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From The Desk Of:
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"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

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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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ON THE COVER ... new IPF World Champ DENNIS CIERI

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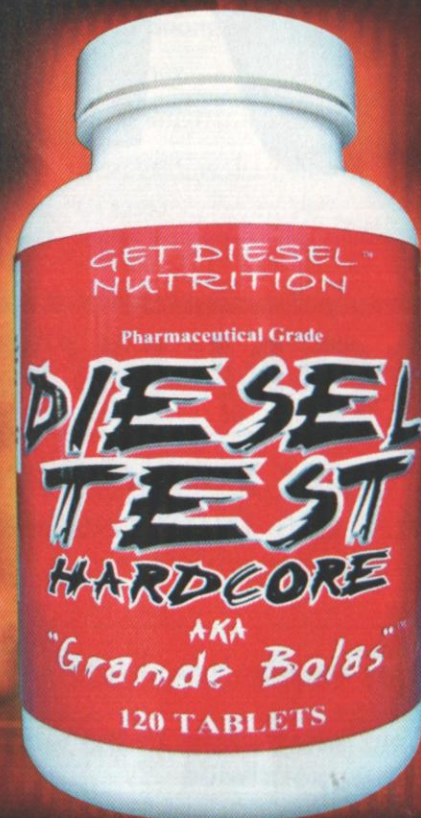
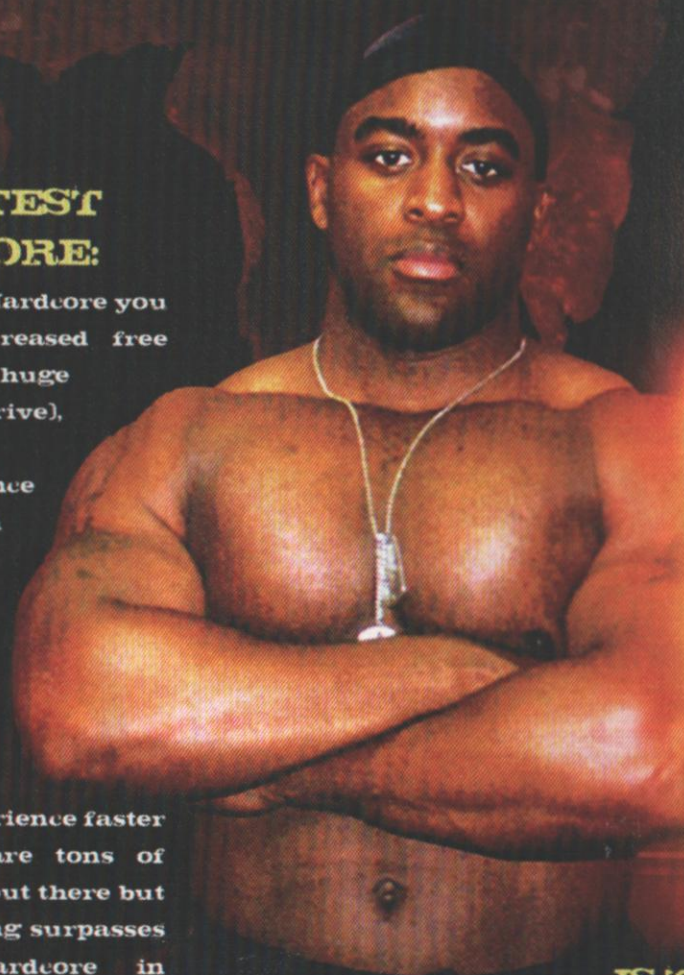
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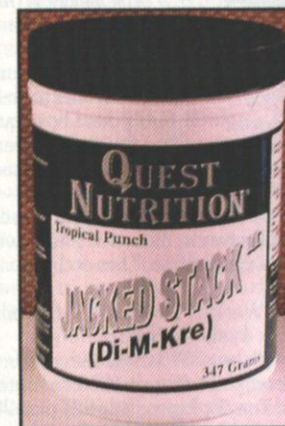
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We won't say that it's 100% perfect, but it is true that *MILO* has something of a crystal ball when it comes to sensing what's about to happen in the strength world—which is why we put Phil Pfister on the cover of our June issue last year, predicting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

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

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WESTSIDE TRAINING

SQUATTING by Louie Simmons

I squatted 525 in 1970 when I started to do power meets on a continuous basis. I squatted 920 in 2000 at 52 years old. It was an uphill battle with the methods that I used up to 1983. After that I started using the sophisticated methods of the former Soviet Union. Even after a complete patella tendon rupture, my squat went from 821 to 920.

How did I do it? There must be a plan. In mathematical terms, I am talking about volume and intensity. In addition, you need to determine what special exercises are needed and how much should be done.

The methods we developed at Westside are based on those of Soviet scientists, including Medvedyev, Verkhoshansky, Roman, Bomp, Kurz, and Komi, and on discussions I had with Siff, Tabachnic, and Zatsiorsky. All of these men have comprehensive, yet practical, books on the methodologies of strength training. I also had many useful discussions with Prof. Akita and Prof. Dellaquila (physics). These men have helped me greatly in the quest to become faster and stronger.

I discovered that math was the missing link and wrote about Newton's laws of motion, overspeed eccentrics, virtual force effects, and many other concepts. I made progress for 30 years. Chuck Vogelpohl went from a 575 to an 1150 squat at 264 for a period of 20 years. Now Matt Wenning, after joining the Club, has gone from 905 (11/05) to 953 (7/06) to 1003 (11/06) to 1055 (4/07). How does an old man make progress for 30 years, another for 20 years who is now 41 years old, and now a beginner who is 28?

Here I explain a formula for band tension and bar weight that we use to accomplish our goals. For speed work, the barbell weight is roughly 40% of your max squat. The band tension is 25% at the top, or lockout, and about 10% at the bottom. An 800 squatter with gear would use 320 in bar weight. The band tension at lockout is 200 pounds, and the band tension at the bottom is 80 pounds. At the top, with bands and bar weight, the weight is 520, and on the box, it is 400. This combination enables accommodating resistance.

A 1000-pound squatter would load the bar to 400 plus 250 pounds of band loading. On the box, with band shrinkage, the tension would be 100 pounds. This makes the top combination 750 pounds and the bottom 500

pounds.

Chuck had an 1150 pound world record squat at 264 lb. bodyweight. For his speed work, he uses 575 pounds of bar weight. The band tension at the top is roughly 275 pounds. At the bottom, the band tension adds 150 pounds. The total weight at the top is 860, and at the bottom 725.

For the above three examples, for the 800 pound squatter, the top is 65% and the bottom is 50%. For a 1000-pound squatter the top is 75% and the bottom is 50%. For an 1150 pound squatter, the ratio is 74% at the top to 63% at the bottom.

External resistance is the main factor when bar speed is considered. This means the bar and band combination is very close regardless of the amount lifted. Just use half bar weight and half band tension. This is used for the dynamic effort workout. This system is used to develop a fast rate of force development. When lighter loads are used, the influence of max strength is reduced, and this leads to a maximal rate of force development, which is the same as explosive strength.

The band tension/barbell weight ratio for a near-max, or circa-max, phase is as follows. For an 800 pound squatter, the band tension is roughly 375, and a max single on a parallel box is 515. At the top, or lockout, the combination adds up to 890 pounds.

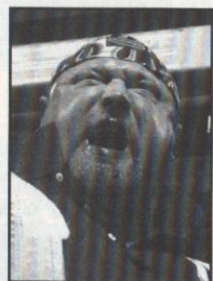
A circa-max phase lasts 2 weeks of near-max weights. The third week is a de-load. The key is to be physically prepared to do near-max sets and to be able to establish a new box squat record with the prescribed amount of bands.

Week 1: Warm up with the bar plus bands. We use a medium and a strong band on our Monolift with a 5 x 4 inch wood block attached to the bottom of the Monolift for added tension. Add weight and do doubles. After warming up, do 325 x 2 reps, 375 x 2 reps, 415 x 2 reps, and 465 x 1 rep. This is 7 lifts.

Week 2: After a warmup, do 325 x 2 reps, 375 x 2 reps, 375 x 2 reps, 415 x 1 rep, 465 x 1 rep, and if you can do a single with 515 on a parallel box, you will squat 800 at meet time. This depends on your form. If your form is good and your level of preparedness is high, you will succeed.

The ratio of box weight to band tension is 64% to 47%. A circa-max cycle uses 90-97% of a 1-rep max. With a combination of band and weight at the top, it is 10% over your top squat, and if you are worrying about the bottom weight, don't forget about the virtual force effect after the collision with the box.

Many have squatted 900 pounds with the following program. They are able to do a max box squat with 595 pounds of bar weight and 375 pounds of band tension. A 2-week circa-max phase is also used.



Chuck Vogelpohl has made gigantic gains over the years using Louie's squat training principles

Week 1: After warming up with the bar and bands, do sets of 2 reps with 375, 415, 465, and 515 and a single with 565 on the box.

Week 2: After a warmup, do 375 x 2, 465 x 2, 545 x 1, and 595 x 1.

The weight is 60% and the band tension is about 37%.

A 1000 pound squatter will have to make a 600 pound box squat with 440 pounds of band tension. A 2-week wave

is used.

Week 1: After a warmup with the bar plus bands, do sets of 2 reps with 415, 465, and 515. Then do 1 rep with 565.

Week 2: Do 415 x 2, 515 x 2, 565 x 1, and 595 x 1.

If your GPP is high and your form is good, you will squat 1000 on contest day. Tony Bologne made 625 plus 440 pounds of band tension and did an easy 1035 squat at 308. Matt Wenning made a strong 625 and squatted an easy 1055 at 296 body weight.

We have two 1100+ squatters: Matt Smith, SHW, did 1141, and Chuck, at 264, did 1150. Chuck's 1150 in 2007 was easy. His band tension was 600 pounds, which is 56% of 1150. His max box squat was 750 plus the bands; 750 is 65% of his 1150 world record squat. His sets looked like this:

Week 1: After a good warmup with the bar and bands, he does 505 x 2, 595 x 2, and 665 x 2.

Week 2: 505 x 2, 595 x 2, 705 x 1, and 750 x 1.

As in all other weeks, a download week is done with light weight and bands: 465 pounds of bar weight plus 250 pounds of band tension for 3 sets of 2 reps. The next week was the world record squat.

Leading up to the meet, the squat day is always Friday and the max effort day is Monday. Three days separate intense days of training. When the circa-max phase is employed, the max effort day is converted to special exercises for the glutes, hamstrings, hips, lats, and abs. This may consist of belt squats, the Reverse Hyper machine, glute/ham raises, pull-throughs, sled pulling, lat work, and ab work, along with restoration methods and ways of making weight.

We have 11 lifters who squat more than 1000 pounds. One cannot dream of squatting 1000; a dream is just a dream. You must have a plan, a proven plan. We have established this through more than 20 years of training. I hope our plan can make your dream come true.

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GREAT FEATS OF STRENGTH The Legendary Mike Bridges as told to Powerlifting USA by Will Morris



Big Day In Dayton ... Mike Bridges set some PF records that still stand.

512, and lastly he selected a world record bench of 536 pounds, almost three times bodyweight. Mike missed the record attempt, and this would be the only lift he would miss on that day. Going into the deadlift, Mike was sitting on a 1350 subtotal. This was a subtotal that would only be surpassed five times the next day by John Gamble at 275 with a 1388, and Wilson at 275 with 1366, Dempsey at 275 with 1355, Waddington at 275 with 1405, and lastly super Bouvier with 1388. The deadlift was next and Mike was just hitting his stride. Mike opened with a ridiculous 650, followed by 738, over four times bodyweight, which would give him a super 2088 world record total. No problem with this lift, but he was not done. Mike called for a 755 pound third attempt that would allow him to exceed the 2100 pound barrier and break the 2088 record he had just set. The lift moved up and up and was locked out. The people in the vast auditorium erupted, good lift, history was made. Also worthy of note is that Mike's squat and total are still IPF world records, 25 years after they were set.

As with the subtotal, only five men, who outweighed him from 74 to 150 pounds, would out-total him the next day: Gamble did 2193, Wilson 2171, Dempsey 2166, and Waddington 2166, all at 275, and one super, Bouvier, did a 2149. As a matter of record, Mike's total would have won the 1980s by 105 pounds, the 220s by 33 pounds, and the 242s by 54 pounds. This was a fantastic day, not only for Mike, but for the thousands that were there to see a 181 pound man lift over eleven

times his own weight. Keep in mind that the 2105 total was accomplished with power suits that were a far cry from what we have today, knee wraps that were little more than heavy duty ACE bandages, and bench shirts had not yet arrived on the powerlifting scene. What would Mike total in today's equipment? Take a look at the TOP100 181 pounders in the March 2007 issue of Powerlifting USA and you will see that the top lifter totaled 2230 and the second place was 1906. So, Mike's total would rank second today, and it was done twenty five years ago! Imagine that.

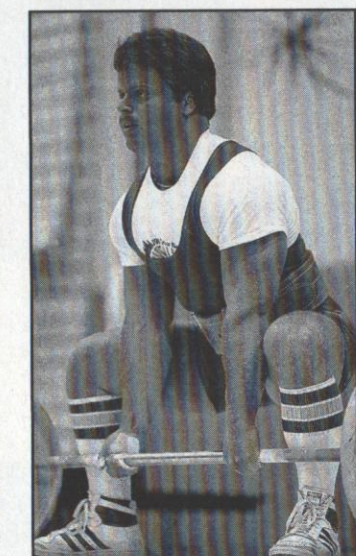
We all know how tough it is to take a lifter from one era and project him into the future and compare what he might do today with the current gear, training methods, nutrition etc. I do this in my mind with the old fighters, but gear was not a factor, and I still say that Rocky Marciano would kick most of today's heavyweight's asses all over Brockton, Mass. Mike Bridges in today's gear would truly be something to behold. In the squat I would venture a guess of at least 950 pounds; bench at least 625, and deadlift suits do add some pounds to the lift, so I would say at least a 800 deadlift. That tally comes out to 2375, what do you think about that?

In 2003 Mike returned to powerlifting, and he chose the USAPL as the organization that met his needs and he competed in the National Masters Championships in Baton Rouge, LA. Mike had been away from powerlifting for close to 20 years, but like so many of us, the urge to compete is hard to ignore. At

the Masters, in May, he squatted 705, benched 473, deadlifted 644, and totaled 1824 at 181 and easily won not only his age group, but the overall 40 to 49 age bracket, as well winning a spot at 181 on the World Masters team. In October of 2003, Mike lifted in Regina, Canada, on the USAPL team at the IPF World Masters. He squatted 644, benched 440, and deadlifted 672, for a 1756 total and won his first Masters World championship. Mike took off the next few years, but decided that he would compete again in 2007 at the USAPL National Masters in May at Milwaukee, Wisconsin.

Mike had decided to move up to the 198 pound class for this contest, and he looked more muscular to me than he did in 2003. For a man of 50 years of age he could pass for 35 very easily. Mike had a good day in Milwaukee, squatting 584, 641, and 644 easily; he bench pressed 440, 487 and 501. In the deadlift he went 584, 617, and 650 for a total of 1796, a nine for nine day and he looked like he was on cruise control. I don't think it is too hard to say that a squat of 733, a bench of 523, a 688 dead lift, and a 1945 total or more is looming on the horizon at this point. Mike is a man who, in my opinion, truly likes a challenge and that might come at the USAPL Men's Nationals in St. Louis, Missouri, if he decides to compete there.

In closing, Mike works very hard as a builder of custom homes, and finding time to train is not easy. The move up to the 198 pound class was a good one, as he had lifted at 181 for many years, and - as I stated previously - he wears it well. I hope that Mike decides to continue on for a few more years as he is an inspiration to all of us, not only because he is a great lifter but because he is a great person who always takes the time to chat with you and to share his training ideas with you. The very best to you Mike and your lovely wife. Your friend, Will Morris.



A Master of Form .. in the D-lift

The year was 1982, the location was the Dayton (Ohio) Convention Center, the meet director was nine time World Powerlifting Champion Larry Pacifico, and I was there to witness this historic event. I decided to drive out to watch John Gamble compete. After arriving early in the morning at my motel I put my suitcase in my room and hurried over to the meet site. This was powerlifting heaven for me to be around the great legends of my sport. Can you imagine looking around the huge auditorium and seeing the likes of Dunbar, Gant, Crain, Bridges, Thomas, Cash, Hatfield, Frantz, Wrenn, Kenady, and Pacifico, to name a few? To see all of these great lifting icons in one place competing against the very best of their era was something to behold. It would be great to see this today. Oh well, I can dream a little can't I?

I spotted Mike Bridges and I ambled over and introduced myself. I was shocked by how easy he was to talk to. I asked if I could get a picture with him and he said yes. After the picture I thanked him and wished him the best. The lifting first day was excellent with Dunbar beating Cunha on bodyweight at 114, Gant won easily at 123, Handsor won at 132, Rosciglione won at 148 and Crain had a battle with Welch and won at 165. The 181s were what many of us had come to see, not because there was any doubt about the outcome, but to see what Mike Bridges was going to do at 181. Mike opened his squats with an easy 705, next 799 was taken care of with ease, and for his third squat he called for a world record 837 pounds. This was over four and a half times his bodyweight, down and up with room to spare. Mike was on a roll.

In the bench, Mike opened with a super easy 462, next he did a solid



Mike Bridges squatting in 1982

How To Build A Champion

as told to Powerlifting USA by Troy Lehrer



Dennis Cieri receiving the IPF Gold Medal for his win in Denmark

Take a skinny, driven 14 year old kid from Union City, NJ (whose mom won't let him play sports because she didn't want him to get hurt... just kidding) who wants to rule the world. Put him in a room with some weights and a bench, lock the door and walk away. When Dennis Cieri emerged at age 18 he was ready to begin his meteoric rise to the top of the World of Weights.

Dennis started out like a pool hall hustler, taking on all comers in the weight room at North Bergen High School, winning respect and reputation. It wasn't until friends told him about a competition that Dennis learned he could do it for real. The meet was the ADFPA New Jersey State Open, and Dennis entered the 181 lb. teen and open classes. The result was the same as it has been since then, a win in both classes and records set.

With over 100 competitions won, losing less than a handful on American soil, enough Best Lifter awards to fill a room, and more state, national and world records than most powerlifting teams combined, Dennis makes a great argument for being the best drug free bench presser of all time, raw and single ply.

There was, however, one thing missing from Dennis' resume, an IPF Bench World Gold medal. We all dream about it, but only a precious few will actually walk on to

the platform and take three attempts to attain that glory. Basically, only one man in each weight class gets the opportunity each year, and fewer than that if you are an American in Dennis' weight class because he has owned that spot 8 out of the last 9 years, missing only in 2004, due to injury.

For most, just getting there is a victory, but for the elite like Dennis medaling is a necessity to call the year's work a success. Bronze is a good start (Dennis has two). Silver brings some respectability (he has one of those), but nothing can compare to the top of the podium and the gold medal that is given to one who ends up standing there. You are above all the rest, physically, mentally and emotionally, for that moment. You are the best of the best, in the world, and no one can take it away.

I know what you're thinking.

I've worked that hard. I've killed myself in the gym, day after day, year after year. So, why doesn't my story sound like his? Why don't my results match his? What does he have that I don't? I wish I could give you the secret as to why Dennis is what he is. As Dennis' training partner I have studied him to learn that very secret. What I've learned is this: DENNIS CIERI DEFIES ALL LOGIC AND SCIENCE!

Example: While sick all week with a bad case of the flu, and losing 5 pounds, Dennis attends our Saturday heavy chest workout. After complaining about how sick he was and that he will be better next week, Dennis does raw singles with 495, 515 and 525 before putting on a loose shirt for 565, 575, and 585. He then hits 160 lb. dumbbells for 3 sets of 8, and finishes with our 8 second negatives with 225 till failure. His explanation: my body fought the flu so well that I'm stronger now!!

Example: While sleep deprived (nicest way I could put it!) Dennis again arrives for Saturday training dragging a bit. After joining the warm up (his first lift was 315) Dennis takes two warmer up sets (365, and 405) and declares himself ready to work. He puts on a stock 48 Titan Fury shirt and muscles up 495 545, 555, and 565 for triples. His explanation: I did get two hours of sleep!!!

Last example: While in Texas for the USAPL Bench Press Nationals in 2004, Dennis' opening lift of 600 lbs. drifted out of the groove and his hands and crash landed on his chest. The impact broke his sternum, a few ribs, and tore cartilage. The medical staff had to cut the bench shirt off of him. After being helped into the warmup room Dennis collected his thoughts and told the judges he would pass on his second lift. Against all medical opinions he did not go to the emergency room, but instead was helped into a new

bench shirt and made his way out to the platform for his third attempt. He again took 600 lbs. and this time touched and successfully pressed the weight. Unfortunately, he received red lights as he had jumped the start command. Can you blame him? His explanation: I don't know, I didn't really feel it until I went to the emergency room later that day...

Obviously, this person is either insane or just not like the rest of us, so, I sat down with my friend and training partner, and asked a few questions. This is what the 2007 198 lb. IPF Bench Press World Champion Dennis "HEAVY D" Cieri had to say:

Vital Statistics of an IPF Bench Press Champion ...
Age - 38
Ht. - 5' 9"
Wt. - 200 - 210lbs.
Wt. class - 198
DNA - Not of this world
Strengths - freakish power, ridiculous stamina, inhuman work ethic, and the best lockout strength in the game.
Weaknesses - none known - seems to be getting better with age.

T.L. You hold numerous raw and single ply drug free, state, national and world records. You are a two time winner at Bench America. You have won titles in almost every drug free federation, and you are now the reigning 198 lb. IPF World Bench Press Gold Medalist. In your opinion, are you the best drug free bench presser of all time?

D.C. I don't think about that. Really, people are going to say what they want about that kind of stuff no matter what you do, so I just leave it alone. I need to focus on what I need to do to get better and win. The IPF gold has filled a void in my resume, but I still have work to do. Now that I have one, I want another, and another, and another. I want to go to the World meet and have guys run to the buffet or the sauna to get out of my weight class. My desire is to be the best and I will continue to train for it, but I'm not going to know the answer until it's all over.

T.L. This was your 8th US bench team nomination. You have represented the USA every year starting in 1999 missing out only in 2004, due to injury. What does that mean to you?

D.C. I am honored every time I get the call after Bench Nationals. Representing your country is the greatest feeling for an athlete. In all of my years on the team we have competed on foreign soil so our fans mainly consist of the team members and a few family and friends so it is extremely important for us to support each

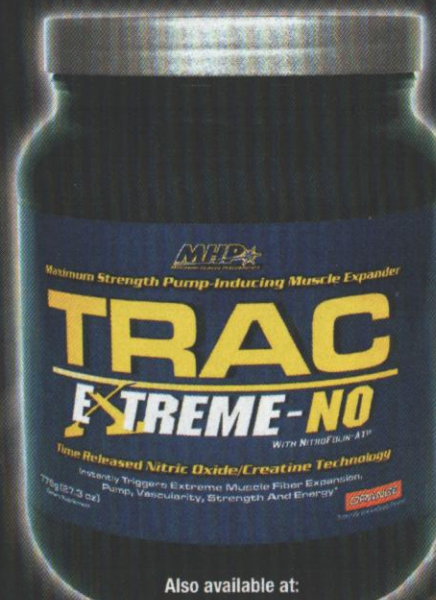
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(continued on page 12)

Strongmen Inspire Teen Powerlifter



Above ... father Mike Shaw (Makham Singh) in the ring with Kaz ... below ... son Josh Shaw competing .. above ... Makham was a headliner



Skandia, Michigan – Joshua Shaw, a 16 year old Junior at Gwinn High School. Gwinn, Michigan, started weight lifting at 10 years old. He was inspired to start lifting when he found a box of photographs & programs of his father MIKE SHAW with Powerlifting legends Bill Kazmaier, Ted Arcidi, & Ken Patera. The elder Shaw spent 20 years as a Professional Wrestler: as Bastion Booger in the World Wrestling Federation (WWF), and Norman The Lunatic in World Championship Wrestling (WCW) but it was in Stampede Wrestling in Calgary, Alberta, Canada where MIKE SHAW wrestled as Makham Singh that he

STAMPEDE WRESTLING
TUESDAY, APR. 14
CAGE MATCH!
MAKHAN SINGH vs **OWEN HART**
STARR - vs - RITCHIE BROWN - vs - MYERS
KAZMAIER & HITO CUBAN - vs - PILLMAN SMITH - vs - WELLINGTON
 8 p.m. EXHIBITION AUDITORIUM
 RINGSIDE *8, GENERAL ADMISSION *6
 SENIOR CITIZENS + ELEMENTARY SCHOOLS WITH CARDS *5



Above ... Josh Shaw uses his strength to excel in many sports, but he prefers the powerlifting arena. (photos courtesy of Kelly Shaw, his mom)

started meeting Powerlifting stars. Promoter Stu Hart, the father of the wrestling Hart family, loved strongmen and hired a lot of them as wrestlers. Stu Hart himself was known as a strongman in his wrestling days. Joshua Shaw was the most impressed with Bill Kazmaier, after seeing him on television in the World Strongest Men Contests.

Joshua Shaw has now entered five Powerlifting Tournaments, placing in all five & winning one championship. Tournaments have included: 2006 U.P. State Power Lifting Championship (9 & 10 Grade) – Champion, 2006 Great Western Conference Tournament (Varsity) 4th Place, 2007 U.P. State Power Lifting Championship (Varsity) 3rd Place, 2007 Great Western Conference Tournament (Varsity) 2nd Place, 2007 Copper Country Power

Lifting Event (Varsity) 3rd Place

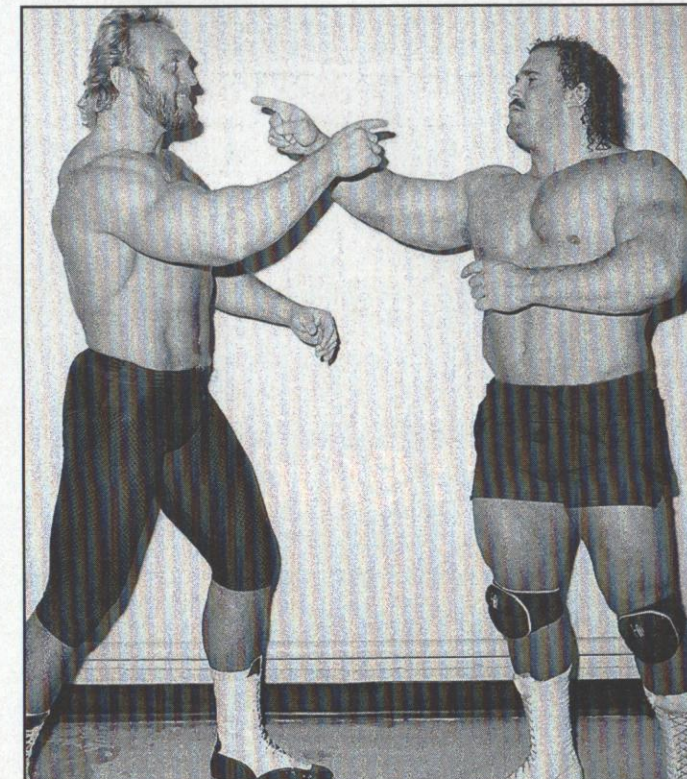
Josh's athletic awards include 2 Presidential Sports Awards - Weight Lifting; Gwinn High School 300 Pound Bench Press Wall - Of - Fame; Gatorade "Will To Win Athlete" Award; Gatorade "Is It In You" Award; 1000 Pound Club (Three Lifts); 500 Pound Iron Man Award (Two Lifts); 600 Pound Iron Man Award (Two Lifts)

Joshua Shaw plans on playing college football. He is a three year varsity starter as a defensive tackle & offensive tackle & is team captain. He was a member of the varsity wrestling team for two years. Then stopped wrestling to lift & enter powerlifting tournaments. Joshua Shaw is also on the varsity track & field team.

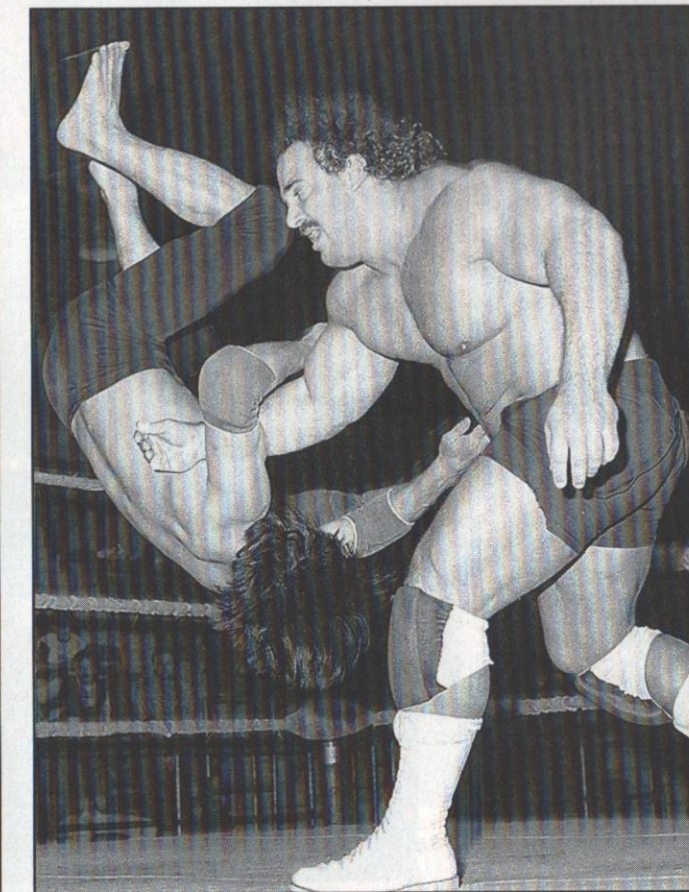
(Shot Put & Discus) where he is also team captain.
 (by Mike Striker)



Mike (Makham Singh) Shaw ... meeting Kaz



Icons of Powerlifting ... Bill Kazmaier and Ted Arcidi both had pro wrestling careers. Above, Ted tossing 'Mr. Hito' (courtesy Bob Leonard)



(continued from page 8)

other and show patriotism.

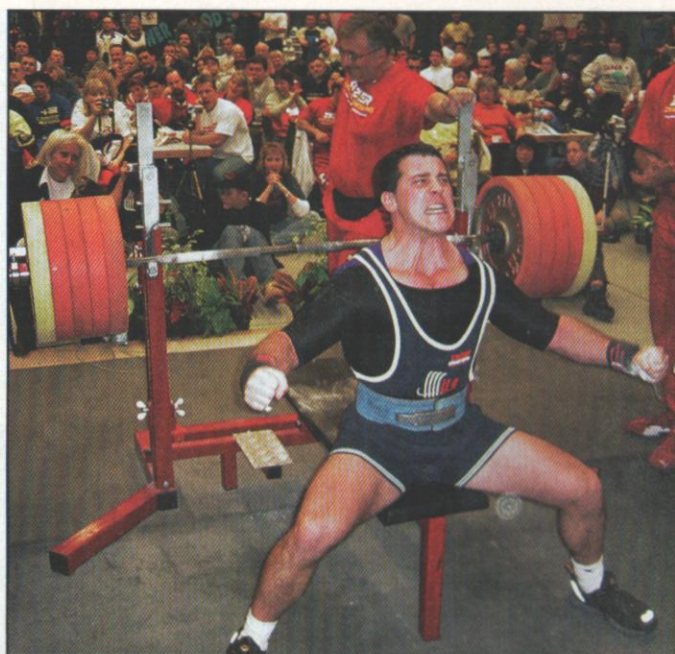
T.L. You missed the 2004 Bench Worlds due to injury. How did it happen?

D.C. It was the first real injury of my career. I was having an excellent year, and heading into Bench Nationals, in Killeen, TX, I was the 220 pounder to beat. My numbers leading up to Nationals were great. I had hit over 600 lbs. in a few local meets and was hitting well over 600 in the gym. I got to the meet, warmed up with my group and felt incredible. Then things went wrong. My 600.1 lb. opener, which should have been a breeze, came down a little low, and on the 'press' command I fired the weight up, but it continued to slide. Next thing I knew I was wearing it. The bar slipped out of my hands and bounced off my chest. The spotters were quick, but nobody could've been that quick. The fractured sternum and ribs as well as some torn cartilage left me unable to lift for the next 6 months. It also focused me. I realized that this all could be over as quickly as it began. I dropped 18 pounds and went back to the 198s, which is where I feel the best, and started over.

T.L. Wait. You broke your sternum and 2 ribs and suffered torn cartilage, and then after passing on your second attempt, you went out for your third?

D.C. After lying on the bench for 15 minutes, I was helped into the back where the medical staff told me to go to the hospital. I told them that I would go after my third lift. They told me not to do it, but my adrenaline was flowing and I wanted to redeem myself. When I hit the platform for that third attempt I was in 'the zone'. I took the liftoff, and when the bar touched my chest, I paused and then drove it up to lockout. I racked the weight and got up. I don't know what shocked me more, the fact that I locked it out or the three red lights I received because I jumped the start command. People like to make a big deal about it, but I don't. I had a great chance at winning the gold that year and a freak incident took it away, but I always knew that I would heal and be back.

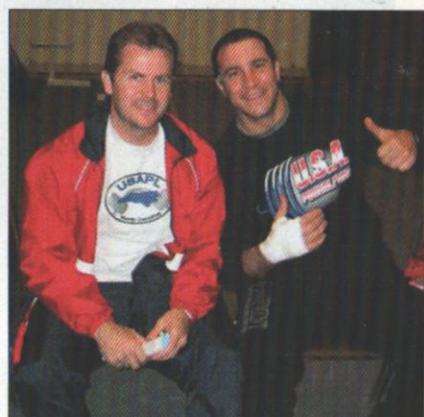
T.L. Since the injury you have made the past 3 teams and been in the hunt for the gold each time. A fourth place in Sweden, in 2005, where your final attempt of 589 lbs. would have given you the gold and the world record. Then the next year in Hungary, was where you and Jan Bast, from



Dennis gets ready to rock in Denmark (photos courtesy of D. Cieri)

Germany, battled to the last lift and you again tried that 589, but another miss left you with the silver. Then it was the 2007 Worlds in Denmark. The same competitors were there, but this was your year. You made it dramatic by missing your first two lifts and hitting only your third, but it was good enough for gold and the realization of your career long dream. Why are you better now than ever before?

D.C. Actually, this year is no different than any of the other years. Ask anyone that I've lifted with or against and they will tell you exactly what I am about to say. I always believe that I am the man to beat. I approach every meet the same way, whether it is local, national or the worlds. I train like an animal and try to put on a good show. I want people to see my best every time. I respect my opponents, but I go to every meet expecting gold. I do think that one change has had a huge impact on my focus in my training. I have surrounded myself with the best team in the



With TEAM USA's Donovan Thompson

game. I am referring to my training partners Glen "The Animal from North Bergen" Haley and Troy "The Chosen One" Lehrer. They are two up and coming benchers who have started to make names for themselves, yet they put that all aside to make sure that I am prepared for the big meets. They rearrange their lives, routinely, for the sake of training. They are a huge part of my success, but I wouldn't be where I am if not for another key member of my team - Gerard Dente, the owner and founder of the greatest supplement company on the planet, MHP Nutrition. Gerard's products are an integral part of our team and our training. MHP makes some of the highest quality supplements on the market. We were all taking MHP products when Gerard approached me about sponsorship. So, it was a pretty easy sell. I would highly recommend MHP's line of supplements, especially Trac Xtreme, ABomb, Cyclin, Up Your

Mass, and Probiotic. Check out their ads in the magazine, go to the website www.getMHP.com or call them up. You will notice a difference instantly.

T.L. Are you going to break that triple bodyweight barrier or what?

D.C. I will say this; if you are a current 198er and are in a meet that I am in you will need to keep 600 and beyond in mind. I intend to keep getting better and that means 600 has to fall in a meet (I'm above that in training, so it's only a matter of time).

T.L. Would you like to mention your 'other' team?

D.C. I am who I am because of the people around me. My family is awesome. They support me from home as well as some who travel with me. My mother and stepfather Ron have been at virtually every major meet I've done. Seeing them before I lift energizes me. I can't tell you how important that is in some of these faraway places. My mother is also my travel coordinator. With that aspect taken care of I can focus on training, dieting, and winning. She's an invaluable asset, and not to mention she also gave birth to me, so I owe her!! My father Dan is also a big part of my success. He has always been a driving force for me, so much so that I brought him into business with me to utilize his vast skills.

T.L. Have we forgotten anyone?

D.C. I can't leave out my good friend and coach of the U.S.A. Bench Team, Dr. Donovan Thompson. Don was there when I got hurt in Texas and aside from medical help he helped me re-focus to go back out on the platform for my third lift. I also want to mention the incredible job that Donovan did in Denmark. The entire team was lucky to have him as a coach. I also must recognize Pete Alaniz, from Titan Support Systems, who has been incredible to me over the years. Pete, you are one of the classiest guys in powerlifting. Your support has enabled me to do what I've done and I will continue to only wear Titan equipment. I also need to mention Rich Scarpati, my business partner and cousin, who puts up with me, and Glen and especially Troy. I thank you.

T.L. It has been my pleasure to interview you. I owe you a lot for the knowledge and opportunities you have given me in powerlifting. You have also been a good friend and I am most appreciative. I will answer my own previous question and say YES, Dennis Cieri, you are the greatest Drug Free Raw or Single ply Bench Presser of all time! You never cease to amaze. I know that that comment will strike a fire across the internet as "THE BEST" label, is a highly debatable tag and the lineup for it is vast. I will leave everyone in the powerlifting world with this nugget, however: on our last triceps workout, wearing a single ply Titan Fury NXG+, Dennis locked out (2 boards) 545 for a triple, 585 for a double and 635, 655, 675, and a final set with 705 for singles. He will break 600 soon, and I believe 700 someday. Thank you Dennis for everything, but don't think that gold medal or my words mean for one second that you can be late for workouts or slack off at all. I'll give you a warning letter!!!

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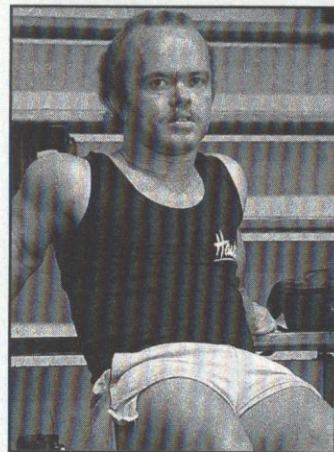
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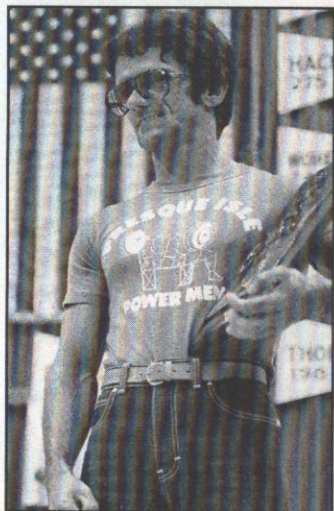
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Jim Caldwell relaxes at the '86 APF World Championships held in Maui, Hawaii (Douglas photo)

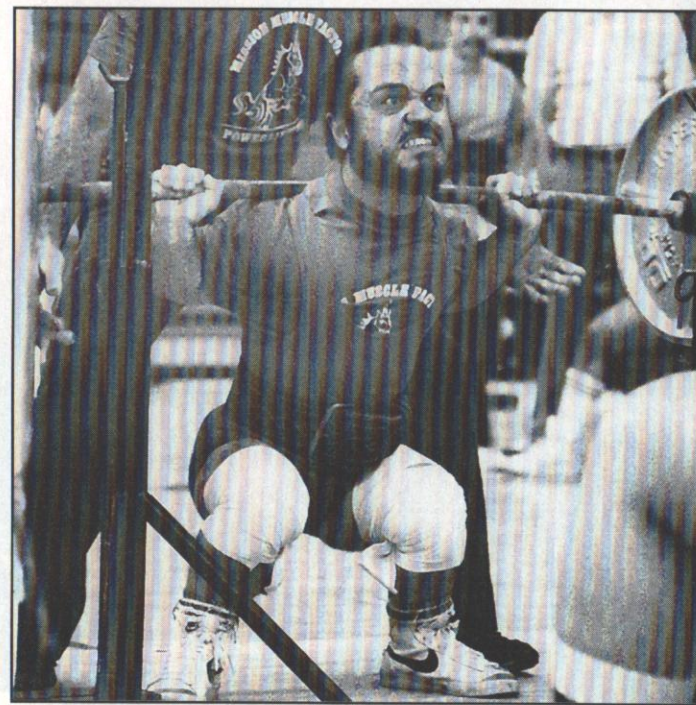


Norb Paterniti at the '82 Seniors

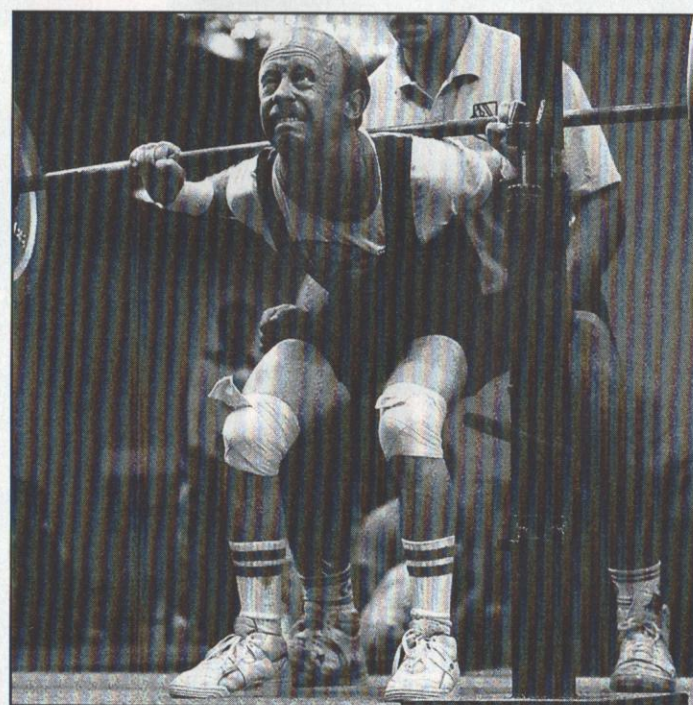
ALL TIME HISTORICAL TOP 50 AMERICAN MEN'S 114 Pound (52 Kilogram) Weight Division -- Squat

	Squat	X-Bwt Athlete/ YOB/ Date/ Actual Weight/ Exact Bodyweight/ Location/ Federation
1.	535.7 (243.0)	4.67X Joe Cunha/59 10/17/81 (243.0 kg.) (San Luis Obispo, California) (USPF/IPF)
2.	507.1 (230.0)	*4.42X Chuck Dunbar/57 11/7/80 (230.0 kg. @ 51.2 kg.) (Arlington, Texas) (USPF/IPF)
3.	501.6 (227.5)	4.38X Jim Caldwell 11/22/87 (227.5 kg.) (Dayton, Ohio) (APF/WPC)
4.	501.6 (227.5)	4.38X Mike Nelson 5/28/88 (227.5 kg.) (Kansas City, Missouri) (USPF)
5.	501.6 (227.5)	*4.64X Mike Booker/81 11/3/00 (227.5 kg. @ 108.0 lb., without a squat suit) (Mesquite, Nevada) (AAU)
6.	457.5 (207.5)	3.99X Henry Garcia/64 7/1/92 (207.5 kg.) (Raleigh, North Carolina) (USPF/IPF)
7.	457.5 (207.5)	*3.99X Ernesto Milian/47 5/15/05 (207.5 kg. @ 52.0 kg.) (Round Rock, Texas) (APF)
8.	455.0 (206.4)	3.97X Viet Tran/76 3/28/92 (455.0 lb.) (Omaha, Nebraska) (NSM)
9.	451.9 (205.0)	3.94X Phil Hile/67-05 4/8/95 (205.0 kg.) (South Charleston, West Virginia) (USPF)
10.	447.5 (203.0)	*3.93X Erwin Gainer/66 7/18/03 (203.0 kg. @ 51.6 kg.) (Rapid City, South Dakota) (USAPL/IPF)
11.	446.4 (202.5)	3.89X Keith Borque/63 7/10/93 (202.5 kg.) (Wilkes-Barre, Pennsylvania) (ADFFPA)
12.	440.9 (200.0)	3.85X John Redding/43 4/19/80 (200.0 kg.) (Auburn, Alabama) (USPF/IPF)
13.	440.9 (200.0)	3.85X Loren Chapin 4/30/88 (200.0 kg.) (Berlin, New Hampshire) (USPF)
14.	440.9 (200.0)	*3.98X Chris Sonnier/88 4/13/07 (200.0 kg. @ 50.2 kg.) (Monroe, Louisiana) (AAPF/AWPC)
15.	435.4 (197.5)	3.80X Bobby Adams 2/17/88 (197.5 kg.) (El Tora, California) (USPF)
16.	435.4 (197.5)	3.80X Doan Nguyen/64 7/10/93 (197.5 kg.) (Wilkes-Barre, Pennsylvania) (ADFFPA)
17.	435.4 (197.5)	3.80X Greg Young 8/8/93 (197.5 kg.) (Arlington, Texas) (USPF)
18.	435.4 (197.5)	*3.80X Rob Leoni/66 8/1/04 (197.5 kg. @ 52.0 kg.) (Lincolnwood, Illinois) (AAPF/AWPC)
19.	435.0 (197.3)	3.79X Mike Ellis 2/21/81 (435.0 lb.) (Redmond, Washington) (USPF)
20.	435.0 (197.3)	3.79X Sammy Brant 11/14/98 (435.0 lb.) (Somerset, Pennsylvania) (FCI)
21.	430.0 (195.0)	*3.85X Rickey Ramsey 8/22/70 (430.0 lb. @ 111.75 lb.) (New Orleans, Louisiana) (AAU)
22.	429.9 (195.0)	3.75X Gerald Snyder 1/19/85 (195.0 kg.) (State College, Pennsylvania) (USPF)
23.	425.0 (192.8)	3.71X Doug Heath/55 9/19/81 (425.0 lb.) (Canton, Ohio) (USPF)
24.	425.0 (192.8)	3.71X Doug McDonald 12/7/86 (425.0 lb.) (Andover, New Jersey) (ADFFPA)
25.	425.0 (192.8)	3.71X Bret Kimberlin 9/29/90 (425.0 lb.) (Memphis, Tennessee) (FCI)
26.	424.4 (192.5)	3.70X Bobby Sanders 6/28/86 (192.5 kg.) (Dayton, Ohio) (APF/WPC)
27.	424.4 (192.5)	3.70X Mark Hartman/73 7/28/90 (192.5 kg.) (Pittsburgh, Pennsylvania) (APF/WPC)
28.	420.0 (190.5)	*3.67X T. Hunt 3/22/03 (420.0 lb. @ 114.4 lb.) (Fort Worth, Texas) (THSPA)
29.	418.9 (190.0)	3.65X D. Moore 12/19/87 (190.0 kg.) (Kansas City, Missouri) (USPF)
30.	418.9 (190.0)	3.65X M. Moran 4/20/91 (190.0 kg.) (Dallas, Texas) (NASA)
31.	418.9 (190.0)	3.65X Jeremy Scruggs/83 7/14/01 (190.0 kg.) (Fort Worth, Texas) (INSAA)
32.	413.4 (187.5)	*3.72X Kevin Clemens/58 8/13/88 (187.5 kg. @ 50.4 kg.) (Saint Louis, Missouri) (ADFFPA)
33.	413.4 (187.5)	3.61X Thong Nguyen 4/12/97 (187.5 kg.) (Austin, Texas) (USPF)
34.	410.0 (186.0)	3.58X D. Williams 2/20/88 (410.0 lb.) (Huntingdon, Pennsylvania) (FCI)
35.	410.0 (186.0)	3.58X Kelvin Palmer 1995 (410.0 lb.) (Texas State Championships) (THSPA)
36.	410.0 (186.0)	*3.61X Gary Zeolla/50 4/16/05 (410.0 lb. @ 113.5 lb.) (Newark, Ohio) (IPA)
37.	407.9 (185.0)	3.56X Haykong Kim 3/1/86 (185.0 kg.) (Salt Lake City, Utah) (USPF)
38.	407.9 (185.0)	3.56X Jim Morgan 7/14/89 (185.0 kg.) (Las Vegas, Nevada) (USPF/IPF)
39.	405.0 (183.7)	3.53X Norb Paterniti 3/27/82 (405.0 lb.) (Erie, Pennsylvania) (USPF)
40.	402.3 (182.5)	3.51X Gary Hunnicutt/57 10/29/83 (182.5 kg.) (Oakland, California) (USPF)
41.	402.3 (182.5)	3.51X Joe Catalfamo/63 6/9/84 (182.5 kg.) (Troy, Alabama) (ADFFPA)
42.	402.3 (182.5)	3.51X Dave Osborn 5/20/89 (182.5 kg.) (Chicago, Illinois) (ADFFPA)
43.	402.3 (182.5)	3.51X Clarence Fielder 2/16/90 (182.5 kg.) (Fort Indian Gap, Pennsylvania) (USPF)
44.	402.3 (182.5)	3.51X Trey Cunningham/79 2/15/97 (182.5 kg.) (Philadelphia, Pennsylvania) (USPF/IPF)
45.	402.3 (182.5)	3.51X Steve Snyder/62 4/19/98 (182.5 kg.) (Wilkes-Barre, Pennsylvania) (USAPL)
46.	402.3 (182.5)	*3.52X Damarrio "Doc" Holloway/80 9/13/02 (182.5 kg. @ 51.8 kg.) (Sochi, Russia) (USAPL/IPF)
47.	400.0 (181.4)	3.49X Mark Peneguly 4/27/84 (400.0 lb.) (Dothan, Alabama) (USPF)
48.	400.0 (181.4)	3.49X Sean Augustin 3/14/87 (400.0 lb.) (Pineville, Louisiana) (USPF)
49.	400.0 (181.4)	3.49X G. Rector 4/23/88 (400.0 lb.) (Beaumont, Texas) (USPF)
50.	400.0 (181.4)	3.49X Maurice Bond 5/10/97 (400.0 lb.) (Glen Mills, Pennsylvania) (PSCPA)

(* indicates exact bodyweight (instead of limit bodyweight) used to derive bodyweight coefficient. Listing compiled by Michael Soong (1233 King George Boulevard #70; Savannah, Georgia 31419; PH 912-920-2051; EMail Address soongm@comcast.net). Records accurate (as to my knowledge) as of 7/4/07.



Leading the Pack Joe Cunha's 535 (Kathy Tuite-Leistner photo).



Kevin Clemens at the 1988 ADFFPA Nationals in St. Louis, Missouri.

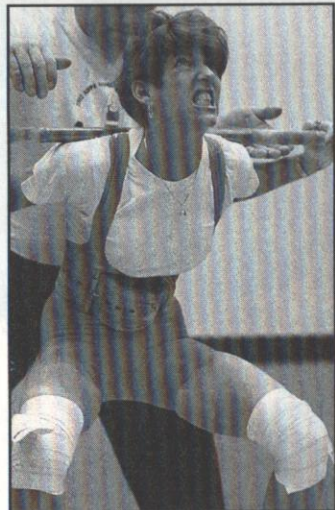
ALL TIME HISTORICAL TOP 50 AMERICAN WOMEN'S 97 Pound (44 Kilogram) Weight Division -- Squat

	Squat	X-Bwt Athlete/ YOB/ Date/ Actual Weight/ Exact Bodyweight/ Location/ Federation
1.	330.7 (150.0)	*3.42X Ashley Hudson-Robbins/77 6/3/04 (150.0 kg. @ 43.85 kg.) (Cahors, France) (USAPL/IPF)
2.	320.0 (145.1)	3.30X Elaine "Scraps" Kunkle-Grimwood/70 10/21/00 (320.0 lb.) (Lancaster, PA) (APA/WPA)
3.	314.2 (142.5)	*3.25X Delcy Palk 1/30/88 (142.5 kg. @ 96.6 lb.) (Austin, Texas) (USPF)
4.	308.6 (140.0)	*3.21X Sue Strezze-Benford 11/21/91 (140.0 kg. @ 43.6 kg.) (Las Vegas, Nevada) (APF/WPC)
5.	303.1 (137.5)	*3.18X Cheryl Jones/51 5/19/84 (137.5 kg. @ 43.2 kg.) (Santa Monica, California) (USPF)
6.	303.1 (137.5)	*3.13X Elizabeth "Ann" Leverett/54 7/16/88 (137.5 kg. @ 97.0 lb.) (Columbus, Ohio) (APF/WPC)
7.	303.1 (137.5)	3.13X Barbara Talmadge 1/26/95 (137.5 kg.) (Oklahoma City, Oklahoma) (NASA)
8.	297.6 (135.0)	3.07X Marianne Del Castillo 7/14/89 (135.0 kg.) (Las Vegas, Nevada) (USPF/IPF)
9.	297.6 (135.0)	*3.14X Barb Sieps/67 6/4/05 (135.0 kg. @ 94.8 lb.) (Detroit, Michigan) (APF/WPC)
10.	292.1 (132.5)	3.01X Claudia Valdiviez 7/26/91 (132.5 kg.) (Dallas, Texas) (USPF)
11.	292.1 (132.5)	*3.01X Alyssa Cordova/87 4/1/06 (132.5 kg. @ 44.0 kg.) (Omaha, Nebraska) (USAPL)
12.	290.0 (131.5)	2.99X D. Taoy 10/14/89 (290.0 lb.) (Atlanta, Georgia) (USPF)
13.	286.6 (130.0)	*3.05X Lesia Thomas-Oliver 4/5/86 (130.0 kg. @ 94.0 lb.) (Boston, Massachusetts) (ADFFPA)
14.	286.6 (130.0)	*2.95X Beth Grater/58 5/14/94 (130.0 kg. @ 44.0 kg.) (Bronx, New York) (ADFFPA)
15.	286.6 (130.0)	*2.98X Stephanie McMillian/79 4/15/00 (130.0 kg. @ 96.25 lb.) (Colorado Springs, Colorado) (USAPL)
16.	286.6 (130.0)	*2.96X Tina Carder/84 6/3/04 (130.0 kg. @ 43.95 kg.) (Cahors, France) (USAPL/IPF)
17.	286.6 (130.0)	*2.95X Kendra Miller/92 7/7/06 (130.0 kg. @ 44.0 kg.) (Miami, Florida) (USAPL/IPF)
18.	285.0 (129.3)	2.94X Robin Jewett 3/18/89 (285.0 lb.) (Portland, Maine) (USPF)
19.	281.1 (127.5)	2.90X L. Whiddon 10/4/87 (127.5 kg.) (Austin, Texas) (USPF)
20.	281.1 (127.5)	*2.92X Maria Pfister/84 4/13/07 (127.5 kg. @ 43.6 kg.) (Killeen, Texas) (USAPL)
21.	275.6 (125.0)	*2.85X Nancy Belliveau/53 6/1/85 (125.0 kg. @ 43.8 kg.) (Vienna, Austria) (USPF/IPF)
22.	275.6 (125.0)	2.84X Judith Gedney/40 9/14/86 (125.0 kg.) (Fort Wayne, Indiana) (ADFFPA)
23.	275.6 (125.0)	*2.87X Caitlin Miller/90 1/31/04 (125.0 kg. @ 43.6 kg.) (Omaha, Nebraska) (USAPL/IPF)
24.	275.6 (125.0)	*2.86X Erin Dickey/84 11/8/05 (125.0 kg. @ 43.7 kg.) (Miami, Florida) (USAPL/IPF)
25.	270.0 (122.5)	2.78X R. Fish 4/4/98 (270.0 lb.) (Arvada, Colorado) (AAU)
26.	264.6 (120.0)	2.73X Marva Austin 1/30/88 (120.0 kg.) (Austin, Texas) (USPF)
27.	264.6 (120.0)	2.73X Zindy Coss/68 2/27/99 (120.0 kg.) (Lincoln, Nebraska) (USAPL/IPF)
28.	260.0 (117.9)	2.68X Cheryl Anderson/75 4/29/06 (260.0 lb.) (Kasson, Minnesota) (USAPL)
29.	259.0 (117.5)	*2.69X Gina/Ginger Lord 2/20/82 (117.5 kg. @ 43.66 kg.) (Auburn, Alabama) (USPF)
30.	259.0 (117.5)	2.67X Tammy Martin 6/18/93 (117.5 kg.) (Greensboro, North Carolina) (USPF/IPF)
31.	259.0 (117.5)	*2.69X Cathy Solan/58 10/9/03 (117.5 kg. @ 43.6 kg.) (Regina, Saskatchewan) (USAPL/IPF)
32.	255.0 (115.7)	2.63X Cindy Russell 9/18/82 (255.0 lb.) (Ames, Iowa) (USPF)
33.	255.0 (115.7)	2.63X D. Walker 1/28/95 (255.0 lb.) (Ruston, Louisiana) (LHSPA)
34.	255.0 (115.7)	*2.63X Viviana Rodriguez 3/14/03 (255.0 lb. @ 97.0 lb.) (Killeen, Texas) (THSPA)
35.	255.0 (115.7)	*2.66X Wanda Burnette/50 4/23/05 (255.0 lb. @ 96.0 lb.) (Charleston, South Carolina) (APF)
36.	250.0 (113.4)	*2.58X Carol Patterson/57 3/3/84 (250.0 lb. @ 97.0 lb.) (Redmond, Washington) (USPF)
37.	250.0 (113.4)	*2.63X M. LaFond 11/18/89 (250.0 lb. @ 95.0 lb.) (Hanover, Massachusetts) (USPF)
38.	250.0 (113.4)	2.58X Jessica Esfandairy 3/23/96 (250.0 lb.) (Beaumont, Texas) (THSPA)
39.	250.0 (113.4)	*2.60X Heather Moser 3/14/03 (250.0 lb. @ 96.1 lb.) (Killeen, Texas) (THSPA)
40.	248.0 (112.5)	2.56X Joette Weber 3/19/81 (112.5 kg.) (Kutztown, Pennsylvania) (AAU)
41.	248.0 (112.5)	*2.56X Barb Wedding 5/3/81 (112.5 kg. @ 97.0 lb.) (Cleveland, Ohio) (USPF)
42.	248.0 (112.5)	*2.57X Jamie Mock 3/23/84 (112.5 kg. @ 43.8 kg.) (Villanova, Pennsylvania) (USPF)
43.	248.0 (112.5)	2.56X Annette Axt/83 10/27/01 (112.5 kg.) (Omaha, Nebraska) (APF)
44.	248.0 (112.5)	*2.59X Grisselle Ufret/65 6/14/02 (112.5 kg. @ 43.4 kg.) (York, Pennsylvania) (APF/WPC)
45.	245.0 (111.1)	2.53X April Delmore/67 12/9/89 (245.0 lb.) (Adel, Georgia) (USPF)
46.	245.0 (111.1)	*2.53X Heath Schmoeyer/86 2/17/02 (245.0 lb. @ 97.0 lb.) (Laurel, Maryland) (APA)
47.	245.0 (111.1)	*2.56X Dana Sifuentes 3/19/04 (245.0 lb. @ 95.8 lb.) (Killeen, Texas) (THSPA)
48.	242.5 (110.0)	2.50X Aadron Rausch 1/8/83 (110.0 kg.) (Columbus, Ohio) (USPF)
49.	242.5 (110.0)	2.50X Kay Ashton 2/6/88 (110.0 kg.) (Glens Falls, New York) (USPF)
50.	242.5 (110.0)	2.50X Shirley Scheffler/59 11/13/93 (110.0 kg.) (Sacramento, California) (ADFFPA)

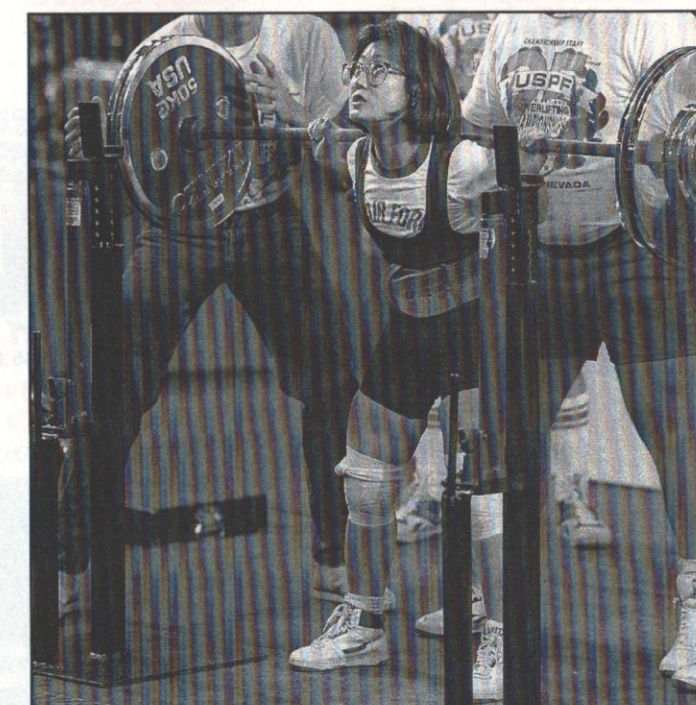
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Cheryl Jones @ the '86 Nationals



Above ... Beth Grater at the '92 ADFFPA Nationals and below ... Marianne Del Castillo at the '89 Men's/Women's IPF World Meet



Delcy Palk was once the holder of the IPF World Record in the squat



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Last month we discussed powerlifting from the late 1800s to 1960. In that discussion we mentioned the AAU numerous times. This probably needs some clarification. The AAU we know today is quite different than the AAU of fifty years ago. At that time the AAU controlled all amateur sports. There was a very clear separation between amateurs and professionals. Today professional athletes can compete in the Olympics and Olympic athletes can receive payment for their performances. This was much different in the 1950s and 1960s.

It was not until the late 1970s (and it took an act of Congress) that the AAU control of amateur sports changed. There was very little room to appeal a decision by the AAU. Jim Thorpe, possibly the greatest athlete of all time, as well as Paul Anderson felt the power of the AAU. Thorpe was stripped of his Olympic medals because he played semi-pro baseball for a couple of summers. Anderson was declared a professional because he attempted to make a living as a wrestler.

In 1960s the battle between powerlifting and weightlifting continued, within the AAU. There was some recognition, but the powers to be still favored weightlifting.

There were more and more power meets being held. They were taking place in all parts of the country. What was needed was a facility and someone willing to promote the meets. Those early meet promoters made the sport happen.

In 1960, Dick Reno held the first power meet in the State of Georgia. The Strongest Man in Chattanooga was held. This meet contested the Overhead Press, Squat, Bench Press and Deadlift.

The Boston YMCA annually held the Eastern Powerlifting Championships. The driving forces in that area were Nate Harris and Pete French.

The lifters making noise in the early 1960's were Pat Casey, Peanuts West, Nate Harris and a Canadian named Benoit Cote. Cote was deadlifting close to 800 lbs., and he challenged Paul Anderson to a Strongman Contest.

Texas, Missouri, California and Pennsylvania were also holding numerous meets each year.

The coverage of powerlifting was very limited at that time. Perry Rader covered the subject in his publications and York Barbell mentioned it on a very limited basis in Strength and Health.

The meets themselves were different than those of today. The curl was still one of the official lifts. Some meets were four lift, some were three, and others even included other lifts.

The University of Nebraska held a meet that featured the following: Press, Snatch, Clean and Jerk, Bench Press, Squat and Deadlift. Imagine the time it took to complete that contest.

It was during this period that Detroit and Pontiac, Michigan became very active in meet promotions. In

The History of POWERLIFTING

PL in the 1960s as told by Bob Gaynor

1961 the Northeastern YMCA of Detroit held an unofficial National Championship. More and more individuals became involved including Rudy Sablo, Morris Weissbrodt, Tom Snelgrove, Bud Mucci, Don Haley and Dick Reno, just to name a few.

The rules in 1961 contained the following:

In the Bench the lifters heels had to be on the bench or the feet had to be flat on the floor. There was a two second pause on the chest and a two second hold at completion. There was no bridging allowed.

In the Squat it was the top of the thighs below parallel and the bar held high, no more than one inch below top of deltoids.

Were the rules universally followed? No! The West Coast lifters were always very innovative with regard to the rules: the Touch and Go Bench Press, the Sink and Toss method, baggy shorts to mask hip raise, and Vaseline on the thighs for deadlifting. Just imagine being the next lifter after someone used Vaseline.

The two second pause versus the touch and go actually caused two sets of records to be established.

Something else started to occur in the 1960s. The term "Strength Inducing Drugs", was not used, but whispers of "Dianabol" started to be heard. This will be covered in more depth in a future article.

In 1962 the AAU decided to keep official records, but doing so was not easy. The requirements were that the lifts had to have been done since December 5 of 1958, and had to have followed AAU Rules. It became very

subjective as to what would or would not be accepted.

Perry Rader worked on the American Records. Many states were compiling their own records. Gene Mozee was handling the California records. In addition to the record keeping, Gene was a big time bench who held the American Record for some time. Jim Witt, Bill Clark, Jim Messer and Nate Harris compiled State Records in Texas, Missouri, Pennsylvania and Massachusetts respectively.

The Bench Press Records in 1962 (with pause) were as follows:

123 Lb.	225 Lb.
132 Lb.	245 Lb.
148 Lb.	320 Lb.
165 Lb.	350 Lb.
181 Lb.	390 Lb.
198 Lb.	430 Lb.
Hvy Wt.	517 1/2 Lb.

Some of the recognizable names on that list were Larry Mintz, Gene Mozee, Bill West, Mel Hennessey and Pat Casey.

As you can see, there were still only seven weight classes. If you weighed above 198 lbs. you lifted against the Superheavyweights.

One thing that was very apparent during this period was that the number of registered Powerlifters was increasing and the number of Olympic Lifters was decreasing. Even though Bob Hoffman was benefiting from Powerlifting by selling more weights, bars, and equipment, this did not make Mr. Hoffman happy.

In 1963 the AAU was still struggling with powerlifting. A decision was made to separate Powerlifting

from Olympic Lifting, but the Olympic Lifting folks had that overturned. The official position was that the four lifts were still recognized.

What were the powerlifters doing? They were running meets and competing. Most were not concerned with the political in-fighting. Powerlifting, for the most part, was like a large family. Sure they had their disputes, but all worked together.

Very few had enough equipment to run a meet, so it was common practice for lifters and officials to travel with equipment. Hal Raker of Forty Fort, PA, one of the early lifters, and who I believe was the first 132 lb. lifter to deadlift 500 lbs. in AAU competition, used to travel with a bench he could assemble and disassemble. Others traveled with 100 lb. plates, and lights, which were very rare. Squat racks were also moved from meet to meet.

The area I grew up in, Wilkes-Barre, PA, ran three meets in 1963. One was a four lift meet, and the others were three lift meets. The four lift was a very strange affair. The facility the meet was run in had to be vacated by midnight. As the 'Witching Hour' approached and the second session lifters (181 Lb. and up) had not started to deadlift, it was apparent that something had to be done. The decision was no deadlift. The disagreements that followed were almost as interesting as the meet itself. Arguments, yelling, pushing and shoving went on for quite a while, but the decision not to deadlift stood.

In June of 1963 the Wilkes-Barre YMCA held a three lift meet which consisted of the Curl, Bench Press and Deadlift. Future Mr. Olympia, Frank Zane, curled 165 lbs. at that meet.

In November another meet was held at the Forty Fort High School. They had forty-five lifters, which was great considering there were three other meets that day within a 150 mile radius. As you can see, there were quite a few meets being held during this period.

Out on the West Coast Harold Love squatted 605 at 195 lbs. Pat Casey benched 530 lbs. and curled 200 lbs. Lee Phillips attempted a 705 squat. Seventy one year old Carl Norberg benched 400 lbs. In Texas, Terry Todd won the Texas State Meet with a 1600 lb. total.

In the Midwest Ernie Frantz and Bill Seno won the 181s and 198s respectively in an AAU Meet.

Bill Clark continued to hold his annual meet in Columbia, Missouri. At the 1963 meet Wilbur Miller deadlifted 675 lbs., which the AAU accepted as a World Record. This was strange, in that Herman Goerner had done 793 lbs. many years before.

In December of 1963 at the AAU Convention there was much discussion concerning powerlifting. The four lifts stayed, along with the seven weight classes.

In 1963 Bruno Sammartino, future World Wrestling Champion, held Allegheny Mountain Association

Records in the Bench Press and Curl at 470 lbs and 170 lbs. respectively. Also holding records was Bill Remley, still a very active masters competitor.

The hand spacing in the Bench Press changed to not more than thirty two inches between index fingers. The bars were to be marked with tape at that distance. There were no power bars at that time.

The two second pause became "until the bar stopped". This rule flip flopped back and forth and was enforced differently in various parts of the country.

There was no wrapping of calves and the deadlift competitor had to be erect and shoulders back. This was strictly enforced.

The year ended with many meets, but not a true National Championships or 100% acceptance by the AAU.

1964 was the year the AAU accepted powerlifting. This happened at the National Meeting in June of that year. At that meeting the Curl was to be eliminated, but records could not be set until 1/1/65. At that time they scheduled a National Meet for September, but without records and real acceptance.

The lifts have to be Bench Press, Squat, Deadlift in that order. There was discussion of dropping the 123 lb. Class and adding the 242 lb. Class.

Powerlifting was to have it's own chairman. Don Haley, John Terpak, Peary Rader and Rudy Sablo were appointed to formalize powerlifting rules.

1964 was also the year Muscular Development came into existence. There was now someone other than Peary Rader covering powerlifting. John Grimek and John Terlazzo did a great job.

There were many meets, just to show you how popular the sport was, the Los Angeles/San Diego area had five meets in four months. An open meet in Pittsburgh in March had sixty lifters, the largest turnout to date.

Different types of meets were still being held. Minneapolis had a meet which featured the Press Behind Neck/Squat/Bench Press. Mel Hennessey did 290-480-455.

Attire was not controlled. Tee Shirts, gym shorts, cutoff sweat pants, sweat shirts and even long sleeve shirts were allowed.

Pat Casey continued his march toward 600 lbs. with a 545 and a close miss at 560 lbs.

York held a power tournament that had forty lifters including Dave Moyer, who squatted 425 lbs. at 123 lbs. They had entries from twelve different states.

In the squat you could wrap the bar (12 inches) and use a two inch wedge under the heels. You could have the bar placed on your shoulders if you chose to do so.

Bill Clark ran his official/unofficial National Meet, which - in his words - turned out to be a Regional Competition.

1965 was a very big year for

powerlifting. There would be an official Junior and Senior National Championship. Also, all of the old records were erased from the books. To qualify for a record it must have been done in a three lift meet and the order of the lifts had to be BP/SQ/DL.

Record certificates had to be sent in within thirty days. The rules at that time said the scales had to be certified the day of the meet. Since most meets were on Saturdays and government offices were closed, I am not sure how this was accomplished.

Another strange requirement was weighing the bar and weights after the lift. The meet had to be stopped and the bar stripped and everything had to be weighed. Imagine being the next lifter. This process could take ten minutes. This went on for a number of years. I remember a meet in the seventies when Jim Williams set a bench record on two consecutive attempts. The only difference in attempts was that a ten lb. plate was added to each side. I suggested we just weigh the two ten lb. plates. That would not do.

Some of the early record setters in 1965 were Dave Moyer with all of the 123 lb. Records, Nate Harris with the SQ/DL/TOT and Terry Todd with the SQ/DL/TOT at Superheavyweight.

At one time in 1965 Dave Moyer held all the records in the 123 lb and 132 lb. classes, except the 132 lb. deadlift.

The magazines even started to run articles that dealt with training for the powerlifters.

In Minneapolis a new star began to rise. Don Cundy, weighing about 265 lbs, deadlifted 735 lbs. for an American Record. We would hear more from Cundy over the next seven years.

A lifter from Cincinnati by the name of Felix Nicholson deadlifted 655 lbs. at 198 lbs.

There was little heard from him after that.

In August of 1965, preparing for the Nationals, Pat Casey did 548-699-666 lbs.

1913 lbs. Unfortunately, he never showed for that or any other National Meet.

An interesting contest took place in Easton, Pennsylvania in 1965. It was the first two platform meet.

The rules were in a continual state of change and interpretation. Some of this was due to the sport being so new and some because the powers to be tried to apply weightlifting rules and partly because the lifters were innovative.

You had to be seventeen years of age to lift at that time. The handoff in the bench had to be by the two spotters, not a single handoff. Grease on the thighs was outlawed and the lifters were supposed to wear a singlet. During this period the officials were not allowed to tell a lifter why the lift was turned down.

Different parts of the country had their own interpretation of the rules and how they should be applied.

Things have not changed much.

The Junior Nationals that year were held in West Paterson, New Jersey. Winners were as follows:

123 Lb.	D. Moyer
132 Lb.	J. Bojazi.
148 Lb.	P. French
165 Lb.	N. Harris
181 Lb.	B. Andrews
198 Lb.	S. Blinder
SHWT.	T. Todd

Long time Powerlifting USA statistician, Herb Glossbrenner, was third at 123 lbs. beating Fred Glass, who is still competing.

The Seniors were held on September 4 in York. This is ironic in that Bob Hoffman had blocked powerlifting for years. There were forty seven competitors from seventeen states. Many of us sat through the whole sixteen hours. Winners were as follows:

123 Lb.	Ruben Melendez
132 Lb.	Dave Moyer (Jr. Winner at 123 Lb.)
148 Lb.	Homer Brannum
165 Lb.	Gene Devers
181 Lb.	Ronnie Ray
198 Lb.	Bill Seno
SHWT	Terry Todd

The big lifts were Moyer's 475 lb. Squat at 132 lbs., Devers 600 lb. Deadlift at 165 lbs, Ronnie Ray's 420 lb. Bench at 181 lbs, Gene Roberson's 705 Squat and Terry Todd's 740 Lb. Deadlift at Heavyweight.

1966 was to be Jim Witt's year to host the second annual National Championship. This is the man who had worked so long for so many years to get powerlifting accepted.

There were still only seven weight classes in 1966, although talk continued about a 242 lb. Class. Early in 1966 Gene Roberson, the second place finisher at the 1965 Nationals, totaled 1945 lbs. for a new American Record.

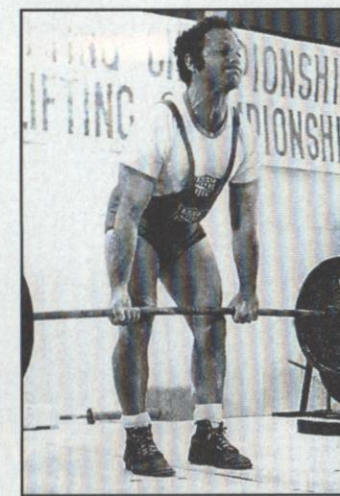
The April issue of Muscular Development listed the American Records. Dave Moyer dominated the 123 and 132 lb. Classes. Nate Harris, with the 165 lb. and 181 lb. Deadlift records, appeared in two weight classes, the only lifter besides Moyer to do so.

Other familiar names were Peanuts West, Bill Seno, Ronnie Ray and Pat Casey. West seemed to set a record every time he lifted. Casey's bench was now 547 lbs.

Out in Arizona Jon Cole, John Kanter and Jack Barnes were winning everything in sight.

Leo Stern decided to promote an invitational power meet. The meet was held May 23 and the centerpiece of this meet would be Terry Todd going West to challenge Pat Casey. The match received good pre-contest hype, but did not turn out to be much of a contest. Todd did 480-680-740-1900. Casey did 1965 with lifts of 590-775-600. That was the closest Casey came to lifting in a "big" meet. The late George Friend lifted in that same meet with a cast on his leg and squatted 605.

In October, lifting at the LA Invitational, Pat squatted 805 and



Larry Mintz ... one of the greats.

totalled 2035 for new American Records. At that same meet Len Ingro, at 165, set squat and total records. John Kanter set a new total record at 198 and Enrique Hernandez at 132 set a new Bench record.

Power rack training was getting a lot of publicity at this time. This was especially true in York publications. Wilbur Miller of Kansas, former deadlift record holder, supposedly did most of his training in the power rack using partial movements. Bill March, a very good Olympic lifter from York, did a number of articles about developing his strength through the use of the power rack. I cannot verify this, but I was told that the only time March used the power rack was for the pictures used in the articles.

The Junior Nationals were held in Norristown, Pennsylvania that year directed by Jim Messer. George Crawford began his Squat record breaking at this meet.

The Seniors were held September 3 in Dallas, Texas. They had forty-two lifters from twenty states. This number was down slightly from the previous year. Gene Devers repeated at 165, the only lifter to do so. Ronnie Ray and Bill Andrews exchanged places at 181.

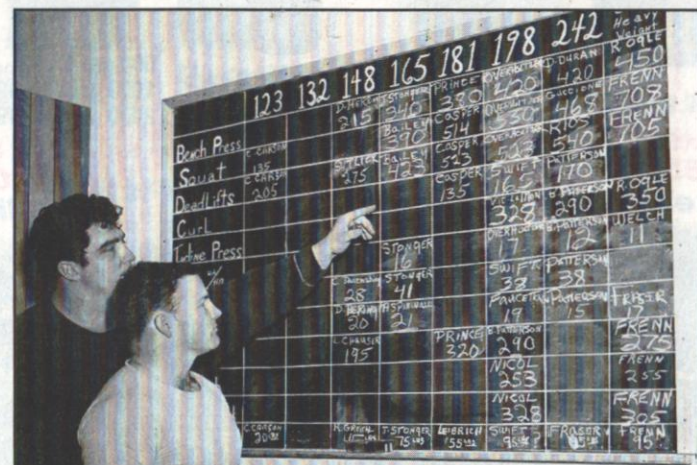
Allan Lord made his Seniors debut in this meet. Allan was quite an athlete and went on to win National titles and set records. If you looked at Allan you would think he was a long distance runner or a swimmer, but never a powerlifter.

Also making their Seniors debut were Jerry Jones, Bill West and John Kanter. Terry Todd finished second to Bob Weaver in what was to be his last Seniors appearance.

The records as of 12/31/66 were as follows:

123 Lb. Class	
BP	E. Hernandez 273
SQ	D. Moyer 465 1/4
DL	M. Cross 468 1/2
TOT	D. Moyer 1160
132 Lb. Class	
BP	E. Hernandez 289
SQ	D. Moyer 476.
DL	J. Bojazi 518

(continued on page 44)



Pat Casey and Tom Overholtzer check out some of the gym records



Johnnie Jackson
• Team MuscleTech™ Powerhouse

MOVIN' HEAVY IRON

WE SIT DOWN WITH JOHNNIE JACKSON (POUND-FOR-POUND ONE OF THE STRONGEST MEN ON THE PLANET) TO DISCOVER HOW TO PUSH YOUR BODY TO THE OUTER LIMITS FOR EXPLOSIVE GAINS IN UNPARALLELED STRENGTH

Certain breeds of men were simply born to throw around impressive poundage's. They somehow found their way into a gym – almost instinctively – and were gifted to lift heavy ass weight. Johnnie Jackson is one of them. There's just something about pushin' heavy iron that sets him off. The lure of lying under weight that would utterly crush the average man, or squatting with the weight of a house on his shoulders, is something that has just always been there for Johnnie. But for many strength savages, there comes a time

when your power ceases to increase and your "PB's" stall, or even worse, begin to plummet. And, if you're anything like Johnnie Jackson, this is absolutely unacceptable and you certainly aren't going to just "ride it out" as the old saying goes. Instead you're going to push your body to the outer limits to smash your PB's into another dimension. So, here before you, Johnnie reveals how he blasts through his plateaus with one of the most powerful strength stacks ever created to make unprecedented gains in strength.

Q&A WITH A STRENGTH SAVAGE

Recently we were able to catch up with Johnnie Jackson who many consider to be one of the strongest men on the planet. This is what Johnnie had to say about his recent gains in strength.

Q. First of all Johnnie, how long have you been powerlifting?

"I've been lifting weights since I was 14 and competitively powerlifting since 2002."

Q. What are some of your best lifts?

"I've deadlifted 855 pounds, benched 565 pounds and squatted 865 pounds. I also competed at the 2003 Arnold Classic powerlifting championships and totaled 2,127 pounds."

Q. How do you feel about being labeled as one of the strongest men in the world?

"I've never claimed myself to be one of the strongest men in the world, but through people seeing my strength for themselves, I developed that title. Most of my strength has come from lifting heavy all my life and from my family's genetics."

Q. Sum up your training philosophy in one sentence.

"Train hard, and lift heavy!"

Q. Describe your mentality/frame of mind while training.

"When it's time for me to train I have a business mindset. I go by the way my body feels so when I feel

I'm ready to train that day, then I get right to it. I don't really need to psych myself up for it because when I get in the gym I know there's no turning back and I put all my energy into it. I just take care of business."

Q. Can you tell us a bit about the supplements you are using to help jack up your strength?

"I'm using the Aplodan and GAKIC stack and I've seen a lot of strength gains and I've had awesome recovery time. 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. The Aplodan and GAKIC stack also gives me so much confidence when I lift heavy. I set goals

"With the help of the Aplodan and GAKIC stack I'll break all of my records this year!"

for myself and because I was using Aplodan and GAKIC I knew that I was going to hit each of my goals easily."

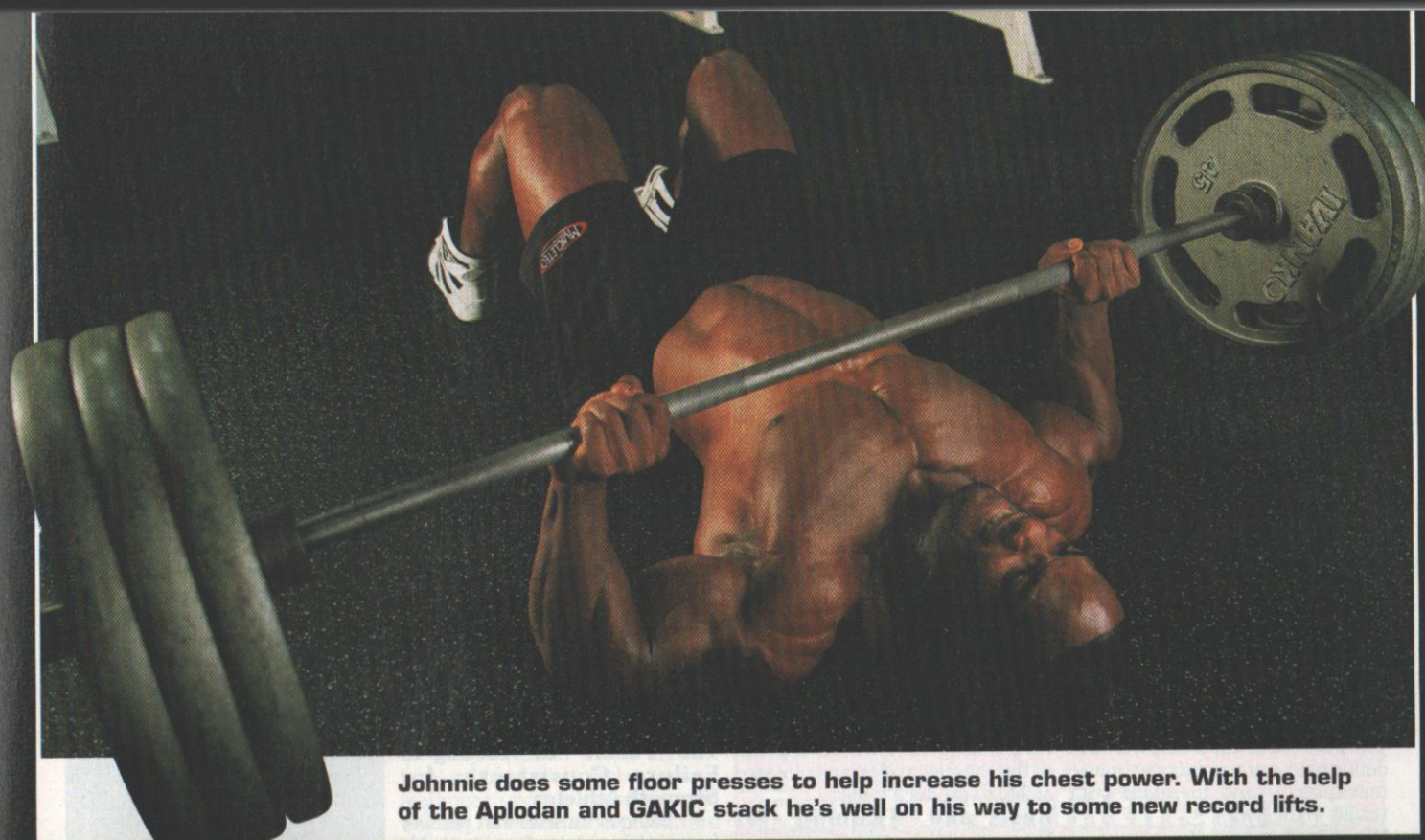
Q. What's next for you in the powerlifting world?

"Last year I was preparing for a powerlifting meet and ended up getting injured and I couldn't compete. 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 had vast improvements already since last year."

PUSHING TO THE OUTER LIMITS WITH THE APLODAN AND GAKIC STACK

As a die-hard powerlifter yourself, you know there's nothing worse than letting the iron win the gym battles. Powerlifters of all levels are turning to the Aplodan™ and GAKIC™ stack to push their bodies to the outer limits for mind-blowing gains in strength. For many years researchers have



Johnnie does some floor presses to help increase his chest power. With the help of the Aplodan and GAKIC stack he's well on his way to some new record lifts.

understood that the body has an unrecognized potential to go way past its "limits." Luckily with Aplodan™ – the world's first Dormant Muscle Fiber Activator – this potential can finally be released! Aplodan triggers 83% more muscle fiber activation leading to unparalleled gains in strength.

Aplodan is released into your system and surrounds skeletal muscle tissue and Dormant Muscle Fibers (DMF's). Aplodan then hits deep into the muscle fibers and the action commences. The muscle fibers are chemically supercharged with the increased power essential to fully optimize the effects of your workouts. And once DMF's have been switched "on," explosive power

is on. GAKIC works to remove these destructive toxins from the muscles; toxins that prevent you from contracting beyond a certain point. GAKIC gives you an instant 10.5% increase in strength

iron day in and day out to succeed, and this is why you need the Aplodan and GAKIC stack. Whether you were born to push heavy iron or not, the Aplodan and GAKIC stack will ensure

"Aplodan triggers 83% more muscle fiber activation leading to unparalleled gains in strength!"

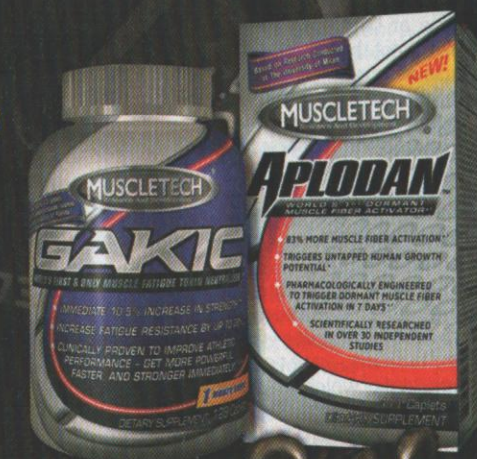
and jacks up your resistance to fatigue by up to 28%! With GAKIC, you'll be able to continue training long past the time your muscles would normally fail. This means that from the very first day you take GAKIC, you'll be able to maintain a higher degree of strength

you're pushing your body beyond its strength limits, while making damn sure you win the many tough battles in the gym against the heavy iron.

"Powerlifters of all levels are turning to the Aplodan and GAKIC stack to push their strength to the outer limits."

and strength potential can be reached. This stack doesn't stop there. Every time you're in the gym attempting to lift bone-crushing weights, nasty fatigue toxins are trying to flat-out bury your progress. Toxins like ammonia are crippling your strength with each consecutive set you perform and only grow greater with each contraction. But once you take GAKIC™, the attack

with more explosive authority for an insanely longer period of time! When it's all said and done, powerlifting is about strength and progression. You need to continue your relentless attack on the heavy



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 percent 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 Importance of Muscle Recovery

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

What is Recovery?

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

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

Recovery Possibilities

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

1) Recovery is not fully realized between sessions and no progress is made at best, and regression, or atrophy of the skeletal muscles can occur at worst.

2) Recovery occurs, but only to return the skeletal muscle and nervous systems back to the same state they were in prior to the training session.

3) Supercompensation occurs with hypertrophy, increased strength, or both as a result.

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

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

Rest and Training for Supercompensation

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

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

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

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

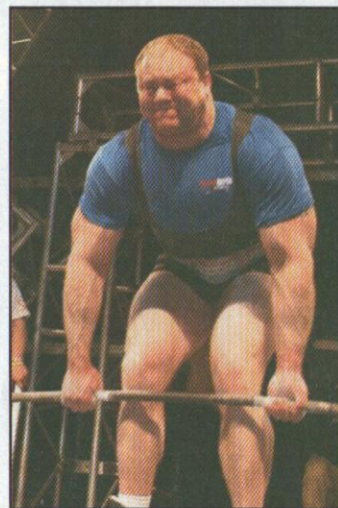
Skeletal muscles can recover from weight training in a reasonably short period of time (24-48 hours for most trainees). This can vary substantially depending upon the intensity (as a percentage of one's momentary ability) and volume of work performed. HIT style routines advocate always training to failure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



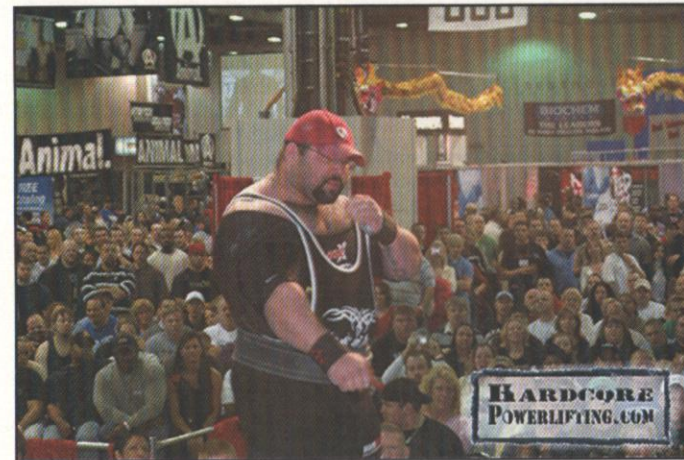
frequent use of training to concentric failure with isolation movements (biceps curls, triceps extensions, calf raises, laterals for deltoids etc.) is acceptable and should be incorporated into one's program.

Louie Simmons, of Westside Barbell (www.westside-barbell.com), 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 2nd training day each week. DE day focuses on building explosive strength via speed movements. Loads of 50-60% of one's 1RM are used for multiple sets of 3 reps. Accommodating resistance in the form of bands is often used on these days as well. I differ from Louie Simmons a bit in that I feel DE days are really just a form of active recovery, and their true value lies there rather than in their ability to build explosive strength with heavy loads. You can use either a DE day as your 2nd training day (as is advocated in the Westside training system), or you can use a day where repetitions of 8-12 are incorporated and stopped 2-3 reps short of failure. This "light" day will accomplish the goal of stimulating the skeletal muscles while simultaneously allowing for neural recovery.

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

specific periods of time) allows for optimal progression by maximizing those periods when the body is most receptive to heavy training.

Which Supplements Can Help Recovery?

Supplementation is an important component of the recovery equation. There are few legal supplements which can have real impact upon your recovery from training. The best, most proven are listed below:

ETS is a revolutionary product unique to AtLarge Nutrition (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:

Powerlifting & Bench Press National Championships

July 27-28, 2007 - Richmond, VA

Entry, details, travel and ticket info:
RawPowerlifting.com

Immediate contact: Paul Bossi 252-339-5025

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 **Nitran**. 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!

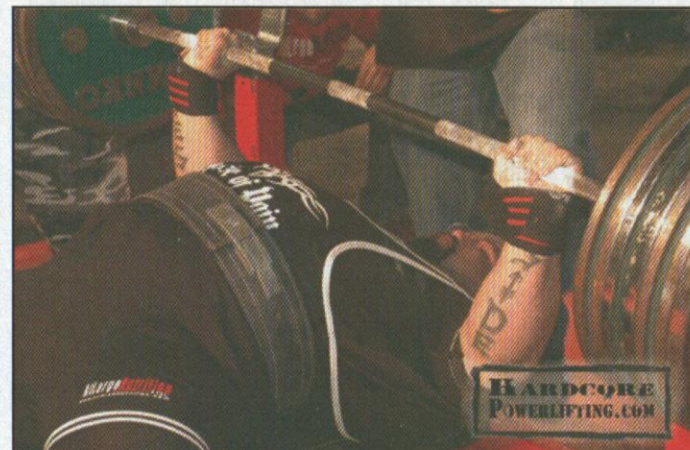
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"I sold 4 houses this week." Brad Heck said as he walked in Big Iron Gym the first week in April 2007. I think to myself, Brad is so great. He's in his mid-twenties, a successful realtor, just bought a house, and he's the top 181 lb bench presser of our day. Then my thought goes deeper; Brad really had to fight to get here. I interviewed Brad to get the meat and bones of his career. There are some interesting things that brought him to this point. Not everything I can share with you. Some parts are too private. Here is what I can tell you.

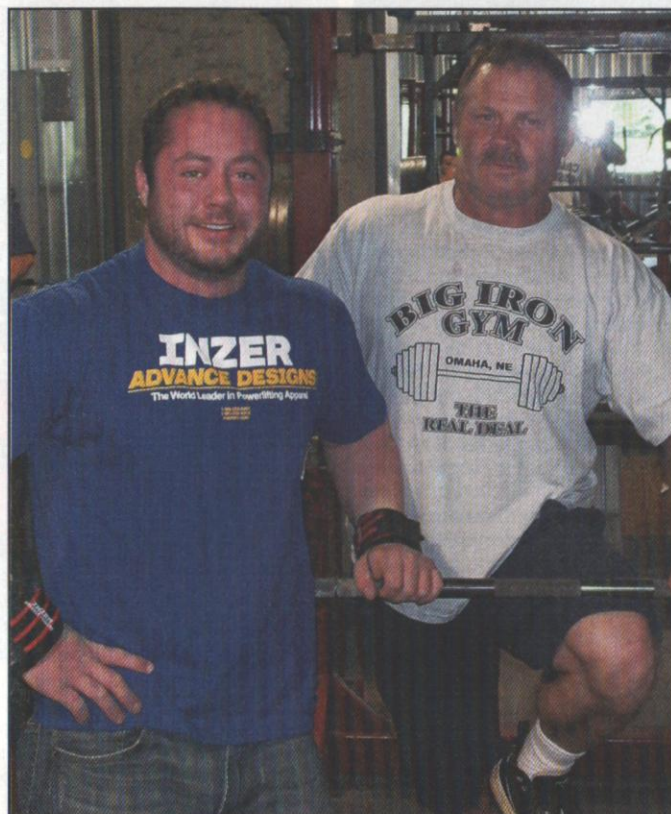
Thank goodness for brothers. Brad's brother, Jim Heck, was in weightlifting class, so his parents bought him a weight set. Brad's parents were always very supportive of anything the kids chose to explore. One day Jim challenged Brad. Jim said Brad, a 5th grader weighing less than 100 lbs, would not last one month in the gym. Brad took the challenge and benched 150 lbs. his first workout. This little guy was strong! Brad won the bet and competed in his first meet on his 15th birthday, 1993. He weighed 115 lbs and lifted in the 123 lb class. We know for sure that he was a true rookie; as he should have dropped that one pound to the 114 lb class. In his 50 blast shirt (20 sizes too big) he pressed 215 lbs. He was off to a great start. After tons of meets, Brad climbed to become the #1 Teen 132 lb bench presser according to Powerlifting USA in 1996. That's a shoe he will not fill again until the Arnold Classic 2007.

Now comes the "what was I thinking years." Brad decided to bodybuild and quickly found he just didn't have the physique for it. At least it kept him lifting heavy from 1997 to 1999. In 1999, Brad found Big Iron Gym. Brad felt at home immediately... NOT! No one took him seriously. One day a team lifter told Brad to change his warm-ups, criticizing the way he was doing things. Brad knew he could out bench this dude, but in the end needed the advice. Rick didn't believe Brad was that strong. That changed when Brad jumped into a meet with only 3 weeks of training and benched 475 lbs. Rick said he wanted Brad to do 500 lbs in his next meet. He did, as a guest lifter at a high school meet. He was the first person under 200 lbs to bench over 500 lbs. in Nebraska. A month later, he made it official and did 510 lbs at the Big Iron Open.

Brad just hit an ultimate high. This, in turn, sent him on a downward spiral to an ultimate low. With heavy lifting came aches and pains. An old bodybuilding friend had introduced Brad to Nubain. That is when he started to lose weight. Brad had severe back pain, yet continued to lift. He dropped a weight class and benched 455 lbs weighing 165 lbs. in 2001 (in the same size 50 blast, old habits are hard to break). In 2002, Brad saw a doctor for his back and was prescribed oxycontin for pain. He had surgery

POWER PROFILE

BRAD HECK as seen by Big Iron Gym's Becca Swanson



Brad Heck at Big Iron Gym with his coach Rick Hussey (B. Swanson)

to fuse his L-4 and L-5. Still in the hospital recovering, Brad developed a femoral artery aneurism. In another surgery, they ran a Teflon artery from his right leg to his left leg. After that surgery he started to bleed internally. He was rushed into emergency surgery and given a blood transfusion. The doctor told him there was a possibility he would never compete at a high level in lifting again. Oxycontin was the death of Brad's lifting and nearly the death of him.

In a world of pain, Brad became addicted to pain killers. Unluckily for him, his doctor had no problem prescribing them for any length of time. His bodyweight fell to an alarming 119 lbs, he looked sick, and he was sick. On Feb 25, 2003 his family decided it was time for rehabilitation. Brad went in with a picture of himself benching 510 lbs. His goals were defined: get a career, get back to lifting, compete at the Arnold Classic and eventually become the best. He carried that 510 picture everywhere, unwaveringly. Soon after, Brad made a full recovery. During our conversation, he was expressing overwhelming gratitude for his family's

support.

The resurrection of Brad's lifting began at an Omaha fitness club. He decided to get his lifting base back before enduring the verbal abuse of Rick Hussey at Big Iron Gym. Training away from Big Iron, Brad's bodyweight shot up to 207 lbs. The weight came fast, but the strength would have to be earned. When the strength finally showed, Brad knew he would have to cut to 165 to qualify for the Arnold Classic WPO Bench Bash. As he was working on this goal, he was securing another. Brad was studying real estate, which could be done while doing cardio.

In 2003 Brad tried to go to WPC Worlds in Canada for a comeback meet. Because of a "careless driving record" he was not allowed to cross the boarder. He was among 40 other lifters who were turned away from that country.

With the Arnold Classic in mind, Brad went to Dubuque, IA to qualify for the Bench Bash for Cash. He would qualify there with a personal record of 523 lbs in the 165 lb weight class. A fellow lifter told him he would be better off training at Big Iron Gym.

So, he bit the bullet to face the wrath of his current coach Rick Hussey. And it came hard, as Rick does not condone some of the recreational choices Brad had made in the past. Brad had been gone from Big Iron Gym for two years.

When Brad went to Florida for the Bench Bash, he had no idea his toughest competition would turn out to be a hurricane. Just as Brad walked in the building, his name was being called "on deck." He was still in his jeans. The meet director allowed Brad and competitor Brian Schwab to warm up with the heavyweights. He only had two warm-ups, 245 lbs and 445 lbs, a far cry from the recommended Big Iron Gym warm-up procedure. Brad lowered his opener from 529 lbs. to 512 lbs. His team couldn't pull his tight shirt on because he was so sweaty and nervous. In his loose shirt, Brad got his opener, but missed 523 lbs on a second attempt. Then the hurricane shut the meet down and he didn't get to try a third attempt. But, he had qualified for the Arnold Classic.

Several meets followed, "Coach Rick makes us do a meet every few months." Brad captured 562 lbs at Big Iron's summer meet along the way. He was ultimately training for a 600 lb bench. Gym lifts were showing promise for that. Then came the Arnold. Why would 600 lbs. be a problem? Well, 2000 people staring at Brad's feet had his stomach in knots. Joe Mazza tried to calm him down, "It's just another day in the gym," but it wouldn't stop the puke from coming out of his belly. Brad would get only his opener - 556 lbs., missing 584 twice. He walked away with a 3rd place, in the money, so to speak. Brad Hein, a Big Iron Gym teammate, came home with 2nd in the middleweights.

At Big Iron Gym's April 2005 meet, Brad finally managed a 600 lb. bench weighing 172 lbs. Although he was excited, the goal was to push it at 165 lbs. He felt he had not showed anyone his potential. It seemed Brad's performance in the gym was better than his performance in meets. At this point, for reasons unknown, he went backwards.

After hitting 589 lbs at a summer meet in Chicago, Brad would return to Chicago later for the Bench Bash for Cash. This time he would be a 181er and bench 584 lbs. He was promptly put in his place as Fred Boldt, Jason Fry and James Burdette gunned him down to 4th place, OUCH! He was going to have to turn it on if he wanted a shot at the Arnold Classic title.

This go round, Brad was dealt a tough hand when Kieran Kidder changed the lightweight division to 181 lbs and under. Brad had been keeping a low bodyweight for 165 and would not have time to fill to 181 pound capacity. He found himself challenging bigger guys cutting to 181. Guys like Brad, Mazza and Marcus Schick who had been at the

top of the 165 class, now found themselves at the bottom of the 181 class, not in lifts, but in bodyweight. Brad's 4th place finish at the Bench Bash for Cash would be followed by months of verbal abuse from Coach Hussey. Brad would always be referred to as 'Number 4'.

After catching a glimpse of what other guys were doing in Chicago, Rick took Brad's lifting back to the drawing board. All the while, Brad would be wearing the dunce cap. The goal was to place in the top three at the 2005 Arnold Classic for automatic qualification to the 2006 Arnold Classic. Training was going great. However, Brad showed up at the Arnold Classic a little light, due to some personal issues affecting him 3 weeks before the meet. His warm-ups were poor and his coach was stuck in the full lift area. Brad lowered his opener from 600 lbs. to 589 lbs, a choice Coach Rick would approve. He was supposed to open with 600 lbs. or more. The battle began. Brad got his opener and jumped to 606 lbs. and missed. Rick put in a third attempt to match Burdette's 611 lb. second attempt. Both would finish there. Though Burdette seemed to be stronger that day, he came up short on his third attempt. Because Brad weighed in 1/10 of a kilo lighter, he was awarded the 2nd place over Burdette. Also placing 2nd in the Heavyweights was Big Iron's Aaron Wilson, next to Big Iron's Brad Hein in 3rd. Brad notes that he was lucky to be in the second flight. The first flight warm-ups were very short, could have been a hurricane repeat, minus the hurricane.

Brad was promoted to 'Number 2'.

This brings us to the most recent battle, the 2007 Arnold Classic. Thank goodness Brad got picked up for sponsorship by Inzer. Coach Rick's plan was for Heck to touch his chest more often, every week. He needed to work on moving the bar off his chest faster. Coach Rick and Heck were planning on playing their own game, for Heck to do only what was planned, no chasing other's lifts.

When teammates Graalfs and Grandick decided to do the IPA Worlds, Heck decided to gear it up and join them. Every one of them set IPA world records. Heck brought home Best Bencher. His lifts were 600, 615 and 625 lbs. Each of them were locked out; however the third was declined for his butt



Moment of Truth at the Arnold ... Brad comes through to become Number One in the 181s ... and at the APF Seniors he blasted 705 at 181 for yet another all time record.

lifting off the bench. These strong lifts showed Coach Rick and Heck that they were on to something in training.

Kieran Kidder invited Heck and teammate Becca Swanson to the WPO sanctioned Debbie Kruck Fitness Classic. The goal was to break Fred Bolt's 628 lb. WPO lightweight world record. Heck was finally showing the world what he was made of. He went 3 for 3, benching 595, 617 and 631 lbs. for a WPO record, once again showing coach and lifter that their training was effective. At this same meet Becca captured an all-time bench record of 551 lbs.

Next, Heck moved on to lift at WPC Worlds in Lake George, NY, joined by 11 other Big Iron lifters. And, guess what, he went 3 for 3! He walked away with a Best Lifter trophy and a WPC world record. He benched 617, a 633 record, and a 650 record.

Then Heck lifted in Dubuque, IA. Weighing 181, he powered out another 3 for 3 lift meet. This time he snatched Jim Kiltz's all-time record with a 666 lb. lift. One month later he would be in the fight of his life at the 2007 Arnold Classic.

Going into the 2007 Arnold Classic, Heck sized up his competition. Jason Coker had been invited. Usually a 198er, he would cut from over 200 lbs to 181 lbs. He had hit 711 lbs weighing 198 lbs. Joe Mazza was hitting huge numbers. He almost hit 660 lbs. weighing 165 lbs. Burdette attempted 716 lbs. at 198 lbs, and missed only due to injury. Seems like three strikes were against him; first place was looking like a 3rd again.


Heck had to play his own game. His attempts were already planned. Changing the plan is where you go wrong, that's Coach Hussey's wisdom. Heck's training was right around 683 lbs. Mazza opened with 633 lbs, a good lift. Heck matched it, but Mazza was lighter. Coker opened with 661 lbs, a good lift. Boldt, of Westside, opened with 639, but missed. Heck was in 3rd going into the second attempts. "Stick to the plan, play your own game." Boldt hit his second attempt at 639 lbs. Mazza put in for 650 lbs. and smoked it, but it was declined due to hip raise. He still looked strong for a placing. Heck went 655 lbs, and got it! Coker pushed a 672 lbs, unexpectedly, and looking strong. Heck was in 2nd going in to the third attempts. He called for 672 lbs. with the record breakers, knowing Coker had put in 677 lbs. for his third attempt, also knowing that he gets a 4th if he makes his third. Heck and Coker both have spectacular third attempts. These guys were lifting every 5 minutes, it was a real bench war. Heck opted for 677 lbs. plus the record breakers. This forces Coker to take the next 2.5 kilo increment, 683 lbs. Heck gets it! But, Coker comes in for the kill. Heck is so nervous, he can barely watch! Coker gets it off his chest and near lockout, but falls short by an inch. Brad captures the all-time record and the first place lightweight trophy.

Next time, Brad's plan will be to win by 50 lbs, not sweating it out on the 4th attempt. So, back to the drawing board, because 1.1 lbs. is not a comfortable lead.

Brad's future plan is to hit a 700 lb. bench or more at 181 lb. body weight. No telling when it's going to fall, but if he sticks with it long enough ... (EDITOR'S NOTE: since this article was written, Brad Heck hit an all time record 705 lb. Bench Press at the APF Senior Nationals)


Brad would truly like to thank his Big Iron Gym team, and his coach, Rick Hussey, for their consistent support. Without them, this all would not be possible. And as we touched on, he is grateful his family is very supportive.

Oh, and if anyone wants to buy a set of 1st thru 3rd place medals from the WPO Finals, Brad has them for sale on ebay ... not really, but he could.




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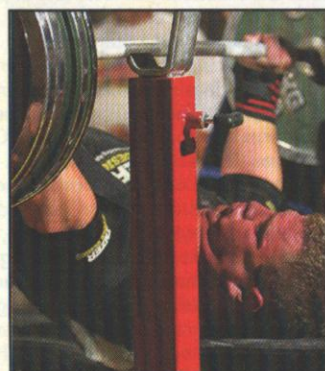
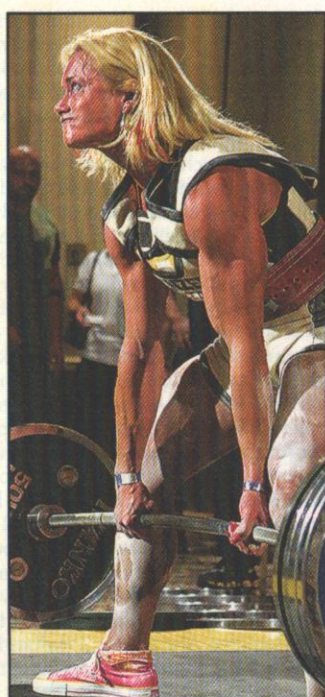
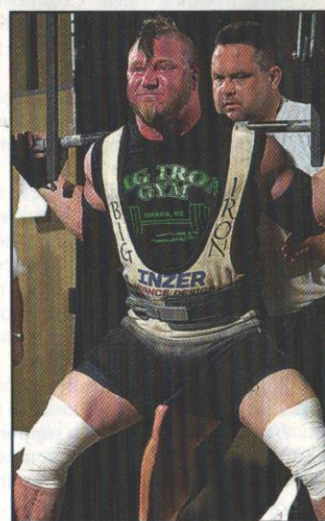
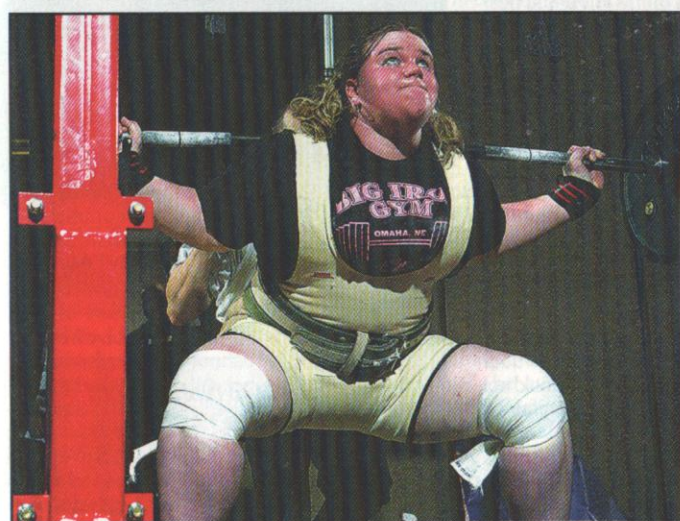
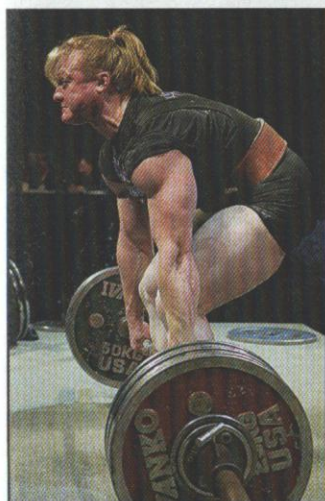
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Rick has been diagnosed with
a high-grade mucoepidermoid
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had surgery, but the diagnosis is
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covered by insurance and donations
are being sought to defray the
substantial costs of his treatment.

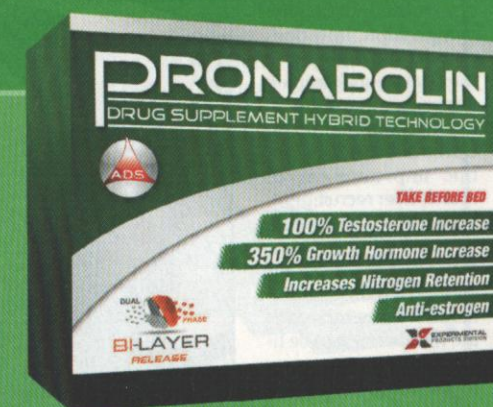
Some of the lifters he's trained
include Shawn Frankl, Justin
Graalfs, Becca Swanson, Richie
Briggs, Nich Hatch, Brad Heck,
Brad Hein, Aaron Wilson, Deb
Widdis, Machia Dudley.

There will be a benefit bench
meet for Rick to be held on August
4th at the old Skateland building
on 4151 84th St., Omaha,
Nebraska. If you are unable to
Benchpress in the exhibition, but
would like to pay the \$50 Entry fee
as a Donation towards Rick's
medical expenses and follow up
treatment, it would be greatly
appreciated.

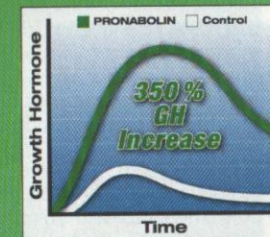
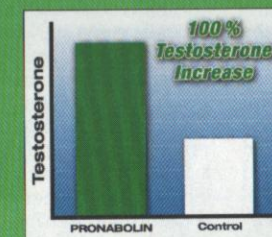


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POWER - RESEARCH

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

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

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

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

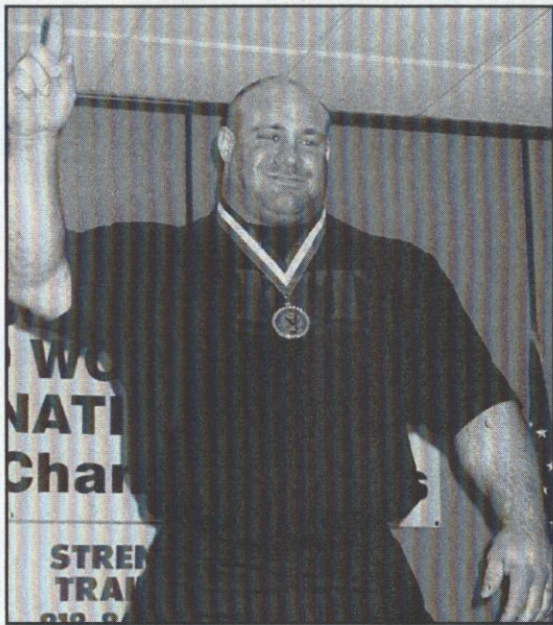
2) When the electrical impulse reaches the end of the motor neuron, the neurotransmitter acetylcholine is released and travels across the gap to the surface of the muscle membrane.

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 Inledon, president of Human Performance Specialists, a sports pharmaceutical

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

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

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

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

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

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

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

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

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

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

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

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.

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 or www.getbodyquick.com

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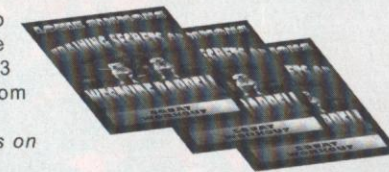
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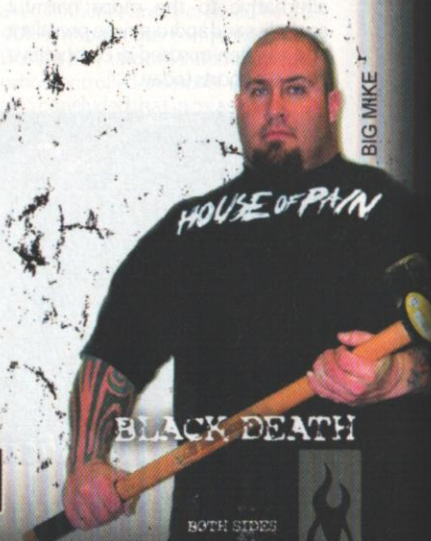
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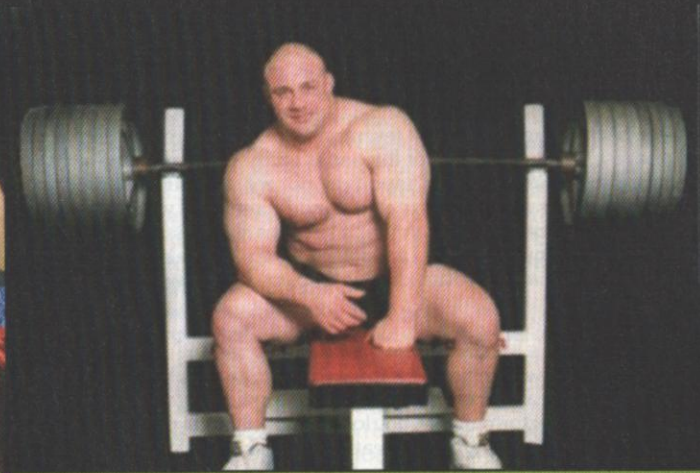
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 Scot Mendelson, World's #1 Bench-Presser
 9 World Records in Powerlifting

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NUTRITION

Power Up Your Total With a Power Breakfast, Part 3

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

This is the article that you have finally been waiting for. I promised to shed a little light on this "Eating a Healthy Breakfast" mumbo jumbo I have been preaching the last few months and I am a man of my word. In the last two installments of this series I have discussed why eating a Power Packed Breakfast is so important, not only for your health but your performance as well. I also exposed the grim reality of what really goes on behind the scenes in Powerlifter's kitchens all across America come sun up. In this final segment, I am going to help you make some healthy and yet performance proven ideas to help you start your day in the right direction.

REAL MEALS FOR REAL LIFTERS

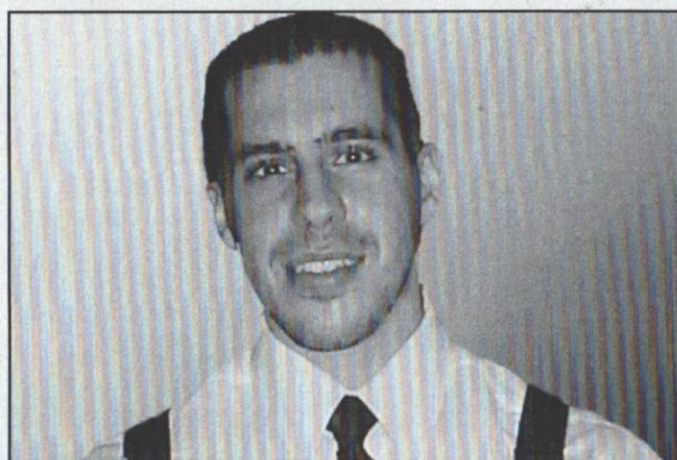
The purpose of this series is to teach you to change bad eating habits that start your day off on the wrong nutritional foot for ones that will improve your performance. If you look back to the first part of this series you can review the many benefits eating a proper breakfast can offer you. All of the following meals I have designed for you offer these many different benefits. They are not written in stone and merely serve to guide you in the right direction. The portion sizes that I have included may or may not suit your individual needs. The macronutrient ratios that are included for each of the meals are nutritionally sound both from a health and performance perspective, but at the same time they can be altered to specifically suit the needs of a particular athlete. This kind of variation, as I have mentioned before, is based around different factors including bloodwork to help me fully customize each meal that I design for my athletes in their plan. The meals below are made up for Powerlifters specifically. I did not design them for runners, basketball players, or even bodybuilders. The numbers you see in the charts for the macronutrients are calculated in. I have included some excellent breakfast food choices that are ideal for Powerlifters in Chart 1A. With all your excuses shot down, here are some tasty yet healthy meal plans that are no doubt better than what you are currently wolfing down your pie hole every morning!

CHART 1A

EXCELLENT BREAKFAST FOOD CHOICES FOR POWERLIFTERS

Whole Eggs, Egg whites, Rolled oats, MRP, Nitrean Protein Powder, Cream of Wheat, Cream of Rice, Brown Rice, Turkey Bacon, Turkey Sausage, High Fiber and Organic Cereals, Ezekiel Bagel, Avocado, Grapefruit, 12 Grain Bread, Ezekiel Bread, Flax Bread, Apple.

MACRONUTRIENT BREAKDOWN OF POWER BREAKFAST COMBINATIONS



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

EGG WHITES/12 GRAIN TOAST/ GRAPEFRUIT/AVOCADO/GREEN TEA

This meal here will consist of 12 egg whites, two pieces of 12 Grain toast, 2 tablespoons of salsa, 1 grapefruit and half of an avocado. This is a perfect meal for a middle to heavyweight weight male Powerlifter.

When looking at this meal you will notice a couple things. First off it's a lot cleaner than what you probably ate this morning. See, I am watching you all, even though you don't believe me. What you might first notice is that this is a lot of food. Think about it - this consists of 12 egg whites, which makes one heck of a big omelet. You are also getting two pieces of healthy bread, not the white death that you all like so much. You also get one full grapefruit and half of an avocado. That is one big meal, if I say so myself, yet if you look at the total caloric intake it only is a little over 550 calories. This is what I mean by eating clean. You can eat a ton of nutritious and nutrient dense foods that are going to fuel you, not just turn you into a fat slob. You are getting over 50 quality grams of protein as well as a decent amount of carbs to start off your day with a bang. Let's not forget that I rounded off the meal with a nice source of healthy monounsaturated fat. Lastly, I included my favorite beverage of

FOOD	CALORIES	PROTEIN	CARBS	FAT
Egg Whites	200	42	4	0
Flax Bread	140	6	30	1
Grapefruit	74	1	18	0
Avocado	150	2	6	15
Green Tea	0	0	0	0
Salsa	5	1	0	0
TOTALS	569	52	58	16

green tea in the mix. If you analyze this meal from a performance point of view you will see many benefits. You have enough protein to stave off the catabolic onslaught that you awoke to. You also have enough quality carbs to fuel your energy for the day. From a health perspective you are consuming some heart healthy fats that are known for helping lower cholesterol and at the same time you are drinking a time proven beverage that will load you with antioxidants and improve your cardiovascular profile, among many other benefits. This is what I am talking about when I refer to eating healthy, yet power packed, to jack up your strength in the gym.

ROLLED OATS/BLUEBERRIES/PROTEIN SHAKE/GRAPEFRUIT

This meal will consist of 1 cup of dry Oatmeal, half of a cup of fresh blueberries, 1 grapefruit, and two scoops of Nitrean Protein Powder from At Large Nutrition.

FOOD	CALORIES	PROTEIN	CARBS	FAT
Oatmeal	297	11	55	6
Blueberries	40	0.5	10	0.5
Nitrean	220	48	4	2
Grapefruit	74	1	18	0
Green Tea	0	0	0	0
TOTALS	631	60.5	87	8.5

Here is a nice quick breakfast that anyone has time for. At the portion size I specified it is ideal for anywhere from a light heavy weight to a heavyweight lifter. Remember, you can adjust the portion down or up depending on your personal needs. Many female lifters could cut it in half and this would provide one hell of a good breakfast for them. The oatmeal will give you a nice dose of complex carbs to help fuel your day. You have to make sure that you are using rolled oats not the quick one minute oats or those cutesy little packets that you ate as a kid. To make it taste better than plain old boring oatmeal you will now add in half a cup of blueberries. With this you can use a little bit of your favorite natural sweetener if you like to give it that little extra zing. You also are getting a lot of antioxidants in the blueberries, since they are one of the highest fruits in the ORAC rating. Concerning grapefruit, I have praised it time and time again for its numerous health and performance benefits. You can also use a little bit of sweetener on the grapefruit if you are one that doesn't like its tart taste. Now that we have our complex and simple carbs covered, along with a nice dose of antioxidants, we need some protein. For this meal I would recommend At Large Nutrition's Nitrean. First off, it is of excellent quality, but second is the fact that it will give you a nice and steady release of different protein sources. This will give you a nice quick hit of amino acids to help start your day out of the catabolic nap you awoke from, but also you will have a longer release to stave off further muscle catabolism later in the day. This breakfast will also provide you

with a nice dose of fiber to help you start off your day in the right direction. Since most lifters need a lot more fiber in their nutrition plan, this can help you get the train rolling. Overall this is a basic breakfast, but very effective for your health and performance.

EGGS/TURKEY BACON/RYE TOAST/GRAPEFRUIT/PROTEIN SHAKE/ GREEN TEA

This meal will consist of 2 whole eggs, 3 slices of turkey bacon, 2 slices of Lite rye bread, 1 grapefruit, one cup of green tea and 2 scoops of Nitrean protein powder.

FOOD	CALORIES	PROTEIN	CARBS	FAT
Eggs	150	13	1	10
Turkey bacon	90	6	0	7.5
Rye Bread	130	4	24	2
Grapefruit	74	1	18	0
Nitrean	220	48	4	2
Green Tea	0	0	0	0
TOTALS	637	72	47	21.5

I know powerlifters like a good hearty breakfast. Powerlifters may skip breakfast half the time but come Sunday morning they love a nice "hot off the grill, stick you to your ribs" meal. I decided to help you out with this, but I actually created a healthy version. This preceding meal is ideal for a heavyweight to superheavyweight in its portion size. It can be altered, so please don't send me a hundred emails whining that I only make meal plans for the big boys!

This is one of those meals where I decided to be lenient with you guys. The difference is that I made sure that this heavyweight lifter has enough quality food to pack on some serious muscle and this was done by keeping the caloric intake in proper range. I also included some nice complex carbs to keep you going all day long. I didn't forget a sleeve busting amount of protein that is derived from numerous sources of both solid and liquid form. I simply love the Chocolate Nitrean, not only because of the quality ingredients, but because the taste is fantastic. Let's not forget the green tea, boys and girls. I never heard of a Powerlifter who got enough antioxidant protection, so don't forget that green goodness!

OATMEAL AND PEANUT BUTTER MRP

This meal will consist of 1 cup of dry oatmeal, 2 tablespoons of Natural organic Peanut butter, 1 cup of skim milk, and 2 scoops of Chocolate Nitrean Protein powder.

FOOD	CALORIES	PROTEIN	CARBS	FAT
Oatmeal	297	11	55	6
Peanut Butter	200	7	7	11
Nitrean	220	48	4	2
Skim Milk	86	8	12	0.5
TOTALS	803	74	78	19.5

There are some mornings when time is of the essence. You had a late night out with the boys and what a night it was! The alarm clock didn't go off and you have like 10 minutes to get ready for work and out the door. So, what do you do? Do you skip breakfast and grab a cup of java on the way to work with a doughnut? No way, that is not going to keep your mind running for the work at hand. Nor is it going to fuel your muscles for that tough deadlift workout that you have planned for that night. When time is not on your side and your body is begging for some nutrients after its 8 hour fast, you have to have a game plan. Come on, no matter how meticulous you are about getting up and getting to that solitary confinement with a paycheck, (I mean your 'job'), there will be times when you screw up and don't make it. The answer is the Meal Replacement Shake that I have designed. The MRP recipe is designed for a superheavyweight. The nice thing about this shake is that you can make it in two minutes or less. Pour the milk into the blender and turn it on. Dump in the oatmeal and let it blend on high for about 1 minute. Then, throw in the Nitrean to give it that nice chocolate taste. Finish this puppy off with two tablespoons of natural peanut butter to give that final taste touch. Blend for another 30 seconds and, voila, it's ready to drink.

This MRP will provide you with a nice dose of complex carbs, healthy fats, and enough protein to keep you anabolic for hours to come. This is what you should grab when you are in a hurry, not some sugar laden crap that is only going to have you falling asleep in a couple hours because of the roller coaster ride that you put your insulin and blood sugar level through. Remember good fuel in equals good performance out. Eat like a clown and you will lift like one!

BROWN RICE/RAISINS/ ALMONDS/PROTEIN SHAKE

This meal will consist of 1 cup of cooked Brown rice, a quarter cup of raisins, half an ounce of almonds and 2 scoops of Nitrean Protein powder.

FOOD	CALORIES	PROTEIN	CARBS	FAT
Brown Rice	216	5	44	1.5
Raisins	108	1	28	0
Almonds	85	3	3	7
Nitrean	220	48	4	2
Skim Milk	86	8	12	0.5
TOTALS	715	65	91	11

This is one of my favorite breakfast meals. In this example I have used brown rice, but other grains can also be used - like another favorite of mine Quinoa. The portion sizes, again, are for a heavyweight to superheavyweight lifter. If you are a middleweight lifter who is trying to pack on muscle and go up a weight class then this meal design can also be used. The rest of you should reduce the portion size to what fits your individual needs. This is a higher carb breakfast than most of the other ones I have designed so this would be for someone who is very insulin sensitive. They would have an easy time assimilating the carb content without any worries. If you are one of those insulin resistant folks, then I would reduce the rice and raisins.

For this meal I usually cook a large pot of brown rice on a Sunday to help me get through the week without the headache of cooking meals on a daily basis. I like cooking, but with my crazy work schedule there is no way I have the time to spend 2 hours in the kitchen daily. So, I cook a lot of my food staples, as I like to call them, in advance. This way the bulk foods that take up a large portion of my meals are already taken care of. Then I can just deal with minor food prep on a daily basis. I can eat healthy with my schedule, then you can too. You can either cook your meals and eat nutritiously, or spend more time in front of the TV watching Pimp my Ride. Take your choice!

The way to put this together is as follows. Throw the cooked rice in a large cereal bowl. Throw in the raisins and pour some skim milk over it the way you would cereal, but a little less. Throw this bad boy in the microwave for two minutes. I know the die hard nutritionist would scorn me for recommending a microwave, but when I deal with powerlifters I have to be realistic. Once it is done cut the almonds into halves and throw them in. Add a little natural sweetener if you like. I like to add some ground cinnamon on mine. It just gives it that extra flavor that compliments this dish well. Stir, and you are done. On the side you can blend up your Nitrean shake. This meal provides a good balance of complex carbs with the highest quality protein to get your body pumped and primed and ready for the day ahead of you.

EZEKIEL BAGEL/EGG WHITES/ PROTEIN SHAKE/APPLE

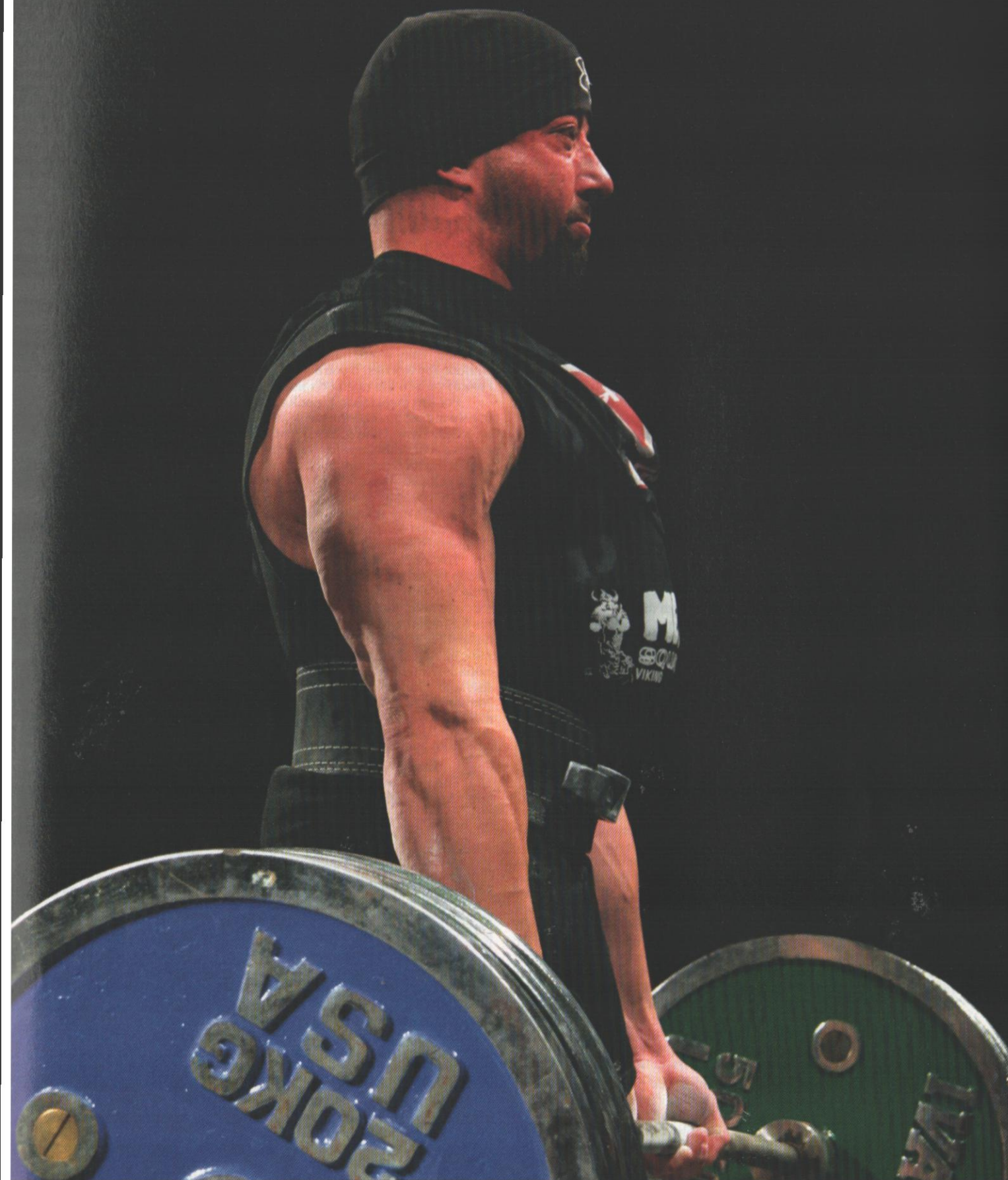
This meal will consist of 4 egg whites, one Ezekiel bagel, half of an apple and 2 scoops of Nitrean Protein powder.

FOOD	CALORIES	PROTEIN	CARBS	FAT
Ezekiel Bagel	250	11	50	1
Egg whites	67	14	1	0
Nitrean	220	48	4	2
Apple	40	0	10.5	0
Green Tea	0	0	0	0
TOTALS	577	73	65.5	2

There are times when you like something quick, but filling, at the same time. This is the best of both worlds. Scramble up some egg whites with Pam spray in a pan. This should take just a few minutes. At the same time throw the bagel into the toaster so that by the time the eggs are about done so is your bagel. While this is going on, slice up your apple. Once it is all done throw the eggs into the bagel and put it onto the plate with the sliced apple. Put some water in the blender with two scoops of Chocolate Nitrean. Blend this up for about 15 seconds and it should be ready to go. Pour it into a nice tall glass and you are ready to start munching down.

This meal is a nice layout for just about any lifter in the 198 class and above. It is a good combination of quality protein from numerous sources and high carbs to keep your muscle glycogen maxed out and your blood sugar level stable. I like Ezekiel bread choices as one of my favorites as it is one of the healthiest products you will find. I will do a column on this

(continued on page 68)



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Fit Expo goes to the LA Convention Center National Fitness Productions and IRONMAN Magazine have announced that the 2008 FitExpo event will re-locate to the Los Angeles Convention Center. The dates will be February 16-18th. According to John Balik of IRONMAN "The Pasadena Center has been a gracious host for TheFitExpo these past four years. Judging by the overflowing crowds, particularly on Saturday, it's been clear that Southern California Fitness enthusiasts are looking to us to allow our sold out expo floor and stage presentations to grow" With the change in venue comes a new name for the weekend to reflect its location more accurately. The event will now be known as The Los Angeles FitExpo. Events include the 19th IRONMAN Pro Bodybuilding, Gaspari Nutrition Women's Figure, MET-Rx All American Strongman Challenge, Scot Mendelson Bench Press Classic, NxLabs Fittest Couple Contest, and VPX MaxReps competitions. For information go to info@thefitexpo.com

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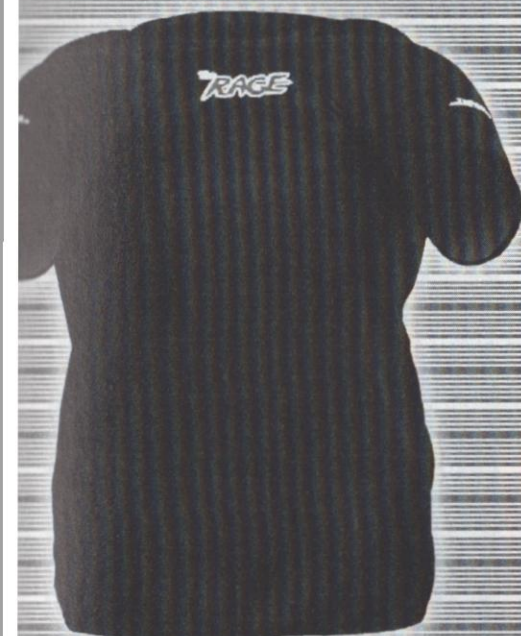
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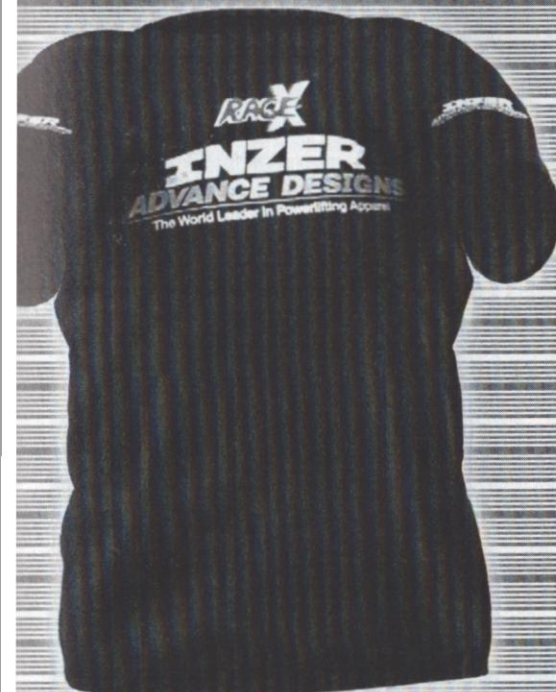
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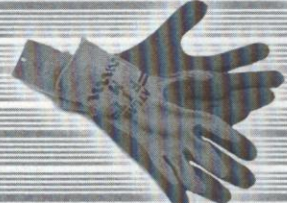
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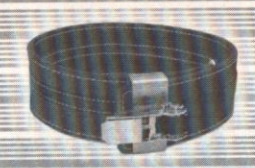
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STARTIN' OUT

REVERSE GRIP BENCH PRESSES as told to PLUSA by Doug Daniels

Decades ago, the reverse grip bench press was a novelty lift. Since then, a few top lifters like Rick Weil have used it as one of their mainstay assistance exercises for the bench. The late, great Anthony Clark challenged the 800 pound bench press mark while using a reverse grip bench press style in competition.

This form of the bench drastically alters a lifter's leverage as well as the involvement of the muscles. The weight lifted by the pecs decreases while the triceps and delts kick in to handle more of the load. The muscles used to stabilize the weight are called upon in a different manner. To successfully lift a weight, you must first control and stabilize it. The increased stabilizing strength you develop to do the reverse grip bench should spill over to your competition bench.

The feel of reverse grips is very different from the regular bench, so patience should be practiced before moving on to heavy weights. Spotters are an absolute requirement. If the weight falls, it will tend to drop on your head - not a good thing. Ask your spotters to lift the weight into position for you. I suggest getting close to the bench racks. For the regular bench this is not desirable, but for safety concerns, during hand off and actual lifting, it's best to get closer. The bar path for a reverse grip bench tends to be straight up as opposed to the bar path of a regular bench which goes upwards from the chest towards the head and bench rack in an arc.

You really need to get used to the unique feel of this exercise. If you start too heavy too soon, you risk injury. You can also do reverses inside a power rack with safety pins set to catch the bar in case of a mishap. I would suggest a thumbless grip over thumbless. A thumbless grip poses a greater risk of the bar falling out of your hands and onto your face.

There are many ways to include reverse grips into your routine. I regard it as a substitute for close grip benches. Since both of these exercises decrease pectoral involvement in favor of the delts and triceps, there is no need to perform both of them in the same workout. Your triceps can get a good workout with reverse grip presses, especially if you concentrate on keeping your elbows in close to the body. You could perform 3-5 sets of reverse grips after your regular benches or do reverses only on your other bench day, to the exclusion of regular benches.

You can experiment with various grip widths. I suggest not going narrower than shoulder grip or wider than your regular bench grip. The number of reps is up to you, but have them coincide with where you are in your regular training cycle. If you are doing 8 rep work sets, use 8s as your rep scheme for reverse grips, and so on.

Some weight machines, like those from Eagle, offer a machine that allows a lifter to do seated reverse benches safely without a spotter. Reverse

grips can also be done on a Smith Machine, but since the bar is on a sliding rack, stabilizing power would not be built, which also applies to the Eagle machine. I would not recommend using dumbbells for this exercise as controlling them would be too precarious.

Reverse grip benches provide lifters with an excellent assistance exercise with high positive transfer of strength gains to the competition bench because they are benches; just performed with a reverse grip. Never sacrifice proper exercise form for weight. Don't go overboard and overtrain by doing too many sets of reverses and other assistance work. If your bench press is in a rut, try reverses as your main assistance exercise.



Anthony Clark benched more with a reverse grip than he did with his narrow conventional grip.

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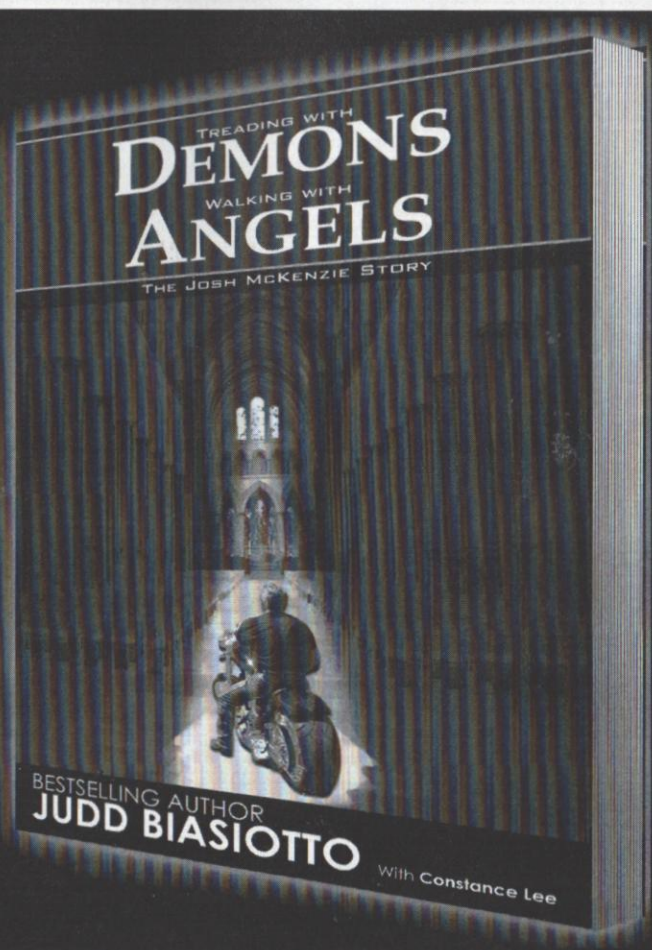
In Dr. Judd's latest work, he delves into the dark and brutal world of a young man who's life is consumed with hate and despair. Follow Josh McKenzie as he falls deeper and deeper into the growing darkness.

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HARD CORE GYM #64

Strength Beyond Fitness by Rick Brewer

Last month we learned that if you dream it, you can build it. Hats off to Tadow Gym CEO Jason Carson for that! This month, we'll find out just exactly what a serious powerlifter can build with a little pizza \$\$ and a dream. Then we'll eat something dead, and remember that we all have to live with our choices. (Until we get a divorce. But I digress.) **Strength Beyond Fitness** had its humble beginnings in the small town of Paw Paw, Michigan. One aspiring young businessman (and powerlifter) named Aaron DiPrima saved his dimes and dollars (over thirty thousand of them) while **delivering pizzas** and started **Strength Beyond** back in the mid 90's. Now with five locations and growing we maintain our hard core roots with the first three locations being owned and operated by powerlifters, Aaron DiPrima, Mike White and Mike Newell. We support all aspects of the iron game regardless of their (*training not sexual, RB*) orientation, bodybuilders and powerlifters alike. But we live for powerlifting. **Strength Beyond Gym and Fitness of Kalamazoo** (4 syllables, as promised! *RB*), which has only been open for three and a half years has become a well known arena for heavy weight training. Hard core power lifters and bodybuilders in the Kalamazoo area know that they can get a real workout in at **Strength Beyond** and get solid tips and advice on how to train from owner Mike White. **Mike is the lightest of the three people in the state of Michigan to ever squat over 1000 lbs.** Even Mike's back ground is a little Hard-Core, raised on a farm in MI, slung concrete for a living for a few years, then served 8 years in the U.S.M.C! (Awarded the Navy Achievement medal in 1998.) Then decided to retire early (lol!) Mike has taken everything he learned from the Marines and applied it to his gym. His first Hard-Core Gym experience was on base in **Okinawa, Japan** and ever since has tried to copy it. We recently hosted our first annual Power-Lifting meet (if you host it, new lifters will come! *RB*), and on all accounts - it was a huge success. We saw some huge lifting and some great free food for all the lifters. (Hats off to Brian Dobson of Metroflex Gym for the original Dead Animals for Hungry Lifters program, *RB*.) In the future we will be hosting an annual PL meet every

fall and a Bench Bash For Cash every spring! And there will always be free food for all the lifters! (AWESOME!! *RB*) Mike White and **Strength Beyond Fitness of Kalamazoo** provides a wide variety of workout opportunities with a 2,000 sq ft Ladies-only section and over 30 pieces of Cardio equipment. On the main floor area we have a full circuit of Hammer Strength, and Icarian machines - and the largest selection of free weights in SouthWest Michigan, including dumbbells up to 200lbs. **Strength Beyond** has something to offer for everyone, from those who want basic fitness to the true iron-headz. What gives **Strength Beyond** the core advantage is the **power lifting room** way in the back where few dare go. This is where the **100lb plates** are kept, we have five pairs (and they don't just sit and collect dust). We also have over twenty-seven hundred pounds of Ivanko kilogram plates for our PL meets. **We jacked up our monolift and put feet on the bottom so that we can wrap bands around the base (big bands make for a big squat).** (Great idea, *RB*.) We also have every kind of Squat-Bar known to mankind! We have a beautiful suede-top Forza competition bench and a custom built safety bench, that Mike built with 1-inch

adjustments, Reverse-hyper, ham-glute raise, and a belt-squat machine. We also have tubs full of bands and chains, so we can follow the Westside Barbell method of training. (Cue the Ice-Cream Truck music with these lyrics: Do your chain hang low? Do it wobble to da flo? - I wish you could hear me singing loud in the HOUSE OF PAIN loft!!! *RB*) Current members at **Strength Beyond** hold over thirty three MI state APF/AAPF records in power lifting along with several national, regional, state and local bodybuilding titles held by Hanz VanderGronden. Mike and his work-out partners (AKA **Kalamazoo Barbell Club**) hold thirteen state records by themselves. The hard-core crew at **Strength Beyond Kalamazoo** include other big squatters. We have three juniors: one with a 905 SQ at 275lbs; one SHW that squats 800, and a 242 that goes 675! We have a junior lifter with the 242 American Bench Press record and a couple of old guys that are Elite Masters (over 50) and they pull 550+, one at 165 that holds the Masters State Record. Mike White pulls 750 plus and there is a couple of others in the crew that pull over 600. There is three on the crew that bench over 600, and five BP over 500. (Shout out to all of these guys you know who you are in the article photos

and above text post up on the HOUSE OF PAIN Forum and let us know the names of each lifter mentioned above! Thanks! *RB*) Now most of us in the ron Game know that big muscles are not made (only) in the gym. Here at **Strength Beyond** we have taken this concept to the next level. In the back room behind the power-lifting room, is where we keep a fully-stocked refrigerator and a gas and an electric grill. Typically before the workout is done, Road Kill (our cook) has the grill fired up and its nothing for the crew to go through three pounds of chicken breast and as much pork after a hard day training. (I love this idea!!! *RB*) Its common for the entire gym to smell like a fine grill house (which is cold and insensitive when the bodybuilders are dieting) but hey **we all have to live with the choices we make.** Isn't that the truth! As for me and my house; I choose to LIFT BIG, EAT BIG, and then SLEEP LONG (or at least take a nap later). In other words, **I agree with Strength Beyond "choose to grow large and strong!"** (More info later on my recent choice of gaining weight to lift in the 220s for the 1st time, for now we are supposed to be talking about **Strength Beyond**.) BIG THANKS to Mike White of **Strength Beyond** for all of this info on **Strength Beyond**, and a quick reminder to all you gym owners and managers out there *please put on at least one powerlifting meet every year!* These little gym-meets bring new blood into the

sport in a casual way. **Its good for the sport, its good for the gym, and its all up to YOU.** We've had a few interesting changes and revisions to some of the Hard-Core Gyms that we've featured in the past. We'll tell you know a few updates in the next month or so, so if you know of cool gym news or updates email them to me here: rick@houseofpain.com so I can tell everyone your secrets! After that, we'll either learn about **Paris Hilton's new workout routine**, or go to Southside. I'll let you know later, after I get all of these jailhouse pictures of Paris developed. I know they're good. I bought em on the internet. Comments & gym info: Rick@houseofpain.com Letters and photos: HOUSE OF PAIN P.O.Box 333 911 W. Holiday Dr. Fate, TX 75132



The Crew: front row: Mike C.; 2nd row: Hanz V., Mike S., 'Roadkill', Paul H.; 3rd row: Jim S., Mike H., Dan S., Jim S.; back row: Aaron E., Mike W., 'Slim', not pictured Ronnie M., Laura S. (this photograph was provided by the courtesy of Mike White)

(continued from page 19)

TOTD. Moyer 1170

148 Lb. Class
BP H. Brannum 328
SQ L. Mintz 1215
DL B. Smith 556
TOTL. Mintz 1215

165 Lb. Class
BP W. Thurber 359
SQ L. Ingro 503
DL N. Harris 629
TOTL. Ingro 1400

181 Lb. Class
BP J. Kojigian 425
SQ W. Andrews 517
DL F. Gomes 626
TOT W. Andrews 1510

198 Lb. Class
BP W. Seno 461 1/4
SQ B. West 587 1/2
DL R. Franz 643
TOT J. Kanter 1600

SHWT Class
BP P. Casey 592
SQ P. Casey 800
DL J. Roberson 745 1/2
TOT P. Casey 2035

The big news in 1967 was the addition of the 242 lb. Weight class. The Junior Nationals were scheduled for W. Paterson, New Jersey and the Seniors back in York. Based on hosting two of the first three Nationals, one would think Mr. Hoffman had accepted powerlifting.

In the April issue of MD Bob Hoffman detailed the upcoming National Meet and even talked about a



Jim Williams readies for a record

possible International Meet. This would be done with other countries holding meets on the same day as our Nationals and combining the results. About half way through that article Hoffman revealed his true feelings toward powerlifting. He proposed a rule change in the deadlift. The reason he wanted this rule changed was to insure powerlifting developed good Olympic Lifters. He wanted the rule to read that the deadlift must be performed with a flat back.

There were more and more meets being held throughout the country. The Scranton YMCA ran a power meet to celebrate its 100th birthday. The major players in Scranton were Lloyd Capwell, Father Gregory Strickland, Bob O'Leary (of BOSS Nutrition), and Jim Williams.

The meets were being more organized and the lifting equipment was beginning to improve. The use of questionable attire was getting worse. This varied greatly from area to area depending on the officials.

On March 25 of that year the "Big Lift" finally took place. Pat Casey benched 600 lbs. Casey weighed 330 at the Western State Power Meet. Because of limited warmup facilities, Pat had to do some of his warm-ups on the stage. A 550 lb. warmup really fired up the crowd. Casey's first attempt was 575, and then he did 600. On a final attempt he did 615. On all of these lifts Pat did not use a handoff.

On April 29 in Pittsburgh Bob Weaver did 540-800-700-2040 for a new total record. At the same meet John Dzurenko set a new American Deadlift mark with 665 at 198. Also lifting at that meet were future champions Jack Keammerer and Jack Welch.

Tom Snelgrove of Toms River, New Jersey ran a Postal Meet between Great Britain and his Surf Breakers Team.

At a meet in New Jersey in February of that year Nate Harris deadlifted 630 at 165 for a new American Record.

Mel Hennessey took to the 242 lb. Class and set a new bench record just about every time he lifted.

1967 was the year York came out with their adjustable squat racks. Joe Weider's Muscle Builder Magazine also began to cover powerlifting. One area where the judges were taking a really hard line concerned bridging or arching in the bench press. Almost any type of bridge or arch received a red light.

Sixty eight lifters attended the two day Junior Nationals held in West Paterson, New Jersey. Frank Bates was the meet director. Roman Mielec, Allan Lord, John Nuzzela,

Gerald Smith, Tom Overholtzer, Joe Weinstein, Phil Christman and George Pickett were the winners.

Doc Rhodes, third at 165, Larry Pacifico second at 181, Hugh Cassidy third at 242, and Jim Williams second at Super, were lifters that would get much better in the coming years.

The Seniors were held September 2 in York. This was the Labor Day weekend and a single day meet. The turnout was forty-four lifters. Mike Cross got his first victory at 123 (he had lifted at the previous two Nationals). Allan Lord and Larry Mintz won the 132s and 148s respectively. Gene Devers took his third consecutive title at 165. Ronnie Ray, with a big 450 bench, took the 181s. John Kanter won the 198s by 85 lbs. George Frenn put on a great performance at 242. He walked back and forth across the stage talking to himself and the audience. Everyone appreciated the show. His 705 squat and 1815 total were both records.

Don Cundy won his first title at Super and attempted the first 800 lb. Deadlift. That lift was not successful, but he did make 780 for a new American Record.

In China they have "The Year of the Dog or Rat or whatever". 1968 in Powerlifting became the Year of the Wrap, or "bundling" as it was called then. Squat performance increased dramatically. It was easy to tell who was or was not using excessive wraps.

The 1968 Juniors were to be held in Scranton, PA on August 17 and 18, and the Seniors in Los Angeles on September 14 and 15.

Records continued to fall. Jesse Hurst of Tulsa, Oklahoma deadlifted 640 at 181. Gary Young deadlifted 726 at 242. Bill Thurber of Lawndale, CA benched 355, squatted 457 and totaled 1300 for a new 148 lb. American Record. Len Ingro squatted 526 at 165, and Tom Overholtzer squatted 567 at 181. George Frenn squatted 732 at 242 for a new American Record.

Pat O'Brien upped the American Deadlift Record to 650 in the 181 lb. Class. Allan Lord of Lewisdale, Maryland deadlifted 543 @ 132 lbs. John Dzurenko of Rosemont, PA squatted 621, deadlifted 688 and totaled 1665 at 198 for a new American Record.

A National Collegiate Championship was added and the inaugural meet was held on May 11 at Michigan State University in East Lansing. Doc Rhodes and George Crawford were two of the winners.

The minimum age for competitors in a power meet was debated. The AAU enforced seventeen as the minimum age. By now, just about every state had its own list of State Records. Meet, Association and Regional Records were also being kept in many parts of the country. High schools were starting to have meets, but the minimum age kept them from being sanctioned.

Prison meets were becoming popular, and records were being set by

prisoners. Don Blue and Robert Burnett held American Records. I have nothing against prison meets and have officiated at more than twenty of them. What I have always been skeptical of was the enforcement of the rules, the weigh-ins and equipment used. On many occasions I had been told by prison officials to be lenient in regard to the rules. Prisoners lifting in meets outside the prison system are different. I arranged to have Beetle Lowe lift in one of the National meets I promoted, but it was understood he had to follow the rules.

At a Virginia Beach power meet the great arm wrestler, Steve Stanaway, benched 430 at 198, and heavyweight Russ Fletcher totaled 1750. The American Records which appeared in the August 1968 Issue of MD had three lifters holding records in more than one weight class. Dave Moyer still held the squat record at 123 and 132. Enrique Hernandez the bench record in those weight classes. Ronnie Ray held the bench record at 181 and 198. George Crawford's name appeared for the first time.

Gary Young upped the 242 lb. Deadlift record to 770, and in the same meet, future American Record Holder in the Olympic Lifts, Ken Patera, won the supers with a 1540 total.

Felix Gomes, at an open meet in Scranton, took the Deadlift Record back with a lift of 658 lbs. Mike MacDonald benched 405 at 198 in a meet at the Downtown YMCA in St Paul, MN.

At this time there was a strange rule on the books that stated "You could not set a record if no one else lifted in your weight class". This rule cost Mel Hennessey a Bench Record.

Steroids were being more openly discussed. Muscular Development ran an article "Steroids Good or Bad?" They did not endorse steroid usage, but stated one should be under a doctor's care and in low doses and short durations.

The Juniors in Scranton had eighty lifters, the largest turnout to date. Milt McKinney at 123, Jack Keammerer at 132, Brian Wamsley at 148, Ron Hale at 165, Jesse Hurst (no wraps) at 181, John Dzurenko at 198, Lee Merritts at 242 and John Ramsey at Super were the winners. Larry Pacifico again finished second at 181.

The Seniors took place in Los Angeles. In reviewing the pictures from this meet, it was easy to determine who was and who was not wrapping. Many lifters looked like the Michelin Man. Six different lifters set squat records.

Junior Champion, Milt McKinney, took the 123s. Allan Lord, with a 450 squat and a 520 deadlift, took the 132s. Bill Thurber and Len Ingro, both from California, won the 148s and 165s and both set squat records.

Ronnie Ray, lifting without wraps, took the 198s with a big 480

(continued on page 45)

(continued from page 44)

bench. Jon Cole, making his first Seniors appearance, took the 242s, but John Kanter had the best squat in that class with 740. Don Cundy took his second Seniors title at Super.

From the end of 1968 and through most of 1969 the controversy over wraps continued. Looking at today's lifting, such a discussion is still ongoing.

In 1969 York was again hosting the Seniors, and advance word went out that the wrapping would not be allowed. The Juniors were originally scheduled for Jefferson City, MO, but they could not put the meet together, and it appeared there would be no Juniors that year. At the last minute, Les Cramer from Erie, PA stepped up and volunteered to hold the meet.

The bundling issue continued. An article in MD described how it was done. Back then the lifter had to make his own gear, but now the equipment companies do it for them. Keep in mind, many lifters did not do this. Many lifted without any wraps. The way to do it was start with knees. First put some padding on them, because ace bandages could really hurt. Then apply a rubber knee support, and after that two or three pairs of ace bandages. You would then put on a very tight and neatly tailored pair of cutoff jeans. Then the bed sheets would start from the upper thighs and go all the way up to the chest. This is why guys weighing 181 looked like the Supers.

There was no simple solution to deal with this issue. There were discussions and attempts to rewrite the rules. The June AAU Conference concluded there would be no wrapping at the Seniors. If someone was caught with excessive wraps the penalty was removal, but no more. I really think this problem caused the officials at that

time to take a hard look at other areas. Bar placement on the back was often called. Arching and chest sink in the bench and any foot movement in any of the lifts were watched closely.

Records continued to fall. At the Phoenix Open Jack Barnes @ 198 squatted 714 and totaled 1740. At the same meet John Kanter @ 242 bench pressed 539, squatted 764 and totaled 2000 for three American Records. He was the first 242 lb. Lifter to total 2000.

Tom Overholtzer, in a California Meet as a 198lber, squatted 674 and totaled 1675 for new records. Jim Williams had Pat Casey's Bench record in his sights. His goal was to set the record so high that it would stand the test of time. A lifter in Arizona named Wayne Coleman benched 575. He was later known as "Superstar" Billy Graham.

Early in the year Vince Anello pulled 675 at the Great Lakes Open. Future Olympic competitor and World's Strongest Man, Bruce Wilhelm, totaled 1635 at the Pacific Coast power meet. MD ran a Top Ten listing for lifts done in 1968. Guess who compiled the list, Herb Glossbrenner. MD and Muscle Builder were running more and more articles dealing with power training.

There was some discussion to add a 114 lb. Weight Class. The Juniors took place in Erie, PA in August. They had 76 lifters and the meet went well. Phil Trujillo took the 12's with my old buddy, Fred Glass, finishing second and deadlifting a meet record 450. Frank Riley of Chicago took the 132s. Jack Welch, with a new total record, took the 148s. The winner at 165 was New Jersey's Bill Burtis. Carlos Looper of Indiana captured the 181s. Future World Champion, Vince Anello, was 6th in this class. Larry Pacifico moved up to

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198 in a big way. He totaled 1700 for a new National Record and Best Lifter Award. Hugh Cassidy and Russ Fletcher were winners at 242 and Super.

The Seniors were 8/29 and 8/30 in York. New wrapping rules were in effect. Knee wraps could be 4" x 48" and elbow wraps 3" x 36". No torso wrapping would be allowed. Some of the previous year's big squatters failed to show and those that did squatted much less. A prime example was Tom Overholtzer, squatting 650 in previous meets doing 480 here.

The contest drew forty lifters, a little light, but from a spectator's point of view just the right size. The meet was well run until the very end. Let's first review the first two days. Dave Moyer returned to the national stage after a couple years of knee problems and took the 123's. Junior Champion Frank Riley won at 132. Jack Welch beat Bill Spangler on bodyweight at 148.

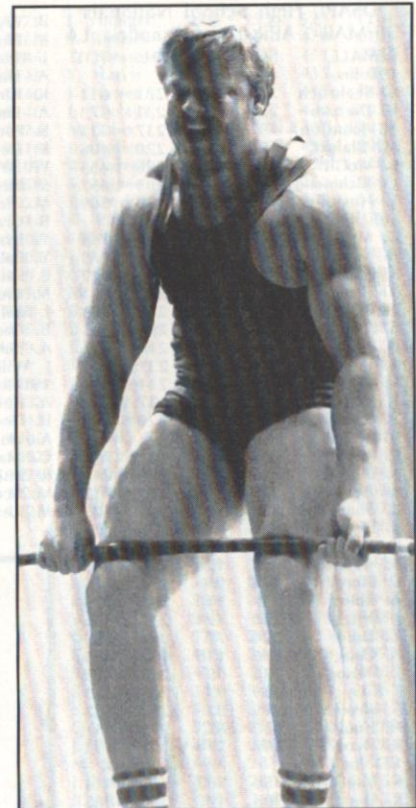
At 181 Felix Gomes with balanced lifts was the winner. His training partner Joe Weinstein took the 198s. Joe defeated Ronnie Ray and Larry Pacifico. John Kanter, even though his squat was off by 60 lbs., took the 242s in rather easy fashion. Credit must be given to both Kanter and Overholtzer, who lifted without wraps, while others stayed home.

In the Supers defending champ Don Cundy, previous winner Bob Weaver, Junior Champion Russ Fletcher and new Bench Press sensation Jim Williams were the

competitors. Williams started the fireworks with 600 on his second attempt, the heaviest bench in a National Meet. Jim had a very close attempt at 620. At sub-total, Weaver and Williams had 1330 and Cundy 1225. Weaver missed all his deadlifts and was out. Williams only made his opener at 675 to give him a 2005 total. Now the problems begin. The knurling on the bar was not good and Cundy wanted a new bar. This request was denied. Don made 750 for his opener. 780 would tie Williams and give Don the win on bodyweight, but he wanted 800. Cundy missed his first attempt at this weight. Cundy had a deadlifting style very similar to Jon Cole's, with maximum weight. We have all seen this style, the weight comes to just above the knees and is placed on the thighs with the knees still bent. It is then worked up the leg to completion. This consists of supporting the weight on the thighs and hitching, both violations of the rules.

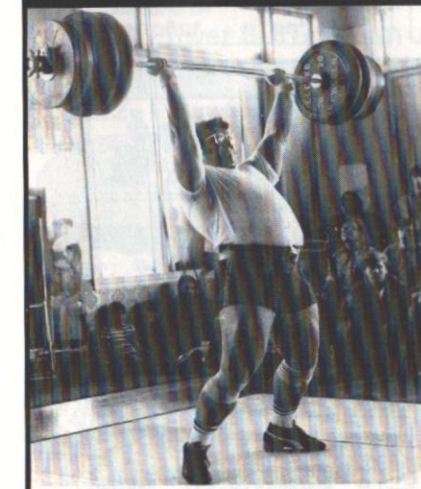
On his third attempt Cundy pulled the 800 in this style. Just as he got the down signal he dropped the weight, another infraction. Everyone thought Williams had won, except the judges, who passed the lift. All those in attendance told Williams and his followers it was a bad call, but there was no jury to appeal to so Cundy had another National Title.

As the 60's ended we had become involved in a very unpopular war. A man had walked on the moon. In powerlifting there was a 600 lb. Bench Press, 800 lb. Squat and an 800 lb. Deadlift.



Don Cundy sought an 800 D-lift.

The Ken Patera Story



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30 MAR-1 APR 07 - Alexandria, LA

FEMALE	SQ	BP	DL	TOT
198 lbs.				
S. Seebach	231	99	281	611
K. Durham	226	115	231	573
M. Johnston	192	93	237	523
M. Blalock	170	104	220	496
L. McGill	181	77	226	485
C. Richmond	187	66	203	457
S. Hosteller	137	71	159	369
105 lbs.				
K. Miller	303	154	308	766
A. Schillinger	259	126	297	683
S. Binash	281	126	270	677
VenderVoort	259	132	270	661
K. Paff	198	126	248	573
J. Pennings	214	71	259	545
H. Stavinoaha	214	115	214	545
A. Bonneli	187	82	231	501
M. Preston	181	88	231	501
L. Ralston	159	88	237	485
B. Barnes	176	82	220	479
114 lbs.				
K. Riley	303	143	308	755
S. Beeke	253	187	270	711
M. Williams	275	154	281	711
R. Shankster	259	115	248	622
K. Pryor	226	115	275	617
B. Taylor	242	126	242	611
M. Werner	237	126	226	589
L. Florez	226	99	253	578
A. Kolen	237	110	231	578
J. Britzke	198	121	237	556
C. Lauer	226	77	242	545
A. Cook	176	115	192	485
J. Nelson	176	99	203	479
J. Rice	159	93	209	463
E. Stroud	159	82	214	457
N. Humm	165	82	203	451
R. Hardy	148	77	165	391
123 lbs.				
K. VanDusen	358	203	352	914
K. Douglas	303	176	303	782
E. Houle	292	132	325	749
C. Perry	264	132	319	716
V. Baldwin	275	137	286	700
J. Gaona	253	99	264	617
K. Heim	259	110	237	606
N. Cowling	231	115	242	589
M. Wedner	203	104	275	584
C. Sklar	220	104	259	584
R. Roberts	209	132	231	573
L. Vosters	203	132	237	573
S. Kane	170	99	231	501
132 lbs.				
R. Kutchera	325	159	358	843
C. Miller	341	154	330	826
S. Salinas	330	165	330	826
M. Cyrlaque	281	143	363	788
R. Manske	286	132	281	700
S. Villawael	248	132	314	694
Youngblood	248	159	270	677
P. Chauvin	270	154	248	672
E. Moon	231	143	292	666
T. Castillo	237	137	275	650
T. Cilantek	237	126	264	628
H. Desoto	214	115	242	573
S. Marshall	198	121	248	567
L. Watson	203	115	220	540
J. Youns	192	115	203	512
L. Harrison	192	110	203	507
A. Jones	159	104	198	463
K. Muse	159	88	203	451
148 lbs.				
D. Martin	385	226	385	997
L. Watson	385	203	396	986
S. King	352	181	374	909
E. Murphy	352	137	413	903
J. Stupechy	308	165	319	793
E. Parker	286	159	303	749
K. Roberts	292	121	325	738
L. Rominske	264	143	303	711
B. Oswald	270	137	286	694
J. Littles	259	110	281	650
S. White	275	121	248	644
A. Hodison	242	148	226	617
A. Miner	220	137	248	606
P. Plotter	231	82	286	600
A. Mizell	214	115	259	589
M. Jones	231	99	242	573
B. Booze	214	93	264	573
C. Clayton	192	99	264	556
H. Whately	176	99	253	529
C. Parker	181	88	242	512
165 lbs.				
N. Rachal	303	143	385	832
J. Terry	330	143	352	826
L. Harvey	319	148	352	821
A. Rulz	352	165	303	821
B. Gamble	341	159	308	810
A. Sharpless	336	132	341	810
S. Bolwerk	341	165	303	810
DelosSantos	319	137	330	788

B. Wyatt	308	143	314	766
K. Bluell	314	121	325	760
J. Hrabak	303	159	275	738
A. Harris	264	159	297	722
K. Hower	325	115	275	716
A. Jamrozek	286	143	281	711
S. Pomrening	264	143	281	688
K. Devllia	259	121	308	688
W. Wagner	270	132	270	672
S. Estes	253	143	270	666
M. Hooper	231	115	319	666
B. Grant	270	115	264	650
T. Jensen	220	143	281	644
Y. Bolen	231	137	264	633
E. Spicer	203	121	275	600
N. Kiennan	192	121	281	595
J. Williams	231	110	242	584
B. Green	214	99	270	584
A. Robbins	226	110	231	567
J. Williams	170	99	214	485
181 lbs.				
A. Kellis-Carr	402	203	374	981
B. Decker	352	159	374	887
A. Moe	347	159	352	859
G. Martinez	352	170	330	854
K. Smith	297	132	300	760
M. Scott	264	154	286	705
M. Lewis	237	110	264	611

198 lbs.				
A. Kueffer	374	292	325	992
S. Robillard	385	203	352	942
U. Knaeck	330	148	352	832
S. Padiack	292	165	325	782
S. Lamb	302	143	275	720
A. Norren	259	148	303	711
198+ lbs.				
L. Allen	446	297	363	1107
C. Castello	424	198	402	1025
A. Lee	418	176	358	953
M. Rivera	424	165	347	937
P. Barnett	352	203	380	937
H. Gaylor	352	181	352	887
C. Seeke	358	154	330	843
A. Clark	281	192	308	782
M. Davis	303	148	308	760
C. Green	237	154	292	683
E. Landry	237	148	264	650
A. Donlin	209	115	281	606
MALE				
114 lbs.				
L. Guerrero	358	237	380	975
C. Paulbickl	358	187	369	914
P. Rotar	341	203	363	909
E. Fuller	319	170	374	865
J. Bridges	347	159	352	859
C. Messimer	308	214	325	848

J. Leblanc	308	203	303	815
L. Carter	297	159	330	788
S. Kapala	248	176	352	777
W. Jones	264	159	330	755
P. Andrews	292	170	292	755
G. Sullivan	264	187	303	755
J. Wilson	270	159	314	744
J. Veith	253	145	319	718
D. Nealy	270	126	308	705
D. Welch	237	126	281	644
C. Tourres	303	181	159	644
J. Blalock	231	115	264	611
I. Larson	137	126	281	545
T. Powell	270	154	30	455
123 lbs.				
N. Rodriguez	418	242	363	1025
K. Miller	358	231	385	975
A. Rivers	369	192	396	959
B. Naquin	330	159	418	909
S. Aulds	330	203	341	876
B. Bonvillian	347	159	358	865
J. Mount	253	192	407	854
D. Vernor	303	159	374	837
Z. Mach	325	154	330	810
N. Shorter	248	176	341	766
J. Fairchild	264	165	325	755
P. Phillips	248	154	330	733
B. Schuller	275	148	297	722

P. Olmes	242	154	314	711
D. Roblyer	248	143	303	694
C. Brower	—	104	—	104
132 lbs.				
N. Boutte	479	259	463	1201
E. DesRius	363	203	501	1069
R. Catsillo	385	214	435	1036
C. Taylor	385	242	385	1014
N. Stevenson	385	226	380	992
D. Bruce	380	181	418	981
I. Young	330	231	363	925
B. Selin	363	143	374	881
J. Runde	308	154	413	876
J. Foy	292	176	407	876
R. Dohr	308	181	347	837
J. Wray	297	187	330	815
Z. Wood	319	192	297	810
T. Hunt	325	137	330	793
B. Presley	297	198	292	788
T. McCauley	281	165	336	782
N. Aceneaux	275	170	330	777
J. Agar	281	170	319	771
B. Finney	303	159	297	760
J. Cox	209	132	270	611
148 lbs.				
B. Hare	501	286	440	1229
W. Bates	451	242	457	1151
K. Spinkleman	418	220	479	1118

N. Newsome	440	231	440	1113
D. Winchel	440	259	413	1113
S. Durani	352	237	474	1063
K. Hinz	380	209	474	1063
K. Allen	413	231	418	1063
Fairconstore	374	270	396	1041
Hollingsworth	369	264	396	1030
T. Rodgers	385	286	352	1025
R. Lavcy	380	220	418	1019
N. Lockhart	380	214	424	1019
C. Brown	308	259	424	992
J. Lang	402	181	402	986
B. Cockerman	336	231	396	964
B. Slacker	363	170	418	953
J. Fowler	319	220	402	942
K. Malone	352	181	396	931
B. Bahr	314	192	424	931
C. Sikes	352	226	341	920
M. Barren	314	214	374	903
N. Stover	319	187	374	881
P. Eggert	352	192	330	876
J. Federico	292	170	363	826
B. Cowher	264	187	330	782
A. Raker	413	231	—	644
165 lbs.				
M. Murrila	512	314	551	1377
G. Kuehnel	474	281	490	1245
Winchester	479	275	479	1234

R. Wood	451	231	496	1179
D. Edwards	446	270	451	1168
K. Zufeger	424	259	463	1146
J. Vaughn	429	231	479	1140
R. Kenechadr	402	253	485	1140
L. Buchfield	457	214	468	1140
L. Thomas	402	209	512	1124
L. Thomas	396	281	440	1118
L. Schmidt	435	226	446	1107
M. Embury	363	242	451	1058
J. Siverson	380	220	424	1025
K. Robow	347	253	413	1014
R. Thomas	369	226	413	1008
I. White	352	286	363	1003
T. Suanda	358	214	385	959
G. Robinson	325	198	385	909
C. Littlefield	319	203	358	881
C. Green	308	176	391	876
J. Vincent	226	214	352	793
181 lbs.				
R. West	540	275	622	1438
P. Eason	507	303	523	1333
R. Black	479	292	540	1311
R. Briseno	501	314	490	1306
T. Dallas	468	330	468	1267
L. Hoffman	435	297	496	1229
T. Zintmaster	429	319	474	1223
C. Corner	457	303	463	1223

J. Younger	424	253	523	1201
S. Ramsey	468	209	479	1157
Z. Newmeyer	3			

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. I'll try my best to personally answer all questions sent to me within a few days of receiving your email.

Mauro, I've always had problems concentrating for any length of time and likely have some level of attention deficit disorder, although I haven't really looked into it. It has made it rough in parts of my life, including my lifting. I've tried just about everything to help, including stimulants such as amphetamines and ephedrine. I even tried some illicit drugs, but all of these left me with more energy, but didn't help me be less scattered. I still couldn't really focus for any length of time and my mind wandered from one thing to another even more. I also tried various products on the market including Focus Factor, Brainquicken, Bodyquicken, and others and although I thought they might have helped some, it wasn't enough to really help me to get into my training or keep my mind from wandering from one thing to another.

A friend of mine who tried your InControl suggested that I try it since it worked for her. I looked it up first on your site and was bowled over by the amount of information on your products, especially with the over 300 scientific references backing up your claims. There is definitely more science behind your product than any I've ever seen. However, I noticed that you don't have any testimonials for it or any money back guarantee, and I couldn't find any advertising anywhere for InControl. All of this took me back somewhat because I wondered if it's such a great product why don't you spread the word more. Because of my friend's recommendation I decided to try it and see whether or not it was just another smoke and mirror product like the others that I've tried and it isn't.

I got the order today and tried it out. I don't know if you have reports of the following "side effect" (if you want to call it that). I took some InControl before bed last night (3 tabs). Mauro, I was up all night ready to read 40 dissertations... lol. My question, is that just a 'Jeff' symptom, being alert-alert and up and able to really focus. I know it's supposed to do that, but WOW. Or is this common due to the increased oxygen and nutrients to the brain Your thoughts? **Jeff**

Hi Jeff, InControl is meant to do what you experienced except that the intensity of effects varies with the person. Everyone feels an increase in cognition and concentration, with some more than others. As such, each person has to titrate how many tabs they use for the effects that work best for them. For example, I gave a friend of mine who is a provincial police officer (like your state troopers) 3 InControl tabs to take before he went on duty - he was feeling under the weather, irritable, and basically was worried that he might overreact to certain situations. The next day he told me that the InControl really evened him out; he was calmer, cooler and more collected than he'd been in quite a while. He now uses it on a daily basis. Another positive with InControl is that it's meant to give long term benefits as well.

InControl is also meant to be used prior to training and results in an increase in concentration and training intensity. And because it doesn't contain significant amounts of caffeine or herbal stimulants, it can be used in combination with other pre-workout primers such as my Resolve (for info on Resolve and other products go to www.mdplusstore.com). InControl is also used by powerlifters, bodybuilders, track and field, and team sports athletes prior to competition and games. We've had some pretty amazing results with athletes in all sports.

As far as my not marketing InControl like other supplement companies market their products, and why I don't have reams of testimonials, before and after pictures, 110% money back guarantees is that all of this stuff, while useful if it were all genuine, those are just advertising gimmicks and marketing hype meant to entice you to buy their products. Let me elaborate on some of this.

I have several hundred testimonials from real people that I could use for my products. I don't because in order for testimonials to mean anything you should be able to contact the people who give the testimonials to find out what's up. And I won't do that, because it would be an invasion of that person's privacy to give out contact information on testimonials. The bottom line here is that most testimonials are phony and written by the company itself or by advertising copywriters, or simply mixed and matched from other testimonials lifted from the Internet. The best testimonials are one on one from someone you

know or trust as real word of mouth.

As far as money back guarantees, that's another hoax. Think about it. Is there really any guarantee for anything in life? Do doctors give you guarantees on their treatment or do pharmaceutical companies give guarantees? In fact, most reputable supplement companies won't give you a money back guarantee, but all the infomercials will. There are reasons why reputable supplement companies don't or shouldn't give money back guarantees. The main reason is that a supplement's effectiveness is largely determined by the way they interplay with a person's unique genetic makeup, lifestyle, nutrition, work ethic, etc.

And unlike what most people think or are led to believe, in today's market environment, a guarantee for a nutritional supplement is often a sign of a supplement that's not effective and often part of a scam. The main reasons the not so reputable companies offer money back guarantees was explained to me by a supplement company that had a product on the market that was obscenely marked up in price and relatively ineffective. The supplement cost \$3 to make and was sold for \$150, and of course widely advertised in magazines, newspapers, radio, and on the Internet and TV. A few hundred thousand people were taken in by this scam and a lot of it had to do with their "ironclad" money back guarantee.

Even though the product was ineffective and a rip-off, they only had about a 10% return rate. Why? Apparently most people either think that for one reason or another it's their fault that the supplement didn't work or because they just can't get around to returning the supplement within the allotted time (in this case 30 days). And even with the 10% return rate they only honored about 2% of these by using delaying and other tactics.

So with this kind of scenario on returns and with the huge profits being made, you can see why the scammers offer guarantees on products that don't do what they're advertised to do and/or aren't worth the money. In my mind offering a money back guarantee is a sleazy marketing tactic and one of the best signs that the product is over the top as far as price and relatively ineffective.

As you can tell I'm not happy with the state of the nutritional supplement industry and I could write a lot more on all of this including the phony before and after pictures endorsements, advertorials and marketing material made to look like articles, etc. but I would risk boring you.

The bottom line is that I'm not interested in phony marketing practices or in becoming another huge supplement company since I believe that these companies lose both focus and integrity in their bid to bring in as many bucks they can to both pay for their huge marketing and operating budgets and maximize profits. On the other hand my products are based on a multi-level approach, the ingredients I use are backed up by valid scientific and medical research, the products use the highest quality ingredients and are checked for purity and contaminants, and are made in a pharmaceutical grade facility. And because of my low operating costs I'm able to offer them at less than half the price that any large supplement company would have to charge for the same quality product.

Let me know how the InControl works when you use it before your workouts and competitions. **Best regards, Mauro**

Mauro ... Any worries with IPF drug tested athletes, or for that matter WADA or NCAA athletes on your GHboost or TestoBoost products? I notice a fair amount of tribulus on one product just being safe as I advise one young man and his coach. **Rob**

Hi Rob, Both GHboost and TestoBoost are completely safe for all drug tested athletes. The IPF uses WADA/IOC protocols. I've had both products tested for NCAA and WADA banned compounds at Aegis Labs and all tests were negative.

As far as the effects of the actual ingredients on the drug tests, for example on the current tests for the use of testosterone and GH, there are absolutely no worries there. That's because both supplements increase endogenous production and thus ramp up the whole system rather than being used exogenously where various changes take place in endogenous precursors and metabolites. For example TestoBoost ramps up not only testosterone, but also epitestosterone and all other compounds in the endogenous steroid pathway. The end result is a normal hormonal profile and negative drug test.

On a practical level I've had several hundred drug tested athletes on both supplements with nary a positive test. If you want to see which of my products are OK for drug tested athletes, including those in the NFL, NCAA, IOC, etc. have a look at mdplusstore.com under the top Supplements tag at Amateur/Pro Athletes. It covers all the sports and takes you to pages listing all the supplements that apply for that sport. **Best regards, Mauro**

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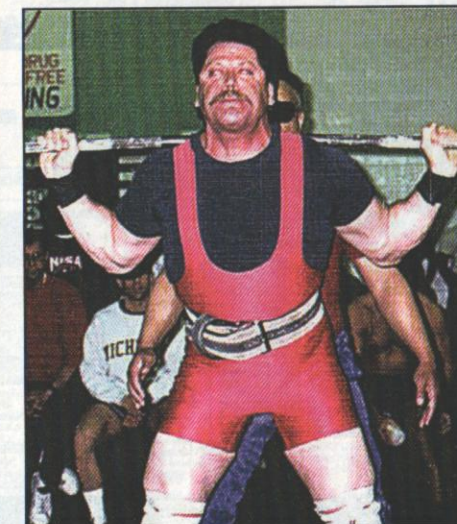
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In Memory



Derek Wayne Underwood (1987-2007) ... "We were getting ready to deadlift. Derek, our promising your 132 lber had gotten there a bit early and was hanging around. He decided to run

to the bank real quick and cash a check. That was the last we ever saw him. He never came back to work out. I was awakened early the next morning by a doorbell by one of the team members whom Derek usually rode over with to train. Evidently, riding his motorcycle back from the bank, someone had run into him from behind and KILLED him. We are all in shock. Words cannot express what we feel for his Mom. Goodbye Derek. We will miss you" from Rickey Dale Crain (6/4/2007)

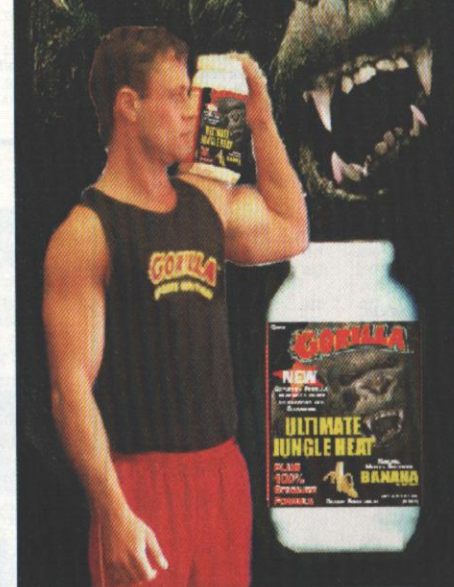


"I mournfully regret to announce the loss of a great man, Dennis "Denny" Atherton (5/28/53 - 6/1/07). Denny was tragically killed in a truck accident on June 1st. Denny lifted weights most of his life. I knew him for over 20 years. I was blessed in being his coach and led him to many state and national titles over most of those 20 years. Denny anchored our Power Builders Gym team to many state championships. Many Michigan lifters will remember Denny's flamboyant lifting style. Denny was usually the last man deadlifting at almost every meet. Denny had amazing power, squatting and deadlifting over 700 pounds for years. He had such great physical, mental, and spiritual strength. His ability to focus was beyond compare and his relationship with God was shown by his work ethic and his love of his family. His wife, Diane, daughter Tessa and son Nathan will miss him deeply forever. One thing Denny and I used to joke about was that we couldn't quit powerlifting because we never had our retirement meet! One of my best training partners ever. One of my best friends ever. I will miss all of this forever. Jim Douglas, Power Builders Gym, Jackson, MI

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NASA Ohio HS/Teen Nationals
17-18 FEB 07 - Springfield, OH

BENCH GIRLS	R. Dolph	187	165 lbs.
Fresh-Soph	R. Mathews	192	181 lbs.
105 lbs.	C. Espich	159	181 lbs.
T. Smiddy	99	270	121
132 lbs.	303	242	633
A. Pence	110	192	104
Junior-Senior	181 lbs.	226	523
114 lbs.	A. Matthews	226	121
N. Davis	88	270	121
132 lbs.	388	270	121
A. Miller	71	192	110
Teen	181 lbs.	270	121
132 lbs.	T. Murdock	192	110
A. Pence	110	270	121
165 lbs.	314	270	121
K. Cline	181	270	121
Junior	275	270	121
132 lbs.	110	270	121
A. Pence	110	270	121
Junior High	145	270	121
148 lbs.	176	270	121
S. Smiddy	110	270	121
BOYS	402	270	121
Fresh-Soph	242	270	121
148 lbs.	BP	242	121
Push Pull	DL	TOT	
GIRLS			
Fresh-Soph		60	187
97 lbs.		99	187
J. Cooper		60	165
114 lbs.		121	200
T. Smiddy		82	214
B. Cox		77	159
132 lbs.		104	220
A. Pence		110	192
198 lbs.		110	200
L. Brassfield		110	200
Junior-Senior		110	200
123 lbs.		110	200
M. Cross		110	200
198 lbs.		110	200
J. Stevens		110	200
A. Walden		110	200
Teen		110	200
132 lbs.		110	200
A. Pence		110	200
198+ lbs.		110	200
H. Mangold		110	200
Junior High		110	200
114 lbs.		110	200
L. McGonagle		110	200
148 lbs.		110	200
S. Smiddy		110	200
Junior		110	200
132 lbs.		110	200
A. Pence		110	200
Junior High		110	200
181 lbs.		110	200
A. Leece		110	200
BOYS		110	200
Fresh-Soph		110	200
148 lbs.		110	200
R. Dolph		187	308
165 lbs.		231	319
L. Westlake		165	253
A. Caputo		181	286
181 lbs.		159	286
C. Espich		220	325
220 lbs.		220	325
T. Baughman		275	402
275 lbs.		253	402
M. Hunley		165	292
Junior-Senior		176	347
132 lbs.		181	363
D. Hazlett		176	347
148 lbs.		181	363
C. Perez		181	363
165 lbs.		220	325
B. Chaney		176	363
R. Harper		176	363
C. Dobson		176	363
M. Figueroa		176	363
220 lbs.		270	396
C. Pencil		270	396
270 lbs.		270	396
C. Gray		270	396
T. Sams		270	396
242 lbs.		270	396
A. Baumgarner		270	396
275 lbs.		270	396
L. Cooper		270	396
Junior High		270	396
148 lbs.		270	396
A. Butts		270	396
C. Grube		270	396
165 lbs.		270	396
B. Keller		270	396
Powerlifting		270	396
GIRLS		270	396
Fresh-Soph		137	82
97 lbs.		117	60
A. Beidle		137	82
T. Wade		117	60
114 lbs.		137	82
P. Gartin		154	71

J. Davis	143	71	187	402	E. Bohaychuk	203	115	264	584	165 lbs.	115	82	203	402
123 lbs.	154	93	214	463	B. Snyder	237	110	231	578	C. Whitehead	126	82	176	385
H. Reed	132	110	200	443	C. Scheck	181	82	231	496	S. Johnson	214	93	275	584
132 lbs.	270	121	242	633	K. Cline	226	93	264	584	J. Stevens	176	104	220	501
A. Pence	192	104	226	523	L. Cartner	154	99	192	446	198+ lbs.	214	93	275	584
165 lbs.	198 lbs.	192	104	226	S. Cartner	165	82	165	413	T. Burgos	347	231	363	942
A. Matthews	226	121	231	578	198 lbs.	336	209	336	881	L. Frost	319	198	363	881
198 lbs.	388	270	121	242	C. Cochran	292	132	281	705	J. Benear	330	143	385	859
T. Murdock	192	110	270	573	198+ lbs.	303	165	303	771	S. Guthrie	330	192	336	859
R. Mathews	275	105 lbs.	132	99	A. Benninger	336	209	336	881	K. Mackey	314	281	407	1003
181 lbs.	314	132	99	187	K. Cochran	303	165	303	771	A. Cattell	253	181	341	777
D. Board	314	132	99	187	Teen	97 lbs.	115	60	154	D. Williams	231	165	286	683
M. Picolo	143	93	187	424	97 lbs.	115	60	154	330	B. Wetta	226	159	281	666
T. Mills	242	132	110	200	T. Wade	115	60	154	330	T. McGraw	248	148	270	666
A. Pence	242	132	110	200	132 lbs.	259	104	308	672	S. Mullins	203	132	275	611
K. Cline	181	132	110	200	A. Pence	132	110	200	443	K. Bowen	192	137	253	584
242 lbs.	275	104	71	170	165 lbs.	132	110	200	443	Z. Fishel	242	—	308	550
E. Batton	275	104	71	170	K. Cline	231	181	303	716	198 lbs.	330	264	435	1030
132 lbs.	110	159	88	214	Junior	132 lbs.	259	104	308	B. Estridge	242	209	352	804
A. Pence	110	170	82	203	114 lbs.	132	110	200	443	H. Estep	264	148	352	766
Junior High	145	170	82	203	148 lbs.	132	110	200	443	J. Wilfong	253	187	264	705
148 lbs.	176	209	99	253	132 lbs.	132	110	200	443	J. Mead	440	286	385	1113
S. Smiddy	110	209	99	253	132 lbs.	132	110	200	443	220 lbs.	253	192	380	826
BOYS	402	237	132	270	132 lbs.	132	110	200	443	T. Savage	440	286	385	1113
Fresh-Soph	242	237	132	270	132 lbs.	132	110	200	443	J. Barnette	253	192	380	826
148 lbs.	242	237	132	270	132 lbs.	132	110	200	443	SHW	341	209	501	1052
Push Pull	242	237	132	270	132 lbs.	132	110	200	443	D. Ault	341	209	501	1052
GIRLS	242	237	132	270	132 lbs.	132	110	200	443	Raw	137	104	192	435
Fresh-Soph	242	237	132	270	132 lbs.	132	110	200	443	123 lbs.	117	77	209	404
97 lbs.	242	237	132	270	132 lbs.	132	110	200	443	J. Crace	137	104	192	435
114 lbs.	242	237	132	270	132 lbs.	132	110	200	443	C. Precek	117	77	209	404
132 lbs.	242	237	132	270	132 lbs.	132	110	200	443	132 lbs.				

A. Rosen	209	115	231	556	B. Rawlins	303	181	281	766	308 lbs.	198	154	308	661
148 lbs.	281	181	402	865	J. Arthur	242	143	308	694	J. Cockrell	198	154	308	661
M. Sparks	253	165	303	722	N. Precek	214	126	248	589	Junior-Senior				
T. Palmer	286	132	264	683	J. Murnahan	214	126	248	589	148 lbs.				
B. McCabe	347	231	363	942	S. Schmid	209	148	308	666	A. Tepus	281	198	363	843
165 lbs.	319	198	363	881	D. Severt	209	198	319	727	T. Heistand	281	198	363	843
L. Frost	330	143	385	859	181 lbs.	330	143	385	859	C. Powell	253	154	341	749
J. Benear	330	192	336	859	A. Pence	132	110	200	443	N. Lyons	275	154	314	744
S. Guthrie	330	192	336	859	Junior Raw	132	110	200	443	J. Davis	253	176	297	727
K. Mackey	314	281	407	1003	132 lbs.	132	110	200	443	G. Nixon	231	159	336	727
A. Cattell	253	181	341	777	A. Pence	132	110	200	443	R. Bickle	226	154	314	694
L. Campbell	231	165	286	683	198 lbs.	132	110	200	443	165 lbs.				
D. Williams	226	159	281	666	198 lbs.	132	110	200	443	B. Reed	374	253	424	1052
T. McGraw	248	148	270	666	198 lbs.	132	110	200	443	J. Pelfry	363	220	435	1019
S. Mullins	203	132	275	611	198 lbs.	132	110	200	443	C. Nelson	259	181	330	771
K. Bowen	192	137	253	584	198 lbs.	132	110	200	443	165 lbs.				
Z. Fishel	242	—	308	550	198 lbs.	132	110	200	443	J. Pelfry	363	220	435	1019
198 lbs.	330	264	435	1030	198 lbs.	132	110	200	443	181 lbs.				
B. Estridge	242	209	352	804	198 lbs.	132	110	200	443	A. Bloomfield	336	198	369	903
H. Estep	264	148	352	766	198 lbs.	132	110	200	443	165 lbs.				
J. Wilfong	253	187	264	705	198 lbs.	132	110	200	443	123 lbs.				
J. Mead	440	286	385	1113	198 lbs.	132	110	200	443	C. Thomas	214	145	283	643
220 lbs.	253	192	380	826	198 lbs.	132	110	200	443	123 lbs.				
T. Baughman	358	220	314	892	198 lbs.	132	110	200	443	C. Nelson	259	181	330	771
B. Fain	259	137	325	722	198 lbs.	132	110	200	443	165 lbs.				
242 lbs.	341	209	501	1052	198 lbs.	132	110	200</						

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BENCH		B. Evans	407					
WOMEN		Master (65-69)	148 lbs.					
Junior (20-23)		181 lbs.						
123 lbs.	R. Lozano	391						
A. Decker	99	Master (70-74)	132 lbs.					
Open		J. Andres	154					
114 lbs.	B. Aerts	99	181 lbs.					
198+ lbs.	L. Manly	214						
N. I'Anson	242	DEADLIFT						
M. Rubcic	93	WOMEN						
Submaster	148 lbs.	Junior (20-23)	123 lbs.					
K. Matthews	176	Master (40-44)	114 lbs.					
Master (40-44)	114 lbs.	A. Decker	253					
114 lbs.	A. Tronske	110	148 lbs.					
148 lbs.	M. Sparango	242	198+ lbs.					
198+ lbs.	M. Rubcic	198						
N. I'Anson	242	Submaster	148 lbs.					
Master (45-49)	114 lbs.	K. Matthews	352					
114 lbs.	B. Aerts	99	Master (40-44)	148 lbs.				
A. Larson	130	M. Sparango	363					
Master (50-54)	198+ lbs.	N. I'Anson	358					
198+ lbs.	M. Rubcic	93	Master (45-49)	114 lbs.				
MEN		Junior (13-15)	192					
165 lbs.	J. Iriberry	209	165 lbs.					
Junior (16-17)	220 lbs.	M. Rubcic	198					
C. Craft	270	Master (65-69)	123 lbs.					
Junior (18-19)	242 lbs.	O. Belanger	104					
J. Hoffmann	501	MEN						
Junior (20-23)	220 lbs.	Junior (16-17)	220 lbs.					
G. Butler	407	C. Craft	440					
Open	114 lbs.	Junior (18-19)	242 lbs.					
N. Maynard	88	J. Hoffmann	501					
132 lbs.	J. Maynard	—	165 lbs.					
148 lbs.	R. Sanchez	181	Open	123 lbs.				
165 lbs.	J. Lipanovich	325	181 lbs.	O. Alaqeeli	275			
M. Lambert	374	242 lbs.	181 lbs.	J. Lipanovich	402			
242 lbs.	B. Brubaker	573	P. Tsatsoulina	490				
J. Hoffmann	501	M. Lambert	435					
R. Costa	490	C. Marciales	407					
K. Tauzer	303	242 lbs.	D. Muro	700				
275 lbs.	A. Aerts	463	275 lbs.	R. Speno	617			
S. Hoekstra	308+ lbs.	—	J. Dyhrfeld	562				
C. Tauzer	—	308+ lbs.	A. Aerts	501				
Submaster	242 lbs.	C. Tauzer	435					
D. Reneau	463	Master (40-44)	181 lbs.					
D. Dixon	374	181 lbs.	K. Fasulo	451				
Master (40-44)	198 lbs.	220 lbs.	D. Robideau	451				
H. Fritz	275	Master (45-49)	242 lbs.					
D. Robideau	363	Master (45-49)	220 lbs.					
Master (45-49)	220 lbs.	S. Matthews	435					
M. Ward	—	Master (50-54)	220 lbs.					
Master (50-54)	242 lbs.	G. Baxter	540					
242 lbs.	S. Denning	286	S. Denning	374				
275 lbs.	A. Aerts	463	A. Aerts	501				
308 lbs.	S. Brown	523	148 lbs.	G. Santee	429			
Master (55-59)	242 lbs.	148 lbs.	308 lbs.	Master (65-69)	198 lbs.			
K. Tauzer	303	275 lbs.	R. Taylor	391				
275 lbs.	D. Knapp	380	Master (70-74)	165 lbs.				
Master (60-64)	148 lbs.	—	R. Hill	—				
G. Santee	231	242 lbs.	V. Tsatsulin	363				
Powerlifting	SQ	BP	DL	TOT				
WOMEN		Junior (20-23)	115	66	143	325		
123 lbs.	A. Decker	154	99	253	507			
198+ lbs.	Merkelbach	137	115	248	501			

Open	132 lbs.	C. LaMantia	110	71	203	385			
148 lbs.	K. Matthews	319	176	352	848				
R. Dixon	352	226	385	964					
D. Bergfield	330	187	314	832					
198+ lbs.	N. I'Anson	352	242	358	953				
Submaster	148 lbs.	K. Matthews	319	176	352	848			
181 lbs.	R. Dixon	352	226	385	964				
Master (40-44)	114 lbs.	N. I'Anson	352	242	358	953			
198+ lbs.	N. I'Anson	352	242	358	953				
MEN	Junior (13-15)	165 lbs.	D. Horine	242	170	286	700		
181 lbs.	J. Dominguez	352	220	402	975				
J. Campos	275	187	308	771					
Junior (16-17)	165 lbs.	P. Seals	303	176	341	821			
198 lbs.	P. Owens	402	286	440	1129				
220 lbs.	D. Horine	413	281	435	1129				
Junior (18-19)	R. Thompson	341	264	402	1008				
165 lbs.	J. Gambos	341	264	407	1014				
220 lbs.	O. Roussel	507	413	540	1460				
308+ lbs.	A. Cissell	485	402	424	1311				
220 lbs.	N. Wright	573	—	—	—				
Open	114 lbs.	C. LaMantia	77	66	148	292			
148 lbs.	J. Petersen	677	418	562	1659				
308+ lbs.	S. Layman	551	391	485	1427				
148 lbs.	D. Sorenson	463	330	523	1317				
242 lbs.	J. Lipanovich	418	325	402	1146				
T. Nguyen	385	187	435	1008					
181 lbs.	L. Wright	402	303	501	1207				
L. Sparango	485	363	479	1328					
M. Lambert	352	374	435	1162					
C. Marciales	308	176	407	892					
198 lbs.	J. Hernandez	529	358	507	1394				
A. Fregoso	220	237	347	804					
220 lbs.	M. Tronske	507	451	589	1548				
A. Acevedo	501	457	545	1504					
M. Belluscio	551	314	534	1399					
242 lbs.	R. Costa	501	490	501	1493				
D. Muro	39	—	177	—					
275 lbs.	J. Planas	611	468	650	1730				
B. Meek	639	435	562	1636					
R. Speno	694	—	171	—					
308 lbs.	L. Wright	402	303	501	1207				
308+ lbs.	J. Petersen	677	418	562	1659				
A. Patalano	545	363	507	1416					
Submaster	242 lbs.	D. Muro	639	—	177	—			
D. Muro	639	—	177	—					
L. Wright	402	303	501	1207					
Master (40-44)	148 lbs.	D. Sorenson	463	330	523	1317			
M. Sanchez	540	336	474	1350					

D. Sorenson	463	330	523	1317	D. Brown	463	330	451	1245					
181 lbs.	K. Fasulo	402	248	451	1102	198 lbs.	L. Vallot	242	214	303	760			
198 lbs.	P. Harrity	457	330	424	1212	220 lbs.	K. Croxdale	501	363	595	1460			
M. Tronske	507	451	589	1548	Master (60-64)	B. Evans	429	407	385	1223				
A. Acevedo	501	457	545	1504	275 lbs.	B. Meek	639	435	562	1636				
M. Belluscio	551	385	523	1460	Master (65-69)	R. Taylor	292	187	391	870				
R. Schwart	551	385	523	1460	198 lbs.	M. Brown	402	286	396	1085				
D. Robideau	—	—	—	—	181 lbs.	M. Brown	402	286	396	1085				
M. Menslage	606	424	573	1603	Womelsdorf	358	253	418	1030					
Master (45-49)	148 lbs.	R. Ferron	407	292	457	1157	198 lbs.	P. Wilson	451	330	424	1207		
220 lbs.	M. Brown	402	286	396	1085	181 lbs.	K. Meskew	253	165	341	760			
220 lbs.	M. Brown	402	286	396	1085	Master (70-74)	220 lbs.	G. Baxter	507	303	540	1350		
220 lbs.	M. Brown	402	286	396	1085	242 lbs.	S. Denning	275	155	—	—			
220 lbs.	M. Brown	402	286	396	1085	275 lbs.	M. Sanchez	540	336	474	1350			
220 lbs.	M. Brown	402	286	396	1085	275 lbs.	M. Sanchez	540	336	474	1350			

Matthews, Steve Matthews, Kenny Croxdale, Kevin Meskew, Jack Hughes, Bernie Gagne, Jim Merlino, Scott Layman, Pete Wilson, and Daniel McDermott. Thanks to the spotters: Ruben Arrendondo, Delmer Brown, Zach Passman, Mike, Steve Matthews, Gordon Santee, Art Labare, and Mr. Horine. Congrats to the American Eagle Gym for winning the 1st place team award coached by Chuck LaMantia. Second place team went to Old School Barbell coached by Steve Belanger. Thanks to our vendors: CSS Photo Design and Keith Lemm. Contact them for your meet photo at www.cssphotodesign.com. Thanks to House of Pain and Chris Grantano for coming down. Thanks to the Army National Guard and MSG Bonilla for having a table and two recruiters. Thanks to the Veterans Administration and Felix Hernandez for setting up a table. Thanks to LePadeia for setting up a food vending table to raise money for UCI Medical students and for running the Inzer table for me. Thanks again to all the competitors! I really appreciate all your support. (Thank you to Steve Denison for results)



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17 MAR 07 - Kansas City, KS

BENCH		N. Roten	363				
165 lbs.		TN/HS					
Inter		M. Hanson	170				
220 lbs.		Pure N					
Master II		C. Weathers	352				
M. Hammond		M-P					
275 lbs.		E. Smallwood	385				
Submaster II		PS BENCH					
D. Charron		198 lbs.					
564		Submaster I					
Police/Fire		E. Coleman	358				
L. Willison		PS CURLS					
Submaster II		198 lbs.					
L. Willison		Submaster I					
Raw		E. Coleman	143				
165 lbs.		275 lbs.					
TN/HS		Submaster II					
B. Hanson		P. Arshaq-ali	187				
198 lbs.		Master I					
Inter		E. McDonald	126				
Push Pull		BP	DL	TOT			
101 lbs.							
Youth							
T. Willison		38	99	137			
220 lbs.							
Inter		C. Vanderweerd	369	451	821		
327 lbs.							
Police/Fire		L. Willison	573	451	1025		
Pure							
L. Willison		Powerlifting	573	454	1027		
198 lbs.		BP	DL	TOT			
MALE							
Military							
B. Teiplett		385	237	540	1162		
Master II							
E. White		600	391	661	1653		
Raw							
198 lbs.							
Military							
B. Triplett		385	237	540	1162		
275 lbs.							
Submaster II							
P. Arshaq-Ali		529	347	529	1405		
Power Sports		CR	BP	DL	TOT	</	



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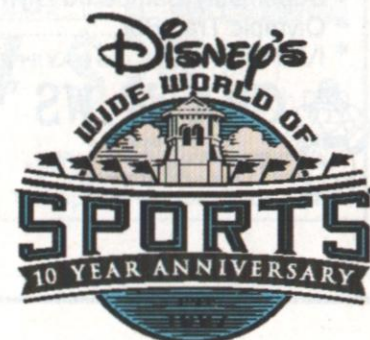
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- 21 JUL, USAPL Iron Works Open III Full Power (Midland, MI) Matt Smith, 989-837-8700, matt@smithsironworks.com
- 21 JUL, 20th APA New England States (BP, DL, PP, SC - Wallingford, CT) Scott Taylor, 5833 First St. #K-16, Zephyrhills, FL 33542, 941-626-4247, scott@apa-wpa.com, www.apa-wpa.com
- 21 JUL, USAPL South Carolina State PL, Dan Austin, 215 Windsorcrest Rd., Columbia, SC 29229, 803-736-1956
- 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 (NEWDATE), USPF Muscle Beach Push-Pull (combined total, Venice Beach, CA) Steve Denison,

COMING EVENTS

- 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 Strength Expo (BP, DL, Arm Wrestling, Strongman, Submission Fighting - Coeur d'Alene, ID) www.Strength-Expo.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 McCase, 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 / 3167, allamericanfitnessvt@yahoo.com
- 28,29 JUL, AAU Junior Olympics and BP (Knoxville, TN) www.aausports.org
- 28,29 JUL, WABDL National BP/DL (Marriott Hotel, Rancho Cordova/Sacramento, CA) Jody Woods, 916-485-3808
- 29 JUL, 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, WNPFF Drug Free Nationals (Youngstown, OH) Ron 330-792-6670, powerl103@aol.com
- JUL, WNPFF Arizona PL & BP/DL/SC (Tucson, AZ) Troy Ford, Box 142347, Fayetteville, GA, 30214, 678-817-4743, wnpff@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

APF/AAPF/WPO Schedule

- 28 JUL, APF Southeast Texas
- AUG 4, APF Florida State BP/Ironman
- 10-11 AUG, APF Teenage Nationals
- 10-11 AUG, WPO Clash of the Titans
- 24-26 AUG, WPC Can Am PL/BP & WPO Semifinals
- 8 SEP, APF/AAPF Summer Heat III
- 15 SEP, APF/AAPFL Late Summer Push/Pull Bash
- 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
- 22 SEP, APF Louisiana Open
- 29-30 Sep, WPO The Kings of the Bench
- OCT, APF New England BP
- 6 OCT, APF Hawg Farm PL/BP/DL
- 6-7 OCT, AAPF/APF Snake River
- 20 OCT, APF/AAPF Rise of the Deadlift
- 27 OCT, APF Texas Cup
- 27 OCT, APF Wolverine Open
- 27 OCT, APF Texas Cup
- 10 NOV, APF 2007 Extreme Powerlifting SC Champs.
- 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) (worldpowerliftingcongress)

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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@usfb.net
4 AUG, WNPFL 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, PPL Georgia Strongest Man/Woman, Python Gym, 2250 Lumpkin Rd., Augusta, GA 30906, 706-790-3806, PYTHONGYM@aol.com
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,

NASA Powerlifting & Power Sports Events

July

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

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

January 2008

26th & 27th - Natural Nationals, OKC, OK

February

2nd - Arizona State, Mesa, AZ

16th - Missouri State, (New) Diamond, MO

16th & 17th - Ohio State HS & Teen Nat's, Springfield, OH

March

1st - Bench Press Nationals & Power Sports

15th - Power Sports Nationals, Oklahoma City, OK

16th - 1st Annual Pro Power Sports Championships

Complete NASA Coming Events and Entry Forms at: www.nasa-sports.com
 Coming in 2008 - NASA Pro Power Sports

THE NEW GYM presents THE LATE SUMMER PUSH/PULL BASH SEPTEMBER 15th, 2007

Shawna Mendelson, THE NEW GYM, 177 Woodfield Rd, W. Hempstead, NY, 516-292-7361



4 0 5 - 5 2 7 - 8 5 1 3 , 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, WNPFL Delaware BP/DL/SC & Delaware vs Maryland (Seaford, DE) Troy Ford, Box 142347, Fayetteville, GA, 30214, 678-817-4743, wnpf@aol.com, http://members.aol.com/wnpf

5 AUG, SLP Vince Soto Memorial Ohio State Fair BP/DL (Columbus, OH) Dr. Darrell Latch, 122 W. Sale, Tuscola, IL 61953, 217-253-5429, sonlight@netcare-il.com, www.sonlightpower.com

10-11 AUG, APF Teenage Nationals (Dallas, Texas) Kieran Kidder, 866-389-4744, www.worldpowerlifting.org

10,11 AUG, WPO Clash of the Titans (no PL shirts/suits - SQ, BP, DL, BP for reps, cash & prizes, Dallas Convention Center), Seanzilla@HardcorePowerlifting.com, 5 0 3 - 2 2 1 - 2 2 3 8 , 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 Missouri 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, RU) Igor Umerenkov, eurasian-2007@yandex.ru, www.powerlifting-umerenkov.ru/eurasian/english.html

18 AUG, USAPL IV Southern Ohio PL/BP, Dave Ricks, 8835 Winston Farm Ln., Dayton, OH 45458, 937-435-2127

18 AUG, 23rd Iowa State Fair Bench Press & Deadlift Contest (pure, natural, masters 1,2, & 3, submaster, teen, women, beginners, team, raw - IA) Jeff Baird, 515-953-6833, 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, pitbullgymtampa@gmail.com

18 AUG, SLP Missouri State Fair BP/DL (Sedalia, MO) Dr. Darrell Latch, 122 W. Sale, Tuscola, IL 61953, 217-253-5429, sonlight@netcare-il.com, www.sonlightpower.com

19 AUG, SLP Illinois State Fair BP/DL (Springfield, IL) Dr. Darrell Latch, 122 W. Sale, Tuscola, IL 61953, 217-253-5429, sonlight@netcare-il.com, www.sonlightpower.com

24-26 AUG, WPC Can Am PL/BP & WPO Semifinals (Lake George, NY) Kieran Kidder, 866-389-4744, www.worldpowerlifting.org

25 AUG, USPF Ohio State BP/DL (Columbus, OH) Matt McCCase, Power Promotions CEO, 210 Gilbo St., Fairmont, WV 26554, 304-376-2432

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

25 AUG, 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, 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

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 Adelman, 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 McCCase, 210 Gilbob St.,

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

29 JUL, WNPFL Drug Free Nationals

4 AUG, WNPFL New Jersey

5 AUG, WNPFL Delaware

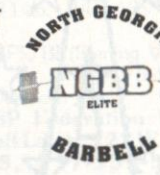
25 AUG, WNPFL Tennessee

WNPFL, PO Box 142347, Fayetteville, GA 30214

678-817-4743 or wnpf@aol.com website - members.aol.com/wnpf



APF/AAPF Georgia 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

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/AAPF Late Summer Push/Pull Bash, The New Gym, 177 Woodfield Rd., W. Hempstead, NY 11552, 516-292-7361

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 McCCase 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, fitlifed@cs.com

15 SEP, WABDL Washington BP/DL (Aberdeen, WA) Don Bell, 360-533-6620

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

15 SEP, USA Raw BP Federation Fall Nationals (Holland, MI) Dr. Darrell Latch, 122 W. Sale, Tuscola, IL 61953, 217-253-5429, sonlight@netcare-il.com, www.sonlightpower.com

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

15-16 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

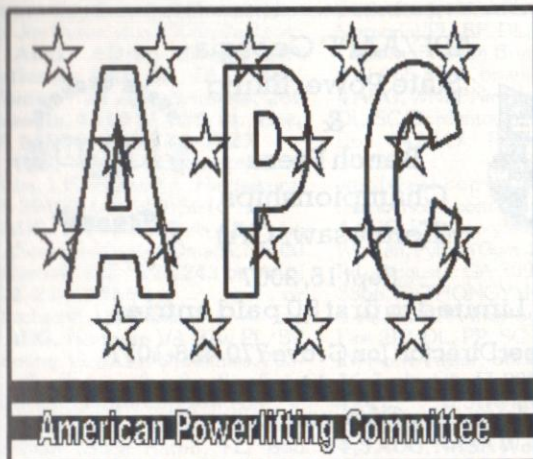
21,22 SEP, 7th Iron Boy BP Classic & IBP Regional (Winston Salem, NC) Keith Payne 336-766-3347, keith@ironboypowerlifting.com

22 SEP, APF Louisiana Open, Garry Frank, 225-241-8154

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



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.

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

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 or 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, IPA West Coast Open PL (Cash Prize) Kent Hoskoetter, 541-761-5309, (Grants Pass, OR)
SEP, ADAU PL/BP (Staunton, VA) Dean Griffin, 412 Betsybell Rd. Apt. 103, Staunton, VA 24401, deangriffin06@adelphia.net
SEP, WNPf 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 Reps - Holiday Inn, Sun Spree, Gatlinburg, TN) Jesse Rodgers 423-255-3672, www.southernpowerlifting.com
6 OCT, IPA Lexen Xtreme Fall Classic (PL, BP, P-P) Dan Dague, 3665 Garden Ct., Grove City, OH 43123, 614-554-8824, www.lexenxtreme.com

6 OCT, NASA Wisconsin State Bench Press, Job Hou-Sey, 1-888-JOB-HOUSEY, statchairman@visconsinpowerlifting.com, aandz.insurance@sbcglobal.net

6 OCT, NASA Can-AM International (Minot, ND) Rich Peters, Box 735, Noble, OK 73068, 405-527-8513, sqbpdl@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, quad4hoov@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, snakeriver@yahoo.com

12-14 OCT, WDFPF Single Event World Championship (Montesilvajo, Italy) www.wdfpf.com

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

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, sqbpdl@aol.com

13 OCT, SLP Oklahoma State BP/DL (Tulsa, OK) Dr. Darrell Latch, 122 W. Sale, Tuscola, IL 61953, 217-253-5429, sonlight@netcare-il.com, www.sonlightpower.com

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

20 OCT, NASA Unequipped Nationals & Power Sports Championships (Oklahoma City, OK) NASA, Box 735, Noble, OK 73068, 405-527-8513, sqbpdl@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@pikilup.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

20 OCT, APF/AAPF Rise of the Deadlift (Velocity Sports, Willowbrook, IL) Eric Stone, 630-794-0594, thestone@chicagopowerlifting.com

21 OCT, 19th Indian Summer Push/Pull (Granger, IN) Jon Smoker, jjrcsmoker@hotmail.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, WNPf Single Lift Nationals & WNPf Powerfest 2K7 (Atlantic City, NJ) Troy Ford, Box 142347, Fayetteville, GA, 30214, 678-817-4743, wnpf@aol.com, <http://members.aol.com/wnpf>

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

27 OCT, IBP South Carolina PL, Core 24 Gym, Seneca, SC, Keith Payne, 336-251-8704, keith@ironboypowerlifting.net

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

27 OCT, NASA Iowa Regional (Un/Equipped, PL, PS, PP, BP Only - Des Moines, IA) Rich Peters, PO Box 735, Noble, OK, 73068, 405-527-8513, sqbpdl@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, sqbpdl@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, gvhl@wirefire.com

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

OCT, WNPf 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, WNPf 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, sqbpdl@aol.com

St., Clearfield, PA 16830, 814-765-3214, Al@pikilup.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

20 OCT, APF/AAPF Rise of the Deadlift (Velocity Sports, Willowbrook, IL) Eric Stone, 630-794-0594, thestone@chicagopowerlifting.com

21 OCT, 19th Indian Summer Push/Pull (Granger, IN) Jon Smoker, jjrcsmoker@hotmail.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, WNPf Single Lift Nationals & WNPf Powerfest 2K7 (Atlantic City, NJ) Troy Ford, Box 142347, Fayetteville, GA, 30214, 678-817-4743, wnpf@aol.com, <http://members.aol.com/wnpf>

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

27 OCT, IBP South Carolina PL, Core 24 Gym, Seneca, SC, Keith Payne, 336-251-8704, keith@ironboypowerlifting.net

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

27 OCT, NASA Iowa Regional (Un/Equipped, PL, PS, PP, BP Only - Des Moines, IA) Rich Peters, PO Box 735, Noble, OK, 73068, 405-527-8513, sqbpdl@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, sqbpdl@aol.com

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

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Mark Chaillet at

717-495-0024,

chailfit@yahoo.com

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Or Email: Ellen.Chaillet@aol.com

at echaillet@aol.com

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

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

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

9-11 NOV (NEW DATE), 16th WNPf 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, APF 2007 Xtreme Powerlifting SC Championship, (Columbia, SC) Will Millman, Shelter223@aol.com

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) bigbeargym@hotmail.com, 541-961-3845

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

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

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

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

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

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

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

17 NOV, NASA Colorado Regional (Un/Equipped, PL, PS, PP, BP Only - Denver, CO) Rich Peters, PO Box 735, Noble, OK, 73068, 405-527-8513, sqbpdl@aol.com

17 NOV, US Open BP/DL (Pittsburgh, PA) Matt McCas, 210 Gilbob St., Fairmont, WV 26554, 304-376-2432, mccase@yahoo.com

17 NOV, 3rd Annual NASA/YMCA Great Lakes Regional, David Oyler & Cheryl Targos, Leaning Tower YMCA, 6300 W. 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@aol.com, www.ipapower.com
17,18 NOV, WDFPF PL Worlds (Grangemouth, SCT) Hamish Davidson, www.wdfpf.org, www.wdfpf.com

18 NOV, ADAU Connecticut State Open (Brookfield, CT) Rob Delavega, 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, 7th Pocket Samson's Christmas BP/DL Strength Championships (men, women, all divs./wt. classes) Powerhouse Gym, 1030 Baltimore Blvd., Westminster, MD 21157, Glenn 410-634-9195

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@satx.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 (Entry deadline November 3, All lifters and teams receive awards - location??) Spero Tshontikidis, 4353 Collinwood Dr., Melbourne, FL 32901, 321-505-1194, tshontis@brevard.k12.fl.us

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

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

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

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

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

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

8 DEC, 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, 610-948-7823, bench_a_grand@yahoo.com

8 DEC, Northern California Open PL, BP, DL (Yuba City, CA) Steve Denison, 661-333-9800, pwrfltrs@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

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

9 DEC, ADAU Coal Country Classic (Bigler, PA) Allan Siegel, 304 Daisy St., Clearfield, PA 16830, 814-765-3214, AI@pikkitup.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, 20th Elkhart BP Classic (Elkhart, IN) Jon Smoker, jrsmoker@hotmail.com

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

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

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

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

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

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, 610-948-7823, 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.com

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.com

APF South Carolina
24 FEB 07 - Charleston, SC

BENCH	220 lbs.		
MALE	Master (50-54)		
Guest Lifter	A. Trusow	365	
K. Robertson	242 lbs.		
165 lbs.	Master (40-44)		
Open	C. Griggs	405	
A. Robinovitz	275 lbs.		
181 lbs.	Master (60-64)		
Master (70-74)	D. Ricafrente	410	
G. Camacho	E. Hubbs	575	
Master (75-79)	Open		
B. Millner	C. Williams	545	
198 lbs.	SHW		
Master (45-49)	Open		
P. Retailon	J. Robinson	560	
Push Pull	BP	DL	TOT
FEMALE			
114 lbs.			
Open			
S. Coulck	105	190	295
148 lbs.			
Open			
D. Koval	115	280	395
181 lbs.			
Master (55-59)			
B. Roby	130	200	330
MALE			
148 lbs.			
Open			
G. Gayle	—	500	500
181 lbs.			
Master (40-44)			
D. Scarborough	370	530	900
Master (70-74)			
G. Camacho	225	350	575
198 lbs.			
Master (65-69)			
T. Walters	180	225	405
Open			
G. Crook	485	575	1060
220 lbs.			
Master (40-44)			
B. Pittman	405	305	710
Master (50-54)			
A. Truslow	365	500	865
Open			
J. Coulck	—	—	—
W. Kuenzel	—	555	555
242 lbs.			
Master (40-44)			
S. Ramsey	350	460	810
Open			
J. Elkins	245	355	600
275 lbs.			
Master (45-49)			
J. Pinder	—	760	760
Open			
J. Daly III	—	450	450
J. Standley	—	620	620
W. Hancock	510	610	1120
Junior/Teen			
D. Johnson	400	520	920
308 lbs.			
Master (55-59)			
T. Heyne	225	330	555



Glen Gayle pulled 3.4 times bodyweight at the APF South Carolina meet (Millman photos)

Open

M. Bouton	415	525	940
C. Clark	—	700	700

Best Female Lifter: Dawn Koval. Best Bench Only: Eric Hubbs. Best Male Lifter: Greg Crook. (provided by Will Millman)

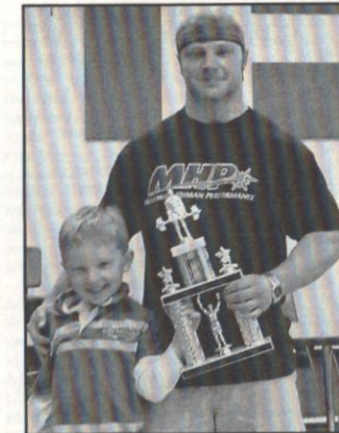
SLP Memphis Open
3 MAR 07 - Memphis, TN

BENCH	B. Atkinson	550*
WOMEN	Open	
Raw	275 lbs.	
Submaster	C. James	445
181 lbs.	308 lbs.	
B. Powers	65*	W. Sanders 575*
MEN	Raw	
Teen (18-19)	Teen (16-17)	
220 lbs.	165 lbs.	
Blankenship	G. Velosquez	265*
300*	Teen (18-19)	
275 lbs.	181 lbs.	
D. Rawlings	P. Balton	225*
355	4th-230*	
Police/Fire	Junior	
275 lbs.	165 lbs.	
C. James	445*	B. Williams 355*
308 lbs.		

220 lbs. SHW
J. Morris 355* N. Slater 435
242 lbs. DEADLIFT
J. Buttrey 405* MEN
Submaster Novice
220 lbs. J. Schultz 485
G. Powers 405* Teen (18-19)
4th-435 198 lbs.
Master (50-54) C. Freeman 505*
181 lbs. P. Hardy 370*
4th-390* N. Melone 355
Master (60-64) 4th-375
242 lbs. Junior
J. Turner 340* SHW
Open J. Vick 640*
165 lbs. Master (40-44)
R. Dunn 295 198 lbs.
181 lbs. Shettlesworth 355
L. Dunn 315 Open
198 lbs. 308 lbs.
J. Sanders 335* W. Sanders 505

*=Son Light Power Tennessee state records. Best Lifter Bench Press: William Sanders. Best Lifter Deadlift: Jonathan Vick. The Son Light Power Memphis Open Bench Press & Deadlift Championship was held at the French Riviera Spa. Thanks to the management at the spa for their support and promotion of this event. In the bench press competition, the lone women's competitor was Barbara Powers who won at Submaster 181 with a new state record raw lift of 65 lbs. This was Barbara's first competition. For the men's Teenage (16-17) age group, it was Gabriel Velosquez at 165 lbs. with a new state record of 265 lbs. Patrick Balton set the state record at 18-19/165 raw with his 230 lb. fourth attempt. One of the strongest lifters, pound for pound, was Junior 165 lb. competitor Brandon Williams. Brandon finished with a new raw state record of 355 lbs. Also finishing with 355 lbs. was Junior 220 winner Justin Morris. This was also a new state record for the class. R. Stark 125 D. Lashmett 315 C. Walters 250 220 lbs. Teen R. Lislegard 470 132 lbs. C. Johnson 400 190 D. Hill 320 165 lbs. Masters I (formula) 250 T. Sarago 455 181 lbs. J. Braun 350 210 T. Wallner 330 285 D. Kotula 330 M. Fletcher 285 J. Thorson 350 B. Hanson 245 Masters II (formula) 260 S. Prebeck 330 D. Peterson 260 M. Bol 310 220 lbs. 325 D. Johnson 310 K. Wallner Open Masters III (formula) 148 lbs. J. Tini 305 148 lbs. G. Sparby 250 165 lbs.

Best Female Lifter (by formula): Chelsea Trucano. Best Male Lifter (by formula): Korry Kowarsch. Venue: Mesabi Community College. Sponsors: Queen City Federal and Quad Cities Optimal Fitness & Racquetball. (results courtesy Carla Tichy)



Best Male Lifter at the Schaeffbauer Memorial was Kerry Kowarsch, who bench pressed 2.43 times bodyweight. (photographs courtesy of Carla Tichy)

18th Schaeffbauer Memorial
5 MAY 07 - Virginia, MN

BENCH	Teen (continued)
WOMEN	165 lbs.
Open	K. Stark 305
145 lbs.	K. Arola 225
(formula)	181 lbs.
A. Flannigan	160 K. Kowarsch 435
H. Irlbacker	120 J. Jotter 365
Reichensperg	125 J. Fallos 360
145+ lbs.	(formula)
(formula)	T. Autio Jr 305
C. Trucano	180 198 lbs.
A. Swanson	170 K. Sersha 325
R. Stark	125 D. Lashmett 315
BENCH	C. Walters 250
MEN	220 lbs.
Teen	R. Lislegard 470
132 lbs.	C. Johnson 400
B. Johnson	190 D. Hill 320
165 lbs.	Masters I (formula)
T. Wallner	250 T. Sarago 455
B. Hanson	210 J. Braun 350
181 lbs.	M. Fletcher 285
C. Fletcher	285 D. Kotula 330
M. Sclberg	285 J. Thorson 350
B. Hanson	245 Masters II (formula)
198 lbs.	260 S. Prebeck 330
D. Peterson	260 M. Bol 310
220 lbs.	325 D. Johnson 310
K. Wallner	Open Masters III (formula)
Open	148 lbs.
148 lbs.	J. Tini 305
G. Sparby	250 165 lbs.



Best Female Lifter at the Schaeffbauer Memorial was Chelsea Trucano with a 1.24 times bodyweight bench press, receiving her trophy from Carla Tichy of Quad Cities Optimal Fitness.

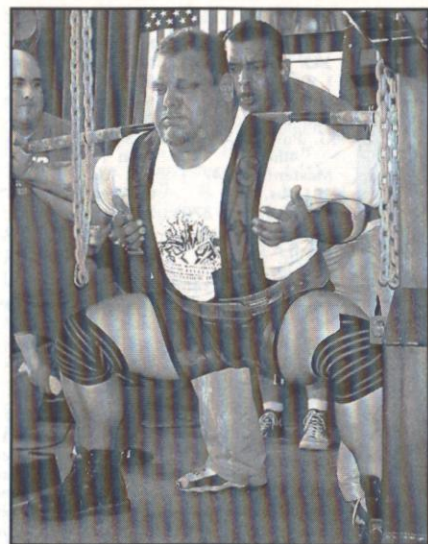
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Best Bench Press at the APF SC Meet was this 575 by Eric Hubbs.

APF/AAPF CandyAzz Classic
17 FEB 07 - Tribes Hill, NY

BENCH	W. Stanton	350		
WOMEN	350			
APF	275 lbs.			
148 lbs.	OPEN			
Open	K. Stephens	560		
M. Borzok	Submaster			
181 lbs.	B. Horton			
Open	455			
K. Goliszek	SHW			
MEN	Open			
APF	S. Lattimer	765		
103 lbs.	M. Lackie			
(Age 9)	DEADLIFT			
M. Pariso	85			
181 lbs.	WOMEN			
Junior	APF			
T. Stanton	SHW			
198 lbs.	Open			
Open	D. Shealey	700		
S. Sceppe	500			
J. Malta	315			
A. Pera	MEN			
Submaster	APF			
D. Gordon	148 lbs.			
Masters I Raw	Teen (18-19) Raw			
Shaughnessy	H. Colyer	315		
220 lbs.	415			
Open Raw	165 lbs.			
V. Pippard	Open Raw	450		
Teen (16-17)	A. Ferchen			
A. Trapletti	500			
Junior Raw	Teen (13-15) Raw			
V. Pippard	A. Ferchen	450		
500	198 lbs.			
Junior	Open			
T. Morris	Z. Bonneville	570		
Submaster	220 lbs.			
S. Rowe	Open Raw	625		
242 lbs.	J. Bonneville	540		
Submaster	242 lbs.			
S. Miller	Open			
Master IV	BP Trusnovc	605		
Ironman	308 lbs.			
WOMEN	Open			
APF	P. Charland	535		
SHW	J. Fiorella	480	335	405
Open	J. Ludwig	365		
D. Shealey	Submaster Raw			
AAPF	J. Fiorella	480	335	405
SHW	Masters I			
Submaster	W. Fosmire	525	305	435
R. Cook	220 lbs.			
Masters II	Open			
T. Jones	A. James	750	490	605
200	B. Serritella	640	425	570
245	S. Nilsen	600	430	500
445	Submaster			
MEN	G. Hopkins	645	425	630
APF	S. Nilsen	600	430	500
198 lbs.	242 lbs.			
Open Raw	Open			
Z. Bonneville	C. Trusnovc	865		
Masters III	275 lbs.			
M. Azarian	Open			
320	S. Coppola	840	600	675
350	R. Fishbein	725	505	510
670	B. Becker	605	460	575
220 lbs.	Submaster			
Open	B. Becker	605	460	575
J. Rock	C. Taylor	840		
575	308 lbs.			
605	Open			
1180	J. Bernor	1110	780	710
275 lbs.	T. Egnoto	840	510	675
Submaster	G. Russo	875		
D. Drislane	Teen (16-17)			
460	Hollingsworth	430	315	430
600	SHW			
1060	Open			
Open	T. Barbaccio	905	715	635
P. Charland	AAPF			
AAPF	198 lbs.			
165 lbs.	Open			
Junior	L. Spero	725	455	600
A. Jones	E. Seftel	650	405	615
225	220 lbs.			
335	Teen (16-17)			
560	Hollingsworth	430	315	430
Full Power	SHW			
WOMEN	Open			
APF	T. Barbaccio	905	715	635
148 lbs.	AAPF			
Open	198 lbs.			
J. Furniss	Open			
325	L. Spero	725	455	600
235	E. Seftel	650	405	615
330	220 lbs.			
890	Teen (16-17)			
Masters III	A. McCloskey	730	440	600
J. Stabile	355	160	375	890
AAPF	Venue: Iron Asylum Gym. Don't let the			
148 lbs.	meet name fool you; this was a rib			
Open	cracking, wrist snapping, bar bending			
J. Runco	powerlifting competition, rivaling a WPO			
325	Pro Division! We packed our bags and			
175	headed west, once again to Tribes Hill,			
320	NY, more specifically, to the Iron Asylum			
820	Gym to catch some great lifting for our			
165 lbs.	readers. The trip turned out to be a			
Open	challenge, not because of the 3+ feet of			
B. Curry				
505				
330				
435				
1270				
Masters III				
J. Stabile				
355				
160				
375				
890				
Teen (13-15)				
A. McCloskey				
405				
220				
380				
1045				
MEN				
APF				
148 lbs.				
Open				
C. Rodgers				
555				
300				
515				
1370				



John Bernor made an 1110 squat to produce his 2600 total. (S. McCaslin photos)

snow or the frigid gusting wind rocking my truck, like a fishing trawler caught in the perfect storm, but because I caught the flu the night before. I won't get into the gruesome details, but it was really bad, and I felt like crap! At least the sun was shining as the wind rolled me up and down, and up and down the wintry interstate, along the Berkshires, and the Taconic Mountains. The McCaslin family, Zane, Sandi, Sarah and Kerrigan were back in action running a full meet, along with their friends. Ironically, Sandi and Zane were also under the weather, Sandi was running a fever and at times, Zane looked at me as if to say "just shoot me and get it over with!" I don't know where they found the energy, but it was inspiring. It kept me from vomiting, which is so not cool at a powerlifting meet, especially if they are selling pizza by the slice. Once

again the McCaslins pulled off a great meet, 75 competitors, 2 full flights, a bench only division, ironman competitors and single lifts. As a side note, the McCaslin daughters were in heavy training for the 2007 Arnold Classic WPO Finals, where they demonstrated powerlifting and hopefully inspired the youth of America. Saturday morning we met a few powerlifting associates in the elevator heading downstairs to the hotel lobby. It was a tight squeeze, 275 Christian Taylor and 308 John Bernor, who I didn't recognize because he now sports a full head of hair, his wife Nikki and friends. Nikki is a sweetheart, and we've sat numerous times together on the floor in front of the platform. We also said hello to our buddy, 275 John Bott who brought some of his lifters to compete, and even helped judge. We arrived early to the meet; I couldn't believe how much snow had fallen on this picturesque village. It brought back memories of sliding down monstrous snow banks in front of my own home as a kid. We walked in from the back parking lot and were greeted by SHW Tone Barbaccio, who has grown into a hulk since our last encounter, and his wife Michelle. Tony was about 375 lbs., I believe 6'5" and we discussed how he would make one hell of a Scottish Games competitor, winning numerous cash prizes, something the sport of powerlifting is currently lacking. Michelle is responsible for many of the banners hanging in the gymnasium. In fact, she made one for Bodytechusa.com that was incredible! After saying hello to the folks in the warmup area we headed into the great hall, already filled with fans and families. Sandi and Zane were hard at work, taking down lifters names, filling out attempt cards and answering questions. Believe it or not, there is a bit of paperwork asso-



Anthony McCloskey squatted an impressive 730 @ 16-17/220

ciated with running a meet. Sandi is blessed with the ability to calculate numbers in her head, while others rely on computer databases to tabulate scores. It's almost like writing a play script while it's running, editing changes along the way, while the audience sits back enjoying the production unaware of all the mayhem going on backstage. Cool! We were on a fast approaching deadline to get this story ready for the website's March issue, so I asked Sandi McCaslin to assist with the names of all the folks responsible for making this show a success. This is what she had to say. Again, wow! What an awesome bunch of people came out to Tribes Hill once again for this meet. You all mean so much to us! I want to start out with thanking my help. It is so hard to get help on the platform. Who can blame people? Working your ass off all day spotting and loading is no picnic, and it will beat the shit out of you. First, Matt "Raw Dog" Richards, this guy came to our place to do one of our meets a while back and he hasn't left since. He's been training in our gym since that day, and that was before we even opened. Once we did open, I think he bought the first membership. This guy was on the platform all day! He spotted and loaded all day long, and only asked Zane to take his place for a few minutes because his hands were really sore. Matt, you have no idea how much we appreciated you on Saturday. When I thanked him after the meet, he said it was an absolute honor to spot on a platform with so many incredible lifts. Also, how about Teddy "Roadhead" Morris the damn guy just wouldn't get off the damned platform until it was time to warmup for his bench and then to work your ass off and still bench 550 what the hell is this guy eating? I want some. Let's not forget either that he is just dead sexy! Also, Jason Drisco and Mike "Getnasty" Romeo thank you guys as well. You guys that step up to do the hard shit are the backbone behind this shit. All of you spotters did a tremendous job. Great job everyone and than you from the bottom of our hearts. Now onto others who assisted in judging, head table, photos, vids and general to do stuff. John Bott, it was an honor to have you here and your judging is beyond reproach. Thanks for your help. Joe Ceklovsky, Natalie Ceklovsky, Shawn Lattimer, Megs, Kia, Ashley and Sapling thanks for all of your help as well. Ofcourse my dear sweet Sarah and Kerri, they do so much themselves, they really make me so proud. Carl Seeker, my brother from another mother, Man I can't imagine a meet without you. Those aren't just words they come from the heart! Your trophies kick such major ass, your judging is on the money and your friendship is something the entire family holds dear. Michelle Barbaccio, my voodoo priestess; I love you girl! You have become an absolutely irreplaceable part of the meets. The banners you make, the help you give me, I really appreciate it all. Inzer Advance Designs really goes above and beyond for all of my meets. For this meet in particular, they made sure that there was plenty of "ammo" for the tee shirt cannon. They also donated lots of gift certificates for our customary "Outstanding Lifter Awards". I really appreciate everything this company does for the sport and for us personally. House of Pain Ironwear also sent an array of tees and handouts for our lifters, and some great HOP gift certificates as well. My dear friend Scott DePanfilis from Bodytech USA came up once again to cover our event. Thank you Scott, for all you do for this sport. You are simply the best my friend and we are so thankful that we have met you and that you have become someone that we just can't wait to see again. Tony Monchinski from Musclemag International spent the entire day at the meet and then came out to the gym on Sunday to take photos of training and do some interviewing for an article in an upcoming issue. Thanks Tony, we were really honored that you wanted to cover our place. There were so many amazing lifters here on Saturday. The first guys I want to mention are Frank

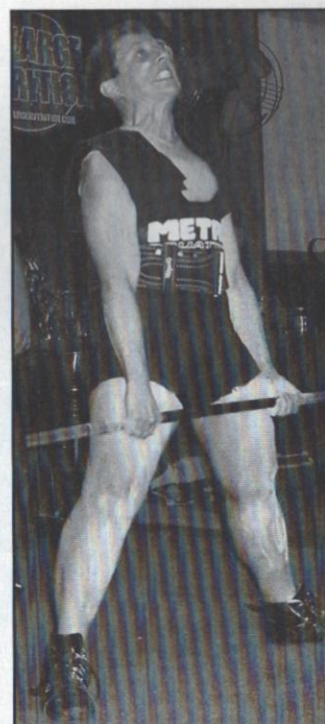
D'Angelo and Jonathan Ludwig. Frank squatted a sweet 685 at 190. He took his first bench of 405 out, was on his way back up to a strong lockout and his forearm snapped. Jonathan had already gotten a squat and a bench in and gave up his total to go to the hospital with Frank. He spent 2 nights there sleeping on the floor to help Frank with whatever he needed and to be there for him. Frank had to go into surgery to have a plate put in his forearm. We'll keep Frank in our prayers for a speedy recovery. Jonathan, you are a good man and quite obviously a good friend. John Bernor, my dear friend Johnm, what an honor to have such an amazing ambassador of Christ and of this sport we love so dear. John and Nikki Bernor are two of the most amazing people we have ever had the pleasure of knowing, and being around them actually makes you feel closer to God. I do not use my words loosely. John's lifting was nothing short of spiritual. His squats went 3 for 3 with excellent depth and strength. John went 1110-780-710 for an amazing 2600 total at a bodyweight of 307. This was a huge milestone for the asylum our first 1000 squat attempt and WOW that total. Whew! Chris Rodgers, CR, dat pirate thanks for the total man you pulled it off it's all behind you now time to move on to big numbers bro! Chris totaled yes totaled 1370 at a bodyweight of 146 lbs. Jules Furniss thank you for choosing our place for your first full meet. You really have been an interesting addition to our circle. Your lifts were great. Your squats were right on the money girl and you certainly matched them with a great bench and pull. 325-235-330 for a nice 890 total at 139 lbs. great stuff Jules! Keenan "Cricket Fire" Hollingsworth he and his family traveled over nine hours to make the meet. Keenan is super cool! He totaled 1175 with a 430-315-430. Great guy, great representative of the sport. Thanks so much for coming to the CandyAzz Classic Keenan. You're awesome! Scott Sceppe, one strong mofo, 700 bench at 198. Wild! Mike Pariso, age 9 from Buffalo, NY, benched a really strong 85 lbs. raw. Jane "Bad Apple" Stabile, showing us all that a woman over 50 has every right to be on the platform. Jane went 355-160-375 for a 890 total at 163 Masters III. Her handler Murph was just awesome. You see a lot of guys get a big psyche before a lift, maybe a slap on the back or across their face Murph gives Jane a hug .good stuff! Mark "Powerdoc" VanAlstyne .maybe not his best lifting day, but what an honor to have such a phenomenal lifter on our platform. Mark had some trouble making weight, but he got down to 181 and still did things that amazed us all. Mark went 745-475-550 for an awesome 1770 total. Thanks so much for being here Mark. Brad Vargeson, another awesome lifter gracing our platform. Brad wasn't real pleased with his performance, but it didn't stop him from having a good time with us all at the after party! Thanks for being here Brad, you may be an "internet asshole" lol but you really are a cool cat! It was great hanging with ya! Dan Lynch lifted at 179 lbs. raw. He went 440-300-575 for a nice total of 1315. Great stuff Dan and I sure am glad you could keep yourself injury free for the meet. Thanks again for being here. Anthony McCloskey amazing teen lifter from Glen Mills, PA. He and his sister both competed. Anthony did some real impressive stuff. 1770 at 204 lbs. 17 years old. 730 squat, 425 bench, and 600 pull. Yikes! We had several female lifters in this meet. That is absolutely awesome to see! There are some really strong women out there! Thanks again to everyone who came out to help, to lift and to spectate. You are all what makes a good meet! You all are the best! Thanks so much Sandy for sharing your heartfelt observations on this day, it's difficult when I don't know everyone's name. I'm going to keep this one short however, and focus on all the breakthrough performances. If you are interested in a DVD of the entire competition, please contact us. I was excited about the first flight because our friend Jane "Bad Apple" Stabile was competing and drove



Mike Pariso, age 9, earned a trophy for his 85 lb. bench press

all the way out from Massachusetts with her coach, CJ Murphy. "Murph" owns and operates "Total Performance Sports" in Everett, MA, a training center for powerlifters, strongmen, boxers and sports athletes; this is not an executive gym, but instead, a real conditioning center! You'll find everything you need to train for a full meet, strongman competition or sports specific, which is rare to find at a Gold's or World's Gym, or any place that doesn't allow chalk or loud grunting. At 165, Jane competed in the Women's Masters division and totaled 890 which gave her double APD & AAPF World Records. As you read earlier, Jane is a young fifty year old with plenty of strength to prove it. There were 10 female competitors. A true standout performance came from 165 Brooke Curry, competing in the Womens Open. We've seen Brooke competing before under the coaching of Big Paul Childress during the APF Teens, Juniors and Masters Nationals in Saco, ME. Brooke has incredible power and solid technique. Her numbers were 505, 330 and 435 for a 1270 total. She has a beautiful smile and beams with confidence on the platform. I wonder what her students think. Brooke is a school teacher. In the 148 Womens Open, Jules Furniss, a solid athlete went 325, 235 and 330 for a nice 890 total. In the 198 Womens Teen (13-15) division, Anna McCloskey went 325, 175 and 320 for a 1045 total. Sandi mentioned earlier about a brother and sister team; Anna and her brother Anthony were tearing it up! At 220 Teen, Anthony McCloskey went 730, 440 and 600 for a monstrous 1770 total, amazing! In the 148 Mens Open division, Chris Rodgers went 555, 300 and 515 for a 1370 total. Chris was a resilient powerlifter, but at a light bodyweight it's difficult to lift heavy. That didn't stop Chris from going at it with everything that he could muster, great job! In the 181 Mens Open division, we had 2 lifters, Mark VanAlstyne and Brad Vargeson. Mark hit his openers 745, 475 and 550, but struggled with second and third attempts, some of which he made. I think he may still have been burnt out from the WPC Worlds and maybe from shoveling snow. In any event, despite any setbacks, Mark proceeded to total 1770 which is awesome at 181. Brad hit a super 800 squat but didn't finish the meet after that. There was one Teen 18-19 Raw 181 lifter, Dan Lynch. Dan went 440-300-and a huge eye watering third attempt 575 deadlift to total 1315, excellent. In the Mens Open 198, which was also the largest division of the meet, with five competitors, experience paid off for Dave Kirschen who led the class. He squatted a beautiful 750, benched 530 and pulled 570 for a super 1850 total. We've watched Dave compete on numerous occasions at meets held in Lewiston, Maine with Russ Barlow. Dave is a good man, a great coach and a superb powerlifter; he puts every ounce of his body into his lifts. Second was Lenny Spero, who went 725, 455 and 600 for a nice 1780 total, another great total

for this weight class. Lenny has unique style and we like how he powders his face during the deadlift event. He pulled that 600 with room to spare! Evan Seftel took third with 1670. Evan was in a tough class of competitors, but really stayed focused, with great lifting technique. Short, stocky and strong James Matta was fourth with 475, 500 and 450. He totaled 1425. Disaster struck the last competitor in this group, Frank D'Angelo who squatted 685, but broke his forearm during his opening bench press. It was really bad, and I suspect Frank may have had a stress fracture prior to this freak injury. It is terrible to watch a lifter get injured or screaming in pain a reminder of how brutal this sport can be. Fortunately Frank headed directly to the hospital in Albany where he underwent surgery. I've watched other top lifters with some nasty injuries make remarkable comebacks within a year, we wish Frank the same. In the 198 Open Raw and Submaster Raw, John Fiorella had a field day, with a 480 squat, 335 bench and 405 deadlift for a 1220 total. Great job John! He looked like he was enjoying himself. Jonathan Ludwig began with a 365 squat, but went with Frank D'Angelo to the hospital great sportsmanship! 198 Masters I, Wayne Fosmire went 525, 305, 435 and totaled 1265. In the 220 Open Adam James went uncompleted. We've watched Adam compete before, as solid powerlifter, powerfully built! His numbers were 750, 490 and 605, for a huge 1845 total. Second went to Brendon Serritella. Brendon went 640, 425 and 570, for a 1635 total. All solid lifts! Steve Nilsen took third, but also lifted in the 220 Submaster, taking second with 600, 430 and 500. Steve opened with a rock bottom squat and a nice third attempt 600, which I could tell he really wanted to make. Steve totaled 1530, winning the 220 Submaster was Greg Hopkins who we watched compete at this venue last year. Greg's numbers were 645, 425 and 630 for a big 1700 total. In the 242 Open division, Chase Trusnovc squatted 865 but couldn't get his bench press turned in. I still have all 3 of his lifts in the video clips section because Chase is high-energy with a lot of potential. In the 275 Open division, we witnessed great powerlifting efforts by the first place finisher, Steve Coppola. We watched Steve compete before and expected more great lifts from this young



Jane Stabile pulled a large 375 lbs. in the Masters III category.

powerlifter, who incidentally trained with Paul Childress. Steve went 840, 600 and 675 for a big 2115 total. Second went to Rob Fishbein. Rob had his work cut out for him, but made the best of it. His numbers were 725, 505 and 510 for a 1740 total. The last time we watched Rob compete at this venue, he totaled 1675, a marked improvement-great job! Brian Becker took third and also won the 275 Submaster division. Brian went 605, 460 and 575 for a solid 1640 total. He totally enjoyed his time on the platform. Also competing in the 275 Submaster division, Christian Taylor squatted 840, but also missed his bench press attempts. We were shocked; Chris is a great bencher, and it looked like he got some questionable lift-offs and mis-grooved the bar. Again, I posted Chris' bench and deadlift. Chris is an inspiration on and off the platform. In the 308 Open, John Bernor was having a great day. John has competed in the WPO and proved his is more than capable of hanging with the big boys. A convincing 1110 third attempt squat, down and deep, left the audience in a roar of cheers. John proceeded to bench 780 on his second attempt and pulled 710 in the deadlift. He totaled 2600 lbs. Wait until you see all the video clips. Second place went to Tony Egnoto. Tony is a former semi-pro football player, but he looks more like a professional strongman competitor, athletic, big and tall. He mentioned that he had only been powerlifting training three months; take a look at these numbers .an 840 squat, 510 bench and 675 deadlift. Tony totaled 2025 pounds. Again, the videos of Tony show pure power, especially in the bench press; maybe a little inexperienced in the deadlifts, which I am sure will be corrected in the future. This guy is crazy strong, and could easily find his way in the top 308's nationally, but I'd like to see him go bigger and compete as a SHW! Finally, 308 Glenn Russo squatted 875, but missed his bench. We have some video of Glenn, definitely worth seeing this guy in action. There was one 308 Teenager (16-17), Keenan Hollingsworth. What a future! Take a look at these numbers .430, 315 and 430, and an 1175 total. The SHW Open class had just one BIG competitor, Tony Barbaccio. He was massively built, and continues to improve on each lift. With all the excitement, and anticipation of a big lift, Tony missed the squat signal on his opening attempt. He regrouped, got in the zone and squatted 905. He went on to bench 715, looked explosive! In the deadlifts, Tony was restricted in that squat suit, as he bent over to deadlift. He pulled 635, but certainly has more to go. When he begins to reach his full potential, we are going to see some scary numbers! On this day, big Tony went 2255, a hundred pound improvement from his last competition. I want to mention a few of the standout performances in the Bench Only division. Outstanding performances would have to be 198 Scott Sceppe, who benched 700 lbs. on his opener, unreal! It looked easy for Scott. 220 Scott Rowe benched a nice 625 on his opener, after shoveling 5-8' of snow off the roof of his house. Finally, our buddy, SHW Shawn Lattimer, not only coached, but benched 765 on a third dramatic attempt. Shawn is recovering from a freak accident that took place at a gym a while back, spotting another lifter who lost the bar. Shawn caught the 400+ pounds in his hands, but injured his lower back in the process. Shawn recently benched 865, so his performance here was merely a gauge. Shawn is more than capable of hitting 900 and beyond. Believe it or not, there was a 103 lb. 9 yr old, competing in the bench only division. His name was Michael Pariso and he proceeded to bench 85 lbs. on his second attempt, great job! Before closing, I want to thank the McCaslins once again for having us out to cover their show. Look for more exciting meets in the future at www.ironasylum.com. Take care, lift big, stay strong. You can see a ton of pics on the results page at the Iron Asylum Gym website. (Sandi McCaslin)

5th Lakeland Hills YMCA BP/DIP
28 APR 07 - Mountain Lakes, NJ

WOMEN	B. Glyck	345
L. Hover	75 lbs M. Herman	100
MEN	D. Toffolo	285
Masters	DIPS	
G. Giordano	145 M. Herman	28
D. Baldwin	100 M. Khawaja	28
T. Sevener	160 D. Toffolo	26
Submasters (30-39)	T. Sevener	20
R. Bruno	270 Open	
Fitzsimmons	300 D. Ribaldo	69
Open	Submaster	
L. Rosati	330 R. Bruno	52
Teen Light (16-19)	M. Cilurso	36
D. Ribaldo	245 Teen	
Z. Bolcar	245 A. Cronk	33
A. Cronk	205 Z. Bolcar	31
Teens Heavy	B. Glyck	31
Best Lifter Women:	Lee Hover	Best Lifter Men Masters:
Gerry Giordano	Best Lifter Teen Light:	Dave Ribaldo
Best Lifter Teen Heavy:	Brandon Glyck	Best Lifter Men Open Light:
Dave Ribaldo	Best Lifter Men Open Heavy:	Larry Rosati
Best Lifter Submasters:	Rich Bruno	(from Hank Sisca)



Lakeland Hills YMCA Contestants, Mountain Lakes, NJ (Hank Sisca)

WNPF Upstate New York
1 APR 07 - Buffalo, NY

BENCH	S. Shales	355
FEMALE	(17-19)	
148 lbs.	E. Richardson	305!
(20-23)	(35-39)	
A. Krienbuhl	150! J. Fiorella	315
MALE	220 lbs.	
Single Ply	(40-49)	
198 lbs.	J. Mitchell Jr.	390!
Open	(60-69)	
A. Pera	405! S. Shales	360
220 lbs.	242 lbs.	
Open	(35-39)	
C. Hoplight	470! M. Gordon	370!
242 lbs.	275 lbs.	
(20-23)	(35-39)	
Manciocchi	465! J. Hall	440!
UNL	(40-49)	
(60-69)	J. Hall	440!
S. Shales	440 300 lbs.	
Raw	(60-69)	
Youth	F. Willson	350!
M. Pariso	80 DEADLIFT	
165 lbs.	MALE	
(20-23)	Raw	
R. Donato	280! 242 lbs.	
(35-39)	(13-16)	
J. Rosato Jr.	355! S. Collister	515!
(60-69)	(40-49)	
C. Bartlett	240! S. Whitten	550!
198 lbs.	(45-49)	
Lifetime	POWER CURL	
B. Moroni	280 220 lbs.	
Open	Police/Fire	
E. Carter	360 B. Secord	170
BENCH Repts	Lbs. Repts	
K. Moroni	85 26	
J. Sykes	155 17	
B. Moroni	195 16	
S. Shales	190 30	
J. Mitchell Jr.	215 25	
Ironman	BP DL TOT	
FEMALE		
Raw		
181 lbs.		
Lifetime		
K. Moroni	145! 225! 370!	
MALE		
Raw		
165 lbs.		
(40-49)		
J. Sykes	225! 340 565	
181 lbs.		
Lifetime		
M. Akerly	335 505! 840	
198 lbs.		
Open		
E. Carter	365 500! 865	
220 lbs.		
Police/Fire		
B. Secord	290 430 720	
Lifetime		
P. Ray	370 400! 1175	
242 lbs.		
(13-16)		
S. Collister	265! 515! 780	
Powerlifting	SQ BP DL TOT	
FEMALE		
Single Ply		
123 lbs.		
(55-59)		
A. Kaukus	150 95 170 415	

MALE	A. Lewis	500	375	550	1425
Single Ply	220 lbs.				
148 lbs.	Lifetime				
(50-59)	P. Ray	405	370	400	1175
D. Brochey	370! 255! 360! 985!				
220 lbs.	Open				
J. Billanca	600! 370! 550! 1520!				
UNL	J. Sarratori	525	345!	525!	1395!
220 lbs.	Police/Fire				
(45-49)	B. Secord	435	290	430	1155
R. Pearo	600 385! 575 1560				
Raw	242 lbs.				
(13-16)	(40-49)				
C. Merkall	100! 65! 195! 360!				
148 lbs.	S. Whitten	480!	340!	550!	1370!
(17-19)	P. Tondo	530	265	530	1325
D. Brault	330! 210! 420! 960!				
Novice	275 lbs.				
C. Yeo	200! 165! 100! 465!				
165 lbs.	(17-19)				
L. Boyington	390 265! 365 1020				
Lifetime	Open				
J. Rosato Jr.	465 355! 500 1320				
(35-39)	C. Semmel	585!	330!	540!	1455!
J. Rosato Jr.	465! 355! 500! 1320!				
181 lbs.	!State Records. Venue: Jewish Community Center. Returning were a lot of the Veterans along with several new comers, which resulted in a lot of heavy weights being pushed around. In powerlifting, female lifter Arlene Kaukus returned to turn in some good numbers in the masters division. In the men's single ply master, Dennis Brochey returned to set new state records in the 148 division. Along with lifting, Dennis also finds time to put on a benefit meet every year to raise money for our military servicemen, which has become a very successful event. In the 220 Open division, Joe Billanca put up some strong lifts setting new state records. In the unlimited classes, Ron Pearo returned and put up strong lifts setting new state records and taking home best lifter. In raw teen, Chris Merkall set all new state records in the 97 class. Father and son Jim and Dan Brault combined to set five new state records putting up some strong lifts in the 148 teen and the 181 masters divisions. 165				
MALE	(20-23)				
A. Hobaica	500! 325! 530! 1355!				
M. House	365 240 380 985				
Lifetime	Open				
A. Hobaica	500! 325 530! 1355!				
M. Akerly	460 335! 505 1300				
(45-49)	J. Brault	415!	270	440	1125
J. Brault	415! 270 440 1125				
198 lbs.	Lifetime				



The Mighty Christian Powerlifting Contest II: (front row, l-r) Jairo Barreto, Adam Zaloshinsky, Elie Edwards (guest singer), Chris Welsch; (back), Tim Tajkumar (announcer/stats), Josh Cascio, Tim Blohm, Newton Romualdo (Director/President), Nick Stefano (judge). Not pictured: Dave Abramson (spotter/loader), Wilson (spotter/loader), Rosine Imperato (reception/front desk). (Nelson Romualdo photo)

lb. lifters Lance Boyington and Joe Rosato Jr. set state records in their divisions. Rosato won two divisions and a bench only division, and took home best raw lifter. 181 lb. lifter Anthony Hobaica turned in a strong total taking two divisions, edging out two other fine lifters, Matthew House and Matt Akerly, with new state records. Akerly also set a bench and deadlift record winning the ironman in his division. Al Lewis dropped some weight to get into the 198 class but still turned in some strong lifts, winning the lifetime division. In the 220 class new comer Patrick Ray set a new state record winning the lifetime division and ironman. Joe Sarratori turned in another strong total setting two state records in the open division. Bryan Secord came over from Canada to win the police/fire division in powerlifting, ironman and powercurl. In the 242 lb. class Scott Whitten and Canadian Pedro Tondo battled it out in the master division with Whitten edging out Tondo and setting all new state records. Scott also set a new state record in the deadlift only division. 275 lifter Chris Semmel set all new state records taking home first in the open division. In the bench only divisions strong lifts were pushed up by Anthony Pera, Craig Hoplight, and Nicholas Manciocchi, who all set new state records with Craig taking home best lifter. Master Scott Shales didn't have as strong of a day as I he has in the past, but still he took home firsts in the equipped and raw divisions. In the raw divisions youth lifter Mike Pariso did a strong lift winning his class. 165 lb. Master Cody Bartlett and Junior Rob Donato set new state records winning their divisions. In the 198s a lot of strong lifts were put up by Brian Moroni, John Fiorella, and Teen Eric Richardson with Richardson setting a new state record. Moroni turned in a strong performance in the reps competition with 16 reps but still had to buy dinner. In the open division Ed Carter won a close battle over Scott Shales with Carter also winning the ironman with a state record. Scott turned in an excellent performance in the reps competition putting up 30 reps. 220 lb. Master James Mitchell Jr. returned to set a new state record with a strong lift and also turned in a strong performance in the reps competition with 26 reps. Master lifter Jamie Sykes set a new state records winning the 165 class. 242 lb. Teen Steve Collister set new state records with strong lifts in the ironman and deadlift only divisions. Again thanks to all the lifters who did a great job and my crew who makes every meet a success. A special thanks to Tony Evans and Al Lewis for helping again this year, and Tony thanks for the patches. To Jim Brault, thanks for the letter it was deeply appreciated. (results Ron Deamicis)

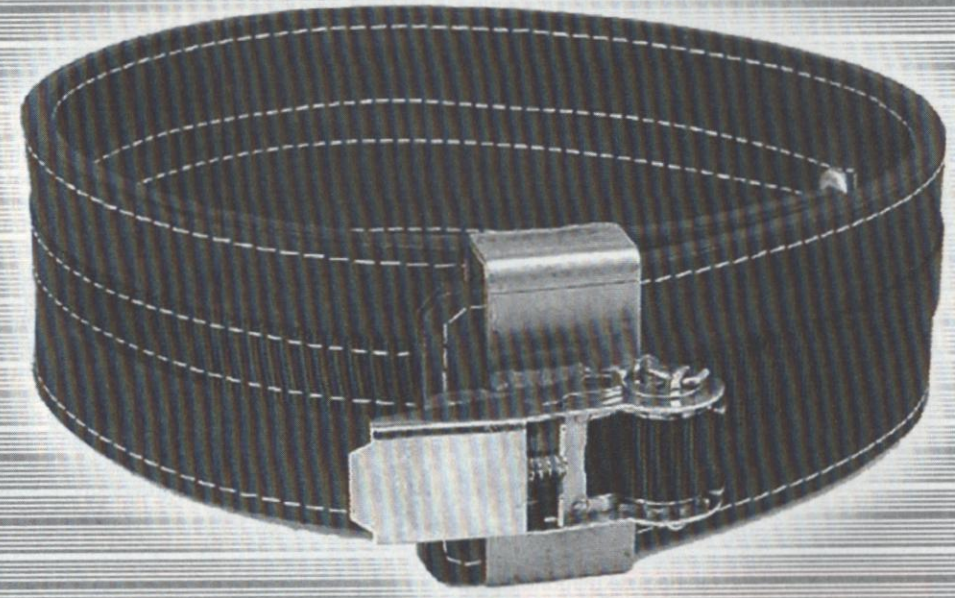
Mighty Christian Contest II
28 APR 07 - Dover, NJ

Powerlifting	SQ	BP	DL	TOT
MALE				
165 lbs.				
Zaloshinsky	185	202	250	640
181 lbs.				
J. Barreto Jr.	225	275	435	935
198 lbs.				
C. Welch	530	375*	525*	1430*
220 lbs.				
J. Cascio	550*	315	520	1385
242 lbs.				
T. Blohm	480	315	500	1295
Best Lifter:	Chris Welsch. Team Trophy:			
The Mighty Gibbons Strength Center. Special thanks to: Tim Rajkumar-Announcer, Nick Stefano-Judge, David Abramson-Loader/Spotter, Wilson-Loader/Spotter, Rosine Imperato-Reception, and Eli Edwards-Musical Artist Speaker. (Thanks to Newton Romuldo for providing results)				

PR BELT

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

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



HOW THE PR BELT IS WORN

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

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

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(continued from page 35)

shortly to let you understand the difference between breads so you know what to eat and not to eat.

LEAN STEAK/EGGS/ EZEKIEL TOAST

This meal will consist of 6 ounces of lean sirloin steak, 2 whole eggs and 2 pieces of Ezekiel bread with 1 tablespoon of Almond butter and a cup of green tea.

FOOD	CALORIES	PROTEIN	CARBS	FAT
Steak	306	52	0	10
Eggs	150	13	1	10
Ezekiel Bread	160	8	28	1
Almond Butter	95	2	4	8
Green Tea	0	0	0	0
TOTALS	711	75	33	29

This is one of the meals you have been waiting for. I know all the hearty breakfast eaters would be sadly disappointed with me only including one meal that has "Sticks to Your Bones Goodness". Well, here is another one that is sure to have some fans. This meal is for all those big bad lifters who don't like oats for breakfast and want to sink their teeth in something solid. Believe it or not, I like a heavy duty meal for 2-3 of my breakfasts as well. The only downside is to make sure you have the time to prepare it. I am sure all my fans in Texas are going to love this one.

I tell you - nothing says breakfast like a nice big steak! For those who wake up with a "little tummy ache" and aren't hungry first thing in the morning you may want to pass. Or, if you are one of those prissy little spoiled brats who enjoy a nice cup of English tea and crumpets to start your day and can't do 28 days in the county lock up ... this isn't for you! This meal also has some whole eggs included for those of you who aren't into the egg white phenomenon. The Ezekiel bread is one of the healthiest breads you will find, so this is what you are going to dip into those sunny side up eggs. Instead of some heart clogging butter to lace down your toast with I included almond butter. Hey, tuff guys, don't knock this until you try it, it is actually pretty good. I use almond butter on just about everything, even chicken breasts. With this item you can see that

I don't recommend my athletes to eat berries and grass for all their meals like some of the haters out there try to portray.

CONCLUSION

I hope with this final installment of the series I opened a few eyes on what a Powerlifter should eat for breakfast. I think I made these meals quite realistic, for two reasons. First off they are meals that anyone can cook and the majority of them really don't have a lot of prep time. The second is the fact that I tried to include foods that you like and enjoy eating, I just presented them in a healthier version. The purpose of this series was to help shed some light on the fact that most Powerlifters are not doing what they should come breakfast time. I also wanted you to understand how important it is, not only for your long term health, to eat a cleaner meal to start your day, but also how significant it is for your performance in your evening workout. It's easy to have a crappy workout and not know what may have caused it. I know you look for the most common reasons; like - I am overtrained, or I wasn't mentally into the workout today or who knows what other excuse you might pull out of your gym bag. The point is the reason why your workout sucked might be that you didn't pay attention to what you fed your body first thing in the morning. Not only is eating a proper breakfast important on a daily basis, but nothing could be more important on the day of your meet. I have seen time and time again lifters eating pure garbage that is only going to slow down their digestion and take their blood sugar levels to a plummeting disaster. Then, when they blow their squats and bomb out of the meet, they act confused. Maximal performance in Powerlifting is much more than the tightest knee wraps or two ply briefs made from reinforced titanium. It is also more than planning your training cycle and deloading at the right time. A true strength athlete looks at all the variables that will affect his performance and takes advantage of them all, no matter how miniscule they may be. Remember, if you aren't eating a Power Packed Breakfast, your closest competitor may well be. If you want to keep eating like the grubby guy that runs the Ferris wheel at your local fair, then get ready for second place!

If you have any questions or comments feel free to write me at:
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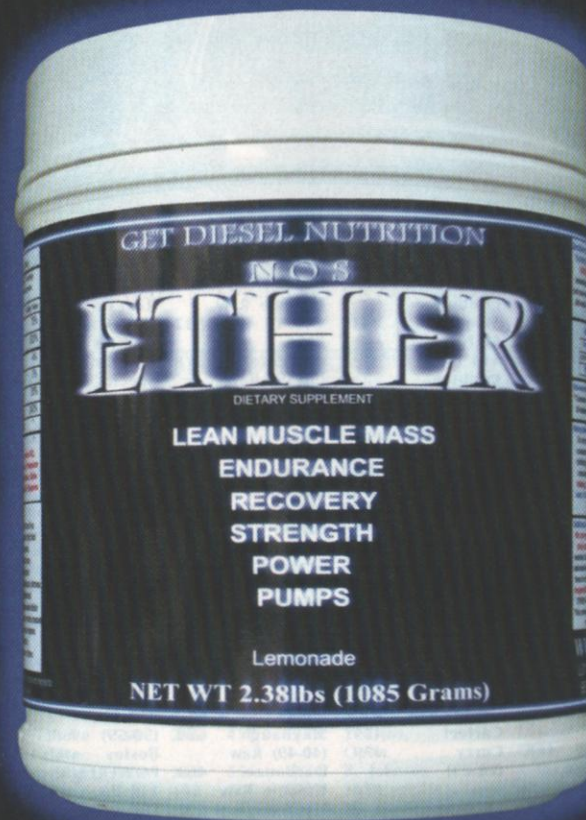
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 - strong erections
 - increased appetite
 - reduction in bodyfat

Nutrition/Supplement Facts:
 Serving Size: 2 (18cc) scoops (~27.1g) (~36cc)
 Servings Per Container: 40

Amount Per Serving		% Daily Value
Servings	50	
Calories From Fat	0g	
Total Fat	0g	
Total Carbohydrates	15g	5%
- Carbohydrates (Maltodextrin)	10g	
- Sugars (Xylitol-D-Ribose)	5g	
Niacinamide	15mg	75%
Vitamin C (Ascorbic Acid)	1000mg	1666%
Inositol (as Monomethionine)	5mg	34%
Sodium (as Na Bicarbonate/Phosphate)	258mg	10%
Potassium (as K Bicarbonate/Phosphate)	476mg	17%
Phosphorus (as NaK Phosphate)	876mg	88%
Magnesium (as Creatine Mg Chelate/Mg Malate)	250mg	63%
Ironium (as Cr Polynicotinate)	400mcg	360%
Proprietary Blend:	17660mg	
Bioenergy Ribose™, Arginine-AKG, Xylitol, Kre-Alkayn™ Creatine, N-Acetyl-L-Glutamine, Acetyl-L-Carnitine, Magnesium Creatine Chelate, Taurine, Magnesium Malate, Sodium Phosphate, Potassium Bicarbonate, Potassium Phosphate, Sodium Bicarbonate, Grape Seed Extract, Lysine, Lactitol, Rhodiola Rosea, Stevia, Alpha Lipoic Acid, Cridium, Manganese, Rosemary, Vanadium (Amino Acid Chelate), Coenzyme Q10, Marula Leaf, Bioperine		

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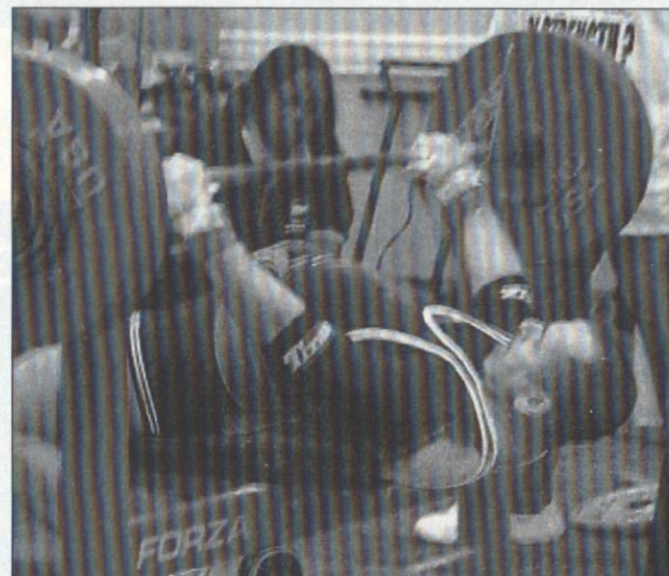
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WNPF Nationals Maryland
21 APR 07 - Atlantic City, NJ

BENCH	114 lbs.	Open Raw	512
Subs Raw		Cieri!	
Longshore	104	Lifetime	584*
132 lbs.		Cieri!	
Lifetime Raw		Alongi	402
Manzoi	181*	Open UNL	
MEN		Matta!	468
123 lbs.		Open	
(17-19)		Cieri	584*
Salvati	220*	Subs Raw	
132 lbs.		Metz	314
(20-23) Raw		(40-49) Raw	
Javakhishvili	336	Carr	231
(13-16) Raw		220 lbs.	
Vivarelli	115	Junior	
Lifetime Raw		Davidson	402*
Sam	264	Junior Raw	
148 lbs.		Palumbo	341
(13-16) Raw		(40-49)	
Szwanski	132	Darbouze	451
Desantis	—	(60-69) Raw	
(17-19) Raw		Davis	331
Desimone!	325*	(17-19)	
(17-19)		Reyes	352
Desimone	341*	(17-19) Raw	
(60-69) Raw		Griffith	248
Ferris	198	Lifetime	
(20-23) Raw		Ansolone	435
Acosta	336*	Haley	—
(40-49) Raw		(40-49)	
165 lbs.		Haley	—
Snow	297*	275 lbs.	
(50-59) Raw		Special Olympian	
Gargan	248	Ullman	20*
181 lbs.		132 lbs.	20*
(20-23) Raw		(20-23)	
Muscattella	325	Scott	562*
(20-23)		(13-16)	
Ervin	331*	Hibert	441
Lifetime		(40-49) Raw	
Mann	402	Wanner	297
Zaretzky	352	300 lbs.	
Lifetime UNL		(17-19) Raw	
Zimmerman	369	Desimone	42*
Lifetime Raw		(60-69)	
Shortl	303	Ferris	17*
Olson	231	Lewis	540*
(40-49) UNL		(40-49)	
Caliguri!	402	Subs Raw	
(40-49)		Edgerton	407*
Mann	402*	Ramos!	474
(50-59) Raw		SHW	
Crawford	292	Special Olympian	
198 lbs.		Corliss	363
(17-19) Raw		(20-23) Raw	
Gyger	325	Longshore	41*
(17-19)		(40-49)	
Townsend	331*	Lifetime	
Lifetime Raw		(Bodyweight)	
Cieri!	512	114 lbs.	
Bartlett	325	Subs	
Metz	314	Longshore	41*
		(40-49)	
		Desantis	11*
		300 lbs.	
		Lifetime	
		Muscattella	474
		Ramos	18*
		DEADLIFT	
		132 lbs.	
		Zaretzky	534
		Zimmerman	490
		(17-19)	
		Ullman	20*
		Manzo	341*
		114 lbs.	
		(13-16)	
		Vivarelli	7*
		123 lbs.	
		(17-19) Raw	
		Salvati	363*
		148 lbs.	
		(17-19)	
		Desimone	42*
		(60-69)	
		Subs Raw	
		Edgerton	407*
		(13-16) Raw	
		Desantis	402
		165 lbs.	
		(20-23) Raw	
		Acosta!	545
		Lifetime	
		Roca	573*
		181 lbs.	
		(17-19) Raw	
		Carter!	479*
		(20-23)	
		Curry	479
		(40-49) Raw	
		Darbouze	463
		Lifetime Raw	
		Hashemiyoon	501
		242 lbs.	
		Javakhishvili!	141
		148 lbs.	



Joe Alongi setting up for his PR bench of 424 @ 183 lbs., to take 2nd in the 198s at the WNPF Nationals. (photo taken by Melinda Abreu)

(60-69)	Velott	181*		
Ferris	108*	Lifetime Raw		
(13-16)	Velott	181*		
Desantis	97*	MEN		
181 lbs.	114 lbs.			
(40-49)	Lifetime			
Mann	147*	Ullman	303*	
(50-59)	165 lbs.			
Gorman	103*	(20-23) Raw		
198 lbs.	Acosta	441*		
(17-19)	181 lbs.			
Townsend	152*	Lifetime		
Gyger	—	Zaretzky	451	
Open	Lifetime UNL			
Carr	158*	Zimmerman	385	
(40-49)	Lifetime Raw			
Carr	158*	Olson	352	
(50-59)	198 lbs.			
Scaranda	125*	Lifetime Raw		
220 lbs.	Bartlett	457		
Open	Shortl	331		
Hashemiyoon	163*	220 lbs.		
Diciano	158	Lifetime Raw		
275 lbs.	Hashemiyoon	358		
(40-49)	242 lbs.			
Wanner	125*	(40-49) Raw		
300 lbs.	Edgerton	501*		
Open	275 lbs.			
Lewis	209*	Lifetime		
SQUAT	Hibert	584		
WOMEN	300 lbs.			
165 lbs.	(40-49)			
(17-19) Raw	Gonzalez!	600		
Maryland	SQ	BP	DL	
(20-23) Raw	198			
Jablonski	341	253	402	996
Lifetime Raw				
Walmer	380	253	402	996
Open Raw				
Walmer	380	253	402	996
(50-59) Raw				
Walmer	380	253	402	996
242 lbs.				
Lifetime Raw				
Miller	413	352	490	1255
Subs Raw				
Miller	413	352	490	1255
Novice Raw				
Miller	413	352	490	1255
275 lbs.				
Lifetime Raw				
Haddaway!	556	385	578	1519
*=National Records. !=Best Lifters. Team				
Champs Bench Press: 1st-Iron Raiders,				
Ocean City, NJ, 2nd-Plantation Power,				
Rehoboth, DE. Team Champs Deadlift:				
Team Torque. One lifter was disqualified				
for a no show when it came time for drug				
testing, and this lifter is hereby sus-				
pended from the WNPF. (from Troy Ford)				

17th Winter BP/DL Classic
4 FEB 07 - Granger, IN

BENCH	MALE	DEADLIFT	FEMALE
Natural	(60+)		
165 lbs.	165 lbs.		
M. Myers	305	V. Evans	201
198 lbs.	Open		
K. Warstler	—	UNL	
242 lbs.	L. McKendra	320	
R. Petter	320	MALE	
SHW	165 lbs.		
S. Jarausch	—	C. Patterson	500
Teen	220 lbs.		
180 lbs.	C. Dailing	635	
K. Whitehead	250	242 lbs.	
Raw	R. Petter	480	
198 lbs.	275 lbs.		
R. Salvagni	500*	C. Mow	610
Open	Teen (14-15)		
242 lbs.	181 lbs.		
L. Bontrager	365	E. Melching	430
275 lbs.	Teen (16-17)		
C. Mow	410	165 lbs.	
	D. Grossman	365	

*=Meet Records, Venue: The Fit Stop. Best Lifter Bench Press: Rich Salvagni. Best Lifter Deadlift: Chad Dailing. Special thanks to ron Lewallen, Leon Bontrager the Reed Brothers, Rich Salvagni, Cody Patterson and Chad Dailing. Rich Salvagni added another chapter to his legendary career when he benched 500 raw at less than 200 lbs. bwt. at the 17th Annual Winter BP/DL Classic, joining the ranks of a handful of greats over the years like Larry Pacifico, Mike McDonald, Mike Bridges and Rick Weil. It was a good, clean lift, a meet record

and a very special moment for Rich. Since then he's dropped back down in weight to where he could make weight again at 181, looking for new jaw dropping things to achieve in that weight class. At 242 Leon Bontrager came in bigger than ever and got a pr 365 raw. And at 165 Matthew Myers made a nice 305. In the deadlift, Chad Dailing was the star of the show, getting the only ranked lift, 635 at 198! But it was a good day for his him and his teammate as well, as Cody Patterson made 500 for the first time. It was fun for me too to see him get that milestone lift in one of my meets, since he's been coming to them since he was a young teenager. Speaking of teens, there were a couple very impressive ones at this meet. Elvin Melching, who got 430 at 181 in the 14-15 division, and David Grossman, who hit 365 at 165/16-17. And in the women's division, Leilana McKendra came all the way from Indianapolis for her first meet and went an impressive 3 for 3, finishing with 320. (results courtesy of Jon Smoker)

Florida Collegiate Qualifier
3 MAR 07 - Ft. Lauderdale, FL

Powerlifting	SQ	BP	DL	TOT
WOMEN				
105 lbs.				
M. Harvin	126	88	176	391
114 lbs.				
A. Perovich	209	104	231	545
123 lbs.				
L. Champion	192	99	220	512
132 lbs.				
L. Dugan	292	170	380	843
165 lbs.				
M. Bottrell	192	181	253	628
MEN				
123 lbs.				
D. Pope	308	214	319	843
132 lbs.				
S. Aoyagi	336	264	374	975
148 lbs.				
J. Piccione	407	292	451	1151
W. Lee	424	248	468	1140
M. Acosta	396	275	468	1140
165 lbs.				
A. Beatty	341	270	440	1052
181 lbs.				
E. Martin	457	270	556	1284
S. Schultz	451	314	507	1273
J. Oldach	385	314	451	1151
242 lbs.				
T. Garner	479	468	545	1493
M. McDaniel	457	369	501	1328
220 lbs.				
S. Hueckl	540	363	512	1416
J. Pearson	463	369	551	1383
Z. Wagner	435	374	518	1328
242 lbs.				
J. Hackman	573	352	600	1526
P. Ward	490	248	578	1317
Guest Lifters				
198 lbs.				
Open				
M. Alkinany	585	440	485	1511
242 lbs.				
Open				
P. Maynard	429	374	429	1234
Master 1 (40-49)				
P. Maynard	429	374	429	1234
Venue: Nova Southeastern University.				

USAPL Tiger Invitational
10 MAR 07 - Baton Rouge, LA

Powerlifting	SQ	BP	DL	TOT
FEMALE				
148 lbs.				
Collegiate				
S. Eliason	148	77	159	385
181 lbs.				
High School (14-15)				
S. Leger	209	83	242	534
123 lbs.				
High School				
S. Aulds	303	231	352	886
148 lbs.				
Collegiate				
E. Calloway	369	286	418	852
A. Wigkes	391	203	407	1004
165 lbs.				
Collegiate				
G. France	507	275	479	1261
181 lbs.				

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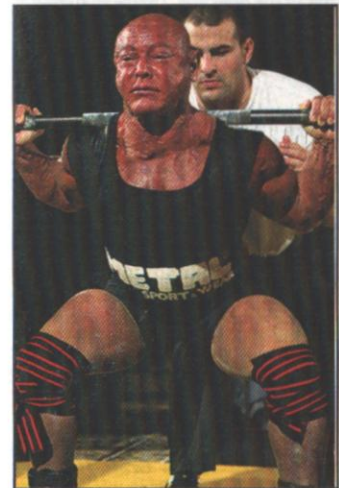
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I CERTIFY THAT THE ABOVE ANSWERS ARE CORRECT AND THAT I AM ELIGIBLE IN ACCORDANCE WITH THE RULES OF THE APF OR AAPF

181 lbs.	Collegiate	473	325	512	1342	Push Pull	BP	DL	TOT	
Collegiate	R. Sheets	473	325	512	1342	MALE				
S. Soulen	D. Dabson	380	297	451	1129	275 lbs.				
T. Garrett	S. Beding	374	281	402	1056	Open				
198 lbs.	High School					B. Kornegag	455	525	980	
R. Wolet	R. Wolet	501	308	578	1381	Powerlifting	SQ	BP	DL	TOT
Meet Director: Arval Bridges, Venue: LSU	Rec Center. (Thanks to USAPL for results)					148 lbs.				
220 lbs.	High School					Open				
B. Foret	B. Foret	451	236	451	1139	S. Zingg	305	155	280	740
Collegiate	12 MAY 07 - Mocksville, NC					198 lbs.				
C. Spellman	BENCH	—	413	—	413	Open				
242 lbs.	Submaster					C. Clodfelter	415	225	515	1155
T. Wethoke	220 lbs.	501	286	451	1238	MEN				
M. McDaniel	Open	529	242	556	1370	165 lbs.				
220 lbs.	J. Smith	730				G. Huffman	—	—	—	—
S. Hueckl	Open	529	242	556	1370	Open				
J. Pearson	B. Johnson	—	402	556	1519	J. Brown	400			
Z. Wagner	Submaster	556	402	556	1519	Open				
242 lbs.	A. Busch	405	—	402	556	D. Wilcox	625	350	550	1525
J. Hackman	275 lbs.					181 lbs.				
P. Ward	Open					Open				
Guest Lifters	K. Robertson	770				R. Stafford	575	325	515	1415
198 lbs.						Police/Fire				
Open						R. Bagley	535	340	475	1350
M. Alkinany						198 lbs.				
242 lbs.						Open				
Open						T. Storie	500	325	435	1260
P. Maynard						220 lbs.				
Master 1 (40-49)						Open				
P. Maynard						J. Couick	805	535	635	1975
Venue: Nova Southeastern University.						242 lbs.				
						Open				
						J. Poe	650	475	135	1260
						275 lbs.				
						Open				

WOMEN'S TOP 20

These are the **PL USA TOP 20** women powerlifters in the United States for the year 2006. If any errors or omissions are noted, please report them to **POWERLIFTING USA Magazine**, P.O. Box 467, Camarillo, CA 93011. We make errors in the compilation of this list, and some meet results are never received at our office for inclusion in the rankings. Furthermore, some of the results we do receive do not specify the lifter's gender or bodyweight, in which case we don't know which class to credit the efforts toward.



Lynn Silbert Ph.D. out of Hawaii

Yes, You Can... order the deluxe **Powerlifting USA Achievement Certificates and Mounting Plaques**, ladies, to commemorate your accomplishments on the competition platform. The Certificates are printed in Red and Gold ink, embossed with the official gold seal of **Powerlifting USA Magazine**, and individually signed by **PL USA Editor, Mike Lambert**. Complementing the certificates are our woodgrain finish wall mounting plaques, a beautiful way to display the documentation of your strength world success. The certificate and plaque together are \$21.95, and certificates alone are \$6.00. If you appear on the list, you are eligible. Send your name and address, weight class, lift, and date it was made, along with payment to **PL USA, Box 467, Camarillo, CA 93011** (CA residents add 7 1/4% sales tax)

97 SQ

- 286 Miller, K., 7/6/06
- 286 Sieps, B., 11/5/06
- 285 Dickey, E., 11/5/06
- 260 Anderson, C., 4/2/06
- 255 Carder, T., 11/11/06
- 248 Solan, C., 2/10/06
- 248 Barnes, L., 6/2/06
- 236 Seebrock, S., 9/5/06
- 236 Gedney, J., 10/20/06
- 225 Brown, J., 2/11/06

105 SQ

- 365 Grimwood, E., 7/22/06
- 305 Miller, K., 11/11/06
- 292 Leverett, A., 9/23/06
- 286 Barnes, 11/2/06
- 287 Anderson, C., 12/2/06
- 265 Ybarra, J., 3/4/06
- 265 Thomas, T., 3/4/06
- 264 Ocampo, J., 2/10/06
- 253 Sandlin, A., 9/5/06
- 248 Baldwin, V., 6/15/06

114 SQ

- 451 Kirkland, M., 12/2/06
- 336 Hartwig, S., 11/5/06
- 330 VanDusen, K., 6/15/06
- 330 Denmon, 11/2/06
- 325 Smith, K., 3/4/06
- 319 Hester, J., 7/29/06
- 303 Hedman, S., 7/7/06
- 297 Douglas, K., 2/10/06
- 281 Brown, J., 2/10/06
- 275 Paveleck, C., 2/2/06

123 SQ

- 451 Kirkland, M., 11/2/06
- 451 Rotsinger, J., 12/2/06
- 369 Adelmann, T., 6/17/06
- 363 Miller, C., 2/11/06
- 360 Hartwig, S., 7/15/06
- 352 Denmon, L., 12/9/06
- 347 Boutte, J., 12/9/06
- 319 Marietta, Leah., 2/11/06
- 315 Palacios, B., 2/2/06
- 314 Brown, J., 6/15/06

132 SQ

- 445 Burkley, J., 12/16/06
- 429 Kirkland, M., 9/9/06
- 424 Ladewski, J., 6/2/06
- 396 Franciscus, A., 11/18/06
- 374 Nogle, C., 2/11/06
- 374 Perry, J., 11/6/06
- 352 Kersey, V., 12/9/06
- 347 VanDusen, K., 11/3/06
- 336 Farek, J., 9/3/06
- 336 Thompson, J., 11/18/06

97 BP

- 176 Barnes, L., 6/2/06
- 172 Anderson, C., 9/06
- 154 Dickey, E., 2/10/06
- 150 Miller, K., 4/28/06
- 148 Sieps, B., 6/3/06
- 145 Carder, T., 11/11/06
- 132 Solan, C., 2/10/06
- 115 Gedney, J., 10/20/06
- 110 Fowler, L., 9/9/06
- 110 Alimnosa, D., 10/2/06

105 BP

- 110 Summers, A., 11/18/06
- 110 McBride, J., 11/18/06
- 105 Gilmore, A., 1/14/06
- 105 McCaslin, K., 12/2/06
- 104 Tropp, H., 6/24/06
- 104 Seebrock, S., 9/5/06
- 100 Esquivel, V., 3/4/06
- 100 Tafari, M., 11/10/06
- 99 Cunningham, G., 5/13/06
- 99 Johnson, M., 6/15/06

114 BP

- 225 Hartwig, S., 11/5/06
- 225 Watson, A., 12/9/06
- 214 Patel, H., 8/12/06
- 209 Kirkland, M., 12/2/06
- 203 Pantilat, L., 6/17/06
- 203 Putchio, T., 8/12/06
- 200 Brown, R., 7/28/06
- 200 Shuttlesworth, J., 8/5/06
- 194 Hedman, S., 11/18/06
- 192 Miller, H., 11/18/06

123 BP

- 345 Rinehart, T., 7/16/06
- 320 Faraone, J., 4/15/06
- 236 Adelmann, T., 6/17/06
- 230 Hartwig, S., 7/15/06
- 220 Rotsinger, J., 12/2/06
- 215 Kirkland, M., 8/12/06
- 215 Kilts, R., 12/16/06
- 214 Callahan, S., 6/2/06
- 210 Frank, R., 4/22/06
- 204 Williams, N., 4/22/06

132 BP

- 204 Ruff, D., 7/15/06
- 203 Hughes, K., 8/12/06
- 198 Pantilat, L., 7/15/06
- 187 Anderson, E., 3/25/06
- 187 Carlson, B., 7/6/06
- 185 Rogers, A., 2/25/06
- 182 Braguine, L., 3/18/06
- 181 Carlson, B., 6/24/06
- 181 Benton, G., 11/18/06
- 181 Moore, R., 9/9/06

97 DL

- 325 Anderson, C., 5/27/06
- 314 Fowler, L., 9/9/06
- 308 Sieps, B., 6/3/06
- 303 Dickey, E., 7/6/06
- 281 Miller, K., 7/6/06
- 281 Vallejo, A., 11/18/06
- 270 Solan, C., 2/10/06
- 264 Barnes, L., 6/2/06
- 260 Seebrock, S., 3/10/06
- 259 Gedney, J., 10/20/06

105 DL

- 325 Carder, T., 11/11/06
- 255 Alimnosa, D., 11/18/06
- 255 Vermes, M., 11/18/06
- 250 Menchaca, J., 2/2/06
- 242 Summers, A., 11/18/06
- 230 Restivo, T., 2/18/06
- 225 Gilmore, A., 1/14/06
- 225 Torres, C., 2/2/06
- 225 Hinojosa, M., 2/2/06
- 225 Johnston, M., 3/10/06

114 DL

- 325 Bertoli, M., 2/18/06
- 314 Anderson, C., 12/2/06
- 315 Brown, R., 5/20/06
- 308 Schilliner, A., 6/24/06
- 304 Vallejo, A., 3/18/06
- 303 Leverett, A., 9/23/06
- 300 Grimwood, E., 7/22/06
- 292 Freed, N., 9/10/06
- 285 Makin, J., 10/20/06
- 281 Brown, D., 3/18/06

123 DL

- 400 Kirkland, M., 12/2/06
- 385 Rotsinger, J., 12/2/06
- 374 Miller, C., 2/11/06
- 374 Braguine, L., 3/18/06
- 374 Ruff, D., 11/18/06
- 370 Faraone, J., 2/18/06
- 363 Manzo, 10/27/06
- 358 Lee, B., 1/14/06
- 352 Kemper, T., 3/11/06
- 352 Froeschle, J., 4/29/06

132 DL

- 418 Nogle, C., 2/11/06
- 402 Walts, J., 3/18/06
- 396 Tucker, T., 1/28/06
- 396 Kersey, V., 12/9/06
- 391 Kirkland, M., 9/9/06
- 375 Dugan, L., 11/6/06
- 374 Stein, E., 10/3/06
- 374 Perry, J., 11/6/06
- 363 Farek, J., 9/3/06
- 363 Thompson, J., 11/18/06

97 TOT

- 740 Anderson, C., 4/29/06
- 727 Sieps, B., 6/3/06
- 716 Dickey, E., 2/10/06
- 716 Miller, K., 7/6/06
- 688 Barnes, L., 6/2/06
- 655 Carder, T., 11/11/06
- 650 Solan, C., 2/10/06
- 611 Fowler, L., 9/9/06
- 595 Seebrock, S., 9/5/06
- 573 Summers, A., 11/18/06

105 TOT

- 560 Alimnosa, D., 11/18/06
- 550 Gilmore, A., 1/14/06
- 535 Esquivel, V., 3/4/06
- 530 Williams, M., 3/10/06
- 529 Wilson, A., 4/1/06
- 520 Gomez, M., 3/4/06
- 518 Johnson, M., 6/15/06
- 510 Restivo, T., 2/18/06
- 505 Menchaca, J., 2/2/06
- 500 Torres, C., 2/2/06

114 TOT

- 840 Grimwood, E., 8/22/06
- 777 Leverett, A., 9/23/06
- 771 Anderson, C., 12/2/06
- 735 Miller, K., 11/11/06
- 677 Ocampo, J., 2/10/06
- 666 Schillinger, A., 6/24/06
- 666 Shuttlesworth, J., 8/5/06
- 661 Sandlin, A., 9/5/06
- 650 Jaynes, J., 2/4/06
- 640 Ybarra, J., 3/4/06

123 TOT

- 1052 Kirkland, M., 12/2/06
- 892 Hartwig, S., 11/5/06
- 826 VanDusen, K., 6/15/06
- 821 Hedman, S., 3/18/06
- 804 Hester, J., 7/29/06
- 793 Patel, H., 8/12/06
- 788 Denmon, 11/2/06
- 777 Douglas, K., 2/10/06
- 774 Brown, J., 2/10/06
- 722 Bowers, S., 2/10/06

132 TOT

- 1041 Kirkland, M., 9/9/06
- 1019 Thompson, J., 11/18/06
- 1014 Ladewski, J., 6/2/06
- 1003 Nogle, C., 2/11/06
- 1000 Burkley, J., 12/16/06
- 959 Perry, J., 11/6/06
- 920 Kersey, V., 12/9/06
- 892 Franciscus, A., 11/18/06
- 881 Farek, J., 9/3/06
- 881 VanDusen, K., 11/3/06

97 TOT

- 740 Anderson, C., 4/29/06
- 727 Sieps, B., 6/3/06
- 716 Dickey, E., 2/10/06
- 716 Miller, K., 7/6/06
- 688 Barnes, L., 6/2/06
- 655 Carder, T., 11/11/06
- 650 Solan, C., 2/10/06
- 611 Fowler, L., 9/9/06
- 595 Seebrock, S., 9/5/06
- 573 Summers, A., 11/18/06

105 TOT

- 560 Alimnosa, D., 11/18/06
- 550 Gilmore, A., 1/14/06
- 535 Esquivel, V., 3/4/06
- 530 Williams, M., 3/10/06
- 529 Wilson, A., 4/1/06
- 520 Gomez, M., 3/4/06
- 518 Johnson, M., 6/15/06
- 510 Restivo, T., 2/18/06
- 505 Menchaca, J., 2/2/06
- 500 Torres, C., 2/2/06

114 TOT

- 840 Grimwood, E., 8/22/06
- 777 Leverett, A., 9/23/06
- 771 Anderson, C., 12/2/06
- 735 Miller, K., 11/11/06
- 677 Ocampo, J., 2/10/06
- 666 Schillinger, A., 6/24/06
- 666 Shuttlesworth, J., 8/5/06
- 661 Sandlin, A., 9/5/06
- 650 Jaynes, J., 2/4/06
- 640 Ybarra, J., 3/4/06

123 TOT

- 1052 Kirkland, M., 12/2/06
- 892 Hartwig, S., 11/5/06
- 826 VanDusen, K., 6/15/06
- 821 Hedman, S., 3/18/06
- 804 Hester, J., 7/29/06
- 793 Patel, H., 8/12/06
- 788 Denmon, 11/2/06
- 777 Douglas, K., 2/10/06
- 774 Brown, J., 2/10/06
- 722 Bowers, S., 2/10/06

132 TOT

- 1041 Kirkland, M., 9/9/06
- 1019 Thompson, J., 11/18/06
- 1014 Ladewski, J., 6/2/06
- 1003 Nogle, C., 2/11/06
- 1000 Burkley, J., 12/16/06
- 959 Perry, J., 11/6/06
- 920 Kersey, V., 12/9/06
- 892 Franciscus, A., 11/18/06
- 881 Farek, J., 9/3/06
- 881 VanDusen, K., 11/3/06

148 SQ

- 570 Weisberger, A., 4/1/06
- 551 Ribic, P., 12/2/06
- 520 Bohigian, K., 12/16/06
- 507 Baldwin, S., 7/7/06
- 501 Hartnett, S., 7/7/06
- 473 Martin, K., 6/17/06
- 462 Silbert, L., 12/9/06
- 424 LaPierre, B., 11/11/06
- 410 Newmann, K., 7/22/06
- 402 Hitchcock, A., 2/11/06

165 SQ

- 705 Phelps, L., 3/3/06
- 551 Myers, C., 6/2/06
- 545 VanDeWeghe, 6/10/06
- 540 Boshoven, L., 8/5/06
- 520 Fineis, B., 4/1/06
- 490 Blyn, L., 6/16/06
- 473 Krupinski, S., 6/2/06
- 462 Roberts, R., 12/2/06
- 446 Harper, H., 6/2/06
- 435 Wheeler, L., 3/4/06

181 SQ

- 725 Phelps, L., 2/4/06
- 650 Mills, J., 7/22/06
- 600 Widdis, 4/8/06
- 589 Ford, K., 11/2/06
- 501 Harper, H., 12/16/06
- 496 Blyn, L., 11/6/06
- 468 Hatfield, D., 12/2/06
- 468 Packer, K., 7/7/06
- 460 McCloskey, A., 11/10/06
- 418 Pollock, M., 6/17/06

198 SQ

- 804 Swanson, B., 3/3/06
- 535 Martinez, A., 7/22/06
- 507 Brown, B., 11/6/06
- 460 McCloskey, A., 11/10/06
- 435 Price, M., 7/22/06
- 420 Rogers, E., 2/2/06
- 418 Arnold, L., 9/5/06
- 391 Arnou, J., 2/12/06
- 375 McFetridge, P., 2/11/06
- 374 Kueffer, A., 8/20/06

SHW SQ

- 650 Dudley, M., 11/2/06
- 600 Hall, H., 3/11/06
- 600 McCaslin, S., 12/2/06
- 578 O'Donnell, J., 11/6/06
- 540 Greenup, S., 2/12/06
- 525 Garret, M., 12/3/06
- 501 Allen, K., 5/12/06
- 475 Hect, R., 11/11/06
- 470 Navarro, M., 2/2/06
- 462 Rosales, S., 11/18/06

148 BP

- 418 Bohigian, K., 6/17/06
- 352 Baldwin, S., 7/7/06
- 341 Weisberger, A., 3/3/06
- 340 Borzok, M., 11/10/06
- 336 Asp, M., 8/26/06
- 315 Liggett, M., 10/14/06
- 314 Ribic, P., 6/16/06
- 297 Silbert, L., 12/9/06
- 253 Baird, K., 9/30/06
- 248 Walford, K., 1/27/06

165 BP

- 429 Bohigian, K., 3/11/06
- 402 Phelps, L., 3/3/06
- 363 Asp, M., 6/2/06
- 336 Richardson, L., 6/17/06
- 336 Keller, S., 11/4/06
- 336 Roberts, R., 12/2/06
- 325 VanDeWeghe, 6/10/06
- 315 Fineis, B., 4/1/06
- 314 Newman, C., 3/25/06
- 303 Borzok, M., 4/8/06

181 BP

- 430 Phelps, L., 7/16/06
- 405 Golszsek, K., 7/15/06
- 391 Mills, J., 7/22/06
- 363 Radon, K., 6/2/06
- 360 Crossland, C., 4/29/06
- 352 Graube, B., 5/20/06
- 325 Doan, D., 9/2/06
- 320 Shealey, D., 10/14/06
- 319 Harper, H., 12/16/06
- 300 Widdis, 11/2/06

198 BP

- 479 Swanson, B., 3/3/06
- 360 Witmer, C., 1/21/06
- 347 Campbell, K., 11/18/06
- 330 Shealey, D., 7/29/06
- 315 Martinez, A., 7/22/06
- 303 Price, M., 7/22/06
- 286 Jackson, S., 6/17/06
- 282 Ichiyama, M., 11/18/06
- 275 Brown, B., 11/6/06
- 275 Bourq, B., 11/18/06

SHW BP

- 551 Swanson, B., 8/26/06
- 531 Pole-Summers, 3/18/06
- 419 Ferrell, D., 5/25/06
- 418 Miller, L., 5/27/06
- 407 Radon, K., 11/2/06
- 390 O'Donnell, J., 8/19/06
- 380 Witmer, C., 1/21/06
- 380 Dudley, M., 4/7/06
- 369 Franklin, K., 5/27/06
- 365 Hirai, B., 12/8/06

148 DL

- 551 Ribic, P., 6/16/06
- 523 Hartnett, S., 11/2/06
- 473 Weisberger, A., 3/3/06
- 470 Bohigian, K., 12/16/06
- 457 Walford, K., 1/27/06
- 451 Baldwin, S., 7/7/06
- 450 Liggett, M., 10/14/06
- 429 Gantz, H., 3/11/06
- 429 Silbert, L., 12/9/06
- 418 Hitchcock, A., 2/11/06

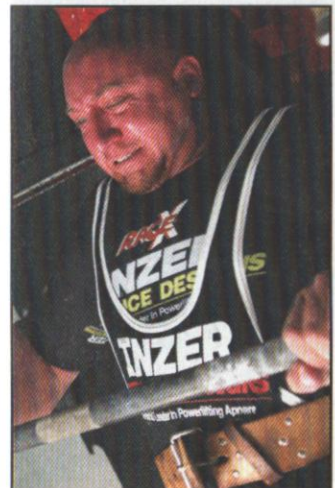
165 DL

- 402 Martin, K., 6/10/06
- 402 Watts, J., 7/7/06
- 402 Houston, P., 10/3/06
- 400 Baird, K., 9/30/06
- 385 Bartz, P., 2/11/06
- 385 Keller, S., 2/18/06
- 380 Thomas, S., 11/18/06
- 374 Ladewski, J., 2/19/06
- 374 Criste, D., 6/17/06
- 374 LaPierre, B., 11/11/06

POWERLIFTING USA presents the

TEENAGERS TOP 20

These are the PL USA TOP 20 teenage powerlifters in the United States for the year 2006. If any errors or omissions are noted, please report them to POWERLIFTING USA Magazine, P.O. Box 467, Camarillo, CA 93011. We make errors in the compilation of this list, and some meet results are never received at our office for inclusion in the rankings. Furthermore, some of the results we do receive do not specify the lifter's gender or bodyweight, in which case we don't know which class to credit the efforts toward.



Sean DeMarinis ... great bench

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- 114 SQ
391 Pierce, D./22/06
390 Patterson, D./3/25/06
385 Sonnier, C./3/25/06
375 Nieto, R./3/25/06
370 Thomas, J./3/25/06
365 Bachorz, R./6/17/06
360 Guerrero, L./3/25/06
360 Gomez, A./3/25/06
355 Jones, J./3/25/06
352 Askesw, M./7/22/06
- 350 Hemmes, E./3/25/06
330 Palubicki, C./3/10/06
330 Demmon, 11/2/06
325 McFall, D./2/4/06
325 Shelter, L./3/25/06
319 Bridges, L./6/17/06
315 Gonzales, J./2/25/06
314 Messimer, C./11/18/06
314 Hester, J./12/9/06
310 Thomas, A./3/25/06
- 123 SQ
450 Riemann, M./3/25/06
440 Atkinson, C./3/25/06
445 King, N./3/25/06
430 Sanders, J./3/25/06
407 Rodriguez, N./11/18/06
405 Hillton, J./3/25/06
400 Ortiz, F./3/25/06
400 Terrell, A./3/25/06
395 Gutierrez, V./3/25/06
380 Martin, E./2/18/06
- 380 Hampton, D./2/18/06
370 Kizer, C./2/18/06
370 DeLaCruz, R./3/25/06
363 Miller, C./2/10/06
360 Mendez, P./2/2/06
360 Reinart, N./3/25/06
356 Askesw, M./11/4/06
355 DeLaFuente, N./2/4/06
352 San Miguel, D./7/22/06
350 Williams, K./2/2/06
- 132 SQ
510 Stephen, C./3/25/06
507 Dunn, J./4/7/06
501 Boutte Jr., N./9/6/06
500 Wright, A./3/25/06
465 Vaquera, M./3/25/06
450 Rosas, J./3/25/06
450 Moran, A./3/25/06
445 Chudej, C./2/18/06
440 Toney, M./3/25/06
435 Nguyen, A./3/25/06
- 425 Prewitt, A./3/25/06
410 Limbrick, T./1/17/06
410 Vera, R./3/25/06
405 Piwklo, A./1/14/06
400 Gill, K./2/25/06
400 Bird, C./2/25/06
396 Dement, J./1/28/06
395 Barnes, C./2/11/06
390 Hastings, W./2/4/06
385 Moran, J./1/28/06
- SQ 148
589 Christenson, J./7/29/06
555 Bookman, C./3/25/06
540 Walker, D./3/25/06
540 Flores, M./12/9/06
540 Derstine, M./12/9/06
530 Polk, M./2/4/06
520 Perez, G./3/25/06
510 Felder, J./3/25/06
501 Brandon, G./7/20/06
500 Russell, H./3/25/06
- 475 Stewart, M./1/28/06
475 Ramirez, E./2/4/06
465 Squier, W./1/28/06
465 Hill, C./3/25/06
460 Rivera, A./1/21/06
460 Guzman, R./3/25/06
455 Edwards, J./2/4/06
451 Fink, D./6/3/06
445 Sanchez, O./3/25/06
445 Walczak, B./6/3/06
- 165 SQ
660 Nolan, J./10/14/06
610 George, E./11/11/06
575 Jackson, W./3/25/06
573 Tinajero, D./4/7/06
567 Hollenback, A./12/9/06
555 Chaney, C./4/1/06
550 Hume, D./3/25/06
550 Vallejo, E./3/25/06
540 Guinn, D./3/25/06
535 Johnson, J./2/1/06
- 530 Lee, J./1/21/06
530 Wilson, L./3/25/06
525 Jones, K./3/25/06
510 Winchel, S./3/11/06
510 Barrera, G./3/25/06
510 Thompson, J./3/25/06
510 Zemer, B./3/25/06
510 Douglas, K./11/19/06
507 Armstrong, C./3/11/06
505 Dawson, J./2/18/06
- 181 SQ
633 Tinajero, D./12/2/06
622 Rayner, C./7/1/06
610 Daniels, Q./2/4/06
600 Sanchez, J./3/25/06
600 Copley, A./3/25/06
600 Longfellow, J./11/18/06
585 House, G./3/25/06
573 Meche, S./6/18/06
567 Perez, J./2/2/06
560 Siparboon, D./3/25/06

- 114 BP
255 Nieto, R./3/25/06
230 Armagno, A./11/10/06
220 Thomas, A./3/25/06
220 Bachorz, R./6/17/06
215 Gomez, A./3/25/06
210 Sonnier, C./3/25/06
210 Jones, J./3/25/06
209 Messimer, C./11/18/06
200 Patterson, D./3/25/06
200 Guerrero, L./3/25/06
- 200 Rotar, P./5/21/06
200 Pierce, M./7/8/06
190 Henley, A./1/28/06
190 Hemmes, E./3/25/06
190 Shelter, L./3/25/06
187 Demmon, 11/2/06
187 Hunt, R./11/18/06
185 McFall, D./2/4/06
185 Garret, T./4/29/06
185 Smith, I./8/11/06
- 123 BP
370 Reinart, N./3/25/06
245 Riemann, M./3/25/06
245 King, N./3/25/06
245 Valmoja, J./8/12/06
242 Norwood, N./6/17/06
240 Johnson, A./11/11/06
236 Timouris, E./11/18/06
235 Sanders, J./3/25/06
235 Gutierrez, V./3/25/06
230 Burt, B./10/14/06
- 225 Atkinson, C./3/25/06
225 DeLaCruz, R./3/25/06
225 Terrell, A./3/25/06
220 Rodriguez, N./11/18/06
215 Sanders, B./1/21/06
215 Hillton, J./3/25/06
210 Smith, I./2/9/06
209 Minshah, J./2/8/06
205 Gazzara, J./8/12/06
203 Auld, S./6/17/06
- 132 BP
297 Belen, T./7/15/06
295 Stephen, C./2/4/06
286 DeLaCruz, M./2/18/06
268 Lenhart, N./11/18/06
281 DeLaCruz, N./11/18/06
275 Vera, R./3/25/06
275 Dement, J./9/16/06
270 Baines, T./6/17/06
265 Prewitt, A./3/25/06
264 Boutte Jr., N./9/6/06
- 260 Moran, J./1/28/06
259 Ballard, T./6/17/06
253 Dunn, J./4/7/06
250 Toney, M./3/25/06
250 Moran, A./3/25/06
250 Donjuan, L./3/25/06
245 Oebser, A./4/1/06
242 Rocha, D./6/10/06
242 Hendrickson, N./6/17/06
240 Rosas, J./3/25/06
- BP 148
347 Keskler, J./4/22/06
341 Duke, P./2/3/06
341 Derstine, M./12/9/06
330 Olmstead, E./5/13/06
325 Salemi, M./11/18/06
315 Scharberry, J./4/1/06
310 Baldassare, D./4/1/06
305 Perez, G./3/25/06
305 Lalja, J./7/8/06
304 Belen, T./3/4/06
- 303 Christenson, J./7/29/06
303 Cole, S./11/18/06
300 Tucker, P./7/8/06
300 Winchel, S./11/4/06
300 DeSimone, M./12/16/06
297 Shouse, A./3/18/06
292 Ramos, A./1/18/06
290 DeEscobedo, L./14/06
290 Hille, J./5/13/06
286 Bazan, R./11/18/06
- 165 BP
640 Tinajero, D./4/7/06
440 Leming, B./1/8/06
402 Sione, B./3/25/06
402 Hollenback, A./12/9/06
400 Anneser, D./4/8/06
380 Nolan, J./10/14/06
370 Smith, M./12/2/06
360 Cleland, T./4/1/06
352 Thornton, B./7/8/06
350 Dawson, N./1/4/06
- 350 Burduss, P./2/12/06
341 Sprints, L./2/18/06
341 Eskridge, 10/28/06
341 Quarter, L./12/9/06
340 Townsend, A./4/29/06
335 Crider, A./4/29/06
330 Cooper, C./4/8/06
330 Hanson, J./6/3/06
330 League, T./7/22/06
325 Pleva, J.C./2/4/06
- 181 BP
534 Leming, B./6/3/06
462 Erlenbaugh, S./4/1/06
600 Longfellow, J./11/18/06
435 Tinajero, D./12/2/06
407 Eason, S./1/28/06
407 Rayner, C./8/5/06
400 Anneser, D./1/28/06
396 Isreal, N./10/14/06
391 Wigley, B./4/30/06
385 Jeter, T./12/16/06

- 114 DL
418 Sonnier, C./7/29/06
415 Nieto, R./3/25/06
400 Jones, J./3/25/06
390 Bachorz, R./6/17/06
385 Pierce, D./7/22/06
375 Shelter, L./3/25/06
370 Patterson, D./3/25/06
370 Thomas, A./3/25/06
360 Guerrero, L./3/25/06
355 Hemmes, E./3/25/06
- 350 Gonzales, J./2/25/06
350 Palubicki, C./3/10/06
347 Golmond, M./4/7/06
340 McFall, D./2/4/06
340 Bagby, D./2/4/06
340 Thomas, J./3/25/06
335 Gomez, A./3/25/06
335 Williams, J./2/25/06
325 Carpenter, T./2/25/06
325 Maestas, R./6/17/06
- 123 DL
450 DeLaCruz, R./3/25/06
430 Ortiz, F./3/25/06
425 Gutierrez, V./3/25/06
420 Reinart, N./3/25/06
415 Riemann, M./3/25/06
415 Atkinson, C./3/25/06
410 Kizer, C./2/18/06
396 Miller, D./6/17/06
395 Sanders, J./3/25/06
390 Young, C./3/10/06
- 390 King, N./3/25/06
385 Tran, C./11/18/06
375 Dominguez, M./2/4/06
375 Schiltz, C./3/10/06
375 Terrell, A./3/25/06
375 Hillton, J./3/25/06
374 Miller, C./2/10/06
370 Castillo, R./10/06
363 Auld, S./6/17/06
360 Mendez, P./2/2/06
- 132 DL
505 Vaquera, M./3/25/06
500 Stephen, C./3/25/06
490 Wright, A./3/25/06
485 Lenhart, N./11/18/06
470 Burt, N./9/6/06
470 Toney, M./3/25/06
465 Rosas, J./3/25/06
465 Brown, O./4/29/06
455 Badagliaccio, J./3/10/06
451 Dement, J./7/22/06
- 435 Akana, V./6/17/06
430 Donjuan, L./3/25/06
425 Bird, C./2/18/06
425 Prewitt, A./3/25/06
424 Baines, T./6/17/06
420 Vera, R./3/25/06
418 Nogle, C./2/11/06
413 Ballard, T./6/17/06
410 Limbrick, T./1/7/06
410 Moran, A./3/25/06
- 148 DL
600 Polk, M./2/4/06
639 Derstine, M./12/9/06
565 Russell, H./3/25/06
610 Kumaga, R./2/4/06
520 Perez, G./3/25/06
520 Hill, C./3/25/06
512 Salemi, M./11/18/06
510 Guzman, R./3/25/06
500 Sanchez, O./3/25/06
490 Christenson, J./7/29/06
- 480 McDonald, J./2/25/06
480 Richardson, C./12/06
480 Belen, T./3/25/06
475 Ramirez, E./2/4/06
473 Herstein, J./9/24/06
470 Felder, J./3/25/06
468 Bussell, A./7/15/06
465 Hindlman, L./2/4/06
462 Szaraz, J./2/18/06
462 Henson, L./5/20/06
- 165 DL
630 Wilson, L./3/25/06
580 Jones, K./3/25/06
562 Knight, F./7/15/06
560 Nolan, J./10/14/06
555 Hume, D./3/25/06
555 Thompson, J./3/25/06
551 Hollenback, A./12/9/06
550 Barrera, G./3/25/06
550 George, E./11/11/06
545 Hill, B./2/4/06
- 545 Armstrong, C./3/11/05
540 Davis, R./3/25/06
540 Tinajero, D./4/7/06
535 Zingone, P./11/11/06
530 Vallejo, E./3/25/06
525 Guinn, D./3/25/06
523 Fuller, C./6/17/06
518 Narigi, D./7/8/06
517 Eskridge, 10/28/06
510 Brittingham, A./3/26/06
- 181 DL
640 Daniels, Q./2/4/06
620 House, G./3/25/06
600 Longfellow, J./11/18/06
590 Brady, C./3/25/06
590 Zuniga, A./3/25/06
560 Garcia, A./3/25/06
551 Meche, S./6/18/06
551 Tinajero, D./12/2/06
550 Mangum, A./2/4/06
550 Lynch, D./5/20/06

- 114 TOT
1045 Nieto, R./3/25/06
1010 Sonnier, C./3/25/06
965 Jones, J./3/25/06
960 Patterson, D./3/25/06
953 Bachorz, R./6/17/06
933 Burris, P./6/3/06
914 Pierce, D./7/22/06
910 Gomez, A./3/25/06
900 Thomas, A./3/25/06
895 Hemmes, E./3/25/06
- 890 Shelter, L./3/25/06
875 Thomas, J./3/25/06
854 Askesw, M./7/22/06
850 McFall, D./2/4/06
850 Palubicki, C./3/10/06
850 Clark, M./3/25/06
825 Gonzales, J./2/25/06
810 Maestas, R./6/17/06
799 Bridges, J./6/17/06
793 Smith, I./12/9/06
- 123 TOT
600 Franklin, M./3/25/06
600 Morris, J./4/7/06
590 Lopez, P./3/25/06
573 Fujimoto M./6/25/06
565 Sanchez, H./3/25/06
565 Lasiter, K./8/6/06
560 Oparaj, C./3/25/06
551 Norcott, J./6/18/06
545 Guadagno, C./3/25/06
- 981 Rodriguez, N./11/8/06
970 Kizer, C./2/18/06
910 Dominguez, M./2/4/06
909 Miller, C./2/10/06
909 Askesw, M./11/4/06
895 Mendez, P./2/2/06
895 Martin, E./2/18/06
870 Castillo, R./10/06
880 Tran, C./11/8/06
876 Miller, D./6/17/06
- 132 TOT
1290 Stephen, C./3/25/06
1245 Boutte Jr., N./9/6/06
1225 Wright, A./3/25/06
1195 Vaquera, M./3/25/06
1160 Toney, M./3/25/06
1155 Rosas, J./3/25/06
1135 Dunn, J./3/25/06
1115 Prewitt, A./3/25/06
1110 Moran, A./3/25/06
1105 Vera, R./3/25/06
- 1085 Dement, J./7/22/06
1075 Nguyen, A./3/25/06
1069 Baines, T./6/17/06
1060 Donjuan, L./3/25/06
1055 Brown, O./4/29/06
1052 Ballard, T./6/17/06
1050 Guillin, A./3/25/06
660 Wagermann, D./3/25/06
655 Robles, P./3/25/06
650 Hughes, V./2/18/06
650 Jones, T./3/25/06
- 148 TOT
1460 Derstine, M./12/9/06
1405 Manning, T./2/9/06
1383 Christenson, J./7/29/06
1350 Walker, D./3/25/06
1345 Perez, G./3/25/06
1315 Russell, H./3/25/06
1265 Bookman, C./3/25/06
1245 Flores, M./12/9/06
1240 Hill, C./3/25/06
1240 Guzman, R./3/25/06
- 1240 Felder, J./3/25/06
1215 Ramirez, E./2/4/06
1212 Brandon, G./7/29/06
1180 Stewart, M./12/06
1160 Squier, W./1/28/06
1160 Sanchez, O./3/25/06
1157 Keskler, J./4/22/06
1155 Walczak, B./6/3/06
1150 Hille, J./5/13/06
1145 Shavers, K./2/4/06
- 165 TOT
660 Nolan, J./10/14/06
1554 Tinajero, D./4/7/06
1521 Hollenback, A./12/9/06
1450 Wilson, L./3/25/06
1435 George, E./11/11/06
1440 Jones, K./3/25/06
1375 Hume, D./3/25/06
1375 Barrera, G./3/25/06
1365 Thompson, J./3/25/06
1350 Armstrong, C./3/11/05
- 1350 Davis, R./3/25/06
1340 Vallejo, E./3/25/06
1340 Guinn, D./3/25/06
1330 Cleland, T./4/1/06
1325 Jackson, W./3/25/06
1320 Zemer, B./3/25/06
1315 Hill, B./2/4/06
1305 French, J./2/4/06
1305 Chaney, C./4/1/06
1285 Pleva, J./2/4/06
- 181 TOT
1620 Tinajero, D./12/2/06
1530 Daniels, Q./2/4/06
1520 Longfellow, J./11/18/06
1515 Rayner, C./7/1/06
1490 Brady, C./3/25/06
1460 House, G./3/25/06
1460 Sanchez, J./3/25/06
1460 Meche, S./6/18/06
1438 Isreal, N./10/14/06
1425 Siparboon, D./3/25/06

- 556 Deeb, J./11/2/06
5640 Southall, K./2/18/06
540 Brady, C./3/25/06
540 Warren, B./3/25/06
531 Israel, N./10/14/06
535 Burris, P./6/3/06
534 Tunstara, J./9/6/06
525 Mueller, A./1/21/06
520 Self, J./2/4/06
520 Willemson, D./2/11/06
- 198 SQ
785 Mc Closkey, A./12/9/06
705 Hejl, L./8/22/06
700 Carson, B./7/22/06
655 Ibe, R./3/25/06
650 Clark, M./3/25/06
650 Zenzen, Z./11/11/06
650 Bailey, M./12/16/06
617 Walsh, D./6/1/06
610 Herrera, J./3/25/06
600 Grogan, T./3/25/06
- 600 Franklin, M./3/25/06
600 Morris, J./4/7/06
590 Lopez, P./3/25/06
573 Fujimoto M./6/25/06
565 Sanchez, H./3/25/06
565 Lasiter, K./8/6/06
560 Oparaj, C./3/25/06
551 Norcott, J./6/18/06
545 Guadagno, C./3/25/06
- 220 SQ
805 Hoff, D./4/2/06
705 Keiderling, A./7/23/06
700 Barnes, J./3/25/06
700 Auerbach, J./11/18/06
670 Brady, S./3/25/06
650 Perkins, J./3/25/06
645 Bohot, B./7/16/06
630 Canter, L./3/25/06
618 Calvo, D./8/5/06
610 Wood, C./3/25/06
- 605 Baily, M./2/18/06
600 Deirie, B./3/12/06
600 Zubrod, J./11/18/06
600 Hughes, J./11/18/06
595 Diaz, C./3/25/06
594 Anderson, C./8/6/06
580 Millhollon, L./3/25/06
570 Cole, G./3/25/06
567 Fiebigler, B./9/6/06
565 Nelson, T./2/26/0
- 242 SQ
722 Ramos, B./11/4/06
700 Montague, D./4/1/06
695 Zavala, P./3/25/06
685 Kelley, D./1/14/06
666 Pauley, Brent./3/11/06
657 Fain, J./11/18/06
660 Wagermann, D./3/25/06
655 Robles, P./3/25/06
650 Hughes, V./2/18/06
650 Jones, T./3/25/06
- 640 Rajput, A./3/25/06
639 Anderson, C./1/29/06
625 Steinbrecher, T./3/12/06
610 Kumaga, R./2/4/06
606 Reim, J./3/19/06
606 Flonta, D./5/20/06
605 Manning, T./2/9/06
600 Walker, E./3/25/06
595 Pauley, Bryan./3/11/06
585 Dooxtator, B./3/12/0
- 275 SQ
760 Barrett, J./3/25/06
735 Billiot, J./4/2/06
720 Conkey, J./4/2/06
715 Barts, M./4/2/06
710 Rangel, E./3/25/06
700 Workman, T./2/18/06
700 Lister, D./3/25/06
688 Hammock, M./8/26/06
677 Gerstemer, K./11/4/06
675 Lonax, J./2/4/06
- 672 Hammock, S./11/18/06
670 Collins, J./3/25/06
660 Madjar, M./9/16/06
660 Madjar, M./9/16/06
655 Antu, R./3/25/06
655 Dominguez, A./3/25/06
650 Beggs, L./3/25/06
640 Clements, J./2/4/06
640 Moebrig, J./2/25/06
639 Atkins, D./1/28/06
- SHW SQ
860 Anderson, E./2/25/06
775 Tewel, T./2/4/06
775 Lewis, O./3/25/06
775 Lamar, C./3/25/06
760 Suarez, L./3/25/06
740 Williams, L./2/25/06
740 Ludwig, N./3/4/06
738 Garvey, D./11/18/06
731 Arman, 11/2/06
730 Florez, M./2/25/06
- 730 Brown, D./3/25/06
727 Westbrook, T./7/16/06
700 Logan, J./2/18/06
700 Hunter, J./3/25/06
700 Garcia, R./3/25/06
700 Chiton, D./3/25/06
690 Gonzalez, A./3/25/06
677 Oswald, B./6/18/06
677 Cannon, J./3/25/06
650 Lonax, J./1/28/06

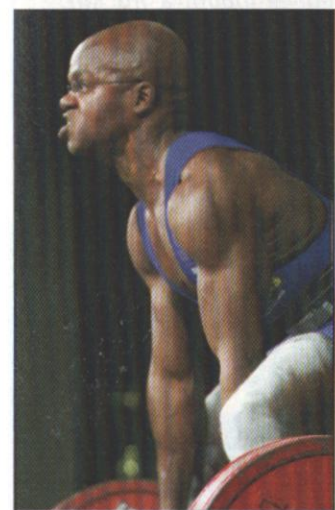
- 374 Matthews, M./12/17/06
370 Rodriguez, L./2/18/06
369 Deeb, J./11/2/06
365 Sprague, C./5/20/06
363 Singh, A./3/10/06
360 Brady, C./3/25/06
360 Mattis, K./5/13/06
355 Ruiz, L./1/21/06
355 Snadlin, Z./7/1/06
350 Papak, A./4/2/06
- 198 BP
501 Millburn, E./4/1/06
500 Shaffer, G./10/14/06
475 Hines, J./10/21/06
432 Bailey, M./11/1/06
410 Goodrich, S./5/13/06
407 Morris, J./4/7/06
402 McClemore, K./10/14/06
400 Carson, B./7/22/06
400 Holdren, M./11/10/06
395 Nowrey, S./10/14/06
- 391 Meixueiro, A./3/26/06
385 Tuttle, G./1/21/06
385 Miskell, J./2/4/06
380 Joslin, B./3/25/06
380 Thronson, M./4/1/06
380 Johnson, M./4/1/06
380 Wade, C./6/18/06
375 Minnaert, K./5/13/06
375 Acuti, R./10/8/06
374 McCloskey, A./7/30/06
- 220 BP
510 Hoff, D./4/2/06
510 Smith, J./7/29/06
500 Pierce, D./3/18/06
500 Auerbach, J./11/18/06
445 DeJong, A./4/29/06
445 Bohot, B./7/16/06
435 Demarinis, S./1/29/06
424 Hoffman, J./6/18/06
418 Calvo, D./8/5/06
418 Anderson, C./8/6/06
- 410 Knitter, L./10/21/06
405 CP Quinn, Z./1/21/06
405 Baily, M./2/18/06
405 Hopkins, B./3/5/06
405 Keiderling, A./4/2/06
405 Baum, E./7/1/06
405 Hughes, J./11/18/06
404 Douglas, R./4/15/06
400 Brady, S./3/25/06
400 Cole, G./3/25/06
- 242 BP
630 Hines, J./2/26/06
584 Pauley, Brent./3/11/06
507 Ramos, B./11/4/06
501 Kinsey, C./12/9/06
500 Korbel, E./2/18/06
457 Fain, J./11/18/06
440 Trowbridge, A./7/22/06
440 Hoffman, J./12/17/06
435 Flonta, D./5/20/06
435 Mullins, A./6/18/06
- 435 Debus, E./8/12/06
430 Manning, T./6/3/06
429 Anderson, C./1/29/06
418 Kelley, D./1/14/06
418 Pauley, Bryan./3/11/06
418 Paredes, J./10/7/06
415 Haydelian, J./12/06/06
410 Walker, E./3/25/06
405 Sheffer, J./4/2/06
405 Daly, R./12/16/06
- 275 BP
675 Everhart, D./1/28/06
650 Conkey, J./4/2/06
600 Holz, P./1/28/06
570 Hojl, L./8/22/06
555 Hammock, S./9/16/06
551 Hammock, M./8/26/06
534 Carter, S./6/3/06
534 Collins, C./9/9/06
501 Atkins, D./1/28/06
500 Barrett, J./3/25/06
- 490 Madjar, M./9/16/06
485 William, D./11/18/06
475 Moebrig, J./2/25/06
475 Barts, M./4/2/06
451 Jarvela, J./5/27/06
446 Godby, T./4/1/06
446 Fain, J./6/3/06
445 Gillespie, C./7/22/06
440 Beggs, L./3/25/06
435 Alwerdt, J./4/1/06

- 550 Dulaney, J./9/9/06
550 Knight, F./11/18/06
545 Warren, B./3/25/06
545 Tokarski Jr., C./10/21/06
545 Ciaccia, 10/28/06
534 Tullis, M./6/18/06
529 Hogan, C./5/20/06
529 Mora, M./12/9/06
525 Brewer, J./2/4/06
525 Robinson, D./2/18/06
- 198 DL
645 Grogan, T./3/25/06
630 Clark, M./3/25/06
628 Walsh, D./6/18/06
625 Ibe, R./3/25/06
617 Favre, C./6/18/06
606 Lilliebridge, Eric./11/11/06
600 Guadagno, C./3/25/06
600 Shwartz, M./12/2/06
585 Oparaj, C./3/25/06
585 McCloskey, A./11/11/06
- 578 Fujimoto, M./6/25/06
5

POWERLIFTING USA presents the

MASTERS TOP 20

These are the PL USA TOP 20 master's powerlifters in the United States for the year 2006. If any errors or omissions are noted, please report them to POWERLIFTING USA Magazine, P.O. Box 467, Camarillo, CA 93011. We make errors in the compilation of this list, and some meet results are never received at our office for inclusion in the rankings. Furthermore, some of the results we do receive do not specify the lifter's gender or bodyweight, in which case we don't know which class to credit the efforts toward.



Keith Cunningham... in the 165s

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- 114 SQ
- 415 Zeolla, G./9/2/06
- 303 Hedman, S./7/7/06
- 264 Bowers, S./2/10/06
- 264 Clough, J./5/12/06
- 264 Sims, B./10/2/06
- 259 Metcalf, P./4/1/06
- 248 Solan, C./2/10/06
- 236 Hairston, D./2/10/06
- 236 Dinger, D./6/17/06
- 236 Nelson, V./10/2/06

- 236 Gedney, J./10/20/06
- 214 Kingsley, J./6/24/06
- 214 Ryman, K./5/29/06
- 200 Alminos, D./11/18/06
- 187 Fowler, L./9/9/06
- 185 Makin, J./10/20/06
- 180 Stefan, B./4/1/06
- 176 Whiting, S./6/24/06
- 165 Henry, S./4/29/06
- 135 Harney, D./12/2/06

- 123 SQ
- 451 Kirkland, M./11/2/06
- 420 Snell, K./3/25/06
- 385 Zeolla, G./4/8/06
- 352 Denmon, L./12/9/06
- 341 Meadows, S./4/1/06
- 341 Barleen, D./5/5/06
- 314 Lamb, B./3/18/06
- 308 Kemper, T./3/11/06
- 292 Froeschle, J./4/29/06
- 286 Dingle, L./10/10/06

- 270 Mach, J./11/3/06
- 265 Zintsmaster, B./11/11/06
- 264 Callahan, S./3/25/06
- 264 Dinger, D./9/9/06
- 259 Murphy, G./1/27/06
- 242 Meskew, K./9/9/06
- 242 Schmeets, K./12/9/06
- 231 Schultz, M./6/24/06
- 231 Pope, R./8/5/06
- 225 Galant, A./5/5/06

- 132 SQ
- 468 Kupperstein, E./10/7/06
- 429 Smith, T./5/5/06
- 420 Beatty, K./9/23/06
- 402 Carr, J.D./5/29/06
- 385 Oddrill, B./5/5/06
- 385 Kavarnos, J./5/5/06
- 385 Jones, K./5/5/06
- 375 Kirkland, M./9/2/06
- 369 Trujillo, R./10/4/06
- 352 Caputo, R./3/18/06

- 352 Kersey, V./12/9/06
- 330 Stein, E./3/10/06
- 319 Siverly, D./1/28/06
- 297 Hughes, H./6/17/06
- 286 Simons, A./10/2/06
- 275 Carlson, R./6/3/06
- 275 Harris, T./12/9/06
- 270 Franks, S./2/11/06
- 260 Drenth, J./4/29/06
- 259 Lopez, L./2/11/06

- 114 BP
- 215 Zeolla, G./9/2/06
- 203 Pantilat, L./6/17/06
- 192 Hedman, S./7/7/06
- 192 Miller, H./11/18/06
- 175 McBurney, D./11/11/06
- 170 Brown, D./3/18/06
- 165 Fujisaki, C./12/16/06
- 161 Lafferty, B./11/18/06
- 160 Burnett, W./4/15/06
- 154 Hairston, D./2/10/06

- 154 Vallejo, A./3/18/06
- 154 Leverett, A./4/19/06
- 137 Bowers, S./2/10/06
- 137 Metcalf, P./4/1/06
- 137 Dinger, D./6/17/06
- 137 Gill, T./11/18/06
- 132 Solan, C./2/10/06
- 132 Sieps, B./10/2/06
- 132 Poyner, K./11/18/06
- 130 Lacombe, A./6/24/06

- 123 BP
- 260 Snell, K./3/25/06
- 253 Meadows, S./4/1/06
- 242 Barleen, D./5/5/06
- 236 Gill, R./2/18/06
- 220 Lamb, B./2/11/06
- 215 Kirkland, M./12/16/06
- 214 Callahan, S./9/9/06
- 210 Frank, R./4/22/06
- 204 Ruff, D./7/15/06
- 200 Murphy, G./1/27/06

- 198 Schultz, M./6/24/06
- 1908 Pantilat, L./7/15/06
- 195 Swain, B./10/7/06
- 192 Hughes, K./4/29/06
- 190 Zeolla, G./4/8/06
- 187 Anderson, E./3/25/06
- 176 Barnhill, A./3/18/06
- 176 Denmon, L./12/9/06
- 170 Kemper, T./3/11/06
- 170 Hamby, K./3/25/06

- 132 BP
- 325 Zerbe, S./3/18/06
- 319 McLaren, R./4/19/06
- 264 Kupperstein, E./5/5/06
- 160 Heims, J./6/3/06
- 259 Smith, T./5/5/06
- 255 Snell, K./9/30/06
- 253 Vincent, J./3/25/06
- 253 Carr, J.D./5/5/06
- 253 Jones, K./5/5/06
- 253 Trujillo, R./10/4/06

- 250 Hernandez, M./7/29/06
- 248 Oddrill, B./5/5/06
- 240 Teeter, G./6/4/06
- 225 Simons, A./10/2/06
- 220 Tucker, T./1/28/06
- 220 Lamb, B./2/4/06
- 220 Kavarnos, J./5/5/06
- 220 Beatty, K./9/23/06
- 215 Oylor, S./13/06
- 215 Kirkland, M./9/2/06

- 114 DL
- 400 Zeolla, G./9/2/06
- 330 Hedman, S./3/18/06
- 330 McBurney, D./11/11/06
- 319 Bowers, S./2/10/06
- 314 Clough, J./1/2/06
- 314 Brown, D./3/18/06
- 304 Vallejo, A./3/18/06
- 294 Morris, J./11/18/06
- 292 Sieps, B./10/2/06
- 285 Makin, J./10/20/06

- 281 Hairston, D./2/10/06
- 281 Brown, D./3/18/06
- 260 Burnett, W./4/15/06
- 270 Stefan, B./4/1/06
- 270 Metcalf, P./4/1/06
- 270 Herring, S./11/18/06
- 264 Nelson, V./2/10/06
- 260 Stefan, B./4/1/06
- 259 Gedney, J./10/20/06
- 255 Alminos, D./11/18/06

- 123 DL
- 465 Snell, K./4/22/06
- 440 Meadows, S./4/1/06
- 400 Zeolla, G./4/8/06
- 400 Kirkland, M./12/16/06
- 391 Barleen, D./5/5/06
- 374 Ruff, D./11/18/06
- 358 Schultz, M./6/24/06
- 352 Kemper, T./3/11/06
- 352 Froeschle, J./4/29/06
- 341 Lamb, B./3/18/06

- 330 Dugas, J./4/8/06
- 330 Gnerre, B./5/27/06
- 330 Rivet, J./5/27/06
- 325 Meskew, K./9/9/06
- 319 Denmon, L./12/9/06
- 315 Zintsmaster, B./11/11/06
- 315 Principati, F./12/10/06
- 314 Hughes, K./4/29/06
- 314 Barnhill, A./11/18/06
- 308 Wright, A./6/3/06

- 132 DL
- 567 Kupperstein, E./5/5/06
- 501 Carr, J.D./5/5/06
- 473 Smith, T./5/5/06
- 451 Fodhill, B./5/5/06
- 451 Trujillo, R./10/4/06
- 446 Kavarnos, J./5/5/06
- 445 Beatty, K./9/23/06
- 425 Snell, K./9/30/06
- 424 Caputo, R./3/18/06
- 418 Crist, L./1/27/06

- 402 Forte, M./12/9/06
- 402 Jones, K./5/5/06
- 402 Schultz, M./6/24/06
- 396 Kersey, V./12/9/06
- 374 Stein, E./10/3/06
- 347 Grieco, L./12/9/06
- 336 Cariso, R./6/3/06
- 336 Hughes, H./6/17/06
- 320 Bishop, T./4/22/06
- 320 Drenth, J./4/29/06

- 114 TOT
- 1030 Zeolla, G./9/2/06
- 821 Hedman, S./7/7/06
- 722 Bowers, S./2/10/06
- 699 Clough, J./1/2/06
- 668 Sieps, B./10/2/06
- 672 Hairston, D./2/10/06
- 666 Metcalf, P./4/1/06
- 650 Solan, C./2/10/06
- 628 Dinger, D./6/17/06
- 611 Fowler, L./10/2/06

- 611 Nelson, V./10/2/06
- 589 Kingsley, J./6/24/06
- 560 Alminos, D./11/18/06
- 540 Stefan, B./4/1/06
- 529 Ryman, K./12/9/06
- 520 Makin, J./10/20/06
- 507 Whiting, S./6/24/06
- 468 Henry, S./4/29/06
- 390 Harney, D./12/2/06
- 358 Newton, E./1/27/06

- 123 TOT
- 1140 Snell, K./3/25/06
- 1036 Meadows, S./4/1/06
- 1036 Kirkland, M./12/16/06
- 975 Zeolla, G./4/8/06
- 975 Barleen, D./5/5/06
- 848 Denmon, L./12/9/06
- 843 Lamb, B./3/18/06
- 832 Kemper, T./3/11/06
- 799 Froeschle, J./4/29/06
- 788 Schultz, M./6/24/06

- 766 Callahan, S./3/25/06
- 757 Murphy, G./1/27/06
- 749 Dingle, L./10/10/06
- 738 Meskew, K./9/9/06
- 715 Zintsmaster, B./11/11/06
- 710 Hughes, K./11/18/06
- 699 Dinger, D./9/9/06
- 676 Mach, J./11/3/06
- 655 Pope, R./8/5/06
- 655 Schmeets, K./12/9/06

- 148 BP
- 556 Reichert, G./5/13/06
- 551 Brown, C./1/28/06
- 545 Eggers, T./8/5/06
- 529 Weinstein, L./12/9/06
- 525 Phillips, J./8/5/06
- 523 Edmondson, D./6/17/06
- 523 Rohan, B./10/4/06
- 523 Scisney, K./10/7/06
- 512 Matsumoto, D./5/6/06
- 507 Wilson, D./1/28/06

- 181 DL
- 760 Eisenman, T./2/18/06
- 699 Woodley, L./11/18/06
- 683 Garofalo, R./5/6/06
- 650 White, E./10/2/06
- 650 Byas, A./10/5/06
- 639 Ricks, D./5/6/06
- 630 Bridges, E./7/15/06
- 600 Guches, D./3/11/06
- 595 McCarty, J./10/29/06
- 578 Wright, G./12/9/06

- 114 TOT
- 1030 Zeolla, G./9/2/06
- 821 Hedman, S./7/7/06
- 722 Bowers, S./2/10/06
- 699 Clough, J./1/2/06
- 668 Sieps, B./10/2/06
- 672 Hairston, D./2/10/06
- 666 Metcalf, P./4/1/06
- 650 Solan, C./2/10/06
- 628 Dinger, D./6/17/06
- 611 Fowler, L./10/2/06

- 611 Nelson, V./10/2/06
- 589 Kingsley, J./6/24/06
- 560 Alminos, D./11/18/06
- 540 Stefan, B./4/1/06
- 529 Ryman, K./12/9/06
- 520 Makin, J./10/20/06
- 507 Whiting, S./6/24/06
- 468 Henry, S./4/29/06
- 390 Harney, D./12/2/06
- 358 Newton, E./1/27/06

- 123 TOT
- 1140 Snell, K./3/25/06
- 1036 Meadows, S./4/1/06
- 1036 Kirkland, M./12/16/06
- 975 Zeolla, G./4/8/06
- 975 Barleen, D./5/5/06
- 848 Denmon, L./12/9/06
- 843 Lamb, B./3/18/06
- 832 Kemper, T./3/11/06
- 799 Froeschle, J./4/29/06
- 788 Schultz, M./6/24/06

- 766 Callahan, S./3/25/06
- 757 Murphy, G./1/27/06
- 749 Dingle, L./10/10/06
- 738 Meskew, K./9/9/06
- 715 Zintsmaster, B./11/11/06
- 710 Hughes, K./11/18/06
- 699 Dinger, D./9/9/06
- 676 Mach, J./11/3/06
- 655 Pope, R./8/5/06
- 655 Schmeets, K./12/9/06

- 148 BP
- 556 Reichert, G./5/13/06
- 551 Brown, C./1/28/06
- 545 Eggers, T./8/5/06
- 529 Weinstein, L./12/9/06
- 525 Phillips, J./8/5/06
- 523 Edmondson, D./6/17/06
- 523 Rohan, B./10/4/06
- 523 Scisney, K./10/7/06
- 512 Matsumoto, D./5/6/06
- 507 Wilson, D./1/28/06

- 181 TOT
- 769 Benedix, B./11/2/06
- 7703 Garofalo, R./5/6/06
- 1700 McCarty, J./10/29/06
- 1650 Bridges, E./7/15/06
- 1570 Gibson, L./5/6/06
- 1537 White, E./10/2/06
- 1526 Agostini, D./9/9/06
- 1515 Perkins, T./1/28/06
- 1488 Byas, A./10/5/06
- 1482 Tyree, J./4/1/06

- 573 Ruettiger, R./4/8/06
- 573 Gibson, L./5/6/06
- 573 Agostini, D./9/9/06
- 573 Godwin, G./11/18/06
- 567 Layman, R./8/26/06
- 551 Donofrio, V./6/10/06
- 551 White, B./9/9/06
- 550 Dougherty, J./10/28/06
- 530 Steck, M./9/9/06
- 529 Naughton, D./4/9/06

- 198 SQ
- 804 Tracey, B./3/18/06
- 770 Kegrice, J./7/23/06
- 760 Caplan, M./7/7/06
- 738 Paras, R./9/9/06
- 720 McGlynn, J./7/23/06
- 710 Jeurink, J./8/5/06
- 672 Jones, G./5/6/06
- 661 Buckley, T./3/18/06
- 660 Nichols, B./10/7/06
- 653 Conklin, T./4/8/06

- 650 Moore, S./3/18/06
- 650 Terry, C./5/6/06
- 650 Levy, S./7/23/06
- 639 Lichtenberger, M./3/18/06
- 628 Green, G./6/18/06
- 628 O'Malley, S./9/9/06
- 622 Ingravera, R./5/13/06
- 620 Kanemoto, K./11/11/06
- 606 Herring, D./12/3/06
- 600 Frein, J./12/2/06

- 220 SQ
- 920 Bell, G./11/2/06
- 904 Smith, S./5/14/06
- 905 Fletcher, R./7/29/06
- 750 King, M./8/5/06
- 749 Zenzen, T./12/9/06
- 730 Arrington, B./11/12/06
- 730 Howell, J./12/16/06
- 710 Richards, T./11/2/06
- 705 Bradshaw, G./4/1/06
- 705 Clough, J./11/2/06

- 242 BP
- 670 Millrany, K./5/27/06
- 602 Mattson, K./7/8/06
- 602 Hartlaub, S./7/23/06
- 585 Reed, A./3/26/06
- 585 Knight, M./9/16/06
- 573 Smolinski, J./8/26/06
- 562 Haycraft, D./11/18/06
- 560 Cozza, J./2/18/06
- 551 Villamia, G./11/18/06
- 540 Mitchell, T./12/8/06

- 242 DL
- 800 Capello, J./3/11/06
- 782 Hader, T./10/8/06
- 760 Nascimben, D./2/26/06
- 725 Myers, B./6/4/06
- 722 Wylie, P./2/18/06
- 705 Herring, G./11/18/06
- 700 Hunter, T./9/30/06
- 683 Harper, R./8/5/06
- 683 Sims, C./9/9/06
- 639 Blough, C./5/14/06

- 440 Zangl, G./4/20/06
- 440 Carr, D./11/18/06
- 436 Cecich, T./10/13/06
- 435 Estrada, R./5/20/06
- 430 Sine, R./4/23/06
- 424 Gibson, L./5/6/06
- 418 Bingham, M./1/29/06
- 418 Garofalo, R./5/6/06
- 415 Brown, J./9/9/06
- 413 Sorrell, J./4/8/06

- 198 BP
- 804 Tracey, B./3/18/06
- 770 Kegrice, J./7/23/06
- 760 Caplan, M./7/7/06
- 738 Paras, R./9/9/06
- 720 McGlynn, J./7/23/06
- 710 Jeurink, J./8/5/06
- 672 Jones, G./5/6/06
- 661 Buckley, T./3/18/06
- 660 Nichols, B./10/7/06
- 653 Conklin, T./4/8/06

- 650 Moore, S./3/18/06
- 650 Terry, C./5/6/06
- 650 Levy, S./7/23/06
- 639 Lichtenberger, M./3/18/06
- 628 Green, G./6/18/06
- 628 O'Malley, S./9/9/06
- 622 Ingravera, R./5/13/06
- 620 Kanemoto, K./11/11/06
- 606 Herring, D./12/3/06
- 600 Frein, J./12/2/06

- 220 SQ
- 920 Bell, G./11/2/06
- 904 Smith, S./5/14/06
- 905 Fletcher, R./7/29/06
- 750 King, M./8/5/06
- 749 Zenzen, T./12/9/06
- 730 Arrington, B./11/12/06
- 730 Howell, J./12/16/06
- 710 Richards, T./11/2/06
- 705 Bradshaw, G./4/1/06
- 705 Clough, J./11/2/06

- 242 BP
- 670 Millrany, K./5/27/06
- 602 Mattson, K./7/8/06
- 602 Hartlaub, S./7/23/06
- 585 Reed, A./3/26/06
- 585 Knight, M./9/16/06
- 573 Smolinski, J./8/26/06
- 562 Haycraft, D./11/18/06
- 560 Cozza, J./2/18/06
- 551 Villamia, G./11/18/06
- 540 Mitchell, T./12/8/06

- 242 DL
- 800 Capello, J./3/11/06
- 782 Hader, T./10/8/06
- 760 Nascimben, D./2/26/06
- 725 Myers, B./6/4/06
- 722 Wylie, P./2/18/06
- 705 Herring, G./11/18/06
- 700 Hunter, T./9/30/06
- 683 Harper, R./8/5/06
- 683 Sims, C./9/9/06
- 639 Blough, C./5/14/06

- 574 Krowech, R./11/18/06
- 573 Gibson, L./5/6/06
- 573 Johnson, D./7/22/06
- 565 Felton, D./4/8/06
- 565 Winkler, D./4/1/06
- 562 Stone, R./5/6/06
- 562 Wright, C./5/6/06
- 555 Gallagher, R./5/6/06
- 551 Benedix, B./12/3/06
- 551 Agostini, D./9/9/06

- 198 BP
- 804 Tracey, B./3/18/06
- 770 Kegrice, J./7/23/06
- 760 Caplan, M./7/7/06
- 738 Paras, R./9/9/06
- 720 McGlynn, J./7/23/06
- 710 Jeurink, J./8/5/06
- 672 Jones, G./5/6/06
- 661 Buckley, T./3/18/06
- 660 Nichols, B./10/7/06
- 653 Conklin, T./4/8/06

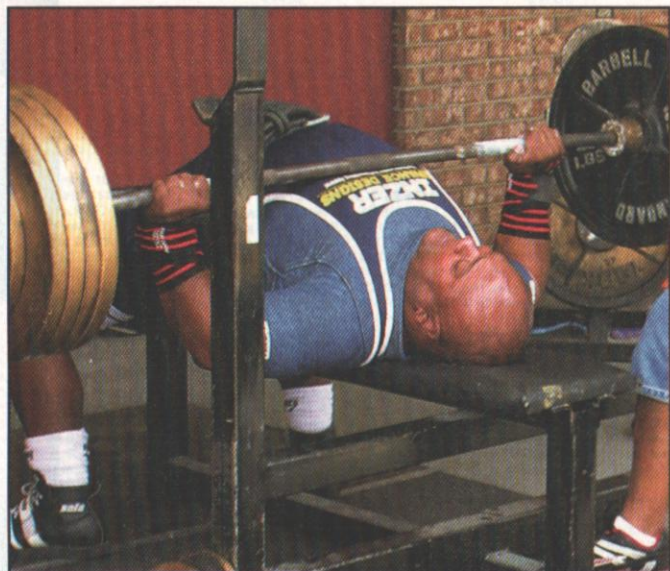
- 650 Moore, S./3/18/06
- 650 Terry, C./5/6/06
- 650 Levy, S./7/23/06
- 639 Lichtenberger, M./3/18/06
- 628 Green, G./6/18/06
- 628 O'Malley, S./9/9/06
- 622 Ingravera, R./5/13/06
- 620 Kanemoto, K./11/11/06
- 606 Herring, D./12/3/06
- 600 Frein, J./12/2/06

- 220 BP
- 670 Millrany, K./5/27/06
- 602 Mattson, K./7/8/06
- 602 Hartlaub, S./7/23/06
- 585 Reed, A./3/26/06
- 585 Knight, M./9/16/06
- 573 Smolinski, J./8/26/06
- 562 Haycraft, D./11/18/06
- 560 Cozza, J./2/18/06
- 551 Villamia, G./11/18/06
- 540 Mitchell, T./12/8/06

- 242 DL
- 800 Capello, J./3/11/06
- 782 Hader, T./10/8/06
- 760 Nascimben, D./2/26/06
- 725 Myers, B./6/4/06
- 722 Wylie, P./2/18/06
- 705 Herring, G./11/18/06
- 700 Hunter, T./9/30/06
- 683 Harper, R./8/5

PPL Georgia Drug Free
26 APR 07 - Augusta, GA

BENCH for Reps (40-49)		WOMEN	
C. Cooter	47	Fireman	260
MEN		J. Mellin	275*
K. Davis	30	Raw	
G. Bartley	23	A. Lanske	466*
W. Waldren	22	CURL	
J. Luster	22	MEN	
BENCH		308 lbs.	
WOMEN		(40-49)	
148 lbs.		B. Bradford	205*
Military		Novice	
R. Hammel	100	A. Manske	175*
MEN		SHW	
181 lbs.		Novice	
Ironman		Yarbary Sr.	185*
MEN		BP DL TOT	
220 lbs.			
(50-59)			
B. Bridges	300	365	665*
SHW			
Raw			
W. Yarbary Sr.	380	500	880
Full Power	SQ	BP	DL
WOMEN			
132 lbs.			
(14-16)			
E. Luster	145*	150*	210*
Military			
T. Watts	175*	80	240*
148 lbs.			
Novice			
McCullough	135	90	200
SHW			
Raw			
Y. Yarbary	260*	155	350*
MEN			
148 lbs.			
(14-15)			
J. Luster	320	270	405
(10-13)		4th-DL-415	960



Best Lifter Greg Campbell benching 455 at the PPF Georgia State Meet. (photograph provided courtesy Tee 'Skinny Man' Meyers)

T. Lambert	135	105	215	505
W. Yarbary	140	90	190	420
242 lbs.				
(40-49)				
G. Campbell	600	455	555	1610

Erica had not missed her 200 squat, it would have been really ugly! Anton Manske, with the 20+ inch calves, and his partner, Bill "Maxx Reps" Bradford, came up from Florida and showed off the bench press and the curl competitions. The "Python" girls, Titi Watts, Angela "Malibu Barbie" McCullough, Yolanda "Yo Yo" Yarbary, "Mercedes" Hannibal all showed that you can be beautiful and strong. Greg "Da Head" Campbell lost over 60 pounds and then won the best lifter award on his last deadlift to edge out Jason Luster. Brenda Cooter ran a five mile race that morning then showed up and did an all in all. It was a great day. Great sunshine and good Christian fun! Thanks to John "Cologne" Demons, Jennifer "Puddin" Polk, Phyllic "city Girl" Meyers, Nakea "Sunshine", WC Waldren, Jeremiah "Jukebox" Smith, Dennis "One Hitter" Cutter Hickman and anyone who helped. But, most of all our lord and savior Jesus Christ for a great meet! So until next time, stay clean, stay strong, and I'll see you on the platform. (from Tee "Skinny Man" Meyers)

USAPL Collegiate Nationals
13-15 APR 07 - Killeen, TX

Powerlifting		SQ	BP	DL	TOT
FEMALE					
98 lbs.					
T. Carder	281	159	297	738	
M. Pfister	281	154	275	711	
A. Summers	242	132	253	628	
105 lbs.					
E. Ellis	231	143	248	622	
C. Acosta	192	110	253	556	
O. Trevino	165	93	181	440	
M. Harvin	121	104	187	413	
L. Stewardson	154	88	165	407	
114 lbs.					
J. Nieland	226	132	297	655	
D. Bennett	248	121	270	639	
L. Champion	198	110	242	551	
K. Hernandez	—	93	253	347	
E. McNeil	—	—	—	—	
A. Perovich	220	—	264	485	
123 lbs.					
S. Baker	363	165	358	887	
A. VanBoxtel	275	170	330	777	
J. Daleiden	226	148	253	628	
A. Demme	—	—	264	264	
132 lbs.					
L. Dugan	292	198	374	865	
K. Spinney	297	187	336	821	
L. Marietta	303	192	286	782	
A. Flanner	264	159	352	777	
C. Lyman	281	165	264	711	
A. Lamp	275	99	325	700	
C. Bolitho	281	126	286	694	
J. Daleiden	242	176	264	683	
R. Tilton	220	126	286	633	
C. Crow	242	143	242	628	
S. Weichsel	2221	115	253	2590	

B. Perkins	214	115	242	573
D. Mulrine	—	99	—	99
Jovanovich	319	—	303	622
148 lbs.				
P. Bartz	374	214	369	959
K. Nabors	347	176	330	854
A. Dacosta	2701	148	308	3159
A. Holmes	264	143	286	694
Montagnese	259	132	292	683
S. Matt	242	137	297	677
C. Mundy	248	121	275	644
L. Austin	248	121	270	639
K. Dormer	214	110	270	595
S. Thomas	—	148	385	534
165 lbs.				
D. James	385	214	501	1102
J. Humphrey	374	187	380	942
B. Brantner	341	148	358	848
S. Bennett	308	159	341	810
R. Bryant	314	165	319	799
J. Barrett	281	176	319	777
M. Bottrell	237	159	308	705
181 lbs.				
M. Millett	385	226	424	1036
S. Sebastian	391	220	418	1030
M. Pollock	—	220	374	595
198 lbs.				
B. Brown	501	314	485	1300
L. Arnold	413	209	413	1036
A. Holguin	352	198	314	865
198+ lbs.				
T. Walter	474	259	440	1173
M. Navarro	512	237	418	1168
A. Wigman	413	259	352	1025
B. Kean	369	192	341	903
MALE				
114 lbs.				
D. Summers	341	231	385	959
D. Marzo	275	154	330	760
123 lbs.				
J. Freeman	380	231	418	1030
D. Dupuis	314	231	440	986
D. Pope	314	203	303	821
A. O'Halloran	226	237	292	755
K. Jackson	—	—	—	—
132 lbs.				
Hafenbrack	501	281	507	1289
T. Taylor	474	281	512	1267
N. King	446	281	451	1179
W. Lee	440	2215	451	3108
Montelongo	363	253	418	1036
S. Rocha	363	237	407	1008
S. Aoyagi	352	264	385	1003
K. Sheaffer	330	198	391	920
C. Wright	314	231	369	914
J. Navarie	—	259	396	655
148 lbs.				
M. Ruiz	512	248	578	1339
Z. Waggener	501	314	474	1289
J. Neal	413	325	457	1196
J. Piccione	396	314	4425	5136
C. Accardo	424	253	485	1162
C. Cook	451	253	451	1157
M. Acosta	402	281	468	1151
N. Keenan	435	264	407	1107
J. Melancon	407	281	380	1069
A. Finch	369	226	413	1008
D. Brignac	—	—	—	—
E. Calloway	385	—	424	810
165 lbs.				
M. Houston	551	374	600	1526
D. Credeur	496	303	545	1344
L. Britton	496	292	556	1344
S. Hernton	440	286	573	1300
D. Trier	457	33	501	992
G. Stein	468	314	501	1284
M. Melancon	457	319	507	1284
L. McMasters	424	22	529	975
M. Favela	402	330	479	1212
D. Smith	380	352	463	1196
A. Evans	457	242	479	1179
E. Smitley	407	352	418	1179
C. Dietz	407	319	429	1157
K. Richards	413	259	485	1157
C. Landry	418	270	440	1129
M. Gibbens	407	270	446	1124
A. Beatty	369	281	424	1074
S. Antoinette	319	264	479	1063
C. Fuller	479	275	—	755
M. Beebe	446	—	545	992
181 lbs.				
N. Gutierrez	655	402	600	1659
C. Brady	562	380	595	1537
D. Witte	578	319	606	1504
T. Garrett	540	347	529	1416
F. Marucci	540	341	529	1410
M. Mora	474	352	545	1372
A. Smith	529	104	512	1146
S. Schultz	451	336	540	1328
G. Gavran	496	314	490	1300
J. Major	446	385	463	1295

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W. Spears	479	292	507	1278	S. Brady	617	440	600	1659	R. Sheets	—	314	562	876
B. Warren	479	325	440	1245	G. Soehner	633	374	628	1636	Tuchscherer	837	—	760	1598
E. Burks	418	286	534	1240	C. Trionfante	573	391	644	1609	275+ lbs.				
G. Jacks	396	363	474	1234	J. Albritton	578	440	573	1592	Cressionnie	661	435	584	1681
Brothermann	474	270	463	1207	R. Laughlin	556	369	611	1537	A. LeBlanc	655	435	584	1675
B. Dabadie	429	303	446	1179	R. Davenport	600	347	545	1493	S. Clawson	650	341	529	1521
P. Paulsen	369	281	501	1151	S. Mathes	584	385	507	1477	P. Wilson Jr.	628	286	589	1504
M. Lee	418	292	418	1129	W. Blackmon	551	391	523	1466	M. Rogge	325	567	892	
J. Oldach	336	314	451	1102	R. Cala	540	374	540	1455	(Thank you to USAPL for providing results)				
B. Pimentel	363	275	407	1047	B. Werner	534	341	534	1410	APA Delaware Open 26 MAY 07 - Dover, DE				
C. Lang	—	—	—	—	Ogundaunsi	468	330	606	1405	BENCH				
R. Snow	—	347	463	810	J. Hueckel	501	363	534	1399	WOMEN				
198 lbs.					J. Cascio	551	319	501	1372	Open				
B. Dedas	639	396	639	1675	J. Gates	529	303	540	1372	K. Baird				
T. Godawa	650	418	589	1659	Hainsfurther	545	336	440	1322	WOMEN				
A. Harrod	622	418	562	1603	C. Edwards	485	303	529	1317	Raw				
K. Louque	617	319	617	1554	D. King	490	336	485	1311	165 lbs.				
A. Odenwald	562	385	578	1526	J. Hernandez	501	314	490	1306	Open				
E. Thomas	606	314	606	1526	H. Hess	485	352	—	837	K. Baird				
B. Calvo	562	424	518	1504	242 lbs.					Teen DT				
Q. Smith	573	347	578	1499	M. Peterson	711	440	633	1785	E. Urdahl				
W. Garner	501	474	501	1477	B. Loggins	633	451	573	1659	DEADLIFT				
M. McDaniel	490	380	512	1383	R. Reyna Jr.	589	451	584	1625	WOMEN				
T. Swartz	501	380	490	1372	Hutchinson	578								

NASA Colorado		28 APR 07 - Denver, CO	
BENCH	198 lbs.		
WOMEN	Master III		
114 lbs.	J. Lynn Jr.	231	
Open	Submaster III		
H. Patel	S. Trujillo	314	
Pure	Novice		
H. Patel	S. Quintana	292	
Submaster I	Master III		
H. Patel	H. Blackmon	226	
Submaster Pure	Open		
123 lbs.	J. Ehrhardt	451	
Master I	Pure		
K. Hughes	J. Ehrhardt	451	
Master V	PS BENCH		
K. Hughes	165 lbs.		
198+ lbs.	Novice		
Master II	K. Binkley	170	
A. McTighe	Master V		
226	Junior		
A. McTighe	E. Burks	286	
MEN	Novice		
181 lbs.	E. Burks	286	
Master I	Novice		
T. Cencich	E. Burks	286	
Open	Master I		
T. Cencich	D. Baize	380	
330	Pure		
220 lbs.	D. Baize	380	
Master I	PS CURL		
B. Betz	148 lbs.		
Open	Master I		
B. Betz	D. Boykin	121	
242 lbs.	181 lbs.		
Novice	Junior		
B. Ogle	E. Burks	143	
Pure	Master IV		
C. Ford	D. Boykin	82	
429	Submaster Pure		
C. Ford	T. Trujillo	88	
Submaster I	Novice		
J. Lynn III	E. Burks	143	
413	242 lbs.		
Submaster II	Master I		
B. Ogle	B. White	165	
286	PS DEADLIFT		
Submaster Pure	165 lbs.		
C. Ford	Master I		
429	K. Kaiser	363	
275 lbs.	181 lbs.		
Master I	Junior		
J. Whitbread	E. Burks	523	
518	Master III		
Pure	R. Mack	308	
R. Geller	Novice		
501	E. Burks	523	
Raw	242 lbs.		
181 lbs.	Master I		
Junior	B. White	551	
E. Burks	BP		
286	DL		
Master III	TOT		
R. Mack			
165			
Master Pure			
T. Trujillo			
292			
R. Herrera			
259			
Push Pull			
WOMEN			
148 lbs.			
Novice			
A. Courtwright			
104			
MEN			
114 lbs.			
Novice			
C. Hood			
104			
123 lbs.			
Junior			
J. Hood			
132			
148 lbs.			
Master I			
D. Boykin			
231			
Novice			
D. Boykin			
231			
165 lbs.			
Pure			
C. Claunch			
270			
181 lbs.			
Junior			
E. Burks			
286			
Master IV			
D. Boykin			
181			
198 lbs.			
High School			
R. Stecker			
192			
Master IV			
T. O'Keefe			
181			
Powerlifting			
SQ			
BP			
DL			
TOT			
181 lbs.			
Junior			
N. Rietfors			
429			
Master I			
D. Peterson			
396			
Master Pure			
D. Peterson			
396			
Open			

I. Estrada	385	308	457	1151	Master II	R. Herrera	369	259	418	1047								
Police/Fire					R. Geller	578	501	501	1581	Novice	G. Hunt	418	231	474	1124			
R. Guerrero	512	319	518	1350	308 lbs.					E. Garcia	226	231	286	744	198 lbs.			
R. Guerrero	512	319	518	1350	Junior	B. Sumner	716	55	628	1399	High School	R. Stecker		192	192			
Int	L. Wishkowski	435	253	440	148 lbs.	Raw	C. Hood	115	176	248	540	Master II	T. McNevin	303	203	451	959	
1129	Junior				C. Hood	165 lbs.	220 lbs.			Junior	S. Lloyd	413	308	485	1207			
Z. Broughton	518	319	567	1405	Master I	S. Matz	319	264	385	970	Master Pure	P. Strevett	529	341	529	1399		
Master I	R. Byars	463	407	523	1394	Master I	K. Kaiser	308	281	363	953	J. Miller	385	297	418	1102		
Master III	B. Wischkowski	352	275	374	1003	Master III	P. Butler	198	198	308	705	Submaster I	J. Randall	402	336	540	1278	
Open	Master IV	T. O'Keefe	242	181	297	722	Novice	S. Matz	319	264	385	970	Submaster II	J. Sabar	369	231	600	
J. Ehrhardt	451	220 lbs.			Master Pure	R. Byars	463	407	523	1394	Submaster II	T. Gilmore	358	237	413	1008		
PS BENCH	170	Novice			Submaster Pure	T. O'Keefe	242	181	297	722	Submaster Pure	T. Gilmore	358	237	413	1008		
165 lbs.	286	J. Randall	402	336	540	1278	Novice	J. Randall	402	336	540	1278	Master I	Ken Kaiser	308	308	308	
Novice	286	Submaster II					C. McClanahan	606	606	606	606	181 lbs.	High School	A. Kizirian	143	176	214	534
E. Burks	286	W. Hielscher	402	308	551	1262	242 lbs.	Junior	D. Baize	380	380	380	380	E. Burks	396	286	523	1207
Novice	286	Submaster II					Junior	D. Baize	380	380	380	380	Master II	R. Herrera	369	259	418	1047
E. Burks	286	J. Lynn III	137	413	253	804	275 lbs.	PS CURL					Master Pure					
286	286	148 lbs.					148 lbs.	148 lbs.					Master Pure					
286	286	Master I					121	121					Master Pure					
286	286	D. Boykin					143	143					Master Pure					
286	286	181 lbs.					82	82					Master Pure					
286	286	Junior					88	88					Master Pure					
286	286	E. Burks					143	143					Master Pure					
286	286	R. Mack					308	308					Master Pure					
286	286	Novice					523	523					Master Pure					
286	286	E. Burks					523	523					Master Pure					
286	286	242 lbs.					551	551					Master Pure					
286	286	Master I					551	551					Master Pure					
286	286	B. White					551	551					Master Pure					
286	286	BP					551	551					Master Pure					
286	286	DL					551	551					Master Pure					
286	286	TOT					551	551					Master Pure					

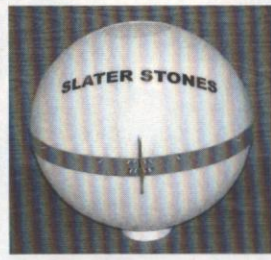
R. Jackson	82	137	220	440	Open	R. DeLong	148	275	402	826	D. Riethmann	121	259	451	832	USAPL Masters Qualifier				
181 lbs.					181 lbs.						(Thanks to Rich Peters for these results)					14 APR 07 - Racine, WI				
Master I					Junior	E. Burks	143	286	523	953	Italian Bench Press Competition					29 OCT 06 - Fagnano, Olona, ITA				
L. Hintz	66	77	203	347	Master II	R. Herrera	126	259	418	804	123 lbs.					(40+)				
Pure					Novice	E. Burks	143	286	523	953	Open					G. Veronese 275				
L. Hintz	66	77	203	347	High School	A. Kizirian	88	176	214	479	138 lbs.					S. Gaglio 88				
MEN					Courtwright	114 lbs.					Open					Michelangelo 253				
114 lbs.					220 lbs.	220 lbs.					Open					(50+)				
High School					Junior	S. Lloyd	413	308	485	1207	Open					E. Malpelo 281				
Courtwright					Master II	T. McNevin	303	203	451	959	L. Telesco	270				M. Brau 220				
C. Hood	55	104	165	325	Master III	T. Kerbs	115	231	369	716	D. Stringa	176				Open				
123 lbs.					Master III	J. Lynn Jr.	137	231	336	705	T. Borgia	148				L. Lizzi 303				
Junior					Submaster I	J. Lynn Jr.	137	231	336	705	U23					R. Tesse 303				
J. Hood	71	132	203	407	Submaster II	J. Sabar	369	231	600	Master III	M. Amodio	286				M. Pinto 259				
Open					Submaster II	J. Sabar	369	231	600	Master III	P. Patrizio	231				198 lbs.				
J. Hood	104	209	319	633	Submaster Pure	J. Hood	104	209	319	633	Open						M. Caradonna 203			
Submaster Pure					132 lbs.	132 lbs.					U24						242 lbs.			
J. Hood	104	209	319	633	Youth	P. Ginther	77	126	187	391	Open							G. Fasani 374		
132 lbs.					148 lbs.	148 lbs.					123 lbs.								220 lbs.	
Novice					Novice	C. Hood	77	176	248	501	Open								220 lbs.	
C. Hood	77	176	248	501	165 lbs.	165 lbs.					D. Wagman	181	418	562	1162				220 lbs.	
Int					Int	C. Claunch	126	270	451	848	Master I									220 lbs.
C. Claunch	126	270	451	848	C. DeLong	148	275	402	826	Novice	J. Miller	132	297	418	848					220 lbs.
R. DeLong	148	275	402	826	Master I	C. Brown	126	259	474	859	Master I									220 lbs.
C. Brown	126	259	474	859	WOMEN	K. Kaiser	165	281	363	810	Master III									220 lbs.
K. Kaiser	165	281	363	810	Master I						Master III									220 lbs.

USAPL Masters Qualifier		14 APR 07 - Racine, WI		
MALE	SQ	BP	DL	TOT
198 lbs.				
D. Wiler	145	145	145	435
275 lbs.				
K. Weyrough	145	145	145	435
(Thanks to USAPL for providing results)				
North East Divisional		13 JAN 07 - Bradford, UK		
BENCH	DEADLIFT	Raw	Raw	
220 lbs.	198 lbs.	Master I	Master VI	
Master I	Master VI	M. Giles	E. Bennett	
242 lbs.	220 lbs.	292	418	
Junior	Master I	Hollingsworth	M. Giles	
385	242 lbs.	385	451	
Senior	Hollingsworth	385	451	
J. Haynes	380	Junior	Hollingsworth	
319 lbs.	380	Hollingsworth	606	
Master III	275 lbs.	275 lbs.		
H. Rowlands	424	Master I		
275 lbs.	SQ <td>BP<td>DL<td>TOT</td></td></td>	BP <td>DL<td>TOT</td></td>	DL <td>TOT</td>	TOT
A. Pearson	529	407	529	1466
Raw				
132 lbs.				
Master I				
S. Brown	319	187	440	948
148 lbs.				
Senior				
P. Furness	264	165	242	672
165 lbs.				
Senior				
G. Munks	330	220	457	1008
181 lbs.				
Junior				
A. Miah	363	242	363	970
4th-BP-243				
Master V				
D. Dargue	303	209	336	848
198 lbs.				
Senior				
I. Khan	242	154	363	760
220 lbs.				
Senior				
J. Nessworthy	198	233	363	795
242 lbs.				
Master I				
M. Norton	540	369	529	1438
275 lbs.				
Master I				
P. Laing	529	374	688	1592
J. Stokes	440	286	518	1245
319 lbs.				
Senior				
C. Baker	551	440	617	1609
Referees: Sam Haydock, Mark Norton, Les Pilling, and Haydn Rowlands. Venue: Bradford University Gym. Mark Norton Report: Steve Brown took the 60 kgs. with a 430 kg.				

APC Georgia State Open
14 APR 07 - Athens, GA

BENCH			
FEMALE			
Teen (16-17)	D. Moore	485	
148 lbs.	Master (50-54)	198 lbs.	
Montgomery 126	R. Glenn	336	
220 lbs.	220 lbs.		
MALE			
Open	J. McDonald	374	
220 lbs.	Master (55-59)	220 lbs.	
P. Hall 501	R. Edwards	457	
K. Dean 363	242 lbs.		
242 lbs.	J. Howah	507	
A. Williamson 463	Master (60-64)	220 lbs.	
275 lbs.	220 lbs.		
M. Braswell 540	B. Coleman	352	
G. Baggett 523	M. Glasco	275	
N. Dixon 451	Teen (13-15)		
Master (40-44)	165 lbs.		
220 lbs.	R. Sims	248	
K. Dean 363	242 lbs.		
242 lbs.	R. Bulmash	330	
A. Williamson 463	Teen (16-17)		
309 lbs.	275 lbs.		
L. Smith 451	R. Luciano	358	
R. Sims 451	Teen (18-19)		
Master (45-49)	220 lbs.		
242 lbs.	S. Williams II	352	
Powerlifting	BP	DL	TOT
FEMALE			
Open			
132 lbs.			
N. Mazza 275	181	248	705
(35-39)			
165 lbs.			
J. Parkhurst 181	137	203	523
MALE			
Open			
198 lbs.			
M. Christie 705	474	633	1813
220 lbs.			
T. Niblett 700	402	650	1752
J. Overbay 501	336	479	1317
242 lbs.			
S. Parkhurst 760	523	661	1945
M. Harris 584	341	584	1510
275 lbs.			
T. Schaefer 617	385	507	1510
309 lbs.			
J. Hill 650	446	551	1647
309+ lbs.			
S. Lee 573	501	672	1747
(35-39)			
181 lbs.			
J. Key 496	435	507	1438
198 lbs.			
M. Driggers 650	529	644	1824
Teen (13-15)			
115 lbs.			
G. Schraub 226	126	248	600
165 lbs.			
R. Sims 402	248	369	1019
242 lbs.			
R. Bulmash 578	330	534	1444

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Teen (16-17)			
220 lbs.			
T. Sheffield 573	374	551	1499
242 lbs.			
A. Garrett 253	242	402	898
Teen (18-19)			
148 lbs.			
J. Garrett 248	187	341	777
J. Seabolt			
Master (40-44)			
220 lbs.			
J. Schraub 705	440	622	1769
309 lbs.			
T. Wright 540	308	463	1311
Master (45-49)			
198 lbs.			
D. Overbay 766	292	485	1543
Master (50-54)			
165 lbs.			
G. Brown 402	303	402	1107
220 lbs.			
C. Brown 402	303	402	1107
R. Proctor 551	380	507	1438
(Thanks to L.B. Baker for the meet results)			

Irish Single Lift Championships

3 FEB 07 - Carlow, IRE

BENCH			
165 lbs.			
Master II			
T. Pierce 231			
Senior			
P. McCarthy 187			
181 lbs.			
Master I			
Mandarano 385			
198 lbs.			
Master I			
T. Leitch 363			
Senior			
I. Kennedy 264			
220 lbs.			
C. Moore 159			
Master (50-54)			
165 lbs.			
G. Brown 402	303	402	1107
220 lbs.			
E. O'Brien 396			
P. Leitch 336			
BENCH Raw			
132 lbs.			

Senior			
148 lbs.			
D. Martin 270			
K. Kelly 165			
198 lbs.			
Master I			
T. Leitch 336			
Master III			
S. Redmond 220			
Master IV			
M. Kelly 259			
Senior			
T. Hurley 325			
L. McCabe 275			
Junior			
S. Robson 248			
D. Kelly 198			
181 lbs.			
Master II			
A. Delaney 132			
Teen III			
T. Coyle 486*			
Senior			
M. Corcoran 237			
220 lbs.			
D. Martin 463			
Teen II			
K. Sexton 336			
M. Kirwan 440*			
J. Kelly 292			
198 lbs.			
Senior			
D. O'Duill 496			
S. Robson 463			
L. McCabe 440			
Teen II			
A. Delaney 330			
Teen III			
N. Meehan 132*			
M. Corcoran 418			
220 lbs.			
Senior			
A. Greaney 606			
D. Doyle 518			
Master I			
P. Stumpfova 264			
165 lbs.			
Master I			
J. Kavanagh 352			
Master I			
B. Meehan 496			
P. McCarthy 396			
Master III			
T. Meehan 440			
Senior			
L. Beville 573			
J. Shanahan 595			
Teen II			
P. Chall 463*			
C. Moore 303			
275 lbs.			
Junior			
L. Mullaly 474*			
Master I			
B. Meehan 485			
Master III			
P. O'Ceaira 573			
DEADLIFT Raw			
123 lbs.			
Teen III			
C. O'Hara 231*			
132 lbs.			
Senior			
N. Meehan 297*			
319 lbs.			
Senior			
B. Crowley 308			
Teen I			
A. Rooney 596			
E. Kirwan 275			
319+ lbs.			
C. Kavanagh 253			
Junior			

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E. O'Donnell 440* Teen II
SQUAT 165 lbs. M. McCann 132
Master II 165 lbs. Master I
T. Pierce 358 J. Kavanagh 308
Senior 198 lbs.
P. McCarthy 352 Senior 396
181 lbs. D. O'Duill 396
Master I S. Robson 330
Mandarano 468 Teen III
198 lbs. M. Corcoran 319
Master I 220 lbs.
L. Beville 418 Senior
Senior A. Greaney 451
I. Kennedy 352 4th-474
C. Moore 248 D. Doyle 374
220 lbs. Master I
Master I P. Leitch 429
E. O'Brien 540 242 lbs.
242 lbs. Master I
Master I B. Meehan 474
B. Meehan 468 Teen III
SQUAT Raw T. Meehan 407*
123 lbs. 275 lbs.
Teen III Junior
C. O'Hara 176* L. Mullaly 418*
132 lbs. 319 lbs.
Teen I Senior
K. Kavanagh 154 A. Rooney 540
148 lbs. 319+ lbs.
Senior Junior
S. McConnell 286 E. O'Donnell 396*
Referees: Barry Crowley, Thomas Coyle,
Eddy O'Brien, Roy Scott, Anita Mahony,
Joe Kelly, and Murty Kelly. Report from
Anita Mahony: The Irish Single Event
Championships were hosted by David
Fitzhenry. Having it so early in the year
marked a departure from the usual calendar
of events as the Irish Single Lifts have
previously always been held in June or July
after the Irish Powerlifting Championships.
However, with the European & World
Powerlifting and Single Event Championships
all scheduled for Europe this year, two of
which are so close in Scotland, it is hoped
that more Irish lifters than usual will travel
to some of the international events so it
seemed a good idea to move the Single Lifts
so that the events were spread out throughout
the year. We were a bit concerned that it
would be quite early in the season for many
lifters but actually the event had more lifters
than usual (53), of which approx one-third
were brand new to the IDFFA. Two new
members who were particularly welcome were
Mikey McCann and Christopher Moore, our
first Special Olympics lifters. They certainly
helped to ensure a great atmosphere in the
venue. In the unequipped squat, there were
17 lifters. Performances of note included:
Anthony Greaney setting a national record
with 215 kgs. in the Open 100 kgs. class, &
the heavyweight young lifters TJ Meehan
(185 kgs.) at T2 110 kgs., Leon Mullaly (190
kgs.) at Jnr 125 and (180 kgs.) for Eoin O'
Donnell at Jnr +145 kgs., all of whom set
world records. The biggest squat of the day
was that of Anton Rooney 245 kgs. in the
Open 145 kgs. class. In the equipped squat,
of the eight lifters, Eddy O'Brien, 245 kgs.
M1 100 kgs. & Mark Mandarano, 212.5 kgs.
in the M1 82.5 kgs. were the top two lifts
according to the Schwarz formula, both
setting national records. In the unequipped
bench, there were 28 lifters. Here the
lightweight men came out tops. Scott Mc
Connell benched a massive 140kgs at 67.5
kgs. Open for a nation record while Thomaz
Gronostajoki also benched 140 kgs. as a
Jnr lifter in the 75 kgs. class. Both set
national records. Only eight lifters benched
equipped. Just like in the equipped squat,
the top two lifters were Mark Mandarano
& Eddy O'Brien, although this time in
reverse order with Mark Mandarano
benching 175 at 82.5 kgs. M1 while Eddy O'
Brien benched 180 kgs. in the 100 kgs. M1
class. Surprisingly more lifters deadlifted
unequipped than competed in the unequipped
bench with 33 lifters. In this event there
were loads of national & world records set
especially amongst the teen and junior
lifters. Those finishing in the top three
were Anthony Greaney, 275 kgs. in the 100
kgs. Open, Scott Mc Connell, 200 at 67 kgs.
Open & John Shanahan with 270 kgs. in the
110 Open. Only seven lifters deadlifted
equipped, the best being Liam Beville with
260 kgs. at 90 kgs. M1. (from Sharon Clegg)

East Midlands Bench Press

28 JAN 07 - Chestnut

BENCH Raw			
WM			
138 lbs.	J. Webster	243	
EC	198 lbs.		
K. Zilke 94	EM		
181 lbs.	L. Keen	331	
EC	220 lbs.		
M. Joseph 374	EM		
SE	M. Green	336	
M. Herd 298	EM		
EM	S. Bullimore	320	
G. Danbury 276			

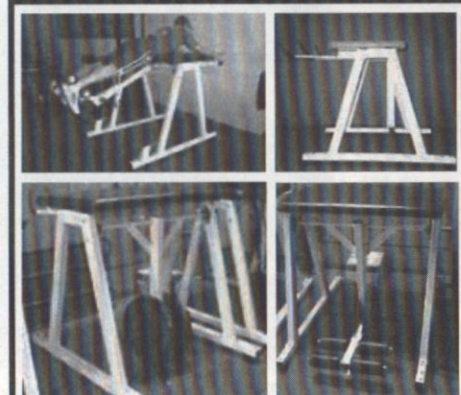
Referee: Frank Gubbins. Report from John Bevan: A very friendly first competition for the Monster Gym. Only one did not qualify for the British. A big thanks to Steve, owner of Monster Gym, Frank Gubbins, who has just joined the BDFPA, for refereeing very well, and to Neil Thomas who helped load and spot. (Results courtesy Sharon Clegg)

100% Raw New England

31 MAR 07 - Berlin, VT

BENCH Only			
Open			
FEMALE			
165 lbs.			
M. Berby 138			
198 lbs.			
Master (50-54) Open			
J. Gardner 208	G. Troia	132	
MALE			
Submasters			
P. Reynolds 132			
220 lbs.			
Submaster Open			
S. Garten 314	K. Mattson	176	
181 lbs.			
Masters (50-54)			
Lifetime Open			
M. Berby 350	B. Borofsky	143	
198 lbs.			
Submasters			
P. Reynolds 297	R. Rebovich	159	
CURLS Only			
148 lbs.			
DEADLIFT Only			
220 lbs.			
Submasters			
S. Ball 132	D. Whitlock	467	
181 lbs.			
Powerlifting			
SQ	BP	DL	TOT
FEMALE			
114 lbs.			
Master (40-44)			
D. McBurney 176	148	325	650
148 lbs.			
Lifetime Open			
A. Sherrick 187	88	319	595
MALE			
148 lbs.			
Junior			
J. Chromczak 319	275	424	1019
Submasters			
S. Ball 259	214	330	804

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Pro Hyper \$1,440.00

Standard Hyper \$975.00

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165 lbs.			
Junior			
J. Langevin 336	286	463	1085
Lifetime Open			
T. Wright 231	286	352	870
Open			
C. Dejoy 325	314	380	1019
181 lbs.			
Lifetime Open			
J. Aikey 485	346	551	1382
M. Berby 335	350	440	1126
Masters (45-49)			
T. Piazza 314	303	507	1124
198 lbs.			
Masters (50-54)			
J. VanAllen 457	396	501	1355
220 lbs.			
Junior			
G. Graves 402	380	501	1284
Open			
C. Sherrick 501	297	545	1344
(Thanks to Bret Kernoff for these results)			

100% RAW Powerlifting Federation

Membership Application

LAST NAME: _____ FIRST NAME: _____ INT. _____

STREET ADDRESS: _____

CITY / STATE / ZIP: _____

AREA CODE / TELEPHONE: _____ DATE OF BIRTH: _____

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

REGISTRATION FEE
\$25 - ADULTS
\$10 - HIGH SCHOOL

MAKE CHECK PAYABLE TO: 100% RAW
139 MARLAS WAY, CAMDEN, NC 27921
NOTE: Your 100% RAW Membership Will Expire
One Year From The Date of Application.

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

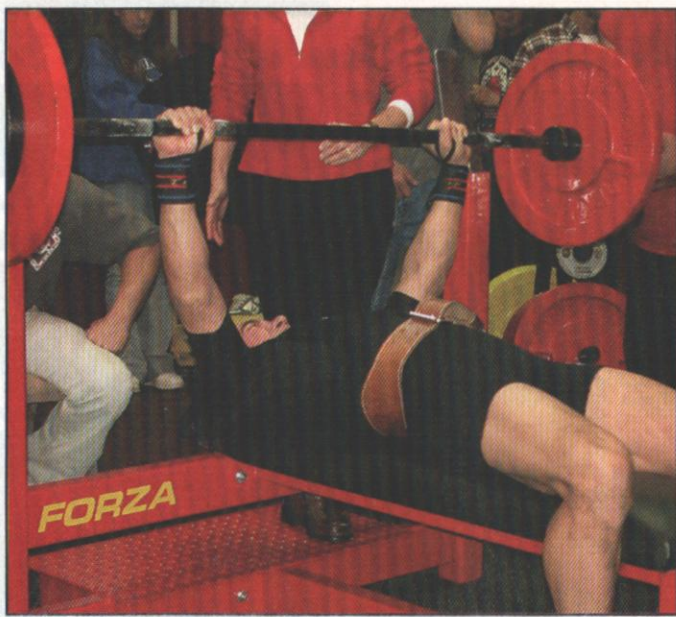
DATE OF APPLICATION: _____ (This Will Be Your Renewal Date)

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

www.RAWPOWERLIFTING.com

WABDL PA, NY, OH Regional
17 FEB 07 - Beaver Falls, PA

BENCH	198 lbs.	
WOMEN		
Junior	4th-374	358
114 lbs.	C. Sias	225*
N. Freed	C. Sparks	242*
4th-159*	220 lbs.	
Master (47-53)	M. Frampton	473*
105 lbs.	242 lbs.	
T. Gill	C. Carson	600
Master (68-74)	4th-617*	
148 lbs.	R. Chmura	573*
F. Combest	L. Kurtz	303
4th-85*	4th-308*	
Submaster	D. Sledge	457
198 lbs.	4th-473*	
W. Stoner	275 lbs.	126*
Teen (12-13)	J. Leonard	457*
105 lbs.	Law/Fire	
A. Miskinis	Master (40-47)	61
4th-66*	220 lbs.	
123 lbs.	J. Henkel	264
B. Collins	4th-272*	90
4th-91*	Law/Fire	
Teen (14-15)	Master (56+)	148 lbs.
242 lbs.		
Campanella	K. Heller	429
4th-88*	4th-435*!	
MEN		
Class I	SHW	
165 lbs.	B. Lobins	523*!
Pastermack	Law/Fire	303*
181 lbs.	Open	
A. Reese	198 lbs.	347
L. Spirtos	S. Cook	383
198 lbs.	220 lbs.	
R. Gregory	J. Henkel	325
220 lbs.	4th-272*	
M. Frampton	F. Jackson	473*
J. Pfeiffer	B. Shannon	336*
242 lbs.	4th-429*	
A. Waterfield	M. Zingaro	485*
259 lbs.	275 lbs.	
J. Hackett	C. DiNardo	402*
308 lbs.	501*	
C. Kowach	M. Piaso	507
4th-540*	440*	
M. Lenzi	Law/Fire	374*
Junior (20-25)	Submaster	
165 lbs.	181 lbs.	
B. Wolk	R. Shroyer	165
181 lbs.	220 lbs.	
A. Reese	F. Jackson	347
L. Spirtos	259 lbs.	383
P. Williamson	M. Zingaro	424*
	655*!	
	275 lbs.	
	C. DiNardo	501*

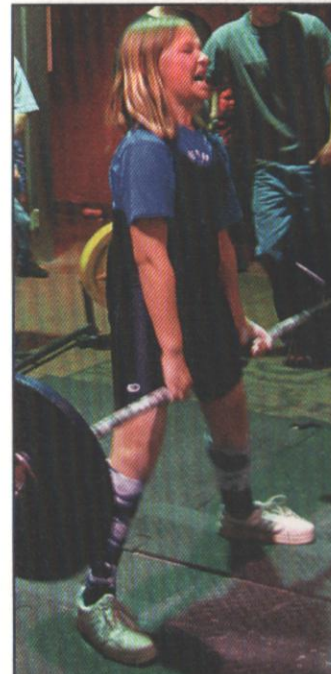


Robert Gill benched 242 for a WABDL World Record in the 123 lb., 54-60 age group. (photographs courtesy from Chuck Venturella)

M. Plaso	440*	4th-600*	220 lbs.	T. Russo	473*
Master (40-46)	123 lbs.	4th-600*	J. Herbein	270	
198 lbs.	225	4th-281*	C. Durant	363	
J. Woods	413	4th-242*!	M. Keyser	529*	
220 lbs.	225	4th-242*!	C. Williams	319	
J. Pfeiffer	336	165 lbs.	Robinson Sr.	319*	
B. Zematis	402	242 lbs.	Master (75-79)	242 lbs.	
242 lbs.	287*	242 lbs.	S. Pollard	622*	
D. Miskinis	341*	242 lbs.	R. Combest	275	
259 lbs.	330*	4th-282*	Open		
D. Smith	275*	308 lbs.	A. Parfitt	203*	
Master (47-53)	363*	123 lbs.	T. Gibson	677*	
123 lbs.	523*	SHW	C. Kowach	507	
G. Murphy Jr.	181	220 lbs.	4th-540		
220 lbs.	303*	4th-192*	G. Thomas	418	
220 lbs.	314	220 lbs.	SHW		
D. Lhota	360	242 lbs.	B. Manypenny	292*	
275 lbs.	402	198 lbs.	K. Patterson	644*	
W. Bidinotto	402	275 lbs.	Special Olympian		
B. Lenzi	578	4th-374*			

165 lbs.	M. Lenzi	457*
B. Bissett	170	Junior (20-25)
4th-181*	198 lbs.	
Submaster (33-39)	C. Sias	385*
198 lbs.	C. Sparks	352
T. Russo	473*	242 lbs.
220 lbs.	D. Sledge	650
M. Keyser	529*	275 lbs.
242 lbs.	J. Leonard	551*
B. Bagnall	479*	Law/Fire Open
S. Pollard	622*	198 lbs.
A. Waterfield	485*	S. Cook
275 lbs.	242 lbs.	534
T. Gibson	677*!	G. Arthur
308 lbs.	600	242 lbs.
G. Thomas	418*	Submaster
SHW	242 lbs.	
K. Patterson	644*	G. Arthur
Teen (12-13)	600*	Master (40-46)
97 lbs.	220 lbs.	
Campanella	77	J. Pfeiffer
4th-84*	242 lbs.	336
105 lbs.	D. Miskinis	330
P. Morgan	115	4th-341*
4th-121*!	Master (47-53)	
181 lbs.	275 lbs.	
D. Pfeiffer	99	B. Lenzi
4th-110*	628*	Master (54-60)
A. Pearson	270*	123 lbs.
Teen (16-19)	F. Principati	325*!
123 lbs.	181 lbs.	
A. Parfitt	203*	D. Swingle
148 lbs.	485*	Master (75-79)
D. Miskinis	225	242 lbs.
165 lbs.	R. Combest	429*
B. Bissett	170	Open
4th-181*	148 lbs.	
181 lbs.	D. Miskinis	396*
M. Dings	347*	181 lbs.
L. Sedar	198	D. Swingle
198 lbs.	485*	198 lbs.
A. Glassmyer	181	A. Bozich
4th-192*	518	4th-529*
N. Sedar	275*	259 lbs.
242 lbs.	J. Hackett	584*
R. Ryan	451*	275 lbs.
A. Youcis	242	M. Bartos
DEADLIFT	308 lbs.	710*
WOMEN	G. Thomas	540*
114 lbs.	SHW	
N. Freed	281*!	Special Olympian
148 lbs.	165 lbs.	
S. Leedham	259	B. Bissett
4th-270*	303*	Submaster (33-39)
198 lbs.		
R. Gregory	468	
F. Combest	187*	242 lbs.
Teen (12-13)	B. Bagnall	650*
105 lbs.	308 lbs.	
A. Miskinis	144	G. Thomas
4th-146*!	540	Teen (12-13)
Teen (14-15)	181 lbs.	
148 lbs.	D. Pfeiffer	198
Campanella	170	4th-209*
4th-174		Teen (16-19)
Teen (16-19)	148 lbs.	
123 lbs.	D. Miskinis	396*
A. Antoinette	275*	165 lbs.
MEN	B. Bissett	303*
Class I	198 lbs.	
198 lbs.	A. Glassmyer	314
A. Bozich	518	4th-330*
4th-529*	D. Leonard	358
R. Gregory	468	4th-374*
220 lbs.	242 lbs.	
J. Pfeiffer	336	A. Youcis
242 lbs.	479	4th-490
A. Waterfield	523*	275 lbs.
259 lbs.	M. Bartos	710*
J. Hackett	584*	SHW
308 lbs.	S. Ware	512*

*State Records. !-World Records. Beaver Falls is the boyhood home of Joe Namath, and on this day the home to some very good drug tested single ply shirt benching. Kevin Heller, an old school lifter from West Virginia, set a world record 435.2 in Law/Fire (56+) in the 242 weight class, and Big Bill Lobins at 340 Law/Fire (56+) in superheavy set a world record 523.5. Both Kevin and Bill have been around for 25 years and are real credit to the sport. In Law/Fire Open, Marc Zingaro, who has twin daughters, set a world record 655.7 at 259. That's his third world record in a year. Zingaro also got the world record in Law/Fire Submaster. In Submaster 275, Terry Gibson, who is square jawed no nonsense foreman at a steel plant, set a world record bench with 677.7. He set the



Ali Miskinis pulled a WABDL World Record of 146 lbs. in the 105 wt. class, 12-13 age group.

world record with 672.2 on September 11, 2006 and then Robert Lincoln Jr. of California broke it with 673.3 - now Terry has it back and I'm sure Robert Lincoln Jr. has his sights set a 678.8. In master 54-60/123 Robert Gill of Ohio set a world record bench of 242.5, his third world record in a year. In Teen men 12-13/105, Pat Morgan

set a world record bench of 121.2 and Brandi Collins of Ohio set a world record of 91.3 in 12-13/123. World records in the deadlift were set by Natalie Freed in Junior 114 with 281. She is only 20 and gave 303 a pretty good ride weighing only 111. Frank Principati set a world record 325 at 54-60/123. In Teen women 12-13/105 Ali Miskinis set a world record 146.5, the second time she broke it since September 11. Moving on to state record for Pennsylvania in the deadlift, Athony Bozich ripped up 529 in Class I/198. John Leonard elevated with ease 551 in Junior 275. Sheena Leedham pulled 270 in Junior women 148. Bret Bissett popped 303 at 165 in Special Olympian. Brian Bagnall was better than average with 650.2 in Submaster 242. Andy Glassmyer was good for 330.5 in Teen 16-19/198, but Dustin Leonard was good for more with 374.7. Alex Youcis blasted off with 490.5 on a 4th in Teen 16-19/242, and Alana Antoinette set a PA record 275.5 in Teen women 16-19/123. Ohio state records were set by Mike Bartos in Teen 16-19/275, with an opener of 710.7, but 760 was too much for him. He had 738 or 744 in him. Scott Ware hauled in 572.5 in Teen super. Dustin Pfeiffer did 209.2 in Teen 12-13/181 and Donnie Miskinis pulled 396.7 in Teen 16-19/148. Alan Waterfield pulled a nice 523.5 at Class I/242. In Master 40-46/242 Don Miskinis pulled 341.5 after coaching his son and daughter and doing most of the scorekeeping for 90+ lifters. He had at least another 30 pounds in him if not for all of that. Russell Combest, who is about 6'5" and 76 years old, was very impressive with 429. His wife in Master 68-74/148 pulled 187.2. They are both class people and a credit to the sport. Dale Sledge pulled 710.7 raw at Junior 242 to win Best Lifter. New York state record in the deadlift were set by Jeff Hackett in Class I/259 with 584, George Arthur Law/Fire Submaster 242 with 600.7. Also setting New York record were Don Swingle 54-60/181 with 485 and Open 181. West Virginia state records in the deadlift were set by Corey Sias with

385.7 in Junior 198, Scott Cook Law/Fire Open 198 hauled in 534.5 and Berton ?? Elevated 468.2 in Open super. There were numerous Pennsylvania and Ohio records set in the bench with the more prominent ones being Marc Frampton in Junior 220 with 473.7, a Pennsylvania record, Chris Carson was on his game with a huge 617.2 in Junior 242 for an Ohio record. Carlo Dinardo put up 501.5 in Law/Fire Open 275 for a Pennsylvania record as well as Law/Fire Submaster. Ohio records that were way up on the scale were Chris Kowach 540 in Class I/308, and Alan Waterfield 485 in Class I/242. Ryan Chmura set a Pennsylvania record 573 in Junior 242, but couldn't quite get 600. Scott Cook of West Virginia set a state record Law/Fire Open 198 with 490.7. Bill Lenzi in Master 47-53/275 was impressive with 600.7 for a Pennsylvania record. John Herbein, a retired captain in the Navy, set a Pennsylvania record 281 in Master 68-74/220. John formerly held the world record in the deadlift in 61-67/198 with 507. Earl Robinson Sr. set a Pennsylvania record with 319.5 at age 72. In Open 220, Mike Keyset set a Pennsylvania record 529. At Open 242, Scott Pollard was huge with a 622.7 and at super heavy Open Kevin Patterson at about 365 opened with 644.7 for a Pennsylvania record but couldn't find the groove with 700. Chuck B. Wyatt 225 130 260 615. Venturella was the meet director and overcame some obstacles to put on a great meet. The hotel had some confusion in how and when they booked the meet and some important staff members didn't show, the MC and the scorekeeper. I did the MC chores and Don Miskinis was excellent as scorekeeper. Also, Jeff Peshek helped out as scorekeeper. The judges were Chuck Venturella, Robert Bowyer, Dave Champ, and Gus Rethwisch. Working very hard at moving all the equipment were Ron Attanasio, Joe Marino, Sean Kirkpatrick, and Brett Bissett. The spotters were Chuck Brogan and Brian Macquarrie who did a good job and worked without relief for most of the day. Also, John Phillips was very helpful and all the guys from Southside

Barbell. Gus Rethwisch drove 1800 miles round trip from Minneapolis with staging, bars, rubber mats, judging lights and a digital scale. He also did the weigh-ins. This was the second annual meet. The first year was at an Irish pub with about 50 lifters. This year was the Holiday Inn with 90 lifters and next year will be even better and bigger. Chuck Venturella and his staff worked tirelessly and the awards were excellent. Every lifter got a sword that was 40" in length. Make your plans for next year! (Thanks to Gus Rethwisch for results)

USAPL South Texas Qualifier				
12 MAR 07 - Pt. Lavaca, TX				
FEMALE				
Powerlifting	SQ	BP	DL	TOT
97 lbs.				
K. Durham	225	110	180	515
L. McGuill	190	70	225	485
123 lbs.				
C. Perry	210	125	300	635
C. Sklar	250	105	255	610
J. Gaona	160	110	260	530
148 lbs.				
S. King	350	190	360	900
E. Murphy	255	125	380	760
J. Littles	225	105	250	580
165 lbs.				
B. Wyatt	225	130	260	615
K. Neal	195	105	270	570
181 lbs.				
A. Carr	345	170	305	820
198 lbs.				
S. Padierna	255	160	305	720
A. Norman	260	140	265	665
198+ lbs.				
P. Barnett	300	165	320	785
A. Clark	300	165	305	770
220 lbs.				
L. Briseno	500	270	385	1155
MALE				
242 lbs.				
J. Newman	390	310	450	1150
275 lbs.				
H. Martinez	500	300	500	1300
A. Cano	500	270	420	1190
Meet Director:	Hector Munoz. (USAPL)			

Application for Registration

WORLD ASSOCIATION OF BENCH PRESSERS AND DEADLIFTERS (WABDL)

Last Name	First Name	Initial	Resident	Current Club (If Benched)
			Y N	
Street Address				Club Name
City				Area Code/Telephone
Current WABDL Classification	Reference Status	U.S. Citizen?	Date of Birth	Sex
Elite Master I II III IV	World National State	Y N		M F

Registration Fee:
Adults \$30.00
Teens \$20.00

Make checks payable to and mail to:
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P.O. Box 27499
Golden Valley, MN 55427

If under 18, have parent initial _____

NOTE: All WABDL-sanctioned meets will be subject to drug testing.

In recognizing the need for drug usage detection, I agree to submit to any testing procedures deemed appropriate by WABDL or its agents and shall accept the results and consequences of such tests.

Signature _____

10

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NO. 2.5 A stepping stone to the No. 3

NO. 3 The universal standard of grip supremacy (€ 280 lb.)

NO. 3.5 Warning: the No. 4 is in sight

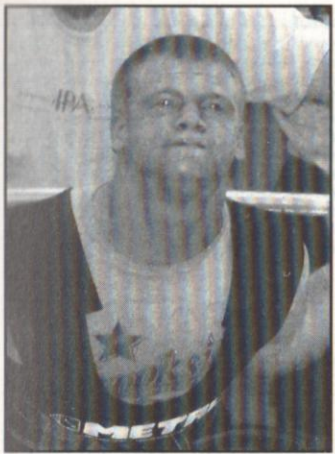
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785 lb. squat by 15 year old Anthony McCloskey at the IPA Carnage meet (photograph by the courtesy of Dad, Bob McCloskey)

Open Pro	J. Hanisak	530	425	480	1435
308 lbs.					
Open Pro	E. Mylrski	700	235	500	1435
SHW					

Junior
R. Ford 275 505 700 1480
Best Lifter Full Power: Anthony McCloskey.
Best Lifter Bench Press: Andy Shaffer. The 2006 carnage is in the books. All lifters but one earned berths for the 2007 IPA worlds or senior nationals. The IPA will have more qualifying meets throughout early 2007. I would like to thank the following people without whom, I could not get the job done. first and foremost my fiance' Ame, Carl Seeker, Mark Chaillet, my training partners and Nazbar teammates; Bobby & Kathy Fields, Vera Mc Kissic, Michelle Borzok. Al Moatz and Jeremy Tala Rico who manned the head table and did an excellent job announcing the meet. I especially would like to extend my deepest thanks to the club natural crew, especially Scott Yard and Aaron Utermahlen who pitched in and assisted myself and Mike Locondro in spotting the squat. Phil Yoder and the students of Schuylkill Valley H.S. for the fine facilities and pure manpower. this meet saw the introduction of safety chains during the squat portion of the meet. there were no saves that needed to be made. but if needed, they were there. I will do anything necessary to ensure the lifter's safety. So, thanks to all the lifters who came to compete! (Thanks to Gene Rychlak, Jr., Meet Director, IPA PA State Chairman & IPA Vice President, for providing results)

<p align="center">NASA Kansas State 14 APR 07 - Salina, KS</p>					
BENCH Only	Pure				
MALE	M. Tyler	363			
181 lbs.	PS BENCH				
Submaster I	MALE				
S. Lyon	363	181 lbs.			
Submaster II	Novice				
W. Beck	385	C. Graff	192		
Submaster Pure	Submaster Pure				
W. Beck	385	T. Carder	314		
220 lbs.	PS CURL				
Junior	MALE				
R. Hauser	369	181 lbs.			
A. Camargo	270	Novice			
Open	C. Graff	115			
Droegemeier	—	Submaster I			
Raw	132 lbs.	Submaster Pure			
132 lbs.	Novice				
Junior	A. Paddock	275			
M. Post	425	198 lbs.			
Open	198 lbs.	Police/Fire			
R. Hallet	400	B. Triplett	132		
198 lbs.	Junior				
Teen (14-15)	M. Tyler	363			
A. McCloskey	785	385	600	1770	



Application for Registration Office use only, do not complete

Last Name	First	Initial	New Member	Renewal	Exp. Date
Street Address					
City					
State or Providence					
Zip Code					
Country					
Telephone	Email Address	Date of Birth	Age	Sex	
Sign if above answers are correct. Parents sign if under 18 years. Date					

Registration Fee: Adult \$30 ~ High School and Special Olympics \$25
Payment is accepted in the form of cash or money order. Payment can be made to your state chairman. Payment can be mailed to: IPA, c/o Mark Chaillet, 190 Arsenal Rd., York, PA 17404

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STRENGTH MAGAZINE

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Junior	M. Barlett	104	198	303					
MALE									
132 lbs.									
Novice	A. Paddock	275	314	589					
198 lbs.									
Police/Fire	B. Triplett	253	534	788					
220 lbs.									
Junior/Novice	R. Hauser	369	463	832					
Teen	S. Cox	286	523	810					
Raw	242 lbs.								
Master Pure	B. Rome	341	413	755					
275 lbs.									
Submaster Pure	J. Burke	369	485	854					
181 lbs.									
FEMALE	SQ								
148 lbs.									
High School	D. Black	440	253	407	1102				
Open	D. Black	440	253	407	1102				
198 lbs.									
Junior	M. Tyler	463	363	501	1328				
Pure									
MALE	S. Rous	424	308	507	1240				
220 lbs.									
Submaster I	J. Madden	220	341	534	1096				
275 lbs.									
Submaster Pure	J. Burke	474	369	485	1328				
SHW									
Junior	J. Conner	534	424	705	1664				
MALE									
60 lbs.									
Youth	T. Tappendick	33	44	66	143				
132 lbs.									
Novice	A. Paddock	121	275	314	711				
Open	C. Brown	55	77	203	336				
165 lbs.									
Master I	B. Anderson	148	259	418	826				
Master Pure									
148 lbs.									
Novice	J. Tappendick	154	330	407	892				
Submaster Pure									
181 lbs.									
Int	Z. Mayhugh	159	330	507	997				
198 lbs.									
Submaster Pure	K. George	170	341	540	1052				
220 lbs.									
Master II	M. Severson	137	314	226	677				
Master III	G. Runge	126	275	413	815				
Submaster Pure	T. Lyon	181	380	463	1025				
275 lbs.									
Novice	M. Hauser	154	352	501	1008				
Open									

ADAU Power Day
28 APR 07 - Bigler, PA

BENCH	275 lbs.				
FEMALE					
114 lbs.	R. Matthews	290			
Teen (14-15)	Master (50-54)				
Zimmerman	100*	J. Alicardi	320		
132 lbs.		Open			
Open	G. Walker	285			
S. Levand	65				
148 lbs.	B. Faenza	395			
Open	P. Cognitore	345			
K. Barrett	90	DEADLIFT			
MALE		FEMALE			
77 lbs.		114 lbs.			
Youth (8-9)	Teen (14-15)				
A. Barrett	65*	Zimmerman	230*		
114 lbs.		132 lbs.			
Teen (16-17)	Master (50-54)				
J. Margolis	115	V. Weaver	190*		
148 lbs.		4th-200			
Junior (20-23)	165 lbs.				
M. Bender	260	Teen (18-19)			
Submaster (35-39)	R. Clarke	315*			
M. Gaal	140	MALE			
Master (40-44)	148 lbs.				
Open	Teen (18-19)				
G. Teeter	250	B. Carr	300		
Master (55-59)		Submaster (35-39)			
R. Duff	250*	M. Gaal	245		
Open		Master (40-44)			
C. Spairana	140	G. Teeter	310		
165 lbs.		Master (55-59)			
Teen (16-17)	B. Pensyl	350			
N. Pistone	185	Open			
181 lbs.		C. Spairana	275		
Master (60-64)		165 lbs.			
J. Mitsopoulos	290*	Teen (16-17)			
Master (70-74)		N. Pistone	345		
S. Contakos	95	Master (55-59)			
198 lbs.		N. Theodorou	540		
Master (50-54)		181 lbs.			
C. Maurer	165	Master (70-74)			
Master (65-69)		S. Contakos	200		
J. Monk	245	198 lbs.			
220 lbs.		Master (50-54)			
Teen (16-17)	C. Maurer	305			
J. Assadinia	285	220 lbs.			
Master (45-49)		Teen (16-17)			
A. Campiere	320	J. Assadinia	450		
Master (65-69)		Master (45-49)			
T. Margolis	325*	A. Campiere	405		
4th-335		Master (65-69)			
B. Dove	245	455			
J. Herbein	230	242 lbs.			
Open		Teen (16-17)			
A. Barrett	350	A. Brezovic	540*		
242 lbs.		M. Schrantz	480		
Teen (14-15)		Open			
J. Hellmann	280*	C. Border	555		
Junior (20-23)		D. Wayland	400		
A. Swaggerty	415	275 lbs.			
4th-425*		Master (55-59)			
Open		G. Walker	455		
C. Border	330	319 lbs.			
Master (50-54)		Teen (16-17)			
Open		K. McGrory	440*		
G. Pellegrine	405	4th-450			



Al Siegel with Outstanding Bencher Adrienne Zimmerman (14) and Outstanding Deadlifter Rachel Clarke (19), both of whom have trained for years at the Downtown Athletic Club, at the ADAU Power Day event (photograph provided by courtesy of Al Siegel)

REFeree STATUS: National Referee _____ State Referee _____

Club No. _____ Club Name: _____

Membership good for 1 year from date of application. For information on registration and program, call your State Chairman or 814-833-3727. A.D.A.U. membership provides each member with an opportunity to participate in A.D.A.U. events.

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Date of Birth	Age	Sex	Application Date	Social Security Number
		<input type="checkbox"/> Male <input type="checkbox"/> Female		
First Name	Middle Name	Last Name		
Address				
City	State	Zip Code		
E-mail	Phone (With Area Code)			

I agree to submit to any drug testing procedure, either in meet, or out of meet without any prior notice, deemed appropriate by the A.D.A.U. rule book.
NOTE: Parent/Guardian signature required if member under 18 years old.
Member's Signature _____
Parent/Guardian Signature _____

For more information, contact:
Allan Siegel, President, CFO
304 Daisy Street • Clearfield, PA 16830
Phone or Fax: 814-768-9400
E-mail: al@pikitung.com • Website: www.pikitung.com

J. Markle	400	B. Faenza	625*
Open		P. Cognitore	610
*American Records. Outstanding Female Bench: Adrienne Zimmerman, of Clearfield, PA. Outstanding Male Bench: Antony Swaggerty, of Indiana, PA. There were three competitors in the bench Master 65-69/220, something normally seen only at a national meet. Outstanding Female Deadlift: Rachel Clarke, of Clearfield, PA. Outstanding Male Deadlift: Nick Theodorou, of Easton, PA. Drug tests were performed by Quest Diagnostics. (Thanks to Al Siegel for providing the meet results)			

APA Iron Monster Open
3 MAR 07 - Yuba City, CA

BENCH	MEN				
242 lbs.	C. Tawzer	140			
(50-59)	DEADLIFT				
K. Tawzer	330	UNL			
BENCH REPS	Open				
198 lbs.	M. Tawzer	155			
Open	Master				
D. Brownfield	26	M. Tawzer	155		
D. Goodwin	23	4th-165!*			
CURL	Raw				
WOMEN	M. Tawzer	155			
UNL	MEN				
M. Tawzer	60	(40-49)			
220 lbs.	J. Schultz	—			
(60-69)	SHW				
D. Knapp	100	Open			
4th-105	Raw				
SHW	C. Tawzer	450			
Push Pull					
WOMEN	BP	DL	TOT		
123 lbs.					
Master					
D. Cameron	90	180	270		
	4ths:	95	190		

NASA YMCA IL/Great Lakes
10 MAR 07 -

BENCH					
308 lbs.					
Master I					
B. Buckley	390	J. Bader	215	165	165
Master V		198 lbs.			
HSP					
D. Ader	235	B. Buckley	390		
165 lbs.		Novice			
HSP		S. Ehrikh	340	250	370
P. Ader	270	C. Rojas	315	235	365
220 lbs.		DEADLIFT			
198 lbs.		HSP			
R. Echeverria					

IBP Tar Heel State Championships
14 APR 07 - Winston-Salem, NC

BENCH		Raw	
MALE	B. Presnell	340	
148 lbs.	308+ lbs.		
Master (45-49)	Intermediate (24-34)		
R. Foxx	Raw	265	
165 lbs.	C. Adams	450	
Intermediate (24-34)	Intermediate (24-34)		
R. Granko	L. Williams	410	
350	DEADLIFT		
4th-355	MALE		
181 lbs.	Maser (60-64) R	220 lbs.	
MALE	J. Shoaf	265	Master (65-69)
148 lbs.	198 lbs.		T. Coble
Intermediate (24-34)	242 lbs.		
Raw	Master (40-44)		
W. Brothers	T. Bowman	625	
220 lbs.	Master (50-54) R		
Master (50-54) R	E. Washam	520	
S. Whitted	Intermediate (24-34)		
320	Raw		
Police/Fire/Military	B. Burgin	455	
A. Smith	275 lbs.		
350	Teen (18-19) R		
242 lbs.	B. Presnell	505	
Master (40-44)	Master (50-54) R		
D. Barker	D. Hardin	450	
430	4th-460		
Open	FEMALE		
D. Barker	132 lbs.		
430	Intermediate (24-34)		
275 lbs.	T. Ball	200	
Open Raw	Powerlifting	SQ	BP
E. Clark	330	DL	TOT
132 lbs.	132 lbs.		
Teen (18-19)	Intermediate (24-34)		
D. Atkins	T. Ball	200	
520	Raw		
Powerlifting	Raw		
SQ	BP	DL	TOT
FEMALE	132 lbs.		
132 lbs.	Intermediate (24-34)		
Raw	T. Ball	150	200
T. Ball	115	200	465
Teen (14-15) R			
V. Federle	165	80	200
148 lbs.			
Master (40-44) R			
A. Bell	—	—	—
Master (45-49) R			
S. Smyth	155	90	180
155			
Teen (14-15) R			
T. Morrison	—	85	225
165 lbs.			
Teen (14-15) R			
A. Oliver	—	90	250
198 lbs.			
4th-DL-260			
Open Raw			
J. Langdon	265	165	300
730			
MALE			
114 lbs.			
Youth (10-11) R			
C. Rhymer	150	100	225
475			
123 lbs.			
Open Raw			
B. Etringer	200	145	255
600			



Mark Ferris squatting 610 at the IBP Tarheel State Meet. (K. Payne)

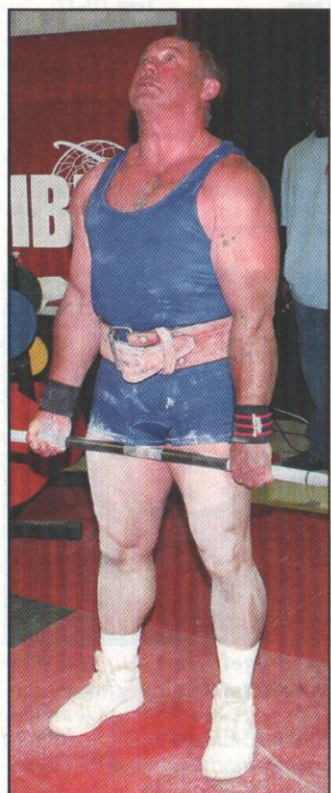
Teen (14-15) R		Youth/Teen (12-13) R	
B. Etringer	200	145	255
600			
M. Hrabar	145	130	185
460			
132 lbs.			
Open			
S. Warren	325	280	405
1010			
Teen (18-19) R			
C. Ladd	200	160	325
685			
148 lbs.			
Master (40-44)			
R. Wess	430	270	465
1165			
Youth/Teen (12-13) R			
D. Smyth	155	110	205
470			
165 lbs.			
Novice R			
C. Edwards	160	135	280
575			
Open Raw			
M. Hopkins	535	365	525
1425			
4th-DL-545			
Police/Fire/Military R			
B. Ronie	375	270	425
1070			
Teen (14-15) R			
T. Hedrick	—	115	190
—			
Teen (16-17)			
J. McDermott	490	325	465
1280			
Teen (18-19) R			
M. Hopkins	535	365	525
1425			
4th-DL-545			
Youth/Teen (12-13)			
Raw			
P. Whitson	—	80	190
—			
220 lbs.			
Master (50-54) R			
B. Strauss	405	265	380
1050			
Police/Fire/Military R			
C. Smith	505	—	475
—			
242 lbs.			
Intermediate (24-34) R			
C. Carter	330	260	410
1000			
Master (40-44)			
M. Ferris	610	450	605
1665			
Master (45-49)			
K. Hall	520	400	520
1440			
Master (50-54) R			
V. Sherard	500	380	475
1355			
275 lbs.			
Master (50-54) R			
G. Potoka	405	265	405
1075			
4th-SQ-420			
DL-415			
Teen (16-17) R			
A. Isaacs	285	235	405
925			
308 lbs.			
Junior (20-23)			
C. Edmunds	540	490	610
1640			
Master (40-44) R			
T. Langdon	480	315	540
1335			
308+ lbs.			
Junior (20-23)			
C. Martin	685	450	600
1735			
Submaster (35-39) R			
N. Terrell	—	325	495
—			

Youth/Teen (12-13)		Raw	
P. Whitson	—	80	190
—			
220 lbs.			
Master (50-54) R			
B. Strauss	405	265	380
1050			
Police/Fire/Military R			
C. Smith	505	—	475
—			
242 lbs.			
Intermediate (24-34) R			
C. Carter	330	260	410
1000			
Master (40-44)			
M. Ferris	610	450	605
1665			
Master (45-49)			
K. Hall	520	400	520
1440			
Master (50-54) R			
V. Sherard	500	380	475
1355			
275 lbs.			
Master (50-54) R			
G. Potoka	405	265	405
1075			
4th-SQ-420			
DL-415			
Teen (16-17) R			
A. Isaacs	285	235	405
925			
308 lbs.			
Junior (20-23)			
C. Edmunds	540	490	610
1640			
Master (40-44) R			
T. Langdon	480	315	540
1335			
308+ lbs.			
Junior (20-23)			
C. Martin	685	450	600
1735			
Submaster (35-39) R			
N. Terrell	—	325	495
—			

R=Raw. (Thanks to Keith Payne for results)

WNPF Ohio Championships
25 MAR 07 - Youngstown, OH

BENCH		Raw	
FEMALE	F. Ronainelli	350	
123 lbs.	(50-59)		
Single Ply	E. Freeman	330!	
123 lbs.	220 lbs.		
(50-59)			
N. Proctor	135		
Raw	D. Ogan	305	
132 lbs.	275 lbs.		
(50-59)	(50-59)		
P. Wolfe	100!	S. Rinchart	350
MALE	DEADLIFT		
Single Ply	FEMALE		
148 lbs.	Raw		
(13-16)	132 lbs.		
J. Schaffer	235!	(50-59)	
220 lbs.	P. Wolfe	215!	
Open	MEN		
C. Hurst	365!	Raw	
(50-59)	220 lbs.		
R. Brown Jr.	370!	Open	
SHW	A. Hutchinson	430!	
Police/Fire	POWER CURL		
C. Cline	540!	MALE	
Raw	181 lbs.		
148 lbs.	(60-69)		
(50-59)	R. Staab	150!	
T. Duff	255!	SQUAT	
165 lbs.	(40-49)	MALE	
(40-49)	Single Ply		
A. Berger	310!	(17-19)	
198 lbs.	J. Bruno	500!	
BENCH for Reps	Lbs.	Reps	
FEMALE			
123 lbs.			
(50-59)			
N. Proctor	60	53	
MALE			
148 lbs.			
(50-59)			
T. Duff	150	25	
Ironman	BP	DL	TOT
MALE			
Single Ply			
148 lbs.			
J. Schaffer	235!	380!	615!
220 lbs.			
Raw (50-59)			
A. Rozzo	285!	450!	735!
275 lbs.			
(50-59)			
D. Day	325	525!	850!



Tommy Coble deadlifting 530 @ 65-69/220 (Keith Payne photo)

Powerlifting		SQ	BP	DL	TOT
FEMALE					
Single Ply					
148 lbs.					
Lifetime					
S. Schaffer	280!	150!	270!	700!	
Open					
S. Schaffer	280!	150!	270!	700!	
Raw					
123 lbs.					
(17-19)					
M. Woofter	210!	100!	210!	520!	
132 lbs.					
Novice					
C. Mitchell	155!	110!	245!	510!	
(40-49)					
M. Greer	270!	135!	300!	705!	
MALE					
Single Ply					
165 lbs.					
(35-39)					
A. McVane	575!	360!	575!	110!	
181 lbs.					
(50-59)					
J. Koplin	400	265	405	1070	
(17-19)					
J. Bruno	500!	275!	490!	1265!	
(50-59)					
P. Accordino	410!	310!	425!	1145!	
(20-23)					
J. Schmutzer	435!	255!	405!	1095!	
(40-44)					
L. Newman	620!	480!	630!	1730!	
D. Polis	580	440	540	1560	
(50-59)					
J. Phillips	540!	390!	450	1380!	
242 lbs.					
(50-59)					
B. Schaffer	510!	340!	450!	1300!	
300 lbs.					
Open					
D. Bosler	700!	480!	580	1760!	
(40-49)					
R. Luklan	630!	525!	600!	1755!	
Raw					
165 lbs.					
(17-19)					
M. Lyden	390	300	485	1175	
C. Brink	255	215	350	820	
198 lbs.					
Lifetime					
M. McNinch	520	330	450	1300	
(35-39					

ADFPF Bill Beckwith Memorial
3 MAR 07 - Wayland, MI

BENCH	220 lbs.			
FEMALE	Open			
198+ lbs.	J. Jachim	402!		
Teen I	Teen II			
S. Baly	D. Baly	264		
Raw	Raw			
123 lbs.	220 lbs.			
Open	Master I			
S. Hayes	J. Jachim	330		
128 lbs.	Master V			
Open Teen II	J. Brodski	281!		
J. Mendez	Master VI			
126!	T. Andrews	203		
139 lbs.	242 lbs.			
Master I	Junior			
R. Kerkstra	P. Battaglia	297		
115!	Master IV			
MALE	R. Moleski	336!		
148 lbs.	275 lbs.			
Master V	Master I			
G. Morrison	J. Campion	402!		
203!	320 lbs.			
165 lbs.	Open			
Open	J. Richmond	380	264	474 1118
J. Bothwell	198 lbs.			
297	Master I			
198 lbs.	G. Platsko	374	275	501 1151
Junior	220 lbs.			
C. Carpenter	Open			
485	E. Reid	501!	374!	589 1466!
FEMALE	242 lbs.			
Raw	Junior Open			
154 lbs.	R. Esbaugh	314!	226!	424! 964!
Open	Open			
C. Bean	L. Skaarup	573	628	628 1829
126	275 lbs.			
248	Master II			
374	R. Strong	617	402	672 1692
MALE	Master III			
198 lbs.	A. Ninaber	534	424	551 1510
Master III	Raw			
J. Marentette	148 lbs.			
363	Teen II			
622	S. Black	253!	154!	314! 722!
986	181 lbs.			
Raw	Junior			
220 lbs.	J. Mokma	303*	214*	402* 920*
Master VI	198 lbs.			
L. Turner	Open			
Powerlifting	J. Decker	507	352	672! 1532
SQ	M. Sobczak	358	226	418 1003
FEMALE	Teen I			
Raw	A. Bohn	319!	203!	402! 925!
154 lbs.	Junior			
Open Master I	M. Marsiglia	358*	226	551! 1135*
C. Burr	220 lbs.			
237*	D. Finley	330!	220!	352! 903!
165!	Open Master III			
347!	D. Burr	336!	264!	418! 1019!
749!	242 lbs.			
MALE	Open			
148 lbs.	L. Lopez	534!	451!	600! 1587
Open Master I	!ADFPF American Records. *Michigan			
T. Greenman	State Records. Congratulations to the fol-			
402*				
297*				
424*				
1124*				
Junior				
J. Marrenette				
352				
226				
468				
1047				
165 lbs.				
Junior				
C. Prlaris				
319*				
242*				
363*				
925*				
D. Tellien				
424				
308				
424				
1157				
Master I				
P. Coats				
490				
352				
529				
1372				
Open				
N. Gaudette				
341				
209				
418				
970				
181 lbs.				
Master V				
R. Batko				
402				
198				
440				
1041				
Teen II				
K. Strong				
468				
314				
545				
1328				

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Open	J. Richmond	380	264	474	1118
198 lbs.	Master I				
G. Platsko	374	275	501	1151	
220 lbs.	Open				
E. Reid	501!	374!	589	1466!	
242 lbs.	Junior Open				
R. Esbaugh	314!	226!	424!	964!	
Open	L. Skaarup	573	628	628	1829
Master II	R. Strong	617	402	672	1692
Master III	A. Ninaber	534	424	551	1510
Raw	148 lbs.				
Teen II	S. Black	253!	154!	314!	722!
181 lbs.	Junior				
J. Mokma	303*	214*	402*	920*	
198 lbs.	Open				
J. Decker	507	352	672!	1532	
M. Sobczak	358	226	418	1003	
Teen I	A. Bohn	319!	203!	402!	925!
Junior	M. Marsiglia	358*	226	551!	1135*
Master V	D. Finley	330!	220!	352!	903!
220 lbs.	Open Master III				
D. Burr	336!	264!	418!	1019!	
242 lbs.	Open				
L. Lopez	534!	451!	600!	1587	
!ADFPF American Records. *Michigan					
State Records. Congratulations to the fol-					

lowing lifters who have qualified to compete in the 2007 WDFPF Powerlifting World Championships (held in Granemouth, Scotland, on November 17th) Unequipped Division: Carol Burr, Sean Black, Joshua Decker, Matthew Marsiglia, Alex Bohn, Doug Finley, and Lutario Lopez. 36 American Records and 49 Michigan State Records were set in the unequipped division of powerlifting & single events. Congratulations to the following lifters who have qualified to compete in the 2007 WDFPF Powerlifting World Championships Equipped Division: Todd Greenman, Jason Marrenette, Paul Coats, Darek Tellien, Robert Batko, Kurtis Strong, Eric Reid, Luke Skaarup, Ron Strong, and Adrian Ninaber. 18 American Records & 31 Michigan State Records were set in the equipped division (powerlifting & single events). A total of 54 American Records were set and 80 Michigan State Records were set for a grand total of 134 newly set records! Despite fierce winds causing non-stop horizontally falling snow and numerous white-outs, 46 lifters accompanied by coaches, families and friends pulled into Wayland Michigan to participate in the 11th annual Bill Beckwith Memorial. Some of the registered lifters had to bail on this event, due to treacherous driving. Meet Directors Jan & Dick Van Eck phoned lifters who had not hit the scales after the first hour of weigh-in. All were safe but disappointed to miss the competition. Once again, a contingent of Canadian lifters helped turn this Bill Beckwith Memorial Powerlifting and Single Event Championships into an international event. Despite the heavy snow blanketing western Michigan, ten Canadian lifters made the trip across the Detroit, Michigan and Windsor, Ontario boarder to demonstrate their lift-

ing prowess. The Canadians living close to the boarder find it easy to compete in the United States without having to travel too far. They added that the Michigan snowstorm added at least an additional hour to their travel. Lifters from both sides of the boarder proved that they are not strangers when it comes to lifting heavy steel. The U. S. contingent rewrote the records book by setting 54 ADFPF American Records and 80 ADFPF Michigan State records. (All records noted on meet results.) The ADFPF is the U.S. Affiliate to the WDFPF Both the WDFPF and the ADFPF follow the same rules; sanction single-event and full powerlifting meets; allow lifters the opportunity to compete in both the equipped and unequipped divisions, and allow ADFPF and WDFPF records to be set in a minimum of seven categories. In all, six Canadian along with 11 U.S. lifters reached or surpassed the World Drug-Free Powerlifting Federation's qualifying totals for the 2007 World Powerlifting Championships All lifters who successfully completed the competition qualified for the WDFPF Single Event World Championships to be held October 12 (Squat event), 13 (Bench Press Events) & 14th (Deadlift event) in Montesilvano, Italy. The qualified U.S. lifters must notify the ADFPF National Office if they want to apply for a slot on one of the ADFPF teams attending these exciting events. The Canadian lifters must join the Canadian Drug-Free Powerlifting Association to be eligible to compete on the WDFPF platform. Alliance with the WDFPF provides lifters with the opportunity of competing internationally against like-minded athletes who are committed to train and compete without the use of strength enhancing chemicals. The following lifters were drug tested: Jeffery Campion, Matthew Marsiglia, Shawn O'Halloran & Luke Skaarup. All test results were negative. Many thanks to Meet Directors Jan & Dick Van Eck who along with Barb and Jack Bowen along with John Jachim who all worked tirelessly in organizing and setting up another successful Bill Beckwith Memorial Championships. Thank you to the meet officials, spotters and loaders, scoring table crews, announcer, concession stand workers and the Wayland Middle School staff. "As a fairly new and growing organization the ADFPF was developed to serve drug free lifters," said Judy Gedney, who along with Dick Van Eck and Dennis Brady form the ADFPF Board of Directors. "We are continuously seeking members with a vision for the future. People who would like to promote drug-free sport by acting as state chairs, meet directors, or certified ADFPF referees" Gedney said. "Thus far the ADFPF has sanctioned 2007 events in Illinois, Indi-

ana, Florida, Massachusetts, Michigan and Missouri. Currently Michigan hosts our largest membership. Check out the website for a list of upcoming events including the ADFPF Single Event Nationals held on June 23 in South Bend, IN, and the ADFPF Powerlifting Nationals held in Six Lakes, MI on August 11th. Meet Information and Entry Forms for all ADFPF events available at www.adfpf.org. (thanks to Judy Gedney for providing these results)

USAPL Central Maine Bench Press
13 JAN 07 - Waterville, ME

BENCH	K. Johnson	424	
FEMALE	C. LePage	391	
97 lbs.	Master I		
Teen III	R. Larabee	275	
C. Rowe	88	Master III	253
148 lbs.	Master V		
Teen I	F. Munzie	336	
R. Kaplan	220 lbs.		
198+ lbs.	Open		
Teen III	J. Saucy	457	
K. Kaldro	165	Teen II	
MALE	A. Moore	281	
114 lbs.	4th-292		
Special Olympic	Teen III		
R. Jabar	88	J. Hughes	369
148 lbs.	Master II		
Teen III	K. Ferrigan	341	
S. Gross	265	Master V	
165 lbs.	J. Mederins	363	
Junior	242 lbs.		
C. Murray	319	Open	
4th-325	J. Perry	374	
Teen II	Junior/Open		
M. Lynch	220	W. Fabiano	385
Teen III	Teen I		
B. Lane	203	J. Rolfe	370
M. York	275	4th-275	
C. Paine	270	Master I/Open	
Master I/Open	D. Boyington	369	
181 lbs.	Open		
Open	S. Beaupre	451	
S. Beaupre	451	M. Ficse	374
275 lbs.	Open		
Teen II	B. Kaft	319	
K. Gornson	325	SHW	
4th-330	Master I		
198 lbs.	S. Michelson	402	
Open	4th-413		
Venue: Waterville Senior High. Coordinators: Terry Halliday & Scott St. Peter. Best Lifters: Junior-Marshall Fiese. Overall Male-Steve Beaupre. Overall Female-Randi Kaplan. Teen-Sam White. Master-Fran Manzie. (Thanks to USAPL for the results)			

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USAPL California State
17 MAR 07 - Modesto, CA

BENCH	275+ lbs.	Open	L. Contreras	341	Master III (50-54)	Open	J. Blanchard	385	341	462	1190			
MALE	Open	Powerlifting	SQ	BP	DL	TOT	M. Wild							
148 lbs.	L. Contreras	429	148 lbs.	Master V (60-64)			R. Pagal	363	308	413	1085			
Teen III (18-19)	Master III (50-54)		Open	C. Mundy	220	115	225	562						
T. Bloomer	264	L. Contreras	429	181 lbs.			P. Harmon	468	358	485	1311			
Master I (40-44)	F. Beeler	562	Master I (40-44)	B. Behm	248	203	303	755	W. Jandoc	611	418	573	1603	
S. Bloomer	259	181 lbs.	Master IV (55-59)	DEADLIFT			Master II		W. Jandoc	611	418	573	1603	
181 lbs.	S. Green		181 lbs.	MALE			275 lbs.							
Open	Master II (45-49)	K. Schiessl	325	181 lbs.			Open							
Master II (45-49)	198 lbs.	181 lbs.	Teen III (18-19)	Open			Teen III (18-19)							
198 lbs.	181 lbs.	181 lbs.	T. Morton	242	165	259	668	Open						
Teen III (18-19)	Open		Junior (20-23)				Master II							
M. Beeler	369	K. Schiessl	501	Master II (45-49)			Master II							
Master II (45-49)	K. Schiessl	501	198 lbs.	A. Shouse	435	303	451	1190	Open					
K. Kanemoto	462	198 lbs.	Open	G. Krampitz	457	275	496	1229	Open					
220 lbs.	Junior (20-23)	Open		181 lbs.			Master II							
A. Contreras	336	E. Koo	650	220 lbs.			B. Lee	650	473	551	1675			
Open	Open	Open		Junior (20-23)			Master II							
S. Buckley	424	K. Schiessl	545	325	501	1372	Beet Directors: Jason Burnell and Steve Deison. Referees: Steve Denison-National, Joe Randazzo-National, Lance Slaughter-National, Bill Ennis-International, and Mike Koufous-State. State Powerlifting Records Set: Barbara Bovlanna Behm, Scott Layman, Keith Schiessl, Keith Kanemoto, Wayne Jandoc, and Mel Goodwin. State Single Lift Bench Records Set: Alex Vartabedian, Martin Beeler, Keith Kanemoto, Mel Goodwin, and Ron Pagal. State Single Lift Deadlift Records Set: Howard Myers. (Thanks to USAPL for providing results)							
Master V (60-64)	A. Contreras	330	Master II (45-49)											
R. Pagal	308	Open	K. Schiessl	545	325	501	1372							
242 lbs.	S. Buckley	518	S. Helmer	446	275	446	1168							
Teen II (16-17)	Master V (60-64)	H. Myers	523	198 lbs.										
Vartabedian	242	242 lbs.	Open	E. Koo	562	424	650	1636						
Master II	Teen II (16-17)	Open		Master II										
W. Jandoc	418	Vartabedian	396	J. LaGrill	518	303	551	1372						
275 lbs.	275 lbs.	275 lbs.	275 lbs.	K. Kanemoto	606	462	529	1598						
Open	Master II	Master II		220 lbs.										
M. Goodwin	501	M. Goodwin	534	Teen II (16-17)										
Master II	275+ lbs.	J. Orlando	396	308	407	1113								

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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:** _____

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Competing Divisions: (please circle all that apply

WNPF Youth Elite Nationals
20 MAY 07 - Ephrata, PA

BENCH	(40-49)			
WOMEN	Edwards	25		
114 lbs.	181 lbs.			
(40-49) Raw	Lifetime			
Miller	110*	20*		
Cocco	82			
123 lbs.	(17-19)			
(40-49) Raw	Gyger	21*		
Benner	159*			
MEN	POWERCURL			
60 lbs.	WOMEN			
(9-10) Raw	114 lbs.			
Alpert	(40-49)	86*		
80 lbs.	Miller			
(9-10) Raw	MEN			
Fasnacht	114 lbs.			
148 lbs.	(13-16)			
Lifetime Raw	Dantzler	48!		
Bingham	198			
(11-12) Raw	Open			
Bingham	198*	86		
(13-16) Raw	Edwards!	152		
Foltz	(50-59)			
165 lbs.	Legg	86		
Lifetime Raw	181 lbs.			
Legg	203			
Open Raw	Open			
Legg	203			
(50-59) Raw	Open			
Legg	203			
181 lbs.	Parrillo	169*		
(40-49) Raw	(50-59)			
Alpert!	Bosley	169*		
(40-49)	300 lbs.			
Foltz	(50-59)			
347	Walk	136*		
(50-59) Raw	(60-69)			
Catrambone	259			
198 lbs.	Schoelkoph	152*		
(17-19) Raw	Open			
Gyger!	341T			
Lifetime unl	DEADLIFT			
Ryan!	MEN			
220 lbs.	100 lbs.			
Lifetime Raw	(9-10) Raw			
Hicks	Brown	104		
(40-49) Raw	114 lbs.			
Hicks	(13-16) Raw			
(40-49)	Dantzler	181		
Klazas	Lifetime Raw			
(50-59) Raw	Dantzler	181*		
Bonga	148 lbs.			
(60-69) Raw	(13-16) Raw			
Blough	Foltz	275!		
242 lbs.	165 lbs.			
Lifetime Raw	Stoutd			
Smith	(40-49)			
Parrillo	319			
Open Raw	319			
Smith	319			
(40-49) Raw	181 lbs.			
Smith	(50-59) Raw			
(40-49)	Catrambone	424		
Fasnacht	(60-69)			
275 lbs.	Dennison	551*		
(17-19) Raw	198 lbs.			
Griffith	(17-19) Raw			
300 lbs.	Gyger	457!		
(50-59)	220 lbs.			
Walk	(40-49)			
(60-69) Raw	308			
Plummer	319*			
(60-69) unl	(17-19) Raw			
Schoelkoph	319*			
BENCH for reps	Griffith!			
(Bodyweight)	SQUAT			
165 lbs.	220 lbs.			
Powerlifting	(40-49)			
WOMEN	Mathews	441		
114 lbs.	148 lbs.			
(13-16) Raw	J. Nistor			
Klaassen	104!	60!	171!	335!
132 lbs.	G. Gounder			
(60-69)	O. Reyes			
Winkelblech!	G. Pinedo			
148 lbs.	J. Herrboldt			
Lifetime Raw	C. Karlen			
Leisey	M. Willis			
MEN	Z. Browden			
132 lbs.	K. Desimone			
(1112)Raw	D. Dotson			
Carafano	D. Moore			
148 lbs.	G. Delatorre			
(60-69)	R. Villarreal			
Wolff	R. Wilcox			
165 lbs.	165 lbs.			
(17-19) Raw	B. Escalante			
Klaassen	374	181	441!	996!
181 lbs.	A. Garza			
	W. Drummer			



Connor Dantzer, 13-16 age group, won three gold medals and set world records in the deadlift and strict curl at the WNPF Youth Teen Junior Worlds (photo courtesy Mark Dantzer)

(20-23) Raw	Hobaica!	501*	363*	545!	1409
Lifetime Raw	Hobaica!	501!	363!	545!	1409
(40-49)	Catina	485*	248*	463*	1157
220 lbs.	Fleischer	363	303	474	1140
Lifetime Raw	Subs				
Perez	529*	374*	501*	1404	
242 lbs.	Selvenis	474	363	540	1377
Lifetime Raw	Cooper!	617	441	733	1791
(40-49) Raw	Stoutd	457	352	441	1250
(40-49)	Rambo	319	275	402	996

Kern County High School 28 Apr 07 - Bakersfield, CA					
Powerlifting	SQ	BP	DL	TOT	
Frosh/Soph Junior Varsity					
MALE					
114 lbs.	R. Hightower	195	120	205	520
(17-19) Raw	S. Gonzales	195	125	200	520
Gyger	Sovannndara	195	135	185	515
220 lbs.	O. Marquez	115	85	145	345
(40-49)	J. Lindsey	200	145	275	620
308	T. Kelly	—	110	225	335
(60-69) Raw	D. Martinez	—	125	205	330
Plummer	132 lbs.				
(17-19) Raw	A. Davis	245	185	220	650
Griffith!	D. Karlen	—	115	240	355
SQUAT	148 lbs.				
220 lbs.	J. Nistor	315	200	340	855
(40-49)	S. Johnson	285	185	380	850
Mathews	S. Cavazos	315	185	315	815
441	G. Cox	250	205	335	790
187	O. Reyes	225	220	255	730
226*	G. Pinedo	225	175	285	685
512*	J. Herrboldt	210	165	300	675
799	C. Karlen	205	125	315	645
996!	M. Willis	225	170	260	635
	Z. Browden	225	170	225	620
	K. Desimone	195	125	285	605
	D. Dotson	225	135	240	600
	D. Moore	210	140	245	595
	G. Delatorre	185	135	250	570
	R. Villarreal	140	115	250	505
	R. Wilcox	—	170	275	445
	155	250	405		
	B. Escalante	365	245	370	980
	A. Garza	325	195	345	865
	W. Drummer	285	175	340	800

S. Schroeter	275	195	315	785	D. Littles	225	—	—	225
B. Allen	250	150	300	700	165 lbs.				
D. Morey	235	145	320	700	C. Pollard	330	215	315	860
Z. Vasquez	225	185	285	695	J. Mora	300	185	365	850
M. Goosen	250	150	280	680	P. Allingham	245	185	350	780
A. Gary	225	185	250	660	J. Gonzales	—	175	285	460
L. Castandes	205	150	245	600	181 lbs.				
A. Flores	165	160	260	585	A. Harrington	335	235	365	935
K. Fingers	165	160	255	580	P. Singh	315	205	400	920
A. Ruiz	—	145	245	390	E. Celedon	310	245	360	915
S. Silvia	315	—	—	315	W. Jimenez	295	200	355	850
S. Rosales	185	120	—	305	A. Smith	—	225	505	730
L. Hannah	300	—	—	300	J. Hernandez	—	250	320	570
M. Henderson	230	—	—	230	J. Bell	—	225	315	540
A. Llach	—	205	—	205	J. Sotelo	240	250	—	490
M. Willis	—	—	—	—	J. Koppi	350	—	—	350
K. Halley	—	—	—	—	C. Williams	—	250	—	250
181 lbs.					J. Lehmann	—	—	—	—
B. Branch	365	285	455	1105	198 lbs.				
M. Haynes	315	205	355	875	Zachary Burk	455	330	405	1190
Peter Welsh	315	205	345	865	Chase Ray	430	265	455	1150
S. Corella	345	160	345	850	J. Ramirez	385	300	450	1135
J. Laija	235	265	345	845	A.n Sandoval	435	275	420	1130
R. Cravens	315	205	315	835	P. Guerrero	405	305	405	1115
A. Roy	280	205	340	825	T. Holder	425	250	405	1080
A. Hunt	405	—	405	810	R. Meyers	405	265	405	1075
M. Cesmat	250	185	350	785	G. Montoya	330	270	415	1015
J. Campos	280	155	325	760	A. Vasquez	375	285	315	975
A. Avila	185	185	365	735	O. Gonzales	205	145	285	635
C. Cruz	225	175	295	695	J. Quill	—	215	365	580
E. Gutierrez	315	—	335	650	E. Jones	—	370	—	370
C. Sarver	—	205	365	570	220 lbs.				
J. Holthe	—	175	315	490	C. Henderson	490	310	530	1330
C. Coleman	275	205	—	480	R. Garcia	415	295	420	1130
G. Ming	—	255	—	255	C. Blackburn	405	235	485	1125
D. Hobin	—	225	—	225	C. Sliter	415	275	405	1095
M. Goossen	—	165	—	165	B. Campbell	375	245	365	985
198 lbs.					L. Henderson	315	205	365	885
B. Burk	375	265	405	1045	C. Sorrell	—	275	405	680
H. Garcia	435	195	370	1000	E. Cazares	315	245	—	560
R. Johnson	350	280	365	995	C. Everett	—	260	—	260
E. Ossai	285	230	410	925	T. Cottrell	—	—	—	—
E. Cantu	365	195	345	905	K. Moga	—	—	—	—
R. Peckfelder	325	205	365	895	D. Pendley	—	—	—	—
J. Fernandez	315	230	330	875	242 lbs.				
R. Barnett	250	215	330	795	M. Akers	450	325	500	1275
J. Crenshaw	265	195	300	760	C. Vargas	475	290	475	1240
A. Harshaw	260	135	245	640	E. Chavez	405	315	480	1200
C. Walsh	—	225	345	570	R. Robinson	465	235	475	1175
220 lbs.					Vartabedian	365	245	415	1025
A. Bayaca	435	245	415	1095	J. Dominguez	355	405	—	760
H. Hopper	365	260	435	1060	J. Solis	345	275	—	620
E. Cantu	330	255	405	990	H. Singh	—	—	—	—
D. Martin	325	210	365	900	275 lbs.				
J. Williams	330	225	330	885	J. Paredes	455	350	650	1455
A. Reifel	—	225	315	540	L. Diaz	400	275	510	1185
C. Paredes	165	115	230	510	B. Robinson	350	225	475	1050
A. Ornelas	440	—</							

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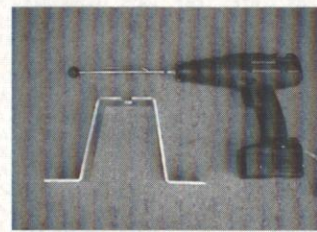
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Lima YMCA Bench Press Team: front row, (left to right), Charles Lee, Marcel Miron, Oscar Jones, John Thomas, Marsha Beasley; back row, Cliff Freese, Brad Young, Roger Hunns, George Munis, Kim Traush (photograph was provided by the courtesy of Charles Lee)

9th Lima YMCA Touch N' Go 5 MAY 07 - Lima, OH

BENCH	Master (80-89)			
FEMALE	C. Lee	190		
123 lbs.	Open			
Open	R. Schoffner	420		
A. Sprouse	100	220 lbs.		
132 lbs.	Master (40-49)			
E. Olaszewski	J. Thomas	525		
148 lbs.	J. Martinez	385		
Open	Master (60-69)			
K. Traush	J. Grossman	325		
165 lbs.	Open			
Open	J. Thomas	525		
M. Beasley	T. Strohshine	510		
250	E. Kuhn	400		
MALE	242 lbs.			
132 lbs.	Master (50-59)			
Teen (13-14)	R. Brown	430		
C. Thomas	G. Munis	290		
120	Open			
J. Helms	260	275 lbs.		
148 lbs.	Master (40-49)			
Teen (15-16)	R. Manns	600		
J. Shaffer	250	B. Machinski	450	
250	T. Bates	450	Open	
Teen (17-19)	Open			
M. Rone	285	T. Bates	450	
Master (40-49)	S. Oden	135	T. Szorady	440
Open	J. Smith	475	E. Schlauch	295
165 lbs.	Master (40-49)		Open	
Master (40-49)	A. Berger	300	A. Perkins	315
A. Berger	300	MALE	CURL	
Master (50-59)	123 lbs.	FEMALE	123 lbs.	
R. Francis	340	Open		
Master (60-69)	Open			
M. Miron	265	A. Sprouse	55	
Open	165 lbs.	MALE	165 lbs.	
J. Bayer	300	Master (60-69)		
S. Cook	295	M. Miron	110	
181 lbs.	220 lbs.	Open		
Teen (15-16)	220 lbs.			
T. Winhoven	2005	E. Kuhn	150	
Teen (17-19)	B. Young	375	C. Ricker	110
Master (60-69)	275 lbs.	Master (40-49)		
C. Freese	285	T. Bates	160	
Open	J. Russell	305	Open	
198 lbs.	Open			
Master (50-59)	T. Bates	160	Open	
O. Jones	500	E. Schlauch	120	

a 465 bench, shirt split, then without a shirt did 465, third lift, new shirt 500 lbs. Cliff Freese did good 285/(60-69) as he had (50-59). Eric Schlauch (20) did 295. Oden, Schlauch, Freese and Lee train at Family Fitness Center. The Lima YMCA started keeping records in 2005. There are 53 records. 20 new records were set in this meet. The most outstanding lift was by Joe Smith of Findlay with 475 at 148. Strict curls were added to the meet last year. The best strict curl was by Miron 110 lbs. at 165 bwt. Team trophy went to Lima YMCA 48 to 46 for Findlay a second place. (Thanks to Charles Lee for results)

Champs Sports Championships MAR 07 - Shamokin Dam, PA

Special Olympic	BP	DL	TOT	
WOMEN				
123 lbs.				
K. Walker	80	185	265	
MEN				
114 lbs.				
A. Catlin	95	---	95	
132 lbs.				
B. Shelley	125	255	380	
148 lbs.				
L. Davis	85	155	240	
165 lbs.				
R. Huber	175	275	450	
B. Shotzberger	115	155	270	
270				
J. Snyder	185	---	185	
181 lbs.				
G. Shcoll	155	315	470	
L. Osman	135	135	270	
D. Antel	85	155	240	
220 lbs.				
D. Osman	190	345	535	
242 lbs.				
N. Kalchik	155	345	500	
275 lbs.				
M. Bordner	255	535	890	
J. Barsh	180	300	480	
R. Herron	115	245	360	
B. Warner	95	---	95	
Guest Lifter	SQ	BP	DL	TOT
MEN				
165 lbs.				
R. Hillyard	---	407	---	407
275 lbs.				
D. Hollis	775	525	705	2005
M. Fausey	---	---	615	615
J. Mayes	---	---	575	575
308 lbs.				
D. Murray	825	450	550	1825
Teen				
198 lbs.				
M. Holdren	---	365	365	730

squat, and Doug Hollis's huge elite 2005 lb. total. Fair and strict judging was handled by Bob Grimwood, Elaine Greenwood, and Bob Youngs. Big thank yous go to Bud Wolf, Mac MacFadden, Sara Bierly, and Mark Holdren, who helped organize and run the competition. And, this competition would not have been successful without the hard work and help from Fred Pieramatte, Eric Lennartz, Spencer McFern, Cole, Henry, Dean, Justin, Andy, the Folic family, the faculty at Champs, Dean Moore, and our sponsors. A special thank you goes out to the central Susquehanna area Special Olympics Powerlifting Team, who remind me very week what true strength, determination, and sportsmanship is all about. (Thank you to Brian Crowe for the results)

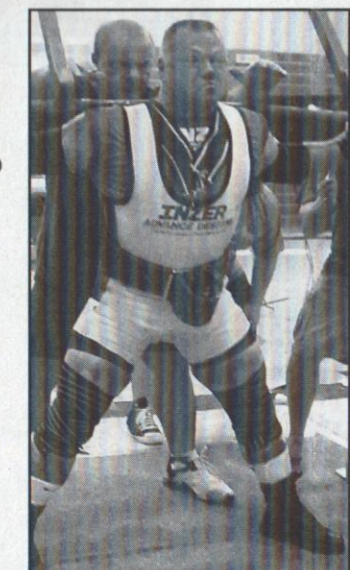
NASA Southeastern States 10 MAR 07 - Bristol, VA

Open	J. Earley	440			
Master II	J. Earley	440	308 lbs.		
Master V	J. Earley	440	Master II		
Pure	J. Earley	440	W. Ferguson	347	
J. Earley	220 lbs.		4th-352		
SMP	J. Miller				
J. Miller					
Law/Fire	J. Miller				
Pure	J. Miller				
J. Miller					
165 lbs.	SQ	BP	DL	TOT	
SMP	501	275	474	1251	
C. Kerley	220 lbs.				
Open	T. Mullins	567	---	---	567
242 lbs.	Open				
J. Morrison	584	363	501	1449	
148 lbs.	R. Hill	220	165	319	705
HSP	220 lbs.	CR	BP	DL	TOT
M. Hill	121	203	253	578	
220 lbs.	C. Brua	121	203	253	578
Master II	D. Dolin	115	192	270	578
C. Brua	Master IV				
Master IV	T. Dolin	115	192	270	578
D. Dolin	148	325	490	964	
242 lbs.	B. Presnell	148	325	490	964
SMP	J. Payne	137	341	413	892
J. Payne	308 lbs.				
Master I	D. Conner	148	325	556	1030
D. Conner	Master V				
Master V	D. Conner	148	325	556	1030
D. Conner	SHW				
SHW	Law/Fire				
Law/Fire	M. Price	198	501	562	1262
M. Price	SMP				
SMP	M. Price	198	501	562	1262

APF Summer Bash 12 MAY 07 - Houston, TX

BENCH	242 lbs.				
WOMEN	Master (45-49)				
123 lbs.	Wgenseller	457			
Teen (13-15)	DEADLIFT				
A. Harris	192				
MALE	148 lbs.				
148 lbs.	Teen (16-17)				
Teen (16-17)	D. Gibson	297			
J. Hill	198 lbs.				
D. Gibson	Open				
198 lbs.	Schlingmann	418			
Submaster (33-39)	220 lbs.				
T. Dartez	275				
220 lbs.	Open				
Open	P. Mitchum	485			
P. Mitchum	413				
Teen (16-17)	1. Olvera	---			
I. Olvera	281*				
281*	Open				
Submaster (33-39)	T. McGinnis	518			
J. Stevens	Submaster (33-39)				
Master (45-49)	M. Dunkin	523			
S. McKenzie	507				

WOMEN SQ BP DL TOT
105 lbs.
Teen (18-19)
S. Nyberg 203 88 203 496
123 lbs.
Open
C. Boutte 358 126 314 799
148 lbs.
MEN
Teen (13-15)
C. Burttschell 259 165 259 683
Master (55-59)
J. Johnson 231 181 336 749
165 lbs.
Master (40-44)
J. Chaney 407 264 529 1201
181 lbs.
Teen (16-17)
J. Gonzalez 402 187 396 986
198 lbs.
Teen (13-15)
J. Burttschell 402 264 374 1041
242 lbs.
Open
K. Mayfield 650 440 551 1642
Junior (20-23)
K. Mayfield 650 440 551 1642
D. Webb 374 231 451 1058
Submaster (33-39)
R. Nyberg 501 341 463 1306
Master (50-54)
L. Mistic 799 556 584 1940
275 lbs.
Open
D. Wells 804 518 639 1962
Submaster (33-39)
D. Wells 804 518 639 1962
Military
D. Wells 804 518 639 1962
309 lbs.
Master (55-59)
J. Cambell 214 143 264 622
309+ lbs.
Junior (20-23)
P. Farquher 567* 363 595* 1526
*Texas records. Best Lifter: Larry Mistic. A huge thanks to judges Beverly McDaniel, Joe Dalton, Mark Harris, and Matt Wray. Thanks to scorekeepers Brian Kline and Maria McCullough, announcer Josh Ash, rear spotter Chris Hartschuh, and loaders/spotters Ruben Galindo, Mike Salinas, Andrew Rodriguez and Jose Marroquin. Thanks also to Tiny Meeker, Gene Wagonseller and Mike McDaniel, for the use of the equipment. A special thanks to Inzer Advance Designs for supporting this sport and us for many years, to Mike Lambert of Powerlifting USA who has supported us all for a long time, and a huge thanks to Houston ISD and Sam Houston High School for their support for over seven years. (Thank you to Thomas McCullough for these results)



Larry Mistic squatted 799 at the APF Summer Bash (thanks to Tom McCullough for photograph)

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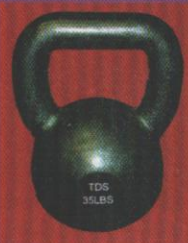
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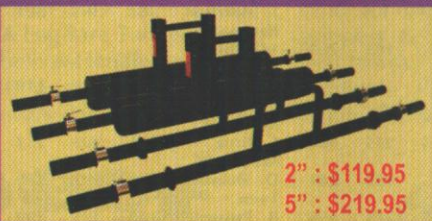
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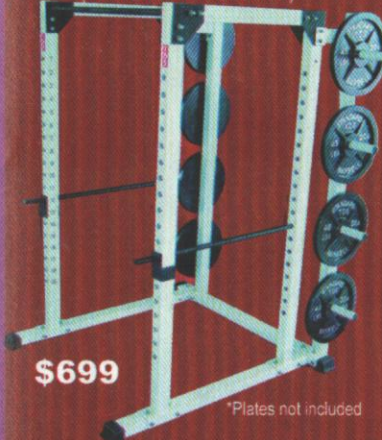
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