and along with it some of his strength, so was unable to approach his goal of 405 lbs. at 181 lbs. bodyweight. Instead, Luis finished with a very respectable 365 state record for the junior 181 class. Richard Chambers, Jr. showed plenty of raw strength with his win at junior 242, setting the state record there with 375. For the submaster division, another first-timer, Lamont White, set the record at 165 with 235 while Matthew Newell did the same at 181 with 145. Barry Kunkel set the raw state record at submaster 220 with 400 while Kenneth White did the same at 275. A fourth with 410 for Kenneth was also good. In the master's division it was Kerry Little at 45-49/198 with a new state record of 275 along with "The Legend", Gaylord Good, who set the mark at 70-74/220 with an easy 250. For the assisted division it was the "Return of Dennis Smith Show" featuring Dennis Smith. It had been three years since Dennis competed, but now under the watchful eye of Mike Hinders, he might finally reach his potential!! Dennis finished with just his opener of 525, taking both the submaster and open 242 classes, as well as the best lifter award for the bench competition. Dan Goble got his new state record at 50-54/242 with 485 while new competitor Dorrn Vogler won at 65-69/181 with 210. In the deadlift event Kyle McNamara retained his title at special olympic 148 with a

solid 255. Jim Stowell won at novice 148, setting the state record there with 300. For the 18-19/148 class Joseph Beasley redeemed himself with the win there, finishing with 360. In the junior division best lifter Aaron Ridgway pulled a strong 500 at 181 while Adam Brockman won at 198 with 465. Richard Chambers, Jr. won his second title of the day at junior 242 with a personal best 430 pull! Then at master 50-54/242 came one of the highlights of the meet when Chris Riesenmey locked out a personal best 525 for a new Indiana state record! Thanks again to all the lifters, helpers and spectators who came to support this annual event. See you all at the SLP Indiana State Fair meet August 12! (Thanks to Dr. Darrell Latch)

CMC Meet	DEC 06 - Limon, CO			
Powerlifting	SQ	BP	DL	TOT
MALE				
165 lbs.				
Pennock	375	230	450	1055
Hill	335	225	445	1005
O'Neil	275	225	350	850
Mathis	205	180	355	740
Lucero	230	230	380	840
181 lbs.				
Schauerman	420	255	450	1125
McGaw	375	235	450	1060
Diaz	385	265	405	1055
Heid	305	215	425	945
Anderson	195	190	365	750
198 lbs.				
McKenzie	510*	295	555*	1360*
Nuttall	375	325	400	1100
Bush	245	195	320	760
220 lbs.				
Wilson	425	325	510	1260
Floyd	405	295	495	1195
Logan	315	295	385	995
242 lbs.				
Velasquez	405	340	500	1245
Ortega	375	335	485	1195

Farber 395 295 500 1190  
Cousan 200 425\* 300 925  
275 lbs.  
Garcia 295 205 465 965  
SHW  
Grenemeyer 495 295 495 1285  
\*=Facility Records. Twenty two was the turn out for our end of the year iron bashing contest. All lifts were performed without the aid of supportive suits and bench shirts. Three facilities battled to see who houses the strongest of the powerlifters, and Four Mile took home the title. Notable lifters worth a special mention, representing the ole fellas across the nation, Ricky Schauerman posted a PR 1125 pound total, and had an 8 for 9 day! Very impressive lifting with a lot more to come in the future! Also, Dustin McGaw, who spent a week in the infirmary with a brutal case of food poisoning! A very gutsy performance! Both of these men lifted with heart, and represented what I believe powerlifting is all about. Mental fortitude, and the desire to succeed to be a champion. Congratulations to all the lifters. A special thank you to all the judges, spotters, and loaders, as well as Sgt. Thorson, who is powerlifters biggest support at CMC. Until the summer of 2007 meet, train hard, and train safe guys! P.S. Benny, get rid f the pull command. (Thank you to Josh McKenzie for providing these results)

**17th Weightlifting Unlimited BP**  
31 MAR 07 - Winchester, VA

BENCH	Raw			
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(article continued from page 83)

emers, but often have communication problems. This results in a good natured "cheerful confusion." Friendships are easily made and kept, people are generally sincerely glad to see each other again, and swarms of photos are taken and presents exchanged. Some visit each other in their home countries.

Larry Maile, USAPL prez and EC Board member for North America, said of his first Asians that the affair "has a different character than other regions, more relaxed, and lifters and coaches are not confrontational. Timelines are more flexible here. People are more respectful of the officers, and Jennifer and I seemed very popular among the CTPA when we were here for JR Worlds - taken sightseeing and wine and dined."

Your reporter tried to explain that Asian "vertical" societies accord much more honor to position and age than the leveling Western democracies. But often when trying to explain cultural curiosities, I just fall back on my old cop-out: This is Asia.

"Miss Chen Yeh Chao, the new CTPA General Secretary, does not get the respect she deserves," Larry states. Not only does she head the affiliate delegations, but she is a Cat One ref. And to top that, Maile believes "she is the most successful active lifter in the world, with fifteen world titles. Isagawa is probably second."

Maile asserts that the USAPL is on a roll, expanding by 1200 lifters and holding thirty-two meets just last March. "We have been building the base the last three years, setting up infrastructure and finding state chair people. The USAPL is not a one man operation. I could leave tomorrow and the USAPL would continue without a hitch."

While in Kaoshiung, Maile spoke with such Asian Fed officers as Yoshida of Japan and Dutta of India, in hopes they will support lifters in attending the Arnold Classic bench press and deadlift events. The USAPL will host PL there next year.

John Stephenson is chairman of the IPF Technical Committee, and a sailboat enthusiast. He left the contest a day early so he could get back to Isle of Jersey in the British Channel Islands - to race his single-man twenty-two footer in a friendly among retired guys. Trim and fit, his forearm muscles are like hard ropes. John, now seventy, has attended 31 world championships, missing only one.

Actively aiding the action from the jury table, he often had to explain new rules to some refs and lifters, jumping from his chair to the platform in a hands-on manner. Bench rules needed sorting; one ref thought the new foot placement rule required a lifter to have a 90 degree bend at the knee. Several head judges were instructed to give hand signals to hearing or language impaired lifters, even leaning over the lifter during the bench starts. Another of John's



Junior Power ... the team from Chinese Taipei. (photographs courtesy of Susumu Yoshida & Paul Kelso)

concerns is that spoken commands must be standardized by the book. He was dismayed that safety stands for the bench were not present as now required - but overall, John ranked "the contest organization as particularly good and the hospitality and courtesy shown superb."

COMPUTER PROGRAM: Joe Marksteiner's meet tracking program for powerlifting was a big success at the Asian contest. The Excel spread sheet has many features, including one for knowing who is ahead and to project winners. Joe says his program is not for sale. It is copyrighted to prevent others from selling it. Joe invites people to use it - and if they like it - to make a contribution in his daughter's name to the Little Star Foundation at [www.littlestar.org/index.html](http://www.littlestar.org/index.html). Joe's daughter Liz passed away at age sixteen after a sixteen month fight with cancer. During her last summer, she spent a week at Little Star/Silver Lining Ranch in Colorado, a mountain retreat for cancer kids, and had a delightful time spent with others in similar straits. Joe lives in Cincinnati, and is a retired Air Force pilot. He and wife Cathy are USAPL Masters lifters and Cat II refs. Contact at: [steinmark@aol.com](mailto:steinmark@aol.com)

SEEN AND HEARD  
- Oman claimed a JR Gold in 125+ and 2nd at 125k JRs, plus 9 other medals. They become a full IPF affiliate next year. Mr. Mohammed Almanwari, Director of Sports Activities for the government ministry, says they have 25 serious lifters, centered in Muscat. He is Prez of WL, PL and bodybuilding in the 2.5 million folks country in the south of the Arabian peninsula.

- An unaffiliated Arab Powerlifting Federation is holding meets for those countries, but I have no info about it.  
- Mr. Subrutta Dutta of India arranged gifts of refrigerators for best lifters at the recent India National. India claims 25,000 active lifters with every state organized with heavy private sponsorship and government support. There is a weekly national TV show about PL, and the Nationals were televised. Can you believe

it?  
- Maile nominated Hiro Isagawa for the IPF Hall of Fame. Good move.

- A rule change is being discussed to limit size of teams to thirty-six in order to speed up the meet and achieve a higher standard. Home teams often include everybody and his brother. The Philippines hosted the Asia BP in 2006, and fielded 61 lifters. Chinese Taipei had over fifty here. India brought sixty plus! Ten to twelve hour sessions over five days is too much for the organizers and officials. Yes, a meet of this calibre is a good experience for new lifters, but some clearly did not belong at this level.

- The PL venue in the "Jongheng Martial Arts Field," where I saw my first Asian in 1990, is in a complex of stadiums, pools and field houses. Kaoshiung hosts the 2009 World Games. It's a clean, mostly modern city of one million at the south end of the Switzerland-size island. And I swear everybody has a motor scooter.

- A CTPA delegation draped flowers around our necks at the airport, put us up in a fine hotel, and provided free lunch and dinner boxes throughout the meet. The opening ceremony of native dancers and musicians playing those long-neck lutes and mandolins was truly lovely. Many lifters appeared in traditional costume at the closing banquet.

- Physiques varied by country and

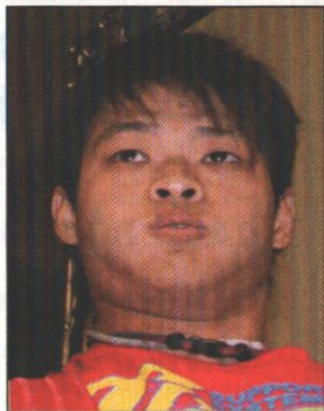
ethnic group. Body types among central Asian and middle eastern men were often lean with very wide shoulders and small waists. Not a few used conventional stance in the DL, against the Asian lifter sumo stereotype.

- Mr. Dutta is a former national champ in WL, PL, and a Mr. India bodybuilder. I tried to finagle him and Young-hoon Cho, the Korean Fed Prez, he of the white Mark Twain suits and 1978 Mr. Korea, into a posedown, but no go.

- Turns out the Iraqi lifters did not show up. Understandable.  
- Team place trophies made of teak wood and crowned with ornate ceramic statues of dragons and temple lions were not your ordinary hardware.

- Gear varied here, from the latest high-tech to old suits and worn out shirts, some badly fitted. Many strong lifters were hurt by poor form. Consensus is that central Asian and middle-east states need only more experience with these things.

- Ms Chao Chen Yeh of Taipei, multiple 90+ world open and BP champ, married at the recent Worlds in Norway. She brought her maybe six months old baby daughter to the contest. Chao is now Sec/Gen of the CTPA, which put on a great show.  
- Schedule is Asian BP Hong Kong and Asian PL Uzbekistan 2008, Asian PL India 2009, World Games, Kaoshiung, 2009.



Top Two at 132 .. the youthful Hu (left) and the ageless Isagawa.



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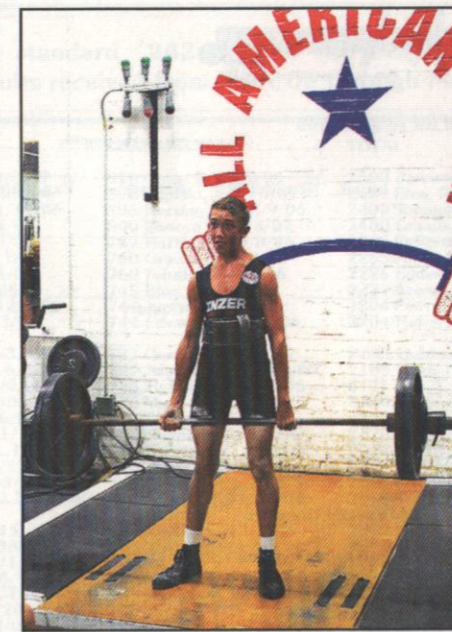
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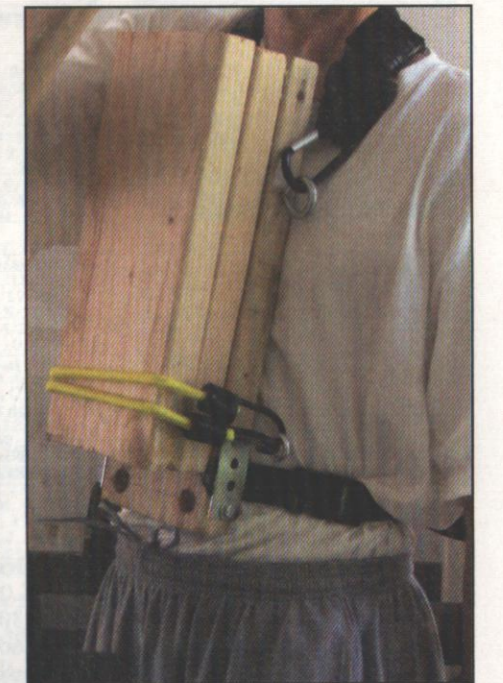
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In memory of Dakota Lee Evans, 15, who was tragically killed in a car accident Nov. 4, 2006. The 2006 WABDL Night Of Champions was Dakota's first meet and he was looking forward to competing again. He had developed a passion for powerlifting. I started training Dakota in Aug. 2005. He was a dedicated lifter who worked out hard in our non-air conditioned gym. Louis Baltz gave Dakota an All American Gym t-shirt for his determination. Dakota was very proud of that t-shirt and wore it to the gym almost every week. I always looked forward to training Dakota. We used to talk about things he liked to do, such as going to the movies, riding four wheelers, and attending football games. I can only look upward now knowing he is in a better place. Dakota had just started tryouts for the George Jenkins High School wrestling team. He wanted to try using the strength he acquired in the gym to be on the wrestling team ... but God chose him to be on his team. God bless you, Dakota ... we all miss you! (Ken Snell)

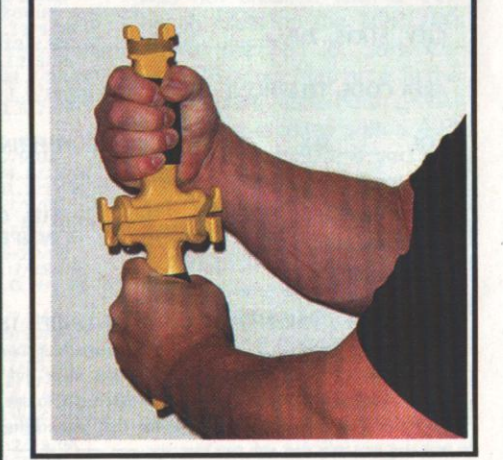
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TOP 100

For standard 242 lb./110 Kg. USA lifters in results received from MAR/06 through MAR/07

SQUAT	BENCH	DEADLIFT	TOTAL
1 1085 Graalfs, J. 7/23/06	837 Luyando, R. 3/3/07	810 Coan, E. 8/19/06	2502 Panora, G. 3/3/07
2 1030 Panora, G. 3/3/07	804 Stewart, C. 7/29/06	806 Capello, J. 3/10/07	2430 Blue, D. 12/3/06
3 1010 Cox, J. 11/17/06	804 Jackson, J. 11/17/06	805 Herring, G. 12/9/06	2403 Simmons, C. 6/17/06
4 1003 Simmons, C. 6/17/06	788 Briggs, R. 3/3/07	800 Panora, G. 3/3/07	2400 Graalfs, J. 7/23/06
5 1000 Blue, D. 4/1/06	771 Acome, A. 3/3/07	782 Harris, T. 10/8/06	2292 Roberts, M. 11/11/06
6 947 Irby, T. 11/18/06	766 Blue, D. 12/3/06	760 Graalfs, J. 6/4/06	2265 Jones, R. 12/3/06
7 920 Hubbard, T. 4/8/6	760 Wilson, A. 3/4/06	760 Tylutki, N. 7/9/06	2226 Edwards, L. 3/25/07
8 920 Edwards, L. 3/25/07	755 Hein, B. 3/4/06	745 Blue, D. 4/1/06	2221 Acome, A. 8/12/06
9 910 Trusnovac, C. 3/31/07	755 Simmons, C. 12/3/06	744 Jones, R. 6/4/06	2204 Pierce, R. 6/4/06
10 905 Hawkins, W. 9/9/06	744 Larson, G. 3/3/07	744 Edwards, L. 6/4/06	2204 Hairston, M. 8/12/06
11 903 Acome, A. 8/12/06	733 Tallman, C. 3/3/07	727 Oertel, B. 5/14/06	2200 Hubbard, T. 4/8/06
12 903 Hairston, M. 8/12/06	727 Carpenter, B. 6/10/06	727 Johnston, M. 1/27/07	2193 Coan, E. 8/19/06
13 903 Redding, J. 11/2/06	711 Girard, R. 11/2/06	725 Hubbard, T. 4/8/06	2171 Irby, T. 11/18/06
14 903 Jordan, J. 12/3/06	705 Fields, B. 4/8/06	725 Mueller, B. 4/8/06	2150 Cox, J. 11/17/06
15 900 Lewis, M. 4/2/06	705 Smith, C. 8/26/06	725 Cooper, 5/21/06	2132 Taylor, M. 5/14/06
16 881 Pierce, R. 6/4/06	705 Roberts, M. 11/1/06	725 Myers, B. 11/11/06	2120 Nutter, S. 4/2/06
17 881 Prosek, S. 11/4/06	700 McConaughy, 11/11/06	722 Roberts, M. 11/11/06	2094 Harris, T. 10/8/06
18 881 Jones, R. 12/3/06	700 Hunter, J. 11/17/06	720 Elliott, S. 7/23/06	2094 Redding, J. 11/2/06
19 881 Younger, D. 3/25/07	699 Panora, G. 3/3/07	710 Blankenship, D. 9/30/06	2088 McLeod, D. 6/4/06
20 880 Blankenship, D. 9/30/06	677 Schroeder, A. J. 10/14/06	710 Glover, N. 11/18/06	2080 Trusnovac, C. 3/31/07
21 870 Nutter, S. 4/2/06	675 Knight, M. 7/15/06	710 Mosley, L. 12/3/06	2072 Mistrick, L. 12/9/06
22 865 Roberts, M. 11/11/06	672 Dexter, C. 3/3/07	705 Wylie, P. 6/4/06	2070 Hawkins, W. 9/9/06
23 859 Coan, E. 8/19/06	670 Millrany, K. 4/1/06	705 Hakola, P. 9/9/06	2066 Shults, E. 6/4/06
24 859 Mistrick, L. 12/9/06	666 Schneider, J. 6/4/06	705 Matheson, B. 3/24/07	2055 Jordan, J. 12/3/06
25 850 Fitzgerald, B. 12/3/06	661 McLeod, D. 6/4/06	700 McKinney, S. 4/8/06	2055 Hakola, P. 2/17/07
26 843 Eriksen, R. 5/14/06	661 Parrish, K. 1/20/07	700 Hunter, T. 9/30/06	2050 Burrows, M. 9/16/06
27 837 Taylor, M. 5/14/06	661 Green, M. 3/3/07	699 Holmes, C. 3/10/07	2050 Eriksen, R. 11/2/06
28 837 Oertel, B. 5/14/06	660 Walker, D. 5/13/06	699 McComas, W. 3/18/07	2039 Schneider, J. 6/4/06
29 837 Higgins, J. 11/2/06	655 VanDyke, L. 6/4/06	694 Pierce, R. 6/4/06	2033 Tylutki, N. 11/11/06
30 832 Gibson, J. 4/9/06	655 Hairston, M. 8/12/06	694 Muro, D. 8/5/06	2030 Lewis, M. 4/2/06
31 832 Warren, B. 1/27/07	655 Mayer, K. 3/31/07	690 Asmann, B. 2/3/07	2020 Smith, M. 4/2/06
32 826 McLeod, D. 6/4/06	650 Jones, R. 12/3/06	683 Harper, R. 8/5/06	2017 Mann, S. 3/19/06
33 821 Atef, J. 3/25/07	650 Johnston, M. 1/27/07	683 Sims, C. 9/9/06	2017 Gibson, J. 4/9/06
34 815 Smith, M. 4/2/06	650 Kroczaleski, M. 1/27/07	683 Gnerre, J. 11/11/06	2006 Schultz, P. 8/12/06
35 810 Shults, E. 6/4/06	645 Dwelle, S. 1/13/07	683 Fritz, A. 12/3/06	2006 Younger, D. 3/25/07
36 805 Burrows, M. 9/16/06	645 Schmidt, T. 2/17/07	680 Leisinger, B. 3/18/06	2006 Atef, J. 3/25/07
37 804 Wylie, P. 6/4/06	640 Pechmiller, B. 12/17/06	680 Sledge, D. 11/11/06	2000 Prosek, S. 11/4/06
38 804 Donegan, S. 11/11/06	639 Taylor, M. 5/14/06	677 Mann, S. 3/19/06	2000 Neuhallen, J. 12/3/06
39 804 Baggett, G. 12/3/06	639 Bachmeier, J. 6/4/06	677 Meyers, T. 6/18/06	1994 Wylie, P. 6/4/06
40 804 Best, A. 12/9/06	635 Hines, J. 10/21/06	677 Betzinger, J. 6/18/06	1975 Boell, D. 4/1/06
41 804 Hakola, P. 2/17/07	630 Linnell, J. 6/17/06	677 Casemier, J. 11/17/06	1975 Glover, N. 11/18/06
42 800 Boell, D. 4/1/06	628 Matthews, C. 4/1/06	675 Smith, J. 3/11/06	1973 Mosley, L. 6/17/06
43 800 Lavoisier, G. 11/1/06	628 Pierce, R. 6/4/06	675 Beede, L. 2/17/07	1967 Radford, S. 3/18/06
44 800 Neuhallen, J. 12/3/06	628 Rectenwald, E. 6/17/06	672 Nicotia, R. 4/22/06	1967 Oertel, B. 5/14/06
45 799 Harris, T. 5/7/06	628 Kelly, J. 6/17/06	672 Seath, J. 6/17/06	1967 Gnerre, J. 11/11/06
46 793 Tylutki, N. 3/3/07	628 Mosley, L. 8/5/06	672 Gibson, J. 6/18/06	1960 Douglas, J. 3/17/07
47 785 Fuciarelli, R. 9/16/06	625 Clark, E. 4/29/06	672 Taylor, M. 11/2/06	1950 Strunk, J. 7/23/06
48 777 Moore, N. 6/4/06	625 Manns, R. 9/16/06	672 Vasquez, J. 11/4/06	1950 Lavoisier, G. 11/06
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51 775 Clark, E. 7/23/06	620 Robinson, R. 3/31/07	672 Riedy, M. 3/10/07	1930 Clark, E. 7/23/06
52 775 Douglas, J. 11/19/06	617 Doan, D. 9/2/06	671 Wasniowski, C. 12/9/06	1930 Fitzgerald, B. 12/3/06
53 775 Phillips, F. 12/3/06	617 Carson, C. 2/17/07	670 Neuhallen, J. 12/3/06	1925 Fitzgibbon, R. 9/16/06
54 771 Mann, S. 7/9/06	615 Burrows, M. 9/16/06	666 Davis, R. 3/19/06	1925 Riddle, J. 1/13/07
55 771 Meyers, T. 7/16/06	615 Hoonstra, J. 9/29/06	666 Schultz, P. 8/12/06	1920 Leisinger, B. 3/18/06
56 766 Radford, S. 3/18/06	606 Mills, M. 3/26/06	666 Givens, F. 12/2/06	1918 Edalgo, C. 8/26/06
57 765 May, L. 11/4/06	606 Hummel, M. 6/4/06	665 Bagnall, B. 3/19/06	1918 Higgins, J. 11/2/06
58 760 Glover, N. 11/18/06	605 Austin, G. 9/9/06	665 Nutter, S. 4/2/06	1912 Moore, M. 6/4/06
59 755 Tonini, R. 5/20/06	605 Caprossio, J. 11/4/06	661 Hokama, B. 6/17/06	1910 Yoder, B. 7/23/06
60 755 Wilbur, P. 7/9/06	605 Lawrence, R. 12/16/06	661 White, B. 6/18/06	1906 Vasquez, J. 11/4/06
61 755 Brown, M. 7/23/06	605 Trusnovac, C. 2/17/07	661 Parkhurst, S. 7/9/06	1906 Baggett, G. 12/3/06
62 755 Clark, B. 11/4/06	600 Radford, S. 3/18/06	661 Wilbur, P. 7/9/06	1901 Lawrence, R. 5/14/06
63 755 Gnerre, J. 11/11/06	600 Zver, J. 4/2/06	661 Bianchi, A. 11/17/06	1901 Steiner, E. 8/19/06
64 755 Bailey, R. 12/2/06	600 Shults, E. 6/4/06	661 Hodge, A. 11/17/06	1890 Zver, J. 4/2/06
65 755 Lawrence, R. 12/3/06	600 Schaeffer, S. 7/16/06	661 Grau, J. 1/28/07	1880 Wagner, J. 8/26/06
66 750 Dick, P. 3/5/06	600 Yoder, B. 7/23/06	660 Cooper, R. 4/2/06	1879 Fritz, A. 12/3/06
67 750 Strunk, J. 7/23/06	600 Cropp, P. 7/29/06	660 Debus, E. 8/12/06	1875 Bolig, T. 4/8/06
68 750 Rymisewski, 7/23/06	600 Lewis, R. 10/28/06	660 Hawkins, W. 9/9/06	1873 Parkhurst, S. 7/9/06
69 750 Riddle, J. 1/13/07	600 Morris, R. 11/4/06	660 Panaro, F. 12/2/06	1868 Pauley, B. 3/11/06
70 749 Steiner, E. 8/19/06	600 Luciano, S. 12/16/06	660 Robinson, J. 2/24/07	1862 Swank, M. 11/4/06
71 740 Smith, T. 4/1/06	600 Edwards, B. 1/27/07	655 Smith, M. 4/2/06	1860 Tenbroeck, J. 4/2/06
72 740 Tenbroeck, J. 4/2/06	600 Hakola, P. 2/17/07	655 Manning, J. 5/7/06	1860 Burress, R. 6/4/06
73 738 Schneider, J. 6/4/06	600 Anderson, T. 3/11/07	655 Shults, E. 6/4/06	1850 Breen, S. 9/16/06
74 738 Betzinger, J. 9/10/06	595 Mosley, J. 3/18/06	655 Ferguson, J. 12/9/06	1845 Best, A. 12/9/06
75 738 O'Donnell, M. 3/31/07	589 Sims, C. 9/9/06	655 Williams, T. 1/13/07	1840 Ramos, B. 11/4/06
76 733 Thomas, K. 6/4/06	589 Swank, M. 11/4/06	650 Arnold, E. 3/4/06	1840 Givens, F. 12/2/06
77 733 Randa, D. 6/4/06	589 Trombly, T. 12/2/06	650 Garner, C. 3/9/06	1840 Maupin, P. 12/3/06
78 733 Swank, M. 11/4/06	585 Nutter, S. 4/2/06	650 Kumaga, R. 3/25/06	1835 Rymisewski, 7/23/06
79 733 Wagner, J. 12/2/06	584 Pauley, B. 3/11/06	650 Boell, D. 4/1/06	1829 Betzinger, J. 9/10/06
80 730 Ebner, R. 5/20/06	584 Edalgo, C. 8/26/06	650 Holland, J. 4/1/06	1824 Pamplin, G. 5/7/06
81 727 Judd, S. 4/7/06	580 Chellino, M. 1/20/07	650 Gorgone, J. 4/9/06	1824 Thomas, K. 6/4/06
82 727 Mosley, L. 6/17/06	578 Donegan, S. 11/11/06	650 Graham, J. 5/7/06	1824 Reape, J. 7/9/06
83 725 Leisinger, B. 3/18/06	578 Edwards, L. 3/25/07	650 Thomas, K. 6/4/06	1824 Magnum, M. 8/12/06
84 725 Naspinski, G. 9/2/06	578 Atef, J. 3/25/07	650 Lazowski, R. 6/18/06	1824 Edwards, B. 1/27/07
85 725 Puckett, D. 11/06	576 Wotrning, H. 3/3/07	650 Bontrager, L. 6/18/06	1818 Wilbur, P. 7/9/06
86 722 Succarotte, T. 7/9/06	575 Mann, S. 3/19/06	650 Strunk, J. 7/23/06	1818 Johnson, P. 12/10/06
87 722 Werner, T. 7/29/06	575 Graalfs, J. 7/23/06	650 Rymisewski, 7/23/06	1818 Wagner, G. 2/24/07
88 722 Wheeler, 11/2/06	575 Korbel, E. 7/23/06	650 Maupin, P. 7/29/06	1815 Ebner, R. 5/20/06
89 722 Vasquez, J. 11/4/06	575 Riddle, J. 1/13/07	650 Steiner, E. 8/19/06	1813 Werner, T. 7/29/06
90 722 Ramos, B. 11/4/06	575 Martin, D. 3/10/07	650 Wagner, J. 8/26/06	1810 Naspinski, G. 9/2/06
91 722 Edwards, B. 1/27/07	573 Magnum, M. 8/12/06	650 Grimes, A. 9/2/06	1807 Judd, S. 4/7/06
92 720 Burress, R. 6/4/06	573 Mistrick, L. 12/9/06	650 Eriksen, R. 11/2/06	1805 Tonini, R. 5/20/06
93 710 Parkhurst, S. 7/9/06	573 Chmura, R. 2/17/07	650 Soekardi, L. 11/17/06	1805 Phillips, F. 12/3/06
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96 720 Minks, D. 2/17/07	570 Smolinski, J. 8/26/06	650 Best, A. 12/9/06	1796 Guerra, J. 6/7/06
97 705 Scott, D. 3/11/06	567 Rodriguez, P. 4/15/06	650 Scott, D. 1/28/07	1795 McComas, W. 2/3/07
98 705 Pamplin, G. 5/7/06	567 Risius, T. 6/10/06	650 Roman, N. 2/3/07	1791 Groce, R. 3/18/06
99 705 Guerra, J. 6/7/06	567 Pierce, D. 10/14/06	650 Castleberry, 2/17/07	1780 Brown, M. 7/23/06
100 705 Yoder, B. 7/23/06	567 McLaughlin, F. 11/17/06	650 Ambrose, 2/24/07	1775 Elliott, S. 7/23/06

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NEXT MONTH... TOP 275s

CORRECTIONS ... Anthony McCloskey (bodyweight 194, and only 15 years of age!) was not credited for a 785 squat and 1770 total (done at Gene Rychlak's meet at Schuykill Valley High School in Leesport, PA on 12/9/06) on the TOP 100 198 lb. class list. Anthony has since done 800 420 630 1850, weighing 202. Nick Tsourounis, PharmD., was not credited with a 705 squat in the results of the APA Virginia State meet (7/29/06). Darren Carr was not credited with a 440 bench press on the TOP 100 list for the 181 lb. class. On page 76 of our May issue, in the meet report, Mario Forte should have been credited with a 403 DL instead of 303. If you find errors in our ranking lists or the competition results that we publish, let us know at POWERLIFTING USA Errors Department, Post Office Box 467, Camarillo, California 93011 for a proper analysis of the situation (which can take some time, depending on the situation) and an appropriate correction in a following issue.

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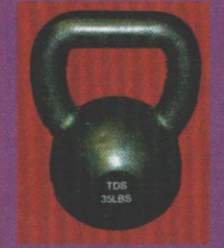
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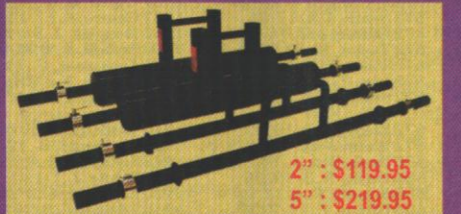
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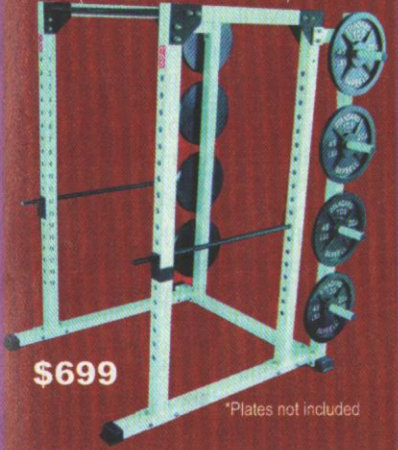
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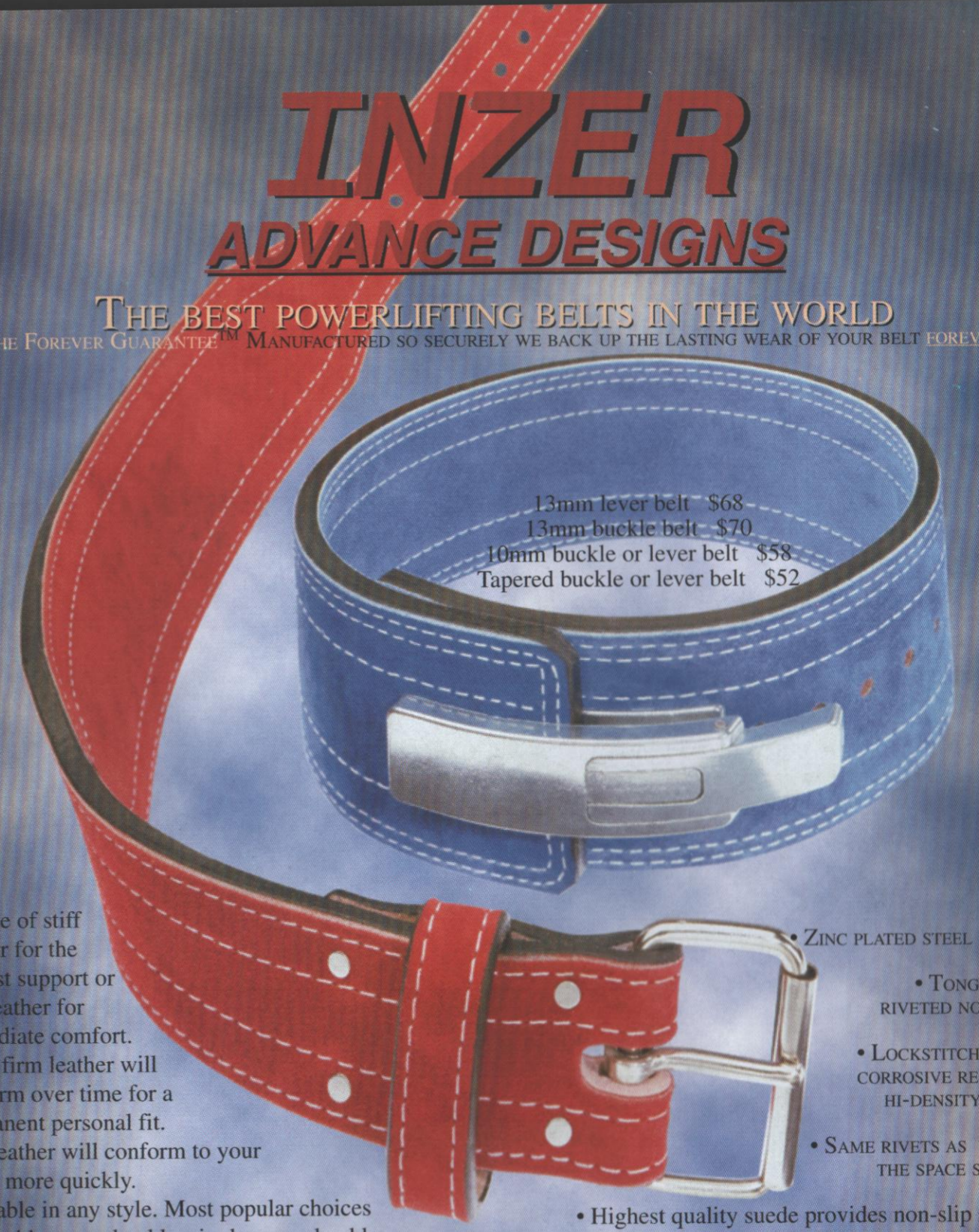
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