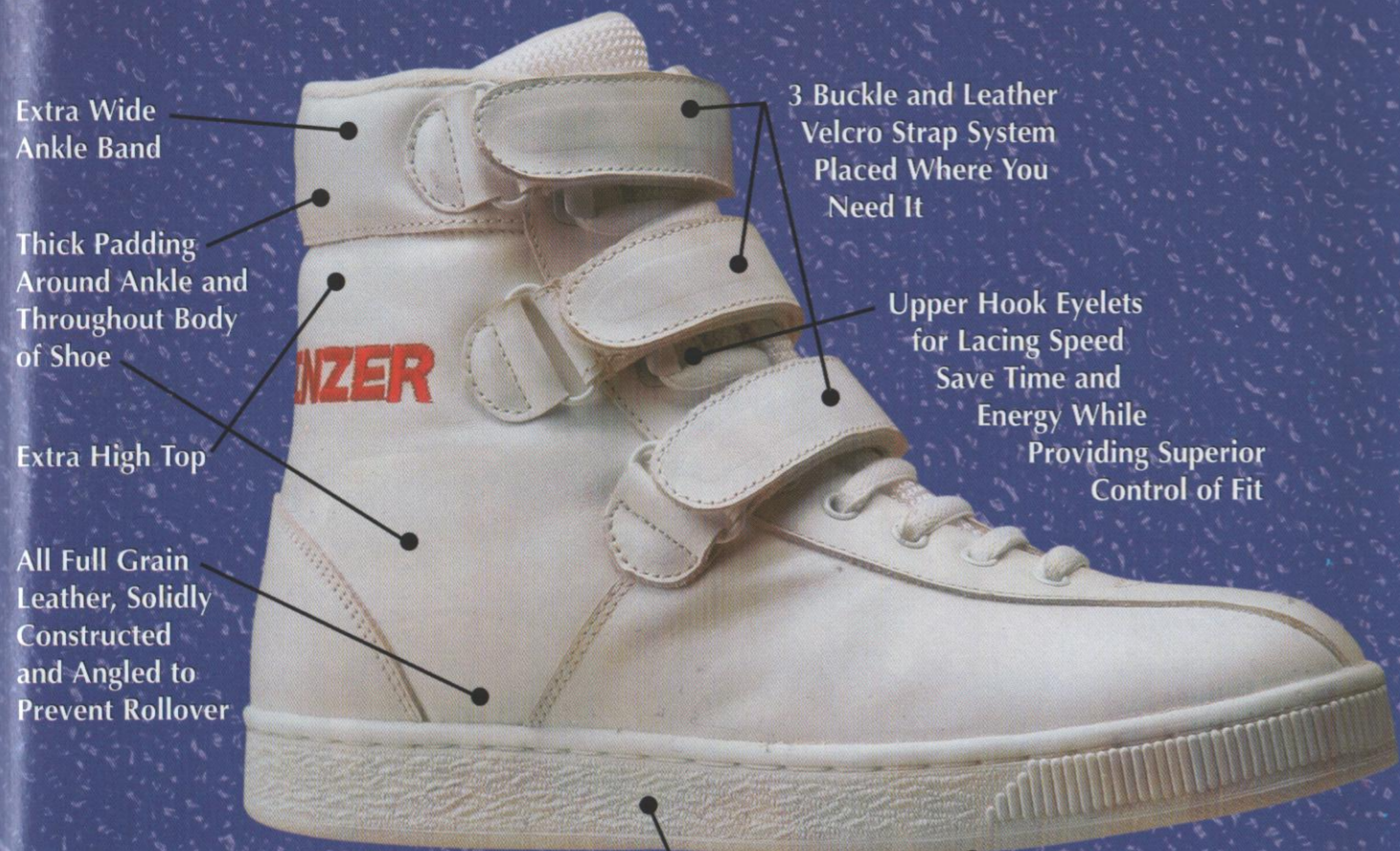


**INZER**<sup>®</sup>

# POWER SHOE

**maximize your leverage • stabilize your body**

The first powerlifting shoe designed specifically for medium stance to wide stance squatters with emphasis on a proper leverage base, stability, and shin/ankle position.



Extra Wide Ankle Band

Thick Padding Around Ankle and Throughout Body of Shoe

Extra High Top

All Full Grain Leather, Solidly Constructed and Angled to Prevent Rollover

3 Buckle and Leather Velcro Strap System Placed Where You Need It

Upper Hook Eyelets for Lacing Speed Save Time and Energy While Providing Superior Control of Fit

All-Direction Traction Bottom

Inside Sole is Flat and Same Height from Toe to Heel. This Shifts the Load to the Larger, More Powerful Muscles and Power Position for a Bigger Squat.



**SOLE MOLDED TO PERFECTION**

**INZER**<sup>®</sup>  
**ADVANCE DESIGNS**

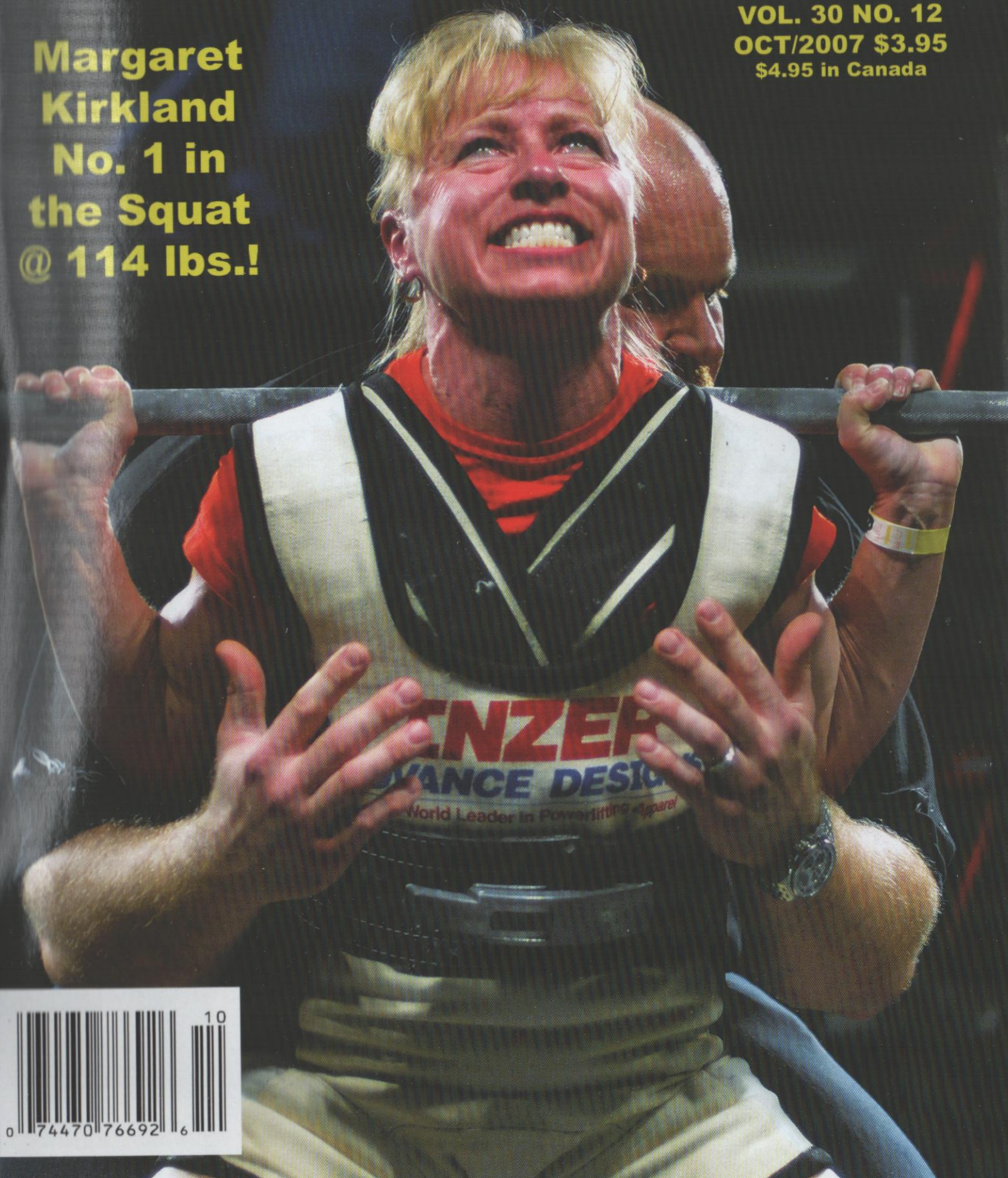
INZER POWER SHOE \$119.95  
Available in solid white with scarlet red logo.  
Solid black available soon. Sizes 4 1/2 - 15

The World Leader In Powerlifting Apparel  
P.O. Box 2981 • Longview, Texas 75606  
800-222-6897 • 903-236-4012

# POWERLIFTING USA

VOL. 30 NO. 12  
OCT/2007 \$3.95  
\$4.95 in Canada

**Margaret Kirkland**  
**No. 1 in the Squat**  
**@ 114 lbs.!**





# THE RESULTS ARE IN - THE CREATINE REVOLUTION HAS BEGUN!

When was the last time you used creatine?

When was the last time you believed an ad?

When was the last time someone  
stood by their product?

**The time is now, and the revolution has begun.**

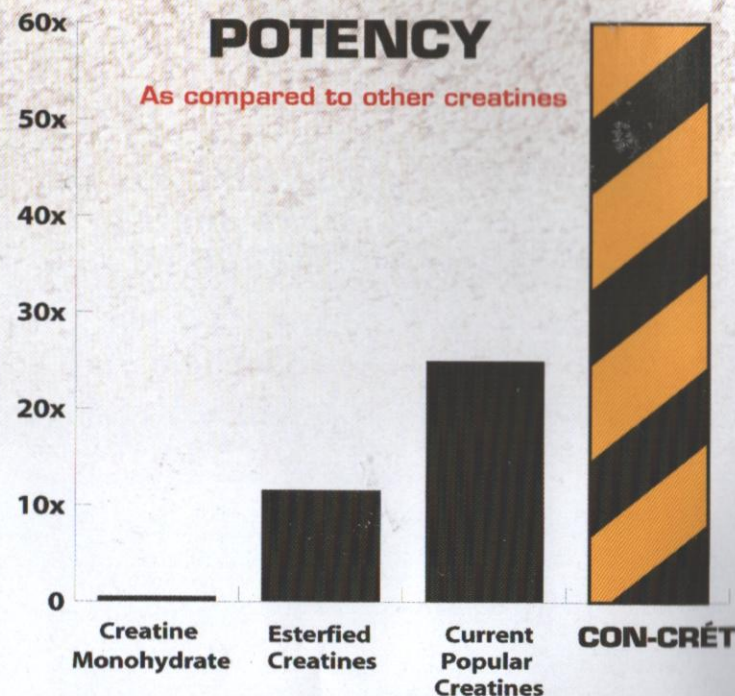
**CON-CRĒT**® is changing the way athletes perceive creatine. Gone are the days of loading, cycling and dealing with those annoying side effects.

Today, you have a new choice – **CON-CRĒT**, the world's first and only concentrated creatine delivers increased strength, recovery, endurance and bio-availability.

In dosage, molecular structure and performance, **CON-CRĒT** is like no other creatine in the world!

**CON-CRĒT** was designed for those that are serious about their conditioning and want a competitive edge. Many athletes have tried other creatines and experienced the strength, mass and muscle benefits they can provide, but don't like the negative side effects.

The **CON-CRĒT** molecule is a technological breakthrough creating a highly concentrated, highly pure form of creatine. The result eliminates the need for loading, and yields a micro-dosing approach that is bio-chemically aligned with your body and maximizes potency.



**Micro-dosing™**  
1/4 Tsp. per 100 lbs.  
of body weight

**FREE - 2 Week Supply**



**CON-CRĒT is changing the way athletes perceive creatine**

Today, you have a new creatine option – **CON-CRĒT**, the world's first and only concentrated creatine delivers:

- **Increased Strength**
- **Recovery**
- **Bio-availability**
- **Endurance**

We are so convinced that you will see an immediate impact in your training that we are offering, for a limited time only<sup>^</sup>, a 2-week supply and a \$5.00 off coupon for your next purchase.

Go to: [www.con-cret.com](http://www.con-cret.com) select "Contact Us" and fill out our Web-form. Be sure to include your address in the comments field.

**All of the strength and muscle building, none of the side effects.™\***

<sup>^</sup>Supplies are limited. Offer valid until supplies run-out. \*When taken as directed. Actual results may vary.



For more information, visit us at:  
[www.con-cret.com](http://www.con-cret.com)  
To order, call us directly at: (888) 878-9058

Now only at:  
**GNC LiveWell.**  
SHOP NATIONWIDE OR AT GNC.COM



**Powerlifting USA**  
 Post Office Box 467  
 Camarillo, CA 93011

Editor-In-Chief Mike Lambert  
 Controller In Joo Lambert  
 Statistician Herb Glossbrenner  
 Publisher Mike Lambert

"...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."

POWERLIFTING USA (ISSN 0199-8536) is published monthly for \$36.95 by Powerlifting USA Magazine Co., 2486 Ponderosa Dr. North, Suite D-216, Camarillo, CA 93010. Periodicals postage paid at Camarillo, CA and additional mailing offices. POSTMASTER: Send address changes to POWERLIFTING USA, P.O. Box 467, Camarillo, California 93011.

PRINTED IN THE USA

SUBSCRIPTION RATES: (US funds)  
 USA addresses, 1 yr.....\$36.95  
 USA addresses, 2 yr.....\$67.95  
 First Class Mail, USA, 1 yr...\$60.00

Outside USA, air mail ..\$96.00 US

Telephone Orders  
 Subscription Problems  
 800-448-7693/805-482-2378  
 FAX 805-987-4275

POWERLIFTING USA advertising rates available upon your request.

## MUSCLE MENU

- Volume 30, Number 12 - October 2007 -

POWER STATION PRO-AM, PT. 1 .....	Scott DePanfillis ....	8
ADFPF NATIONALS .....	Judy Gedney .....	10
WPC EUROPEANS .....	Yuriy Ustinov .....	12
BRING BACK THE TRAP BAR .....	Paul Kelso .....	14
LOUIE SIMMONS INTERVIEW .....	Dr. Larry Miller .....	18
APF GEORGIA STATE MEET REPORT .....	Jon Grove .....	20
RAGE AND VIOLENCE, PT. 3 .....	Judd Biasiotto Ph.D. ....	26
STARTIN' OUT .....	Doug Daniels .....	28
POWER NUTRITION .....	Anthony Ricciuto .....	34
THE CHAOS METHOD .....	Aaron DiPrima .....	42
ASK THE DOCTOR .....	Mauro Di Pasquale M.D. ....	43
ALL TIME TOP 50 MEN 114 TOT .....	Mike Soong .....	44
ALL TIME TOP 50 WOMEN 97 TOT .....	Mike Soong .....	45
HARD CORE GYM #67 .....	Rick Brewer .....	46
OPINION .....	Marty Gallagher .....	48
COMING EVENTS .....	Mike Lambert .....	57
UNCLASSIFIED ADS .....		102
TOP 100 114 LB. CLASS .....	Mike Lambert .....	103

ON THE COVER ... Margaret Kirkland, 43, wife, mother of two, practicing dentist, violinist for the Sarasota Orchestra, PL USA coverwoman, and Number One in the Squat on this month's TOP 100 ranking for the 114 pound class. (Lambert)

Copyright 2007 Powerlifting USA

Reproduction of this magazine, in whole or part, is prohibited without written consent. Opinions expressed herein are those of the writer only, and may or may not be in agreement with PL USA

## POWERLIFTING USA Magazine

### ALL PURPOSE SUBSCRIPTION FORM

Name \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

**YES! SIGN ME UP!**  
 Check one:

- NEW  
 RENEWAL  
 Address Change  
 (indicate previous address)

\$36.95 for 12 monthly issues.  
 \$67.95 for 2 years  
 (USA address rates)

Payable to: Powerlifting USA, Box  
 467, Camarillo, CA 93011  
 (MC/VISA also accepted)

INZERNET.COM

800-222-6897

903-236-4012

## IRON WRAPS Z

The most powerful, most popular, most effective knee wrap in the world!



- Super tight, extreme rubber strand design for the super rebound.
- Gets tighter, easier, during the movement even when not wrapped to total tightness.
- When wrapped to total tightness, generates the most energy and power of any wrap in the world.
- Smoke all your lifts with the Iron Wraps Z!

## IRON WRIST WRAPS Z

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



- Provides excellent comfort and perfect support.
- The best wrist wraps in the world make it the choice of champions worldwide.
- Strong grip Velcro straps fasten the Iron Wrist Wraps Z securely in place.
- The Velcro straps are wide for strength and long for generous adjustment advantage.
- Strong, durable and wide elastic thumb loops are secured in place with long lasting construction.

SEE MORE SELECTION AT INZERNET.COM

# INZER

## ADVANCE DESIGNS

The World Leader in Powerlifting Apparel



HOUSE OF PAIN

IRONWEAR

HOUSE OF PAIN



Thin Strap Y-Back Ghost of Pain Tank size: S-3X \$18

Wide Strap Black Death Tank size: S-3X \$18

Board Shorts size: S-4X \$35

house

**DANGER!**

WEIGHTLIFTING IS VERY DANGEROUS & MIGHT RESULT IN INJURY OR DEATH. NEITHER HOUSE OF PAIN, NOR ANY OF ITS EMPLOYEES OR OWNERS ARE RESPONSIBLE FOR ANY DAMAGES OR INJURIES. LIFT AT YOUR OWN RISK!

Berzerker T-Shirt size: S-4X \$18

Iron Cross T-Shirt size: S-4X \$18

CALL FOR A NEW 2007 CATALOG

**CALL OR ORDER ONLINE**  
1-888-463-7246  
houseofpain.com

CHECK OUT OUR FORUM TO GET ALL YOUR POWERLIFTING NEWS AND INFORMATION

houseofpain.com

**THE PRODUCT YOU HAVE BEEN WAITING FOR!**

We at Quest Nutrition are staying on the cutting edge and are proud to introduce the next generation in supplements: Di-M-Kre.



**Kre-Alkalyn®**

- \* 100% Stable
- \* Strength Increase
- \* No water retention
- \* No upset stomach
- \* Increased muscle mass
- \* 10 times more effective than Creatine
- \* No Loading
- \* Body Fat Loss
- \* No Bloating
- \* 100% conversion
- \* Increased production of ATP

**HBM (calcium-hydroxy-methylbutyrate)**

- \* Quicker recovery
- \* Decreased body fat
- \* Increased strength
- \* Increases lean muscle mass
- \* Minimizes protein breakdown

**Di-Arginine Malate**

- \* Increased strength
- \* Long lasting muscle pumps
- \* Ultimate NO stimulating substance
- \* Increased endurance
- \* Increased vascularity

**JACKED STACK II**

www.quest-nutrition.com  
1-888-35-QUEST (78378)



"Doc" Holloway  
1499 LBS  
New American Record  
At Quest American Invitational 2007

**This led to this**



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

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

*MILO: A Journal for Serious Strength Athletes.*  
Four books a year, 128 pages.

**\$52.95/year\*** USA; US\$62.95/year Canada/Mexico; US\$74.95 all others  
\*California residents, please add 7.375% sales tax

Order now at [www.ironmind.com](http://www.ironmind.com)



IronMind Enterprises, Inc., P.O. Box 1228, Nevada City, CA 95959 USA Website and on-line store: [www.ironmind.com](http://www.ironmind.com); e-mail: [sales@ironmind.com](mailto:sales@ironmind.com)



# OWN THE IRON

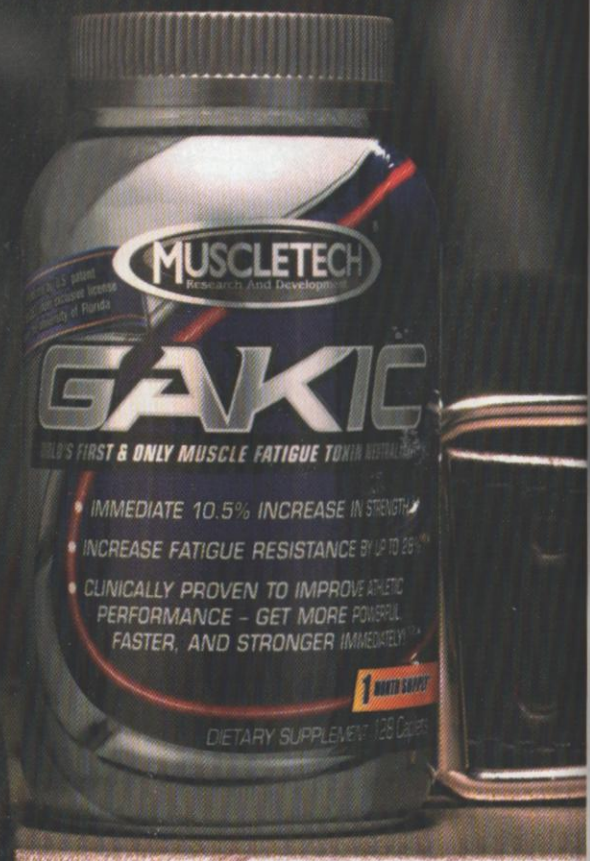
Team MuscleTech™ Powerhouse  
**JOHNNIE JACKSON**



With an unforgiving amount of plates locked on the cold iron bar, it begins to lower. But even the bend in the bar doesn't phase your determination. The only thought in your head is "I'm gonna move this damn weight if it's the last thing I do." Your last few attempts faltered, leaving you cursing the weight. But this time it's different - this time you took GAKIC®! It crushes fatigue toxins like ammonia that cripple your strength and force you to fail. This revolutionary GAKIC formula immediately increases strength by 10.5 percent and also increases resistance to fatigue by up to 28 percent. All this so you can handle heavier loads longer.

As the bar hits your chest, you unleash the newfound power. The rattle of the 45's is like music to your ears as you pound the iron with brutal authority. For the first time, you've conquered that weight setting a new PB. You look back at the weight and grin. Thanks to GAKIC and your relentless efforts, the iron no longer owns you - you own the iron.

- ✓ **DRAMATICALLY INCREASE STRENGTH BY AN AVERAGE OF 10.5% - INSTANTLY!**
- ✓ **IMMEDIATELY INCREASE RESISTANCE TO FATIGUE BY UP TO 28%!**

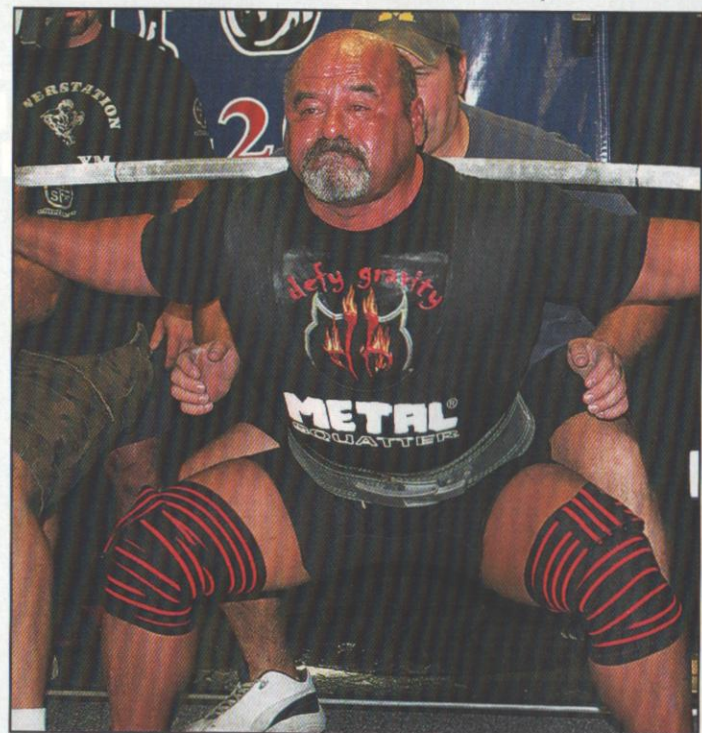


In a clinical study, GAKIC® supplementation increased the total muscle work performed during intense sets of resistance training by an average of 10.5 percent and increased fatigue resistance by up to 28 percent. © 2007. All trademarks are owned by their respective trademark owners. GAKIC is patented and available only from Team MuscleTech™. For more information visit GAKIC.com™.

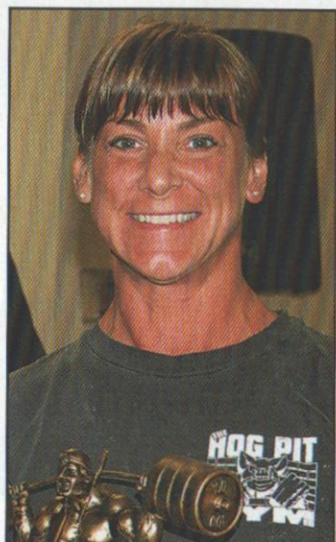


IPA Power Station Pro Am 18-19 AUG 07 - Franklin, OH				
Powerlifting	SQ	BP	DL	TOT
<b>WOMEN</b>				
132 lbs.				
Open				
Weisenberger	590	350	500	1440
Junior				
J. Forgatsch	305	220	300	825
148 lbs.				
Open				
M. Henry	375	235	345	955
165 lbs.				
Open				
L. Wheeler	430	225	430	1085
SHW				
Open				
J. Koenig	300	170	340	810
<b>MEN</b>				
Flight I				
198 lbs.				
AM				
J. Randall	650	405	465	1520
220 lbs.				
AM				
M. Alexander	615	435	—	1050
242 lbs.				
AM				
M. Lawrence	600	450	515	1565
308 lbs.				
Junior				
D. Brown	245	315	500	1060
Flight II				
181 lbs.				
Master				
Wambsgans	655	270	535	1460
198 lbs.				
Junior				
A. Harrod	750	470	580	1800
Open				
J. Adams	755	520	605	1880
M. Hill	685	500	615	1800
A. Trout	700	400	565	1665
220 lbs.				
Master				
C. Maxwell	750	370	630	1750
Open				
J. Murphy	805	475	605	1885
K. Taylor	700	425	600	1725
B. Yourist	620	455	635	1710
242 lbs.				
Master				
D. Verela	745	550	575	1870
275 lbs.				
Open				
S. Flaming	725	500	685	1910
S. Schumm	700	425	655	1780
308 lbs.				
Junior				
D. Damminga	655	445	625	1725
Open				
A. Shields	720	700	610	2030
Flight III				
242 lbs.				
Open				
S. Donegan	850	585	645	2080
D. Soppelsa	825	625	—	1450
D. Randa	775	610	—	1385
Submaster				
E. Clark	815	600	585	2000
275 lbs.				
Master				
G. Damminga	885	505	735	2125
Open				
J. Rosendahl	925	635	755	2315
M. Burrows	905	500	550	1955
M. Stuchiner	775	555	620	1950
C. Telesco	785	515	605	1905
S. McKimmie	770	530	600	1900
P. Schafer	750	525	600	1875
J. Ihalainen	570	—	—	570
308 lbs.				
Open				
D. Suldivar	835	635	670	2140
J. Pegg	800	45	600	1445
S. L'italien	900	—	550	1450
SHW				
Junior				
A. Gibes	850	520	660	2030
Open				

## IPA Power Station Pro Am Part I, by Scott DePanfillis, BodyTechUSA



Dan Varela ... 745 squat @ 242 Master (photographs by Scott)



Lisa Wheeler ... 165 open winner

T. Coleman 1005 550 705 2260  
M. Beatty 765 565 650 1980  
Best Female Lifter: Amy Weisenberger.  
Best Lightweight Lifter: Jason Adams. Best Heavyweight Lifter: Jari Rosendahl. Venue: Conover Hall. Part I: Although I heard rumors of a non-sanctioned meet, this show of strength was sanctioned by the International Powerlifting Federation (IPA), which is owned and operated by Mark Chaillet. However, the circumstances leading up to this event reads like a wicked soap opera, especially after the announcement went public about the World Powerlifting Organization (WPO) exiting the popular Arnold Classic Fitness Weekend. After the announcement, the forums were a blaze of criticism. Can the WPO be replaced? Only time will tell. Ironically, whether you are a fan or not of the WPO, the powerlifting community worldwide views the Classic like the general public view NASCAR or the NFL SUPER BOWL. It is a big deal! As

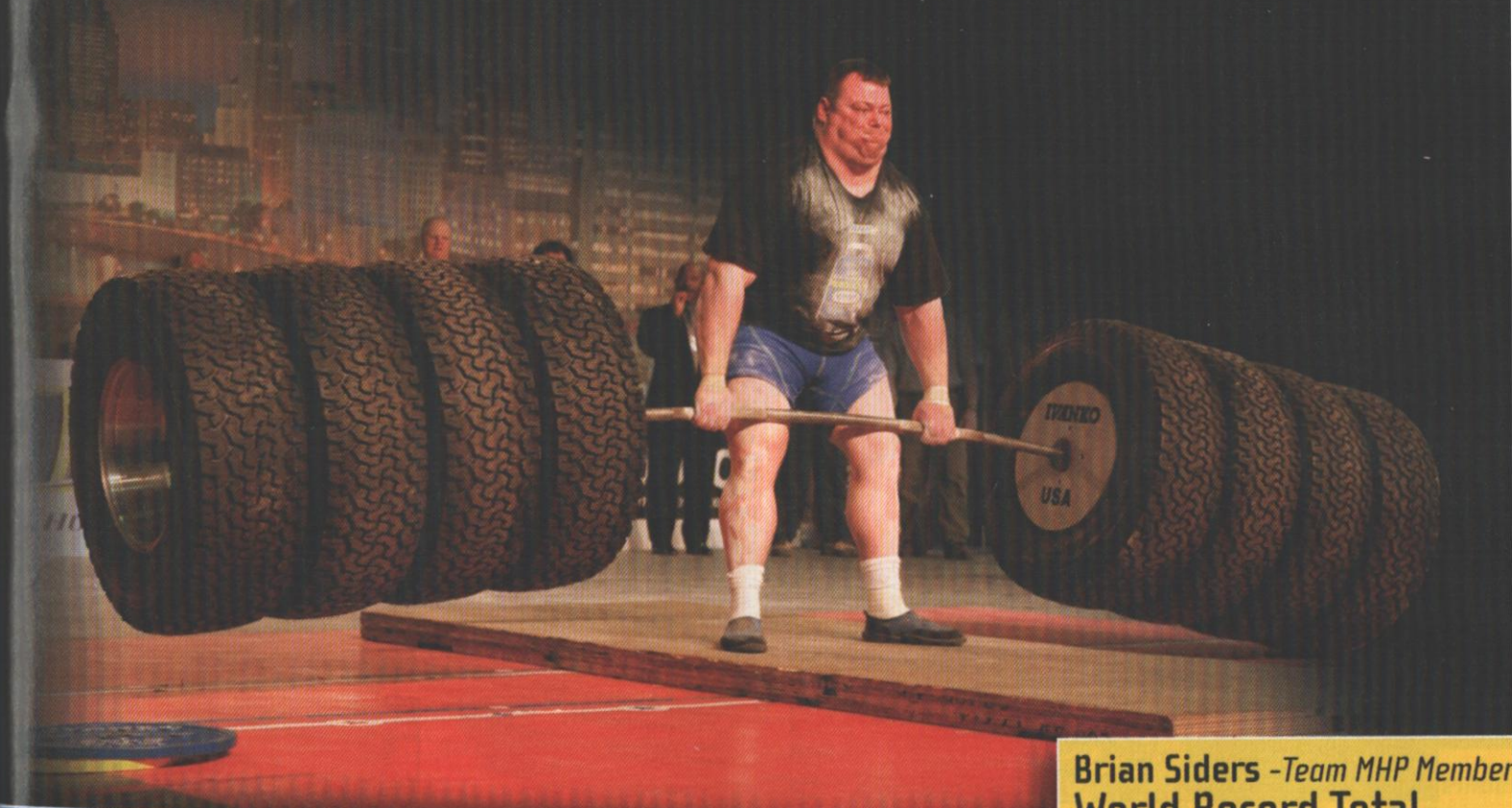


Amy Weisenberger ... cracks 500!

one bench press Phenom explained, "There's nothing like setting a PR bench in front of thousands of people at the Classic." Now it seems that window of opportunity no longer exists for these extreme powerlifters. Heartbroken, but optimistic, I'll be at the 2008 Classic with hopes of a new beginning as the USAPL takes center stage. As I write this report, I cannot help thinking about the first WPO, and how exciting it was to see the best powerlifters come to compete in one federation. Other federation lifters mocked equipment, gear, judging, inconceivable totals, and rock show theatrics. However, the crowds filled the hall, which prompted a bigger venue, year after year. I have always envisioned a high impact, kick-ass event, rock-show

lighting, and a top international field. A televised broadcast on a sports network would be epic! Others boldly disagree. They insist on a grassroots event. To be honest, has any venture in business or sports not come without criticism? Its human nature this negative response to change, I see it everyday. Change is uncomfortable, painful at times, and always inevitable. Allowing the 2007 WPO Finals on April 3rd 2007, Trainer/Coach/Inventor/Powerlifter, Louie Simmons posted an unprecedented letter on a popular web forum stating the following: First, I would like to apologize for the treatment of Taisia and Sergiy at the 2007 Arnold Classic, on the behalf of Westside Barbell and all of its lifters. Because of this, I Louie Simmons and all members of Westside Barbell, will not and cannot be associated with the APF and/or the WPO from this point on April 3, 2007. I hope others with integrity will follow us in a new direction. If powerlifters do not stand behind each other, regardless of race and nationalities, the integrity will crumble before our feet. My life has been dedicated to powerlifting for 41 years and all my memories and friendships have sprung from powerlifting. The fins, Germans and of course the Ukrainians are a large part of these friendships. I would like to extend a warm invitation to all countries, especially the Ukraine's and of course Mr. Kutcher and Mr. Yarymbash and the 19 year old 100k lifter who was disqualified without doing a single deadlift, to come to Ohio and have a chance to win money and I mean guaranteed cash money competing against the best we have to offer. If our competitions from our foreign lands die, we die as well. We will treat you as we would like to be treated, fairly and with respect. Once again, I would like to apologize to Taisia and her Ukrainian teammates. Sincerely, Louie. Next, Louie posted a second Letter thanking the rapid response to a cash-paying meet organized by Mike Ferguson, owner of Power Station Gym in Middletown, OH. Louie wrote, "I like to thank all of you for competing in the Power Station Pro Am. Mike Ferguson and myself are trying to regain some integrity in our sport. First and foremost, Mike and I guarantee all money to be paid in the Pro meet is in an escrow account. The sanction is IPA. The head judge is an IPF cat 3 and the side judges are IPA and APF, to remove all politics to our sport. Let's try to unite and concur, not divide and fall further apart. It is our intention to start here and grow. A second meet is already in our plans for January or February 2008. I would like to thank Mike for helping us start over as well as our many sponsors. I am sure it will be a great success. As of May 17th, we already have 40 lifters. The 2007 Arnold Classic only had 33. The limit is 50, so get your entries in fast. We already have ten contestants coming to represent their foreign countries. See you at the meet and thanks for your support." Mike Ferguson kept it simple; "The amateur event is open to all lifters. There was no qualifying total to lift in this event. It was a "regular" IPA meet with awards for 1st-3rd places in each class (No cash prizes for the AM event). On Sunday, the Pro division consisted of the following cash payout. \$5,000 for each division, of which there were three, light, middle, and heavy-weight, and \$1,000 for the biggest squat, bench and deadlift. There was also a \$100 per lifter put into the jackpot fund for Champion of Champions. This is where our story begins; we left New Hampshire early Friday morning on the new Sky Bus airline. Their hub is conveniently based out of Columbus, Ohio. It was a direct flight \$30 each way, but if you plan ahead the first 10 seats sold are just \$10 on Sky Bus. From Columbus, we drove to Grove City, met with Doris, and then followed Louie Simmons over to Franklin, Ohio, the site of the meet. As we drove into the parking lot, I was afraid the building was too small for an event of this caliber.

(continued on page 94)



Brian Siders - Team MHP Member  
World Record Total  
2,575 lbs.

# THERE'S STRONG... THEN THERE'S MHP STRONG!

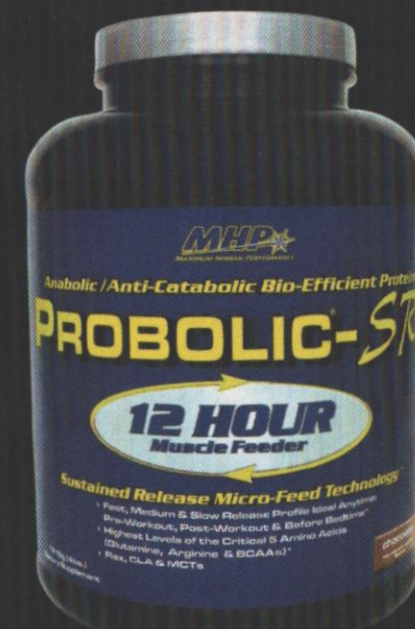
The Biggest Breakthrough  
Ever in Protein—

PROBOLIC-SR's patented 12 hour Sustained Release Micro-Feed Technology and superior Critical Five Amino Acid Score (CFAAS) give you something no other protein can—a continual 12 hour supply of the most critical amino acids to stimulate muscle growth, increase strength, improve recovery and prevent catabolic muscle wasting! It is truly setting new standards in the bio-efficiency and anabolic effects of protein.

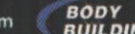
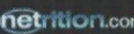
Supplies Critical Amino Acids  
For up to 12 Hours!

In order to achieve maximum muscle growth and strength, you must have an adequate supply of amino acids to feed your muscles. Certain amino acids, called the Critical Five amino acids—glutamine, arginine and BCAAs (leucine, isoleucine and valine)—are more important than others for stimulating and supporting muscle growth.

PROBOLIC-SR's engineered protein matrix of whey, casein and Supro® soy protein isolate is precisely formulated to supply the absolute highest levels of these Critical Five amino acids. PROBOLIC-SR's protein matrix also provides a fast, medium and slow "release profile," which is further enhanced with the patented 12 Hour Micro-Feed Technology, making PROBOLIC-SR the most bio-efficient and anabolic/anti-catabolic protein available.



Available at:



and other fine nutrition stores

Call Now or Go Online to Order Today!  
1.888.783.8844 • www.getMHP.com





# ADFPF Powerlifting Nationals as told to Powerlifting USA by Judy Gedney

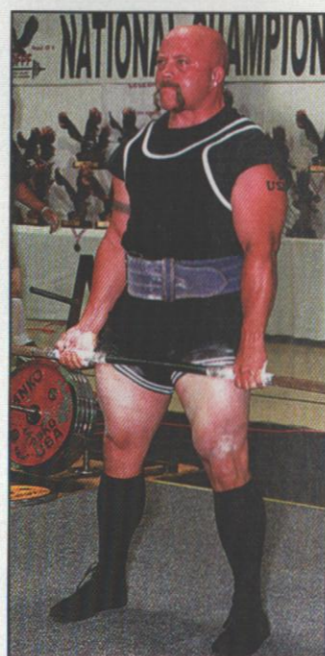


Ted Feight with one of the great awards. (John Stevens photographs)

ADFPF Powerlifting Nationals  
11 AUG 07 - Six Lakes, MI  
Powerlifting SQ BP DL TOT  
WOMEN  
138 lbs.  
Open

L. Mangold	308!	148!	314!	771!
Raw				
128 lbs.				
Open/P/F/M				
L. Waller	192!	104!	214!	512!
138 lbs.				

Open				
L. Mangold	270!*	143!*	308!*	722!*
154 lbs.				
Open/Master II				
C. Burr	253!*	165!	325!	744!
MEN				
132 lbs.				
Master V				
G. Morrison	292!*	187!*	325!*	804!*
148 lbs.				
Master V				
T. Feight	325!*	209!	341!*	876!*
165 lbs.				
Master III				
M. Stagg	352!*	303!*	451!*	1107!
181 lbs.				
Master V				
R. Batko	440!*	220!*	512!*	1173!
198 lbs.				
Open/P/F/M				
B. Cannon	578!*	424!	485	1488!
220 lbs.				
P/F/M				
A. Smith	259	330!	385	975
242 lbs.				
Open				
T. Wilke	567!	226	562!	1355!
275 lbs.				
R. Pettet	463	363!*	501	1328
Master III				
A. Ninaber	518	451	567	1537
Open/Master II				
R. Zimmerman	429!*	418!*	485!	1333!
319 lbs.				
Open				
J. Stevens	551	—	—	551
Raw				
123 lbs.				
Teen I				
M. Stagg	226!	137!	270!	633!
148 lbs.				
Open				
M. Stagg	352!*	259!*	440!*	1052!
165 lbs.				



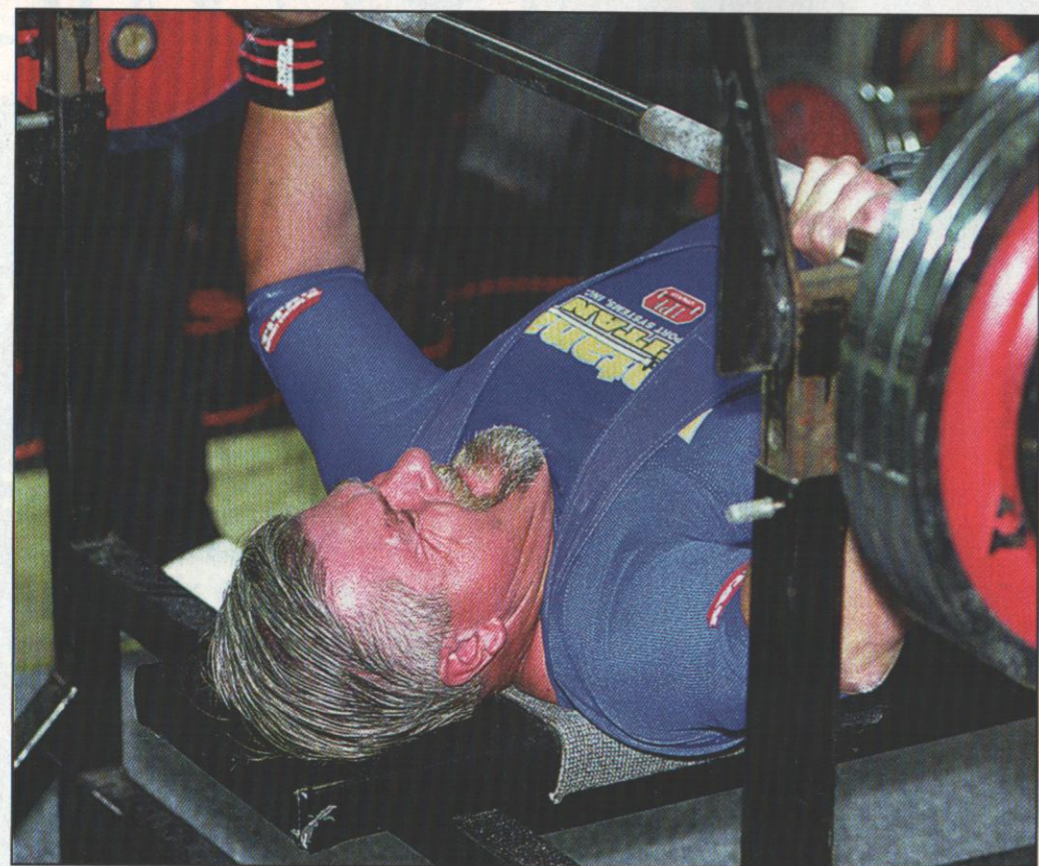
Brian Cannon - 1488 at 198 lbs.



Andrew Smith the 220 winner

Open/Master III				
J. Gayton	325!*	253!*	467	1046!
Master V				
J. Smoker	314!*	242!*	413!*	970!*
Junior				
K. Kowalski	303!*	203!*	402!*	909!*
181 lbs.				
Open				
M. Waller	380!	286!	440!	1107!
Master VI				
J. Waters	253!*	170!*	396!	821!*
198 lbs.				
Teen II				
D. Lee	407!	292!	479!*	1179!
Open				
M. Brown	424	253	474	1151
220 lbs.				
Teen III				
J. Jones	407!	264!	407!	1080!
Open/Master III				
D. Burr	330!	237!	391!	959!
242 lbs.				
Junior				
J. Nudo	479!*	369!*	573!*	1422!
319 lbs.				
Open/Master II				
C. Schmitt	507!*	314!*	507!*	1328!

! = National Records. \* = American Records.  
The lifters in the unequipped division set 65 national records; 37 American records and over 30 state records. Congratulations to the unequipped division best lifters. 1st Place Best Lifter: Michael E. Stagg, 2nd Place Best Lifter: Joseph Nudo. The lifters in the equipped division set 50 national records; 26 American records and 30 state records. Congratulations to the equipped division best lifters. 1st Place Best Lifter: Brian Cannon, 2nd Place Best Lifter: Tim Wilke. (Thanks to Judy Gedney for these results)



Adrian Ninaber was representing Kingsville, Ontario, Canada in the ADFPF National Championships

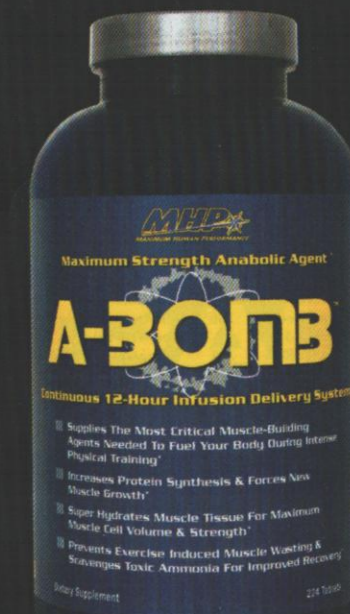


Ryan Kennelly - Team MHP Member  
World Record Bencher  
1036 lbs.

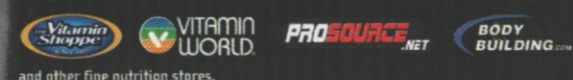
## THERE'S STRONG... THEN THERE'S MHP STRONGER

A-BOMB is, without question, one of the most exciting new developments in the science of muscle growth and performance enhancement. It is the first supplement designed to trigger multiple anabolic actions while simultaneously shutting down catabolism (muscle wasting) during and after intense exercise and weight training. Muscle growth, strength gains and recovery can only occur if the body remains in an anabolic/anti-catabolic state. A-BOMB has been precisely formulated with select performance enhancing compounds, co-factors, amino acids, branched chain keto acids and branched chain amino acids to fuel your body during training. A-BOMB also utilizes a pharmaceutical 12-hour Continuous Infusion Delivery to ensure that you remain in this favorable state for maximum growth, strength, recovery and performance.

Powerliftings Newest Anabolic Weapon!



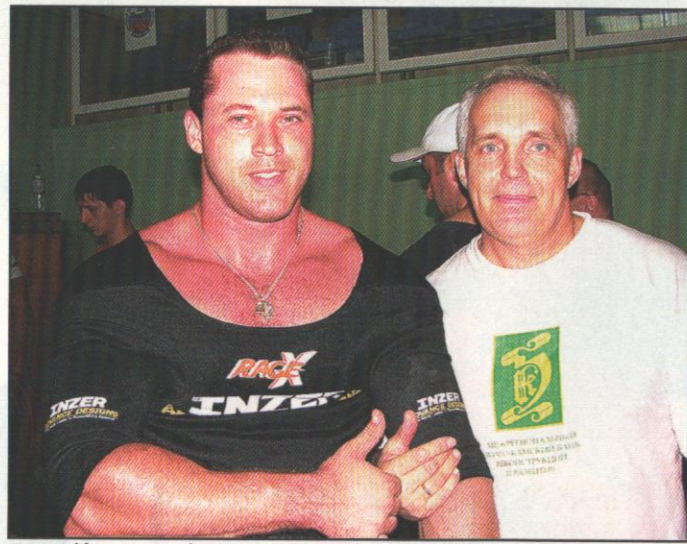
Available at:



Call Now or Go Online to Order Today!  
1.888.783.8844 • www.getMHP.com







Best Lifter ... Andrey Aivazov with Coach Konstantin Rogoznikov.

**WPC Euroasian Cup 2007**  
18-19 AUG 07 - Kursk, RUS

BENCH		Zhernovnik-RUS 418		Tereshchen-RUS 463	
<b>FEMALE</b>					
105 lbs.					
Teen (18-19)					
Sergienko-RUS	—	Kokorev-RUS	485*	Grakov-RUS	—
115 lbs.					
Teen (16-17)					
Mazur-RUS	121	Aliiev-AZE	418	Malyshev-RUS	319*
123 lbs.					
Teen (18-19)					
Gass-RUS	143*	Avdonin-RUS	413	Teen (13-15)	—
132 lbs.					
Junior (20-23)					
Zotova-RUS	198*	Bakov-RUS	374	Khandzhyan-RUS	330*
148 lbs.					
Teen (18-19)					
Grishechkin-RUS	148	Musaev-AZE	330	Junior (20-23)	—
154 lbs.					
Junior (20-23)					
Gileva-RUS	154	Tatarin-RUS	385	Rondalainen-EST	391
165 lbs.					
Open					
Rakcheeva-RUS	314	Master (50-54)	402*	Holkkin-RUS	380
170 lbs.					
Open					
Sheludko-RUS	286	Master (55-59)	402*	Kushin-RUS	622*
181 lbs.					
Teen (18-19)					
Raputa-RUS	259	Loshkov-RUS	286	Otavin-RUS	617
198 lbs.					
Open					
Sinacheva-RUS	231	Markelov-RUS	286	Petukhov-RUS	600
203 lbs.					
Open					
Chelakova-RUS	203*	Junior (20-23)	—	Ampilogov-RUS	595
212 lbs.					
Open					
Atakishv-AZE	286*	Gromov-RUS	584	Gromov-RUS	584
220 lbs.					
Open					
Teen (18-19)	—	Solovyev-RUS	578	Voronin-RUS	363
Zhigulin-RUS	319	Barannikov-RUS	562	Junior (20-23)	—
224 lbs.					
Open					
Junior (20-23)	—	Kolesnikov-RUS	551	Korshkov-RUS	617
Kolesnikov-RUS	363	Polutin-UKR	551	Matsur-RUS	595
228 lbs.					
Open					
Kniga-RUS	286	Simagin-RUS	529	Kozak-RUS	551
232 lbs.					
Open					
Chernishov-RUS	407	Royanov-RUS	507	Open	—
236 lbs.					
Open					
Speranskiy-RUS	440	Lukinykh-RUS	507	Kravtsov-RUS	727
240 lbs.					
Open					
Gasanov-AZE	374	Sinechkin-RUS	485	Kurpishev-RUS	661
244 lbs.					
Open					
Platonov-RUS	319	Valiev-RUS	468	Permyakov-RUS	617
248 lbs.					
Open					
Master (40-44)	—	Gorbunenko-RUS	463	Yeginov-RUS	595
252 lbs.					
Open					
Sorokin-UKR	264	Zalyubovskiy-RUS	451	Kiryushki-RUS	573
256 lbs.					
Open					
Master (50-54)	—	Masimov-RUS	446	Molchanov-RUS	573
260 lbs.					
Open					
Kim-RUS	363*	Chaov-RUS	374	Kucherov-RUS	551
264 lbs.					
Open					
Zhidkov-RUS	259	Tachanov-RUS	—	Seregin-RUS	518
268 lbs.					
Open					
165 lbs.	—	Chistyakov-RUS	—	Ilyina-RUS	451
272 lbs.					
Open					
Teen (16-17)	—	Yakushev-RUS	253	Shevelev-RUS	507
276 lbs.					
Open					
Titov-RUS	286	Fedulov-RUS	—	Shishlyannikov-RUS	485
280 lbs.					
Open					
Teen (18-19)	—	Master (40-44)	—	Teen (18-19)	—
284 lbs.					
Open					
Fedotov-RUS	—	Gromov-RUS	584	Bogatyrev-RUS	617*
288 lbs.					
Open					
Galushko-RUS	—	Belikov-RUS	463	Melkonyan-RUS	463
292 lbs.					
Open					
Junior (20-23)	—	Tolmachev-RUS	308	Junior (20-23)	—
296 lbs.					
Open					
Master (40-44)	—	Master (50-54)	385	Nekepelov-RUS	733*
300 lbs.					
Open					
Master (40-44)	—	Krupina-RUS	407	Yanshin-RUS	617
304 lbs.					
Open					
Master (40-44)	—	Tokarev-RUS	385	Petyanov-RUS	628
308 lbs.					
Open					
Master (40-44)	—	Master (55-59)	374	Ushakov-RUS	540
312 lbs.					
Open					
Master (40-44)	—	Pyatakhin-RUS	374	Open	—
316 lbs.					
Open					
Master (40-44)	—	Master (60-64)	341	Glazunov-RUS	639
320 lbs.					
Open					
Master (40-44)	—	Andrianov-RUS	358	Mamedov-AZE	611
324 lbs.					
Open					
Master (40-44)	—	Khudoleev-RUS	341	Kulkov-RUS	617
328 lbs.					
Open					
Master (40-44)	—	Teen (16-17)	—	Kokorev-RUS	694
332 lbs.					
Open					
Master (40-44)	—	Teen (18-19)	—	Traks-EST	352
336 lbs.					
Open					
Master (40-44)	—	Master (40-44)	—	Open	—
340 lbs.					
Open					
Master (40-44)	—	Bratanov-RUS	485	Maximov-RUS	804*
344 lbs.					
Open					
Master (40-44)	—	Kulchickiy-RUS	—	Koltakov-UKR	628
348 lbs.					
Open					
Master (40-44)	—	Matsur-RUS	595	Smirnov-RUS	573
352 lbs.					
Open					
Master (40-44)	—	Chernykh-RUS	485	Sankin-RUS	518
356 lbs.					
Open					
Master (40-44)	—	Lukyanchik-RUS	369	Master (40-44)	804*
360 lbs.					
Open					
Master (40-44)	—	Master (50-54)	440	Maximov-RUS	804*
364 lbs.					
Open					
Master (40-44)	—	Zemerov-RUS	440	Barnikov-RUS	440
368 lbs.					
Open					
Master (40-44)	—	308+ lbs.	—	Master (45-49)	—
372 lbs.					
Open					
Master (40-44)	—	Teen (18-19)	—	Lopatkiy-RUS	540
376 lbs.					
Open					
Master (40-44)	—	Traks-EST	352	Open	—
380 lbs.					
Open					
Master (40-44)	—	Open	—	Maximov-RUS	804*
384 lbs.					
Open					
Master (40-44)	—	Maximov-RUS	804*	Koltakov-UKR	628
388 lbs.					
Open					
Master (40-44)	—	Smirnov-RUS	573	Smirnov-RUS	573
392 lbs.					
Open					
Master (40-44)	—	Sankin-RUS	518	Master (60-64)	518
396 lbs.					
Open					
Master (40-44)	—	Master (40-44)	804*	Chepets-RUS	518
400 lbs.					
Open					
Master (40-44)	—	181 lbs.	—	4th-SQ-540*	—
404 lbs.					
Open					
Master (40-44)	—	Teen (16-17)	—	181 lbs.	—
408 lbs.					
Open					
Master (40-44)	—	Gladun-UKR	661!	Grigoryev-RUS	595
412 lbs.					
Open					
Master (40-44)	—	Titov-RUS	551	Maslov-RUS	573
416 lbs.					
Open					
Master (40-44)	—	Leonnyuk-RUS	374	Stepanov-RUS	595
420 lbs.					
Open					
Master (40-44)	—	Teen (18-19)	—	Open	—
424 lbs.					
Open					
Master (40-44)	—	Mayorov-RUS	694	Bogdanov-RUS	672
428 lbs.					
Open					
Master (40-44)	—	Markelov-RUS	242	Konstantino-RUS	661
432 lbs.					
Open					
Master (40-44)	—	Junior (20-23)	—	Mitrofanov-RUS	562
436 lbs.					
Open					
Master (40-44)	—	Yakimenko-RUS	628	Baumer-EST	551
440 lbs.					
Open					
Master (40-44)	—	Grad-RUS	650	Master (50-54)	—
444 lbs.					
Open					
Master (40-44)	—	Dyatlov-UKR	622	4th-SQ-330*	—
448 lbs.					
Open					
Master (40-44)	—	Blinov-RUS	617	4th-SQ-330*	—
452 lbs.					
Open					
Master (40-44)	—	Bazhina-RUS	644*	4th-SQ-330*	—
456 lbs.					
Open					
Master (40-44)	—	4th-SQ-330*	—	4th-SQ-330*	—
460 lbs.					
Open					
Master (40-44)	—	4th-SQ-330*	—	4th-SQ-330*	—
464 lbs.					
Open					
Master (40-44)	—	4th-SQ-330*	—	4th-SQ-330*	—
468 lbs.					
Open					
Master (40-44)	—	4th-SQ-330*	—	4th-SQ-330*	—
472 lbs.					
Open					
Master (40-44)	—	4th-SQ-330*	—	4th-SQ-330*	—
476 lbs.					
Open					
Master (40-44)	—	4th-SQ-330*	—	4th-SQ-330*	—
480 lbs.					
Open					
Master (40-44)	—	4th-SQ-330*	—	4th-SQ-330*	—
484 lbs.					
Open					
Master (40-44)	—	4th-SQ-330*	—	4th-SQ-330*	—
488 lbs.					
Open					
Master (40-44)	—	4th-SQ-330*	—	4th-SQ-330*	—
492 lbs.					
Open					
Master (40-44)	—	4th-SQ-330*	—	4th-SQ-330*	—
496 lbs.					
Open					
Master (40-44)	—	4th-SQ-330*	—	4th-SQ-330*	—
500 lbs.					
Open					
Master (40-44)	—	4th-SQ-330*	—	4th-SQ-330*	—
504 lbs.					
Open					
Master (40-44)	—	4th-SQ-330*	—	4th-SQ-330*	—
508 lbs.					
Open					
Master (40-44)	—	4th-SQ-330*	—	4th-SQ-330*	—
512 lbs.					
Open					
Master (40-44)	—	4th-SQ-330*	—	4th-SQ-330*	—
516 lbs.					
Open					
Master (40-44)	—	4th-SQ-330*	—	4th-SQ-330*	—
520 lbs.					
Open					
Master (40-44)	—	4th-SQ-330*	—	4th-SQ-330*	—
524 lbs.					
Open					
Master (40-44)	—	4th-SQ-330*	—	4th-SQ-330*	—
528 lbs.					
Open					
Master (40-44)	—	4th-SQ-330*	—	4th-SQ-330*	—
532 lbs.					
Open					
Master (40-44)	—	4th-SQ-330*	—	4th-SQ-330*	—
536 lbs.					
Open					
Master (40-44)	—	4th-SQ-330*	—	4th-SQ-330*	—
540 lbs.					
Open					
Master (40-44)	—	4th-SQ-330*	—	4th-SQ-330*	—
544 lbs.					
Open					
Master (40-44)	—	4th-SQ-330*	—	4th-SQ-330*	—
548 lbs.					
Open					
Master (40-44)	—	4th-SQ-330*	—	4th-SQ-330*	—
552 lbs.					
Open					
Master (40-44)	—	4th-SQ-330*	—	4th-SQ-330*	—
556 lbs.					
Open					
Master (40-44)	—	4th-SQ-330*	—	4th-SQ-330*	—
560 lbs.					
Open					
Master (40-44)	—	4th-SQ-330*	—	4th-SQ-330*	—
564 lbs.					
Open					
Master (40-44)	—	4th-SQ-330*	—	4th-SQ-330*	—
568 lbs.					
Open					
Master (40-44)	—	4th-SQ-330*	—	4th-SQ-330*	—
572 lbs.					
Open					
Master (40-44)	—	4th-SQ-330*	—	4th-SQ-330*	—
576 lbs.					
Open					
Master (40-44)	—	4th-SQ-330*	—	4th-SQ-330*	—
580 lbs.					
Open					
Master (40-44)	—	4th-SQ-330*	—	4th-SQ-330*	—
584 lbs.					
Open					
Master (40-44)	—	4th-SQ-330*	—	4th-SQ-330*	—
588 lbs.					
Open					
Master (40-44)	—	4th-SQ-330*	—	4th-SQ-330*	—
592 lbs.					
Open					
Master (40-44)	—	4th-SQ-330*	—	4th-SQ-330*	—
596 lbs.					
Open					
Master (40-44)	—	4th-SQ-330*	—	4th-SQ-330*	—
600 lbs.					
Open					
Master (40-44)	—	4th-SQ-330*	—	4th-SQ-330*	—
604 lbs.					
Open					
Master (40-44)	—	4th-SQ-330*	—	4th-SQ-330*	—
608 lbs.					
Open					
Master (40-44)	—	4th-SQ-330*	—	4th-SQ-330*	—
612 lbs.					
Open					
Master (40-44)	—	4th-SQ-330*	—	4th-SQ-330*	—
616 lbs.					
Open					
Master (40-44)	—	4th-SQ-330*	—	4th-SQ-330*	—
620 lbs.					
Open					
Master (40-44)	—	4th-SQ-330*	—	4th-SQ-330*	—
624 lbs.					
Open					
Master (40-44)	—	4th-SQ-330*	—	4th-SQ-330*	—
628 lbs.					
Open					



**The news had me humming: "Baby, where you been so long?"**

Over twenty years ago the Gerard Trap Bar hit the scene with a profound impact on training and how we thought about it. Due to a licensing dispute and other factors, this unique invention vanished from the market by the end of the millennium - leaving the Iron Game waiting ever since for someone to come along and bring it back.

Enter John Wood, the young hand and grip strength specialist, who has established a growing business featuring training devices of his own invention as well as revived classics. He answers the question:

"Why bring back the Trap Bar? Well, simply put, it's a superb piece of equipment that should be available. I train with it, have trained with it, and believe in it wholeheartedly. I also think Al Gerard deserves his due. I have always felt that the original innovator, the one who brings a great idea to the forefront, should get the credit they deserve; especially when the original is a better product. The elegant simplicity of the GTB is one of its fine features. The trapezoidal or 'diamond' shape has the perfect balance and feel which is very important part of any piece of equipment."

More from John later, but first some background for people unfamiliar with the bar. Al Gerard was a deadlift record holder in ADFPA southern regions but around 1985 began having low-back problems. Wanting to continue in the sport, engineer Al set out to develop a device that would allow him to train the deadlift, but with reduced lower back strain. What is special about the oddly shaped bar he came up with? The frame Gerard developed improves balance by moving the weights in closer to the body. Thus, less effort is needed to move the weight. When the lifter stands inside the frame, the weight is located to the rear of the normal path of a straight bar. This reduces lower back stress and shearing forces on the spine and knees. The improved leverage provides higher intensity muscle stimulation.

A September 1986 ad in PL USA introduced the Gerard Trap Bar, and recommended it for deadlifts, stiff-leg DLs, shrugs and "upright rows." Inventor Al's November 1987 article in PL USA, "The Deadlift: The Trap Bar Program," presented the principles. Dr. Ken Leistner published articles beginning in 1987-1988. Good press

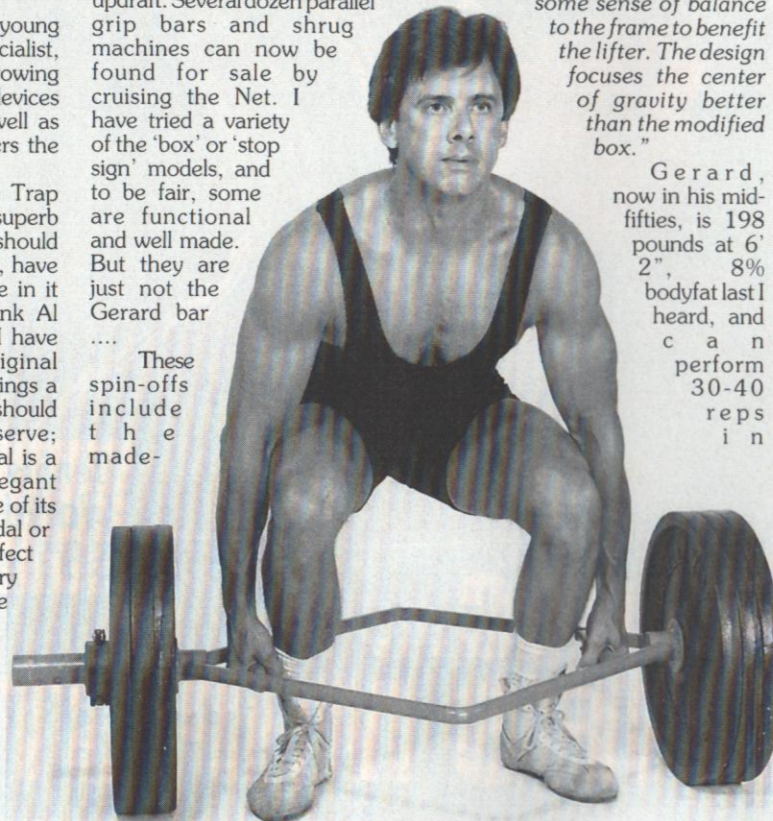
## BRINGING BACK THE GERARD TRAP BAR as told to Powerlifting USA by Paul Kelso

appeared in National Strength & Conditioning Journal, American Fitness and other mags. I placed pieces in PL USA and IRON MAN in 1988-89 and HARDGAINER in 1993.

Once Gerard's Trap Bar began to soar in popularity other manufacturers decided to ride the updraft. Several dozen parallel

grip bars and shrug machines can now be found for sale by cruising the Net. I have tried a variety of the 'box' or 'stop sign' models, and to be fair, some are functional and well made. But they are just not the Gerard bar ...

These spin-offs include the made-



The Trap Bar and Al Gerard

overseas bars, the over-designed, the overpriced and the bizarre. All this certainly makes for good entertainment but Gerard's original is hard to improve on. Some foreign knockoffs were dumped on the market. These were often badly measured - plate posts oversize - or made from inferior steel. Ad blurbs for bandwagon jumpers made claims of superior design - which designs may have been as much attempts to circumvent Gerard's patent as they were to build a better training device.

Some claims were just fog: such as statements Gerard chose the diamond shape to save on steel costs, that the bar placed stress on the knees or that it was originally designed only for shrugging.

When Gerard learned of such charges he replied in an e-mail to this writer: "The idea that the bar was designed as a diamond to cut costs is wrong. The design is for better balance. To say the

bar design was scrimped on - or that it might cause damage to the knees - is nonsense. That does not follow from a physics or engineering standpoint. The diamond shape was designed to provide equilibrium of a rigid body under coplanar forces. In other words, to provide some sense of balance to the frame to benefit the lifter. The design focuses the center of gravity better than the modified box."

Gerard, now in his mid-fifties, is 198 pounds at 6'2", 8% bodyfat last I heard, and can perform 30-40 reps in

because the bar can be so uncomfortable as it rests on undeveloped shoulders. A couple of months of Trap Bar leglifts or DLs, plus a few shrugs, will accustom position and groove for squats and DLs, and thicken traps at the same time. Coaches take note.

But enough: let's hear from John Wood directly: "I have always been familiar with the Trap Bar, having grown up with one in my Dad's weight room. Trap bar deadlifts and shrugs were always a part of my routine once I started training for football. My father Kim was the strength coach for the Cincinnati Bengals for 28 years and was instrumental in the success of Hammer Strength and Nautilus.

Being busy with high school and college football, I never paid much attention to the fact that the Trap Bar stopped being available for whatever reason.

In my second semester of grad school I started my first website to sell grip training equipment and workout courses. When I first set up, I contacted Al Gerard for advice. He asked if I was interested or could help find someone to make bars for him. This thought had never crossed my mind. My inexperience notwithstanding, without any storage space or manufacturing capabilities this would have been impossible - but I did file the idea away in the back of my head.

As time passed and my business grew larger, I started adding more products. Understand, the way I decide to feature any product is by giving it a full "trial by fire" - a product doesn't go on the site unless I train or have trained with it and find it to be top notch.

Last fall I was back home for a few weeks. I spied a Trap Bar in the corner of the weight room and decided to give it a spin just like the old days. Shrugs, deadlifts and high pulls were as good as ever and the soreness in my traps let me know this was an area in need of some work. As I finished up my workout I recalled my conversation with Al Gerard. I thought, "Hey? Why not bring it back?"

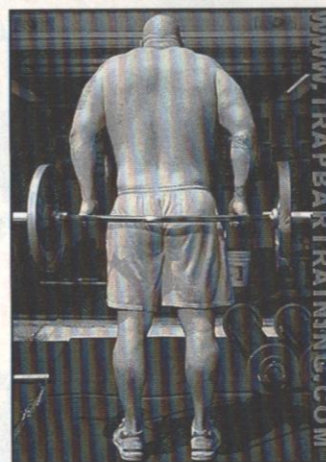
By this point my company had grown and we were in a position to handle things on the business side. Shortly afterwards, I contacted Al and told him of my idea ... and he was excited at the prospect of the Trap Bar returning. A fine manufacturer I knew made a perfect prototype based on Al's original plans and so we pushed forward to bring the Gerard Trap Bar to a whole new generation of lifters.

Now, it was important to me

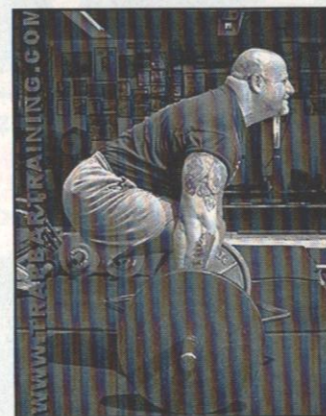
## KELSO'S SHRUG BOOK

A unique book with 27 illustrated shrug moves. Improves upper back, shoulder girdle and your total. New BP info is worth the price. Also "trap bars" and chest expansion. "Paul has done more for my bench press than everyone else put together." - Collin Rhodes

\$14.95 + S&H. Toll free # USA 888-934-0888, ext. 3. Order online from <http://www.hatsoffbooks.com/> or many websites.



The Trap Bar ... great for shrugs



Trap Bar .. perfect position pulls to get Al's permission to do so. If he had said no, I wouldn't have

proceeded. Unfortunately, poaching others' ideas is one of strength training's many traditions. I won't do it.

While many people can come along and say "Why didn't I think of that" Al is the guy that did it. The Trap Bar was his baby, and he's the one that should get the credit for it.

From a manufacturing standpoint, it was also very important to me that the new trap bar had to be from Al's original design. The angles, knurling, weight, and specs are all exactly as Al designed them to be - and made of the highest quality components. Unlike many of the derivative bars, the new trap bar is made right here in the USA. On our new Trap Bar, you'll notice that the bar ends are milled slightly to facilitate loading - this style is known as "chamfered" bar ends; something no other company in the industry features. The only obvious change we made was to zinc plate it at my manufacturer's suggestion. This is to protect against rust and provide durability so that it, quite literally, lasts forever. And the 'gold' finish looks sharp!

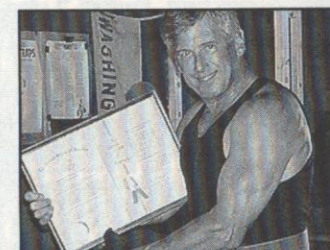
I'm sure in time we will do the custom stuff - thick handles, longer loading areas etc. I think I'll pass on the raised handles. I'm 6'5" and never had a problem with reach like some people say. If you wish, blocks of wood under the plates would solve the

problem. What is more, handles are not Al's design and they make a simple piece more complex than it has to be. The basic model is more than enough for anyone. Given the advantages that the trap bar provides and how simple it is to use, anyone who is serious about getting stronger should have one.

And lastly, at this point in my business career all the pieces are in place: the awareness through my websites, the manufacturing capability, quick fulfillment by people I can trust ... all perfect ... for reviving the Gerard Trap Bar."

For more information, check out John's websites at: <http://www.trapbartraining.com/> or [www.functionalhandstrength.com](http://www.functionalhandstrength.com)

John Wood, former defensive lineman and two time letter winner for the University of Michigan football team, is well known for his feats of hand strength and his knowledge of classical "lost" exercises such as the one-arm snatch and the bent press. Wood began training his hands in preparation for high school football. To date, his grip strength feats include closing the IronMind #3 hand gripper; lifting the 172 lb. Thomas Inch Challenge Dumbbell and exploding beer cans with his hands. John holds a Masters degree from The School of Information, University of Michigan.



Al Gerard Now .. with his patent



John Wood ... brought it back.



The Trap Bar ... the PLers buddy

## PAUL KELSO'S POWERLIFTING BASICS: TEXAS-STYLE

The Game's funniest book: forming a club, first meet follies, and straight info. You've heard of this "training novel"...join Lope and LaVonda in "the ultimate blend of hilarity and common sense in strength training" (PL USA); - a "true iron classic" (Iron Man). \$14.95 + S&H. Order from [www.ironmind.com/](http://www.ironmind.com/) Tel: 916-265-6725; Ironmind Enterprises, P.O. Box 1228, Nevada City, CA 95959.



# SUPPLEMENT DIRECT.COM



Compare OUR products to the competition's and SAVE UP TO 567%!

## TOP QUALITY Supplements at ROCK BOTTOM Prices!

SUPPLEMENT DIRECT tests EVERY batch of EVERY one of our products at an independent laboratory to assure you of quality. Check our website for REAL lab results on the products we are currently shipping.

Order Line: 1-888-776-7629

<p><b>ARGININE ALPHA-KETOGLUTARATE</b></p> <p>250 gm \$14.99 500 gm \$24.99 500 gm \$59.99 180 caps</p> <p><b>SAVINGS: \$141.66 SAVE 567%! Owned!</b></p>	<p><b>L-GLUTAMINE</b></p> <p>500 gm \$17.99 1000 gm \$29.99 2000 gm \$54.99</p> <p><b>SAVINGS: \$120 SAVE 400%! Sick!</b></p>	<p><b>TRIBULUS</b></p> <p>250 caps \$19.99 500 caps \$29.99</p> <p>90 caps \$18.95</p> <p><b>SAVINGS: \$29.95 SAVE 152%! Nice!</b></p>	<p><b>KRE-ALKALYN</b></p> <p>250 caps \$27.99 500 caps \$49.99</p> <p>120 caps \$29.99</p> <p><b>SAVINGS: \$75 SAVE 150%! Pwned!</b></p>
<p><b>WHEY PROTEIN</b></p> <p>2 lbs \$13.99 5 lbs \$27.99 11 lbs \$54.99 44 lbs \$199.99</p> <p>5 lbs \$74.99</p> <p><b>SAVINGS: \$30 SAVE 100%! Alot!</b></p>	<p><b>CREATINE ETHYL ESTER HCL</b></p> <p>250 gm \$12.99 500 gm \$19.99</p> <p>240 gm \$34.99</p> <p><b>SAVINGS: \$46 SAVE 180%! KaPOW!</b></p>	<p><b>BCAA</b></p> <p>250 caps \$19.99 500 caps \$34.99</p> <p>\$59.99</p> <p><b>SAVINGS: \$89.99 SAVE 257%! Fa-Shizzle!</b></p>	<p><b>WHEY PROTEIN HYDROLYSATE</b></p> <p>2 lbs. \$17.99</p> <p>2 lbs. \$46.98</p> <p><b>SAVINGS: \$24.95 SAVE 125%! Sweet!</b></p>

<p><b>L-CITRULLINE MALATE</b></p> <p>250 gm \$24.99</p>	<p><b>BCAA POWDER</b></p> <p>250 gm \$11.99 500 gm \$19.99</p>	<p><b>CISSUS</b></p> <p>100 gm \$9.99</p>	<p><b>BETA ALANINE</b></p> <p>250 gm \$14.99</p>	<p><b>L-LEUCINE</b></p> <p>250 gm \$14.99</p>	<p><b>L-TRYPTOPHAN</b></p> <p>100 gm \$19.99</p>	<p><b>ACETYL L-CARNITINE</b></p> <p>250 gm \$19.99</p>
<p><b>WHEY PROTEIN ISOLATE</b></p> <p>2 lbs \$17.99 5 lbs \$34.99 44 lbs \$249.99</p> <p>3 lbs \$57.50</p> <p><b>SAVINGS: \$65.83 SAVE 219%! Owned!</b></p>	<p><b>COMPLEX CARBS</b></p> <p>8 lbs \$14.99 50 lbs \$74.99</p> <p>2.2 lbs \$14.44</p> <p><b>SAVINGS: \$37.50 SAVE 250%! Deal!</b></p>	<p><b>RIBOSE</b></p> <p>200 gm \$24.99 200 gm \$33.39</p> <p><b>SAVINGS: \$33.39 SAVE 133%! Frightening!</b></p>	<p><b>HIGH PERFORMANCE CREATINE</b></p> <p>7.7 lbs \$29.99</p> <p>\$79.99</p> <p><b>SAVINGS: \$61.94 SAVE 206%! Baa-Da-Bing!</b></p>			
<p><b>N-Acetyl-L-Glutamine</b></p> <p>250 gm \$14.99 500 gm \$24.99</p> <p>100 serv \$59.99</p> <p><b>SAVINGS: \$30 SAVE 100%! Good Deal!</b></p>	<p><b>PURE ZMA</b></p> <p>180 caps \$19.99 360 caps \$34.99</p> <p>90 caps \$24.99</p> <p><b>SAVINGS: \$65 SAVE 185%! Shocker!</b></p>	<p><b>DHEA</b></p> <p>25 mg/100 \$6.99 100 mg/100 \$14.99</p> <p>100 mg/60 caps \$29.99</p> <p><b>SAVINGS: \$35 SAVE 233%! Sick!</b></p>	<p><b>CREATINE MONOHYDRATE</b></p> <p>500 gm \$7.99 1000 gm \$13.99 2000 gm \$24.99</p> <p>1200 gm \$46.99</p> <p><b>SAVINGS: \$51.98 SAVE 207%! Incredible!</b></p>	<p><b>DEXTROSE</b></p> <p>11 lbs \$9.99 50 lbs \$39.99</p> <p>2 lbs \$42.99</p> <p><b>SAVINGS: \$42.99 SAVE 106%! Impressive!</b></p>		

# SUPPLEMENT DIRECT.COM

Order Line: 1-888-776-7629

12320 Los Osos Valley Rd.,  
San Luis Obispo, CA 93405

WHY PAY MORE?



# SUPPLEMENT DIRECT.COM

Make sure the products you buy are tested by an independent lab BEFORE you buy or log on to [www.SupplementPolice.com](http://www.SupplementPolice.com) for a full list of products independently tested to insure quality!



Comparisons based on MSRP (Manufactured Suggested Retail Prices) and calculated comparisons based on similar or like sizes.



# INTERVIEW

## Louis Simmons of Westside Barbell interviewed for PL USA by Dr. Larry Miller

**LM:** Louie, you are probably one of the best known individuals in the sport. How did you get started in Powerlifting?

**LS:** I always wanted to powerlift, although I started out Olympic lifting at 14-18 years old. A power meet was held in Dayton, Ohio in 1966, which was a few days before I was to be drafted into the Army. At that meet, there were four future world champions. Milt McKinney, George Crawford, Vince Anello and Larry Pacifico, I was sold.

**LM:** How did you become so knowledgeable about the sport and the physiology and mechanics involved with the sport? Do powerlifters need to read some of the books you have recommended in order to understand the sport better?

**LS:** To be good at anything, you must fully understand what you are doing. I am a full time student of strength. I learn to do things right by doing them wrong at first. After breaking my fifth lumbar vertebra for the second time in 1983, I had to find a more sophisticated method of training. I studied the former Soviet Union

methods of developing special strength. You must learn and use all methods of training to succeed. This has led to my ownership of four United States patents on my strength equipment. I firmly believe everyone should read as much as possible about strength development by accredited authors from the Soviet Union.

**LM:** What books would you recommend for powerlifters to read and where can they get them?

**LS:** "The Practice of Science and Strength Training" by Zatsiorsky; "Science of Sports Training" by Kurz and "Strength and Power in Sports" by Komi. You can purchase these at Elite Fitness.

**LM:** How and when did you meet your wife Doris? Without getting you in trouble, was she one of the better female powerlifters you ever saw?

**LS:** I meet my wife through her work at the phone company. She never lifted weights until after ten years of marriage. She began training and became Miss Ohio in bodybuilding. After that she changed to powerlifting and became the all time WPC world champion and all time world

record holder in bench, squat and total.

**LM:** I know the two of you don't have any children but you have a history with dogs. What are your favorite breeds?

**LS:** I have always had pit bulls or American bulldogs. They are the toughest and most determined breeds. Nitro, the pit bull, never missed a work out and actually died in the gym at 13 years old. That is why we honor him as the logo on our shirts.

**LM:** Do you believe our sport will ever unify? If not, why?

**LS:** We will never unify because we cannot believe the one that lifts the most weight is really the best.

**LM:** I would think, minimally, we should attempt to have a unified drug tested/non-tested organization. Would this be a possibility in your view?

**LS:** No, it should not because it is too easy to pass a drug test, including the IOC test and I have seen this personally. At the 2006 Tour De France there were 60 riders using banned substances that were Ok'd by their doctor, I don't call that drug testing.

**LM:** There has been a great deal in the news regarding Barry Bonds and Floyd Landis. Public opinion is very negative and steroids are associated with cheating. Do you feel that the general public has misperceptions regarding steroids?

**LS:** Yes, I do. In an endeavor that calls for a sports performance, why wouldn't sports performance drugs be a part of that? You mention Mr. Bonds. I ask the question did Mickey Mantle,

Roger Maris, or Hank Aaron take a drug test? If not, how can we be sure they were clean? Steroids became quite prevalent in the late 50's and early 60's. As far as Floyd Landis is concerned, how does a person show a clean sample up to stage 16, fails 17, and then be fine for the rest of the tour? I say if Lance Armstrong won 7 tours drug free, why drug test at all? Maybe drugs don't work on people who ride bikes, I just don't know. You are right, Larry; the general public has many misconceptions about steroids. If steroids are as dangerous as we are lead to believe, there would not be any anti-aging clinics. If testosterone were as dangerous as we were told, most people would be dead at 18. With what the TV ads say about today's medicines and their many deadly side affects, it makes steroids look safe.

**LM:** Do you believe that the medical community needs to do more studies on steroids and growth hormone?

**LS:** Absolutely. Check out how many people die from over the counter pain medication and how many people die from anabolic steroids...you might be surprised.

**LM:** We have a number of great lifters in the US. Some wear single ply, some double ply and triple ply. Powerlifting USA magazine ranks our lifters based on their best lifts. Is it fair to compare these groups? In addition there are differences in rules and early weigh-ins. Whereas the original rules seemed to be universal at the time, do you think it was ok to change the rules whereby lifters could now bring the bar down to the abdomen or weigh in 1-2 days in advance? The bench shirt was originally defined as a tight fitting t-shirt. Now, some look nothing like a t-shirt.

**LS:** Yes, it is fair. Tiny Meeker and Steve Wong both wear single ply and have passed drug tests. Steve has made 881 and Tiny 903. These men simply have the intelligence to use a strong shirt. The 48 hour weight in at the WPO was a joke in my opinion, but it was a thing in the past. You can be drug free, don't wear a shirt, do two hour weigh-ins, but if you want to be on the top 100, you must think about how to increase your odds. Boxers are using 24 hour weigh-ins and this has prevented many brain injuries and even deaths by using common sense. When it comes to where the bar touches your chest or your belly because of the strength of the shirt, I was a top ten bench in 1980, and at that time I made the third highest total at 220 with a two hour weigh-in. My bench was 480 and I was the eighth out of the top ten. At 54 years old, I made a 575 bench, at 220, and that was the sixth on the 220 list

in 2002. If I figured out a shirt, why can't anyone else? I never made the rules, I only followed the rules, and I may be the oldest to make a top ten bench, at 54 years old. I simply adapted to the rules and if you can't adapt, you are going to be extinct. Last but not least, I never hear the strongest guys complaining about gear, only the weakest ones.

**LM:** You are known in many circles as an expert in strength and conditioning. Are you a consultant to any professional sports teams? What type of athletes do you work with and how often do you have visitors come and train with you?

**LS:** We have sent people to the NFL. With the last two prospects we took 3/10 off of their 40 time. Rudy Silva trained with us this year for two months. He's a 290 lb. tight end, who was picked up by the Detroit Lions and in eight weeks with us, we dropped his 40 time from 5.1 to 4.7. I have had Green Bay Packers, Seattle Seahawks, Cleveland Browns and Johnny Parker, formerly with the Patriots and now with the 49ers, has spent time here. I honor a picture of Kent Johnson and Johnny Parker shaking hands on the Super Bowl field in 1997, when their respective teams, the Green Bay Packers and the Patriots played. I correspond with many other NFL teams. Five top rugby teams from overseas have visited us for training advice; a former goal tender from the Manchester United spent extensive time with us here and opened a training facility much like mine in England. MMA stars Dan Severson and Dan "the bull" Bobish and Kevin Randelman trained here for a while. I worked with Butch Reynolds, who was the former world record holder in the 400 meters. There is only one way to lift for explosive power and it is Westside. We do internships for Universities and have visitors from all around the world visit us constantly.

**LM:** I know you are a big fan of the rubber band man, Dick Hartzell, and his equipment. What effect have the bands had on our sport?

**LS:** Dave Williams, the former coach of Liberty University, asked me to do experiments with Jump Stretch bands and for my recommendations on how to use them. I never heard of them before, but Dick Hartzell was in town doing a seminar on how to use bands. The first time I used them, I was hooked. I experimented with bands for 18 months and at that point I knew for



Doris Simmons...has done some great lifting herself, Westside style

sure they definitely worked. Bands are too light in the bottom and weight is too heavy, but the combination is unbelievable. Bands have helped produce overspeed eccentrics, virtual force effect and, of course, contributes to accommodating resistance and helping develop the reactive methods of training. Even now, most machines have band

connectors on them. I feel bands have taken lifting to a new height. It certainly has Westside.

**LM:** Who are some of your favorite lifters to watch?

**LS:** Oleksander Kutcher, Andy Bolton, Chuck Vogelpohl and George Halbert.

**LM:** Who are the most impressive lifters you have seen over the years?

**LS:** The three strongest would be and, in no particular order, Ed Coan, Mike Bridges and Oleksander Kutcher. The best competitor was Larry Pacifico. He never had a cakewalk, but he always won.

**LM:** How did you come up with some of the ideas behind your equipment?

**LS:** I invented the Reverse Hyper extension after breaking my fifth lumbar in 1973. No one was able to help me and I came up with this exercise out of desperation. It is a United States trademark; it has two U.S. patents, with a third patent pending and is currently running on television as an infomercial referred to as the CorEvolution. I also have a plyometric swing known as the virtual force swing that has a U.S. patent. We can never have enough explosive power and the swing helps provide that training effect.

**LM:** Do you still do strength seminars and, if not, why?

**LS:** Very few, because I prefer to train and experiment. To do that, I have to stay at Westside. I have many coaches come to me and try to pass on anything I can to help them.

**LM:** At what age do you think Powerlifters peak if they can keep themselves healthy?

**LS:** I am not sure, but at least 60 years old. I am stronger in the deadlift and squat now and I will be 60 in October. Not getting injured is the key as well as having training partners. If you run with the lame you will develop a limp, so choose your training partners wisely.

**LM:** Have you ever considered writing a book to challenge the Bigger, Faster, Stronger mentality that many coaches still use?

**LS:** I do have a book that is 550+ pages that I hope to have published within a year. This book will teach all methods of training and defines the needs of special strength, GPP and SPP.

**LM:** How often do you train and give us a breakdown of what days you do what lifts and whether it is max effort or dynamic training etc.?

**LS:** 8 times a week. The main workout is in the morning and secondary workouts in the evening.

Sunday-speed bench  
Monday-max effort for squat and deadlift using the conjugant system.

Wednesday-max effort for the bench  
Friday-speed squatting off a box from speed strength strength speed.

**LM:** What are some of the injuries you've worked through during your career?

**LS:** I broke my fifth lumbar vertebra in 1973. I completely tore off my right bicep in 1979. I tore two holes in my stomach and a partial tear of the tendon that connects to the pelvic bone in 1980. Refractured my fifth lumbar vertebra in 1983. Complete ruptured of left patella tendon in 1991. I had my second knee operation in 1991. Right meniscus operation in 1998. Shoulder socket replacement in 2004. Left shoulder scoped in 2004. Left bicep reattached in 2004.

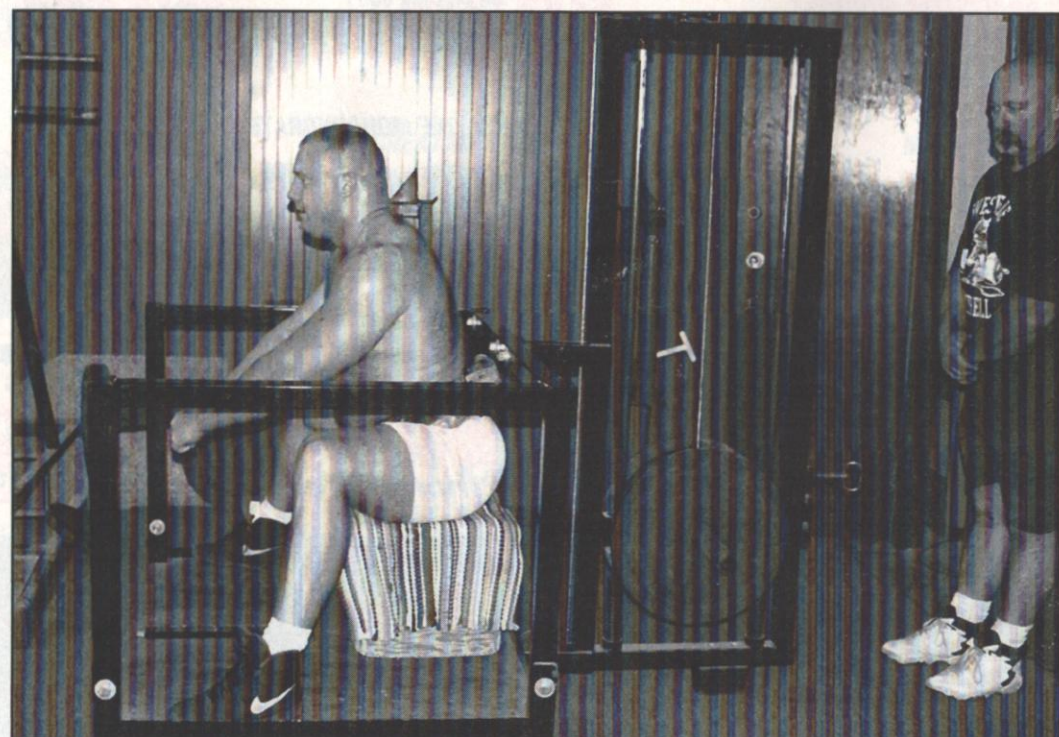
**LM:** Do you take any supplements?

**LS:** I take AtLarge Nutrition© protein supplements, vitamins and minerals and many herbs.

**LM:** What do you see as the number one problem with our sport and how do you think it could be corrected?

**LS:** Jealousy would be the number one problem and because of jealousy, we will never unite and thus it will never be corrected.

**LM:** Any final thoughts Lou?  
**LS:** Long live powerlifting and all of those who participate in it.



Watching... thinking... Louie spends many productive hours in the gym at Westside. (Bumgarner photo)

**TOPPER SUPPLY COMPANY**  
2108 S. HIGH STREET  
COLUMBUS, OHIO 43207

**THE SEARCH STOPS HERE!!!**  
**THE COMPLETE POWERLIFTING ASSEMBLY:**  
5/8" SET \$98.95 1/2" SET \$79.95  
**ELITE AND PROFESSIONAL POWERLIFTERS**

**TO ORDER CALL TOLL FREE**  
866-4CHAINS (866-424-2467)  
ASK FOR LARRY, IVAN OR RON  
MONDAY THRU FRIDAY 7:30 AM TO 4:30 PM  
SATURDAY: 7:30 AM TO 12:00 PM EST.

**WWW.TOPPERSUPPLY.COM**

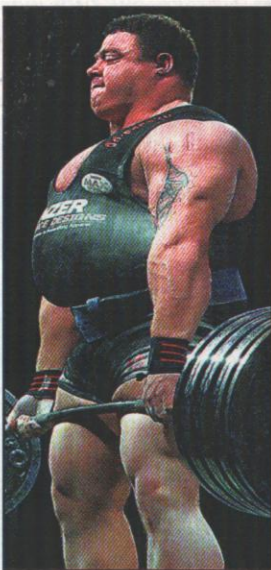
**LOUIE SIMMONS TRAINING SECRETS**



APF/AAPF Georgia State  
15 Sept 07 - Woodstock, GA

BENCH Only	Open			
WOMEN	181 lbs.			
APF	B. Fisher			
198 lbs.	407			
A. Suter	99	220 lbs.		
MEN	M. Schupp			
APF	551			
Classic Masters	242 lbs.			
Raw	D. Fisher			
181 lbs.	573			
L. McCormick	209	308 lbs.		
Masters	Anderson			
275 lbs.	633			
B. McKee	551	SHW		
308 lbs.		C. Dennis Jr		
B. Burke	390	705		
Classic Raw	R. Hodge			
308 lbs.	683			
A. Jordan	512	AAPF		
Powerlifting	SQ	MastersDL		
TOT	242 lbs.			
WOMEN	R. Proctor			
APF	424			
132 lbs.	Open			
A. Watson	347	B9Bish03	843	
198 lbs.	534			
A. Suter	264	99	281	644
MEN				
APF				
Teen				
165 lbs.				
R. Quatela	314	253	429	997
220 lbs.				
A. Leverance	352	264	518	1135
Masters				
220 lbs.				
C. Sanford	474	341	501	1317
Classic				
198 lbs.				
A. Massie	600	308	463	1372
Open				
198 lbs.				
A. Massie	600	308	463	1372
R. Patterson	474	347	496	1317
220 lbs.				
G. Flowers	722	457	551	1730
S. Peed	523	507	573	1603
242 lbs.				

1003 Lb. DL!



**ANDY BOLTON**  
Training DVD ...  
\$39.95 plus \$5.00  
S&H to Powerlifting  
USA, Box 467,  
Camarillo, CA 93011  
or call in with your Visa  
or MasterCard info to  
us at 800-448-7693



Kara Bohigian and one of the judges at the historic event, Tommy Fannon. (Gearman Nutrition photos)

P. Hall	804	644	744	2193
S. Dwelle	837	650	650	2138
S. Donahue	782	474	633	1890
275 lbs.				
T. Irby	1003	677	722	2403
S. Richards	859	628	633	2121
D. Sheffield	843	501	672	2017
308 lbs.				
D. Stiefel	804	556	617	1978
J. McCormick	661	451	551	1664
T. Bower	639	314	551	1504
Pro Division				
220 lbs.				
S. Byrd	1063	611	733	2408
308 lbs.				
J. Hoskinson	1058	700	700	2458
AAPF				
Teen				
181 lbs.				
R. Westberry	479	281	440	1201
308 lbs.				
L. Wright	551	402	556	1510
Masters				
181 lbs.				
T. Greene	352	275	407	1036
220 lbs.				
E. Burns	385	203	451	1041

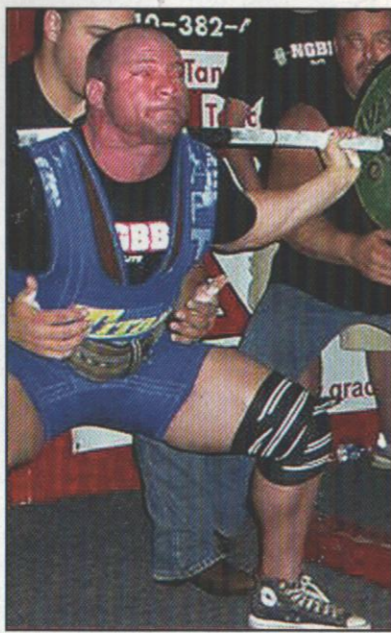
APF Best Lifter Bench Only: Curtis Dennis Jr. AAPF Best Lifter Bench Only: Brant Bishop. APF Best Lifter Powerlifting: Toby Irby. Many newcomers to the sport of powerlifting are perplexed at the sheer number of federations and organizations within the sport. There is, however, no question that the American Powerlifting Federation is leading the pack with an ever increasing statewide presence. Lifters are flocking to state meets across the country because they are APF sanctioned and the individuals involved in these various states are passionate about the sport and are giving 100% effort to provide exciting, fair and fun lifting competitions for all involved. My 2007 APF/AAPF Georgia State PL and BP Championships was no different. For the fifth straight year we dragged out the Monolifts, the Forza competition benches, the Okie DL bars, the Frantz 55 lb. squat bars, the Ivankilo kilo plates, and a ton of plywood, carpet and rubber mats to set up the smoothest and easily the best Georgia APF State Meet to date. I must thank all the guys from NGBB who helped run the platform and set up the meet; this is thankless and tiring work and without good help in this area a meet would be nothing short of chaotic. I reserve one of the largest thank you's for USAPL lifter, powerlifting historian and overall great guy Patrick Anderson for announcing this meet from start to finish; he kept it exciting and fact filled and made the meet great. I also spent countless hours hand picking the perfect group of APF referees so that the meet would be judged fairly and correctly. With the help of Tommy Fannon, Mike Lanier, Shelby Robbins, Bob Lovelace, Scott Albano, Darrell Hoard, Glenn Baggett and Jesse

over 200 pounds bare chested; the man is an incredible testament to the benefits of strength training. Brant Bishop entered AAPF and stroked his 534 opener to take Best Lifter. Likewise, humongous Curtis Dennis, Jr. also took Best Lifter in the APF Bench Only category with the biggest press of the meet. His 705 bench was a 115 pound increase in only two months. Awesome progress, Curt. In the full meet, Angela Watson hit all PR's to total impressive and take home the Women's Best lifter award. Master Lifter Emory Burns came within only a hair of locking in a 9 for 9 day and kept the crowd entertained with some awesome strength and tenacity. The 242 Open division had a good battle between Buford, Georgia's Pat Hall, 44, and 22 year old Steve Dwelle. Pat's experience and a 744 pull closed the gap and shut Steve down. These guys were talented with tons of big lifts left in the tank. The 275 division showed the emergence of a big and powerful Toby Irby from Lake City, Florida. Toby wrecked havoc on a 1003 PR squat then continued with balanced numbers to total a 2403 and take home the full meet Best Lifter award. Also in the 275's was Georgia Tech student Drew Sheffield. Drew put a remarkable 500 pounds on his total in 5 months and cracked his 1st 2000+ total.



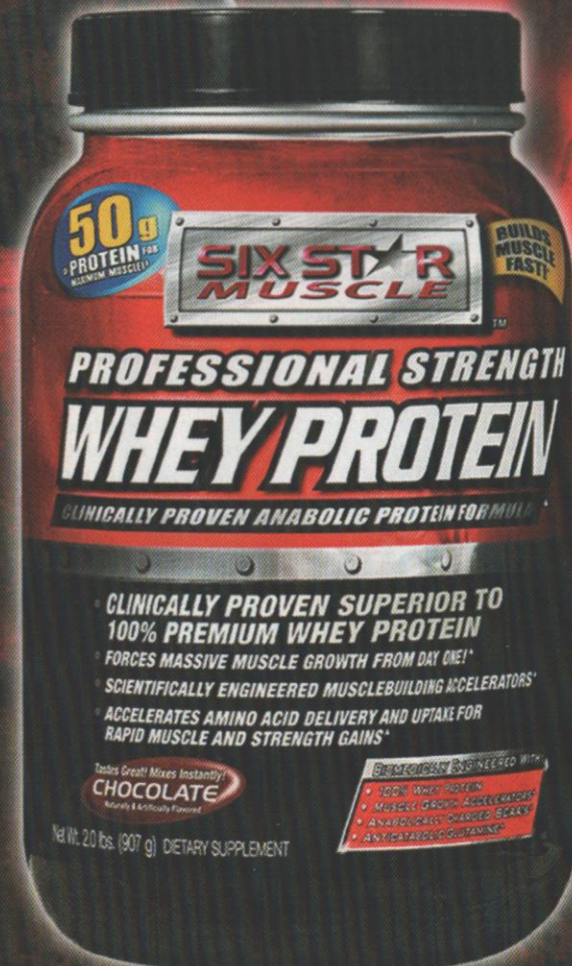
Jim Hoskinson produced a 2453lb. total @308

NGBB is proud of Drew and his hard work in the gym. There were many, many other worthy competitors and a lot of great totals at this meet. Clearly, the most amazing thing on September 15th in Woodstock, Georgia was the presence of Sam Byrd and Big Jim Hoskinson on the platform. Sam is like no other and untapped of potential. He is Coan-esque in his balance and abilities with a barbell. At 218 rock hard pounds, Sam annihilated a 1015 squat opener, crushed a second with 1063 for an all time WR and tried 1102. Only the set up in the monolift held this big number back this day. He benched a nearly effortless 611 then pulled a 733 that appeared so easy one had to wonder if there had been a misload. Sam's new sumo style has taken his deadlift to new levels and it is just beginning to mature. Jim Hoskinson, also a pro caliber powerlifter, works himself into a frenzy before attempts and is a crowd favorite. His new squat stance looked fantastic, though he just got his opener with 1058. He capped his total off with right at a 700 bench and 700 pull for a big 2453 total, the biggest total in Georgia on this day. The crazy part is that neither one of these lifters were really 100% for this meet and were just "having fun". I'd like to once again thank everyone who supports APF powerlifting in Georgia. I look forward to another successful year in 2008! (results by Jon Grove, APF Georgia State Chair and owner of NGBB)



Sam Byrd made a spectacular 1063 squat at 220, and tried a huge 1102!

# IRON PUNISHING STRENGTH



It's 5:30 a.m. on a Monday morning. While the weak lie in slumber, you arrive at a place that can only be described as hell on earth. This war-ridden institute is your home away from home. You are motivated by the fact that today is the day you break into the 800-pound deadlift club. This isn't a powerlifting meet and there ain't no audience - you lift for yourself and nobody else. You've got everything an iron warrior needs to step into battle with the bar - a thick belt and chalk. Staring you in the face is a fully loaded iron bar riddled with blood and sweat. You fear nothing as you do several mental reps while key musclebuilding amino acids course through your veins on their way to your hungry muscles. With Six Star® Muscle Professional Strength Whey Protein - a 100-percent pure whey protein loaded with scientifically engineered musclebuilding agents - in your system, 800 pounds has no chance. This cutting-edge formula, packed with a whopping 50 grams of anabolic protein per maximum serving, fuels you through those grueling training sessions as you blast your way past your previous PBs. Welcome To The Club.

AVAILABLE AT



SuperCenters

Carefully read the label before use. All trademarks are owned by their respective trademark owners and are used with permission. © 2007.

sixstarmuscle.com<sup>SM</sup>



# Strength-Size-Power — OPTIMIZE Your Post-Workout Nutrition!!!



Donnie Thompson — is certainly one of the world's strongest human beings, with one of the highest powerlifting totals ever posted!

Post-workout (PWO) nutrition has been shrouded in half-truths and lies for too long. It is time to set the record straight.

The current accepted norm for PWO nutrition is that one should consume a whey-only protein shake

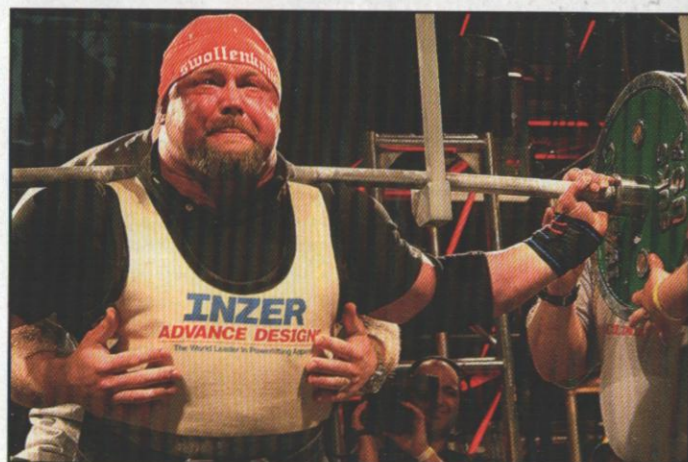
as soon as possible after training. The reasoning provided is that the quick absorption rate of whey stimulates protein synthesis at a time when the body is most receptive to said stimulation. This concept is valid, but neglects the "rest of the

story" as Paul Harvey used to say. Immediately after an intense session in the gym our body is in a net negative state relative to skeletal muscle protein. Intense training accelerates the catabolism of muscular protein and blunts its

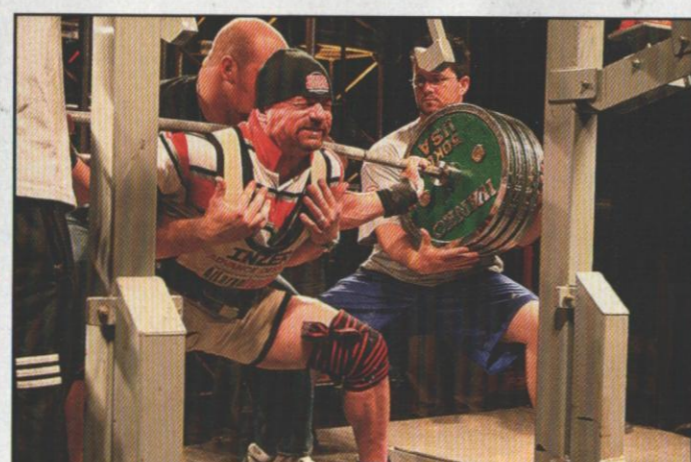
synthesis with this double whammy resulting in a net **catabolic** state.

The consumption of whey protein by itself PWO is really quite ineffective. Whey protein **is** quickly

(continued on next page)



Chuck Vogelwohl — raw power incarnate, a ferocious competitor!



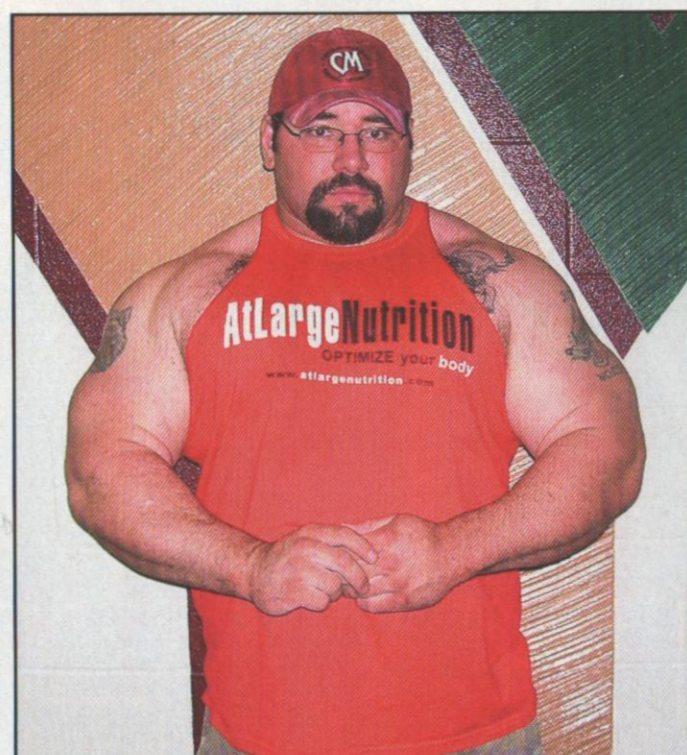
Phil Harrington — squats over 900 lbs at 181 lbs of body weight!

(Advertisement)

absorbed and **does** promote a spike in protein synthesis. However, whey does **very little** to attenuate protein catabolism, thus it only affects one portion of the net protein equation and does a poor job of reversing the net catabolic state. In addition, whey's fast absorption rate is a limiting factor in that it results in a lower net retention (less amino acids are available to fuel recovery) when compared to other high quality proteins such as casein and egg.

The real key to the PWO puzzle lies in empirical evidence (what the biggest and strongest have known for years) and in the research if one is unbiased and willing to delve into the world of scientific mumbo-jumbo (I know, there are a few of those terms used here). Men like Louis Cyr, Paul Anderson, Doug Hepburn, and now Chuck Vogelwohl, Phil Harrington, and Donnie Thompson, the **strongest** men to have ever walked the planet, have always known the one must eat after training. From milk to steaks, calorie dense, protein packed foods have always been the PWO foods of choice for the mass monsters. Research proves-out this iron wisdom. A complete "meal" PWO is the most efficient means of getting the skeletal muscles into a net positive protein state. This is due to a myriad of factors of which the three most important are briefly outlined below:

1) Insulin, a very important anabolic hormone, is released primarily in response to the ingestion



Mike Wolfe — bench presser extraordinaire, with a ripped physique!

of carbohydrates. Insulin provides for a "permissive" effect relative to the stimulation of protein synthesis. Its presence in and of itself does not directly enhance protein synthesis, but its absence results in dramatically reduced protein synthesis.

2) Cortisol is a catabolic

hormone released during and after training which both suppresses protein synthesis and enhances protein catabolism. The ingestion of a meal PWO quickly reduces its blood levels thus permitting an anabolic environment.

3) Amino acids from ingested

protein work in concert with insulin to synergistically enhance protein synthesis.

Now, for an additional fact that you may never have heard before (especially in an article like this): protein synthesis, assuming a normal level of nutrition, will be spiked within a few hours of training and a net positive protein state will be realized nearly irrespective of what is done nutritionally. That said, **a net positive state will be more quickly realized and said state will be more anabolic if one consumes a complete meal as soon as possible after training.** If said meal is in a liquid state the results will be even better. Thus, the ideal PWO meal is a liquid shake which provides all of the macronutrients to include a high quality protein blend, a relatively high-GI rating form of carbohydrate, and a small amount of fat (so as to not delay absorption). **Opticen** by AtLarge Nutrition, LLC ([www.atlargenutrition.com](http://www.atlargenutrition.com)) is a product which does exactly that.

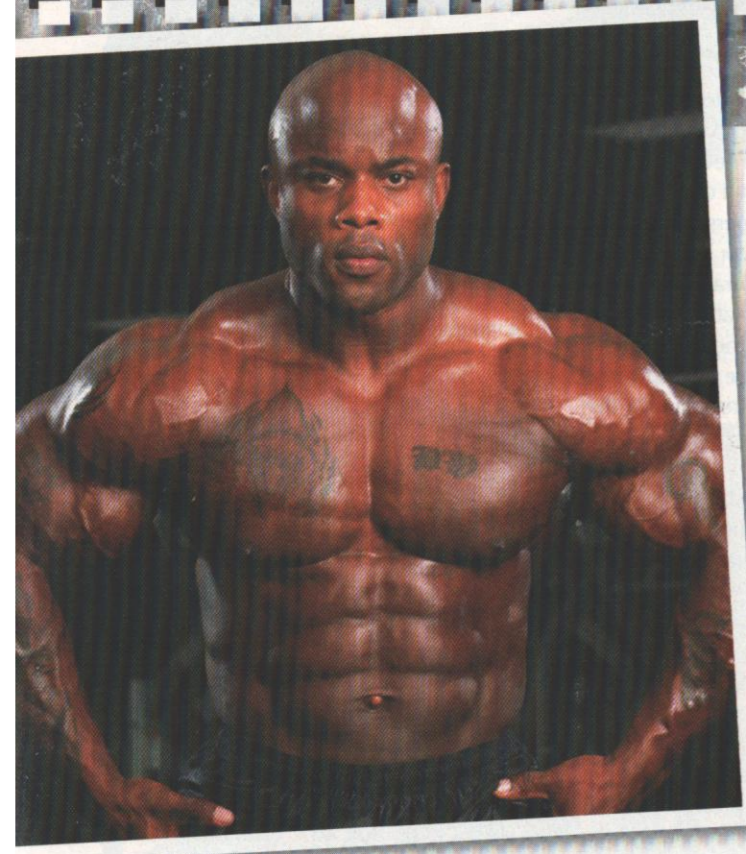
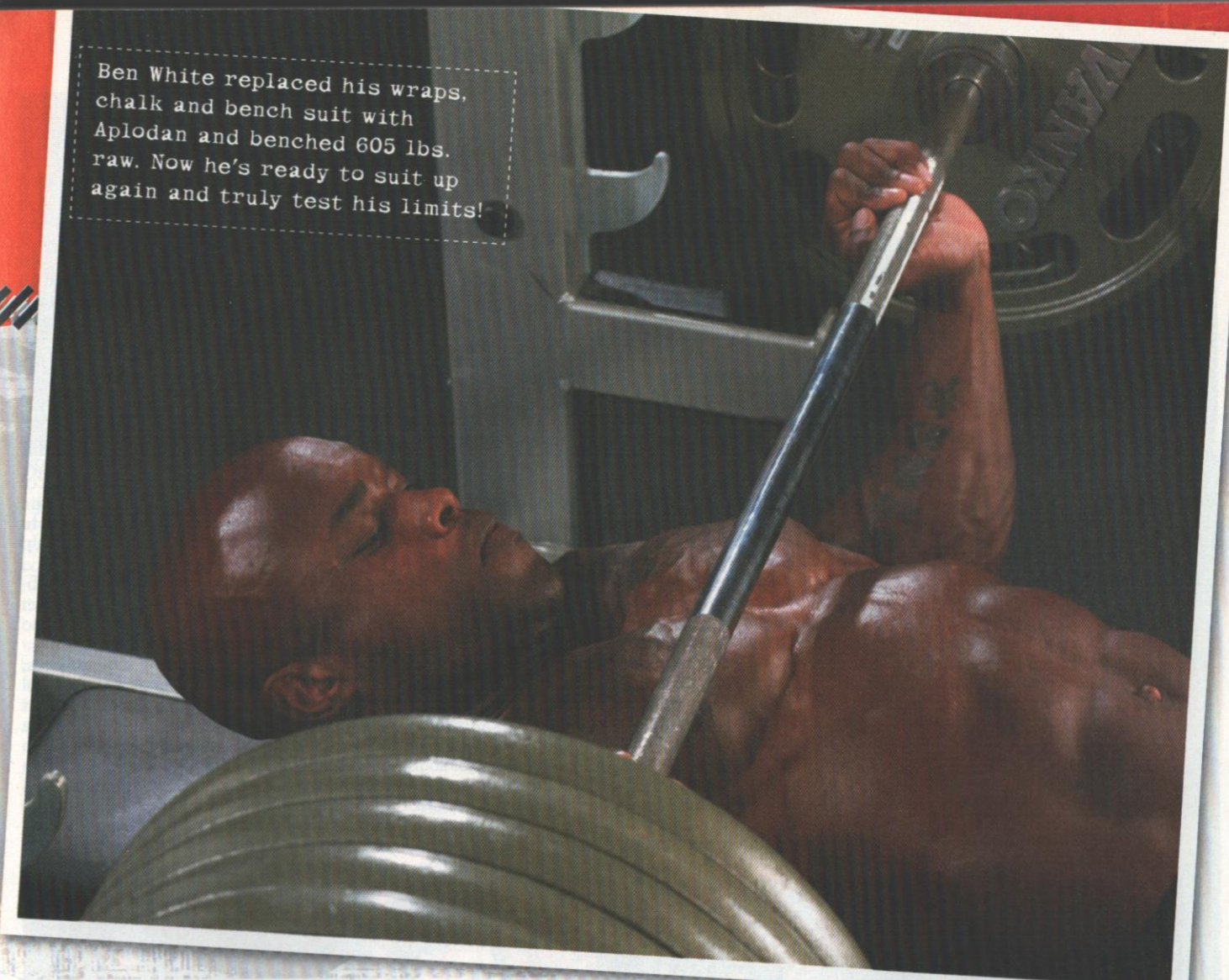
For best results, one 2/3 serving size Opticen shake should be consumed immediately PWO. At the 1-hour PWO mark, another shake, or a solid food meal should be consumed. Follow these instructions and you will be able to train harder, more often, and reap increased benefits from each and every training session. Heck, you may even become one of the strongest men on the planet like the AtLarge Nutrition athletes pictured above!

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





# 711 LB. BENCH ... AND COUNTING



**S**tanding inches from the loaded bench, arms fixed forward by his tight bench shirt and his hands dusted with chalk, 711 pounds of cold iron stared back at him. His face said it all – Ben White was psyched and in the zone. In a display of iron nerves, he positioned himself under the stacked bar and unleashed the most explosive delivery of atomic propulsion he'd ever commanded. That was, until he tried Aplodan™.

Not long after benching nearly half a ton of cold iron, Ben White stepped outside of powerlifting to try his hand at bodybuilding. Fearing his new diet and training program would rob him of his strength, he put his faith in Aplodan – powerlifting's most intense strength enhancer.

Aplodan's pharmacologically engineered formula travels deep into your muscles to target the key fibers involved in powerlifting. This patented compound chemically charges your muscles to boost your lifting threshold and push muscle fiber activation through the roof ... in just seven days! This translates to maximum power output for your bodyweight – which means bigger totals. And that's exactly what it did for Ben White.

With Aplodan™ flowing through his muscles, Ben White regularly pressed **315 pounds for 30 reps**, or would toss **505 pounds for nine reps**. Each time making it look easy, and each time doing it raw – no bench shirt, no wraps and no chalk. And in mid 2007, just weeks before a bodybuilding show and under difficult conditions – frighteningly low calories and a lean, shredded frame – he tackled **605 pounds raw** and dominated the weight like it was nothing!

Convinced that Aplodan is a potent powerhouse, Ben White is returning to powerlifting, and he's hungry for more weight! Having benched **605 pounds raw**, he's ready to suit up again and truly test his limits! But he's not alone. Countless other powerlifters are addicted to Aplodan's potent, strength-boosting capabilities. Now it's your turn to join them.

So prepare your muscles for an onslaught of raw power, become a dominant powerhouse and find out how the latest advancement in powerlifting technology will maximize your totals and earn you a spot among the sport's elite!

- Enhance raw strength in just 7 days!
- Push muscle fiber activation through the roof!
- Maximize your totals and smash your PBs!



After seven days of using Aplodan, subjects were able to achieve higher muscle tension thresholds and thus increased muscle fiber activation greater than baseline (1.74 vs. 3.18 mins.). © 2007. All trademarks are owned by their respective trademark owners.



As indicated last month, electrical stimulation of the amygdala augments all types of aggressive behavior in animals. Interestingly, there is evidence for a similar reaction in human beings. Perhaps, the most well-known example is the case of Charles Whitman. In 1966, Whitman climbed a tower at the University of Texas carrying a high powered hunting rifle. Once on top of the tower, Whitman barricaded himself on the walkway that encircled the upper portion of the tower. He then started shooting at everything that moved. Over a 90 minute period he fired hundreds of rounds, killing 14 and wounding 38 before he was finally slain by a police officer. A note was found on Whitman's body which beseeched doctors to examine his brain for possible dysfunction. A post-mortem autopsy of his brain revealed a glioblastoma multiforme tumor the size of a walnut compressing the amygdaloid nucleus.

Since the Whitman tragedy, numerous studies have been conducted to determine if there is a link between impaired neurological processes and violence. The recent advancement of neuro-imaging techniques has allowed researchers to examine violent offenders' brains in more

## DR. JUDD

### Rage and Violence - Part III as told by Judson Biasiotto Ph.D.

detail and has prompted an increase of research in this area. The results of these investigations have consistently revealed that damage to various areas of the brain (the prefrontal cortex, the thalamus and the amygdale) impairs decision making and increases impulsive behavior. These investigations are perhaps the best evidence that impaired brain functioning may underlie some types of violent aggression. In fact, most scientists now agree that there is probably a genetic and neurological component to aggression. However, it is important to understand that there are examples of people with brain dysfunction who do not commit violent acts, so PET scans cannot be used to ferret out potential murders.

Of course, this line of study does not indicate that testosterone or other steroid

compounds have anything to do with violence or aggressive behavior. All it really shows is that the brain has various centers that when stimulated can produce aggressive behavior. Consequently, the question now is: can steroids stimulate those brain centers to the point where individuals can lose control of their behavior? In other words, if we are to presume that testosterone does in fact lead to aggressive behavior we must then necessarily ask how.

There are a number of theories on this matter. First of all, when testosterone is converted into 5-alpha-dihydrotestosterone, it exerts its hormonal and behavioral effects upon interaction with androgen receptors. According to some neurophysiologists, there is a "critical time period" during the maturation period when testosterone serves to "sensitize" specific neural pathways in the

brain. Presumably, this sensitization of the neural pathways in the brain allows for the effects that testosterone manifests in adulthood. It goes without saying that the greater the testosterone levels, the more activity in these neural pathways in the brain.

Also, it has been suggested that neural activity can be modified as a result of the presence of most hormones. For instance, when a hormone such as testosterone interfaces with a target neuron, the amount of neurotransmitter that is released is significantly affected. Along these lines, experimental studies have revealed that testosterone acts on serotonergic synapses and lowers the amount of 5-HT available for synaptic transmission. In fact, there tends to be a near inverse relationship between testosterone and 5-HT... the more testosterone, the less 5-HT. The significance of this is that the presence of 5-HT serves to inhibit aggression.

The story does not end here; there is also considerable empirical research to suggest that testosterone can increase aggressive behavior. In fact, in terms of aggression, there exists intriguing evidence that there is a definite connection between the hormonal effects of testosterone and the outward expression of



Dr. Judd Biasiotto on the issue of 'roid rage

aggressive behavior. For instance, women on average have about 40 nanograms of testosterone per deciliter of blood. Men, by contrast, normally have 300 to 1,000 nanograms of testosterone per deciliter, or 10 times a woman's concentration. This difference between the sexes explains in part why testosterone has been targeted as a hormone of aggression. Men have significantly more of it than women, and men also commit the vast majority of violent crimes. Furthermore, there are a number of studies on prison populations, murderers, wife beaters, and other groups considered hostile, which suggest that these individuals have comparatively higher testosterone levels than non-aggressive males. There are also the admissions of professional wrestlers, football players, and weightlifters who take huge dosages of anabolic steroids - synthetic androgens - and claim that they indeed have trouble controlling their aggression.

Even more alarming is the fact that severe psychotic disturbances have been identified in some athletes who are using heavy doses of anabolic steroids. Tendencies toward violence, suicide, and even murder have been observed in such cases. For instance, Harrison Pope, a psychiatrist at McLean Hospital in Massachusetts, who sometimes serves as an expert witness in court cases involving steroids, says he's been "involved in a dozen murder cases where someone went on steroids and killed somebody without a history of violence or crime beforehand." In one of the more disturbing cases, a 16 year old boy was charged with killing his 14 year old girlfriend. Pope says, "We have no evidence of any criminal or violent activity before he started taking steroids. At that point, he had a series of run-ins with the police, which culminated in the murder. He was convicted and sent up for life."

When Klaus Arndt, Stefan Korte and I were researching our book *The World's Biggest, Strongest, Fastest Athletes... Their Drug Routines*, one of the athletes we interviewed... we will call him Tim... was having major problems with aggressive behavior and depression. It became so bad he had to be hospitalized for it. His wife told us that one day they stopped for a red light and Tim looked into his review mirror and noticed that the guy behind him was close to his bumper. Tim got out of his car and went back to talk to the guy. When he got to the guy's car, he just lost it. He smashed out the guy's side window and then pulled him out of his car and beat him silly, because he had pulled up too close to Tim's bumper. Tim then walked back to his car like nothing happened.

It gets better. The guy he beat up pulled out a gun walked up to Tim's car and put it to Tim's head. When Tim saw the gun, he got back out of his car, took the gun right out of the guy's hand and pistol-whipped him with it. Then, he just snapped back to being normal. He picked the guy up, gave him his gun back, and told him he was sorry, like nothing happened. He then got back in his car and drove away, leaving the guy standing there dripping with blood and a loaded gun in his hand.

We asked Tim later why he did it. He said, "I really don't know; I just couldn't control myself when I was on steroids. I would have outbreaks of rage all the time. Once I threw a 45 pound weight through the gym window, because I missed a lift. It was the steroids, because that is not me. When I was on steroids, I just couldn't control myself."

Interestingly, many of the athletes we interviewed for our book had similar stories and every one of them, close to a hundred athletes, said that they had nearly insatiable libidos and that they experienced uncontrollable outbreaks of rage and violence. Along these same lines, Pope reported a study of 88 athletes who used steroids, (I would have to believe these subjects were not using any where near the dosages the athletes we interviewed were taking) and found that 23 percent of them had major mood disturbances including mania and major depression. They also reported aggressive or violent incidents.


Taken together, all of this seems to present a strong argument for the role of testosterone in aggression. Although there is a significant amount of credible evidence that indicates a strong linear relationship between testosterone and aggression, I would have to contend that hormones in general cannot cause a particular behavioral outcome. They can only enhance or reduce the likelihood that such behavioral outcomes will transpire. For example, the mere existence or magnitude of testosterone in the body is not sufficient in invoking aggressive behavior. This is evident by the fact that a significant population of males with high testosterone levels are not in anyway aggressive. To take this a step further, a number of the athletes that we interviewed who were taking huge amounts of anabolic drugs did not experience any type of uncontrolled aggression.

Obviously, other factors must be involved. First of all, biological factors do not act in a void. All human behavior is multidimensional. It's no big secret that our biological system interacts with our intra-psychic and social system to mold our behavior. In other words, you don't beat the hell out of your neighbor or attack the first girl you see just because the testosterone running through your blood is a few quarts high or because your amygdale is a little twisted.

Unfortunately, most people tend to ignore the social and psychological aspects of behavior and concern themselves primarily with the biological aspect of behavior. This is a mistake of significant magnitude. We are not just biological animals... we also have a social and psychological side. All of these factors are involved in our behavior. Consequently, in order to gain a reasonable control of our behavior or, for that matter, to understand our behavior, we can not disregard any of the aforementioned systems. In short, if you want to understand human behavior, in this case aggressive behavior, you have to pay attention not only to body chemistry but also to psychological make-up and social environment. We will look at those factors next month.




A Self Correcting Problem ..... some lifters bang their foreheads on the bar prior to a big squat. Does it help them lift more?



**DRUG SUPPLEMENT HYBRID TECHNOLOGY**


**Because being BIG is worth it!**



**DRONABOLIN**  
DRUG SUPPLEMENT HYBRID TECHNOLOGY


**100% Testosterone Increase**  
**350% Growth Hormone Increase**  
Increases Nitrogen Retention  
Anti-estrogen

**The Evolution of Supplement Delivery**

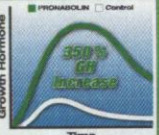


**B-LAYER RELEASE**


**100% Increase in Testosterone**



**350% Increase in Growth Hormone**



**Do what it takes to be big!**



Available now Exclusively at **GNC LiveWell**

[www.ADS-Nation.com](http://www.ADS-Nation.com)  
1.888.9.GET.ADS (438.237)  
© 2007 Applied Delivery Systems LLC



We put a lot of time and effort into training for a meet. Lots of pain and sacrifice go into our preparation. Unfortunately too many lifters make preventable mistakes during the actual meet, which prevent them from getting the results they worked so hard for. Mistakes inevitably will happen, but we should always try to minimize their occurrence. The best way to do this is to identify some of the most common bloopers and make a plan to head them off at the pass.

## STARTIN' OUT MEET MISTAKES

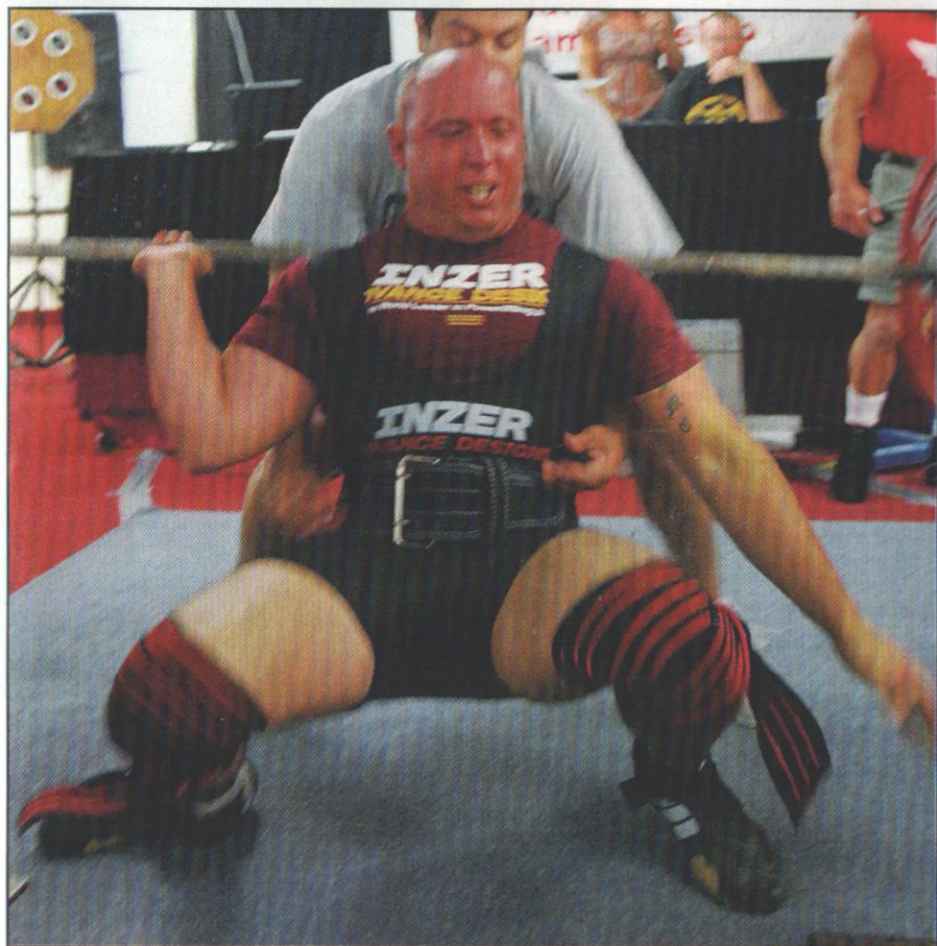
as told to *PLUSA* by *Doug Daniels*

Some novice lifters have little confidence they will be successful with their opening contest attempts. You can see this when they take their last warm-up with the same weight they will open with on the platform. This amounts to taking 4 attempts on the lift. By the time they get to their third attempt on the platform, they've already spent a lot of strength and energy, not to mention how this practice would add up when you get to the deadlift. This is equivalent to a horse sprinting around the race track right before it starts the real race, just to make sure he can make it all around the track. Don't put your money on him. Use your contest training as an indication of what you can lift at a meet. If your opener is chosen properly, there will be no doubt about it and the sooner this fear is shed, the sooner your lifting will improve.

The opposite instance is taking too heavy of an opener, which is being too confident. This overconfidence eliminates more lifters than anything. An opener is meant to get you in the meet, not win it in one shot, and it should be a lock. For a novice lifter, I would suggest a weight

you can comfortably double. Your second attempt should be something you have a high confidence level in getting and have done successfully in training. The third attempt should be the most challenging and possibly a personal record, if everything is going well. Taking a too light of a third attempt is not optimal either. Although the lift was successful, you left weight on the platform. Choosing weights for attempts is an art, not a science, and experience will help tremendously here. Lifters of all levels can make mistakes when choosing attempts.

Another frequent meet mistake is not knowing the rules of competition. A common one in the squat is when to rack the weight after taking your attempt. A successful squat will be wiped out by attempting to rack the weight prior to the judge's signal. This also holds true for the rack signal after a bench press attempt. Wait for the judge's signal to rack the weight. The down signal for the deadlift requires that you lower the bar under control to the floor, not letting it drop from your hands and crash to the platform.



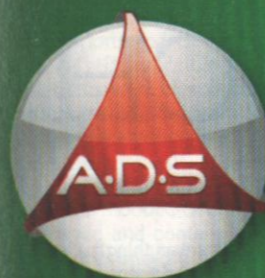
Accidents Happen at meets, but they don't have to be disasters if you have an advance plan.

Another deadlift no-no is leaning back too far at lockout. This is because the lifter is trying to satisfy the judges with a definite lockout. Leaning too far back can cause your knees to bend, which can draw a red light from an alert judge. Lockout with your back erect and shoulders slightly back is all that's required for a good deadlift. Rule briefings can be boring to veteran lifters but everyone should always attend them and pay close attention and ask questions if you need some clarification. Keep the rules of competition in your mind while you're lifting. Practice meet acceptable attempts in training and they will be second nature at the meet. Seek an experienced lifter for help if you are not sure.

Nerves and anxiety are high at any meet. The wait to lift can seem like an eternity. Perhaps that's why so many lifters are warmed-up and ready to go when the preceding flight of lifters is still on their second attempts. Being warmed up that far in advance isn't a good idea. By the time you lift you will be cold again, which most likely means a lower lift and makes you more prone to injury. Ideally, you should finish warm-ups about 10-15 minutes before your first attempt. Most meets provide some kind of display so you can check your lifting position in your flight. If you are in the first flight of lifters, your start time is easily determined. Add 1-2 minutes for every lifter in front of you after your flight starts. For the squat, it could take an extra minute or two between attempts due to the more difficult loading required and moving the racks in or out. If you are the next flight, see how long it takes to finish the first attempts of the flight before you. Double that time and add it to the time that the first flight finishes and you have a ballpark figure of when your flight will start. You may have to adjust the time if the prior flight has a different number of lifters. From there you can figure out when you will lift. Here's where all that grade school math finally becomes useful. Space your warm-ups throughout this time span for best results and allow 10-15 minutes before your attempt. Keep tabs on the flight's second and third attempts for any surprises. This is just an estimate and not written in stone. Be ready to slow down or speed up taking your warm-ups. Have your warm-up weight progression figured out in advance. Be sure to try it in a training session a week or so prior to the meet.

The other side of the coin is being in the warm-up room while your name is being called to take an attempt on the platform. You'll see lifters move like Chicago Bear Devin Hester, rushing to the platform to take that attempt as the seconds count down. In this case your best choice is to pass on this attempt and regroup for your next one. Odds are your rushing will result in a missed lift or, worse yet, an injury. Take the same weight for your second attempt and keep calm, all is not lost yet. It's critical to keep track of where you are in the meet. If you have a helper or buddy at the meet have him help you keep tabs on your position, so you are not involved in this kind of 'fire drill'.

Making mistakes can be a great way to learn; I've learned an awful lot from mine, but learning by making mistakes is not something you want to make a habit of. I hope this article will spark a little thought and prevent a few future meet bloopers. If you do make a mistake, learn from it and move on. All lifters make mistakes; no one is immune. Don't let all your training and sacrifices go to waste because of a preventable blooper at the meet.



# NOT GETTING THE BEST GAINS FROM YOUR WORKOUT?

We hate to be the ones to break it to you, but many of the so called Industry Experts responsible for the formulation and production of sports supplements are very happy to give you mediocre products. In fact, many of the powdered products on the market give you inconsistent dosing.

One serving may contain a lot of the active ingredients while the next has almost none. This is due to a phenomenon known in the pharmaceutical industry as "BLEND SEGREGATION". Essentially, due to different weights, sizes and electrostatic properties of each ingredient, you get an inconsistent settling and blending of ingredients within the container.

By turning to the pharmaceutical industry, ADS has been able to address the issue by creating **ALL-IN-ONE GRANULES**. Each of the granules in MUSCLE RUSH contains all of the actives in a uniform dose. What does this mean to you?? It means accurate dosing from start



**ALL-IN-ONE GRANULE**

to finish, which ensures you get the results you are looking for.

Many users are reporting improved workouts after just one dose of MUSCLE RUSH. After a week, you should be enjoying consistently better workouts with an extreme muscle

pump that lasts for hours! Try MUSCLE RUSH and see for yourself why this is NOT your standard pre-workout product.

**FEEL THE RUSH...EVERYTIME!**  
Get **MUSCLERUSH** and join the **DRUG SUPPLEMENT HYBRID TECHNOLOGY** revolution.



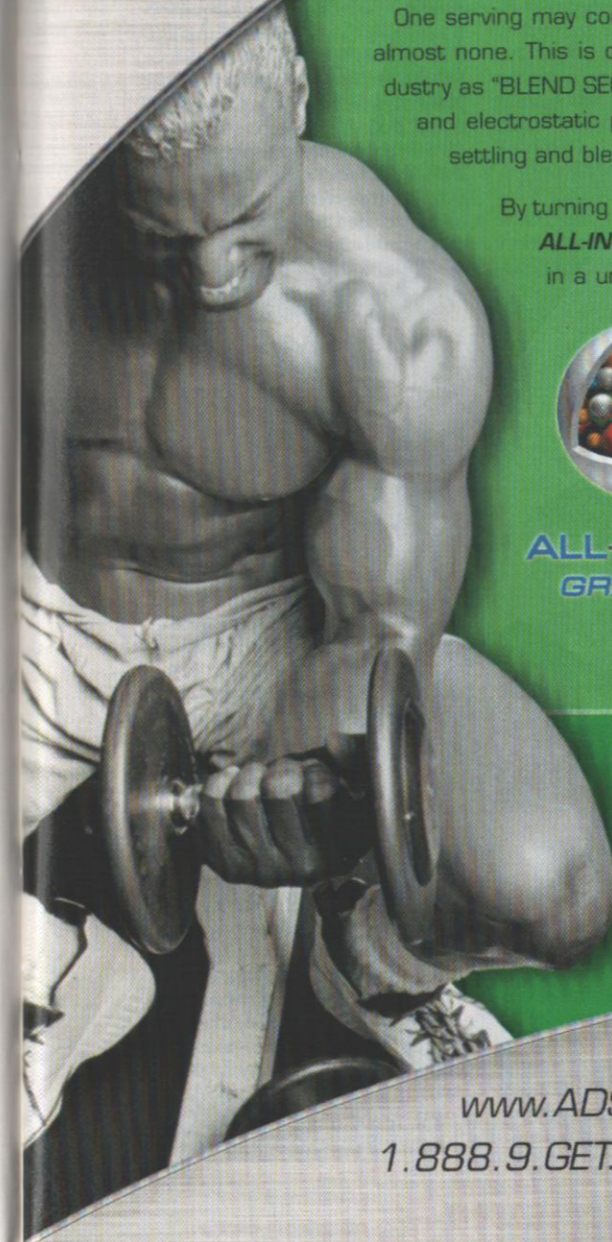
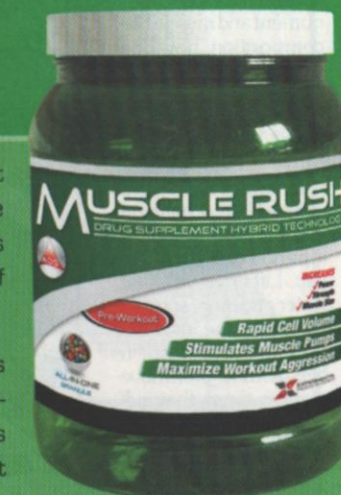
Available now  
Exclusively at

**GNC LiveWell.**

[www.ADS-Nation.com](http://www.ADS-Nation.com)

1.888.9.GET.ADS (438 237)

© 2007 Applied Delivery Systems LLC





# POWER - RESEARCH

dedicated to bringing Science to the sport of Powerlifting

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

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

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

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

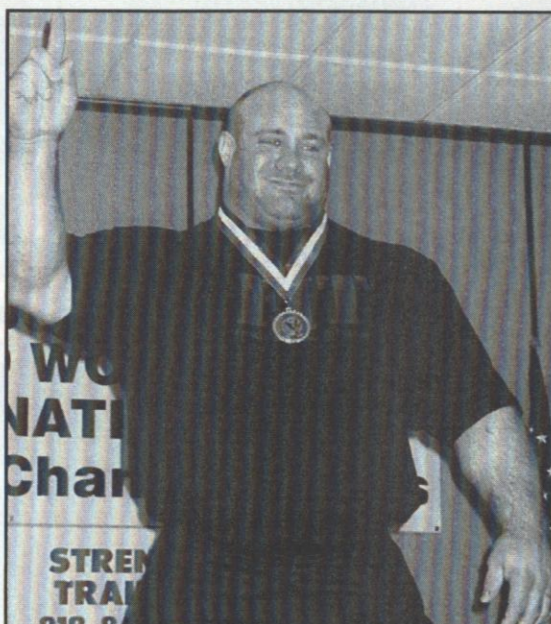
2) When the electrical impulse reaches the end of the motor neuron, the neurotransmitter acetylcholine is released and travels across the gap to the surface of the muscle membrane.

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

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

5) The calcium 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



Scot Mendelson is a big endorser of BodyQUICK

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

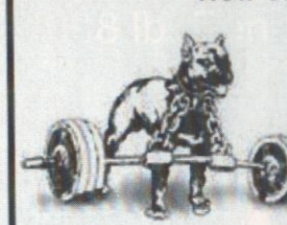
### REFERENCES:

1. Wurtman RJ. Effects of dietary amino acids, carbohydrates and choline neurotransmitter synthesis. Mt. Sinai J Med 1988; 55(1): 75-86.
2. Wurtman RJ, Hefti F, Melamed E. Precursor control of neurotransmitter synthesis. Pharmacol Rev 1981; 32(4): 315-25.
3. Maire JC, Wurtman RJ. Effects of electrical stimulation and choline availability on release and contents of acetylcholine and choline in superfused slices from rat striatum. J Physiol Paris 1985; 80: 189-95.
4. Bluzstajn JK, Wurtman RJ. Choline and cholinergic neurons. Science 1983; 221: 614-20.
5. Bierkamper GG, Goldberg AM. Release of acetylcholine from the vascular perfused rat phrenic nerve hemidiaphragm. Brain Res 1980; 202: 234-37.
6. Dietrich HA, Lindmar R, Loffelholz K. The role of choline in the release of acetylcholine in isolated hearts. Arch Pharmacol 1978; 301: 207-15.
7. Linden DC, Newton MW, Grinnell AD, Jenden DJ. Rapid decline in acetylcholine release and content of rat extensor digitorum longus muscle after denervation. Exp Neurol 1983; 81: 613-26.

## LOUIE SIMMONS' PRESENTS

### Training Secrets of Westside Barbell Club

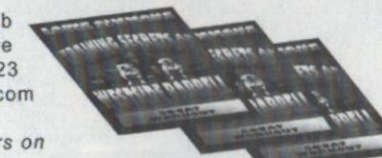
Now on Video and DVD!



	Video	DVD
Squat Workout ...	\$54.95	
Bench Workout ..	\$54.95	\$59.95
Bench Press		
Secrets .....	\$39.95	\$44.95
Squat Secrets ....	\$29.95	
Deadlift Secrets .	\$35.95	\$40.95
Special Strength.	\$54.95	\$59.95
Reactive Method.	\$44.95	\$49.95
Vogelphohl XXX..	\$49.95	\$54.95

Send Check or Money Order to: Shipping/handling - \$6.00


Westside Barbell Club  
3884 Larchmere Drive  
Grove City, Ohio 43123  
[www.westside-barbell.com](http://www.westside-barbell.com)



Back view of dog appears on back of t-shirts

[www.westside-barbell.com](http://www.westside-barbell.com)

3884 Larchmere Drive Grove City, Oh 43123  
Phone (614) 801-2060




## WHY AREN'T YOU CERTIFIED?

yet

### Personal Training Certification

International Sports Sciences Association



World Record Holder  
**Josh Bryant**  
ISSA CPT, SSC, SPN,  
and Strength Coach.

**Do people ask you how to train?**

**Do people ask you how to eat?**

**Why not become certified?**


There has never been a better time to take your passion to the next level with a career in fitness training. As a powerlifter, you know that whether you are in the gym or at the beach, people look up to you. They admire your dedication to training and most importantly, they see the results of your hard work, which makes you a perfect candidate to help others achieve their fitness goals. ■ With ISSA's distance-learning program, you can start earning your fitness training certification as soon as you enroll. Call ISSA and we'll help you get started today!

Call today for free information  
**1.800.892.4772**

**ISSAPower.com**  
Please mention source code PLUSA907

Please send me a **Free** ISSA Guide to Careers in Fitness

Name \_\_\_\_\_  
Address \_\_\_\_\_  
City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_  
Phone \_\_\_\_\_ Email \_\_\_\_\_  
clip and mail to: ISSA • 1015 Mark Avenue • Carpinteria, CA 93013 • PLUSA907



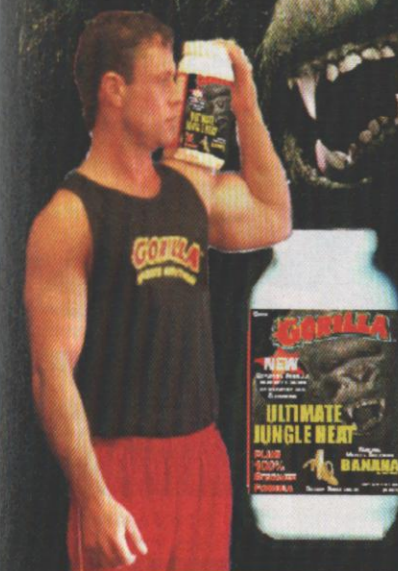
**GI BILL APPROVED**

(Advertisement)



**GORILLA**<sup>®</sup>  
SPORT NUTRITION PRODUCTS

WILL SURETYE SAYS  
"YOU'VE TRIED THE  
REST...NOW TRY  
THE BEST."



**A Complete Line Of  
Nutrition  
Supplements**

NEW GORILLA<sup>®</sup> JUNGLE HEAT HAS BEEN REFORMULATED NOW WITH 50 MG. OF CREATINE MONOHYDRATE, 50 MG. OF GLUTAMINE, 20 MG. OF TRIBULUS TERRESTRIS, 40 GRAMS OF MILK AND WHEY PROTEIN, INSTANIZED EGG WHITE ALBUMIN, AMINO ACIDS, ALL YOUR HERBALS AND MUSCLE ACTIVATORS. THIS IS THE ONLY ONE OF ITS KIND SPECIALLY FORMULATED AND BALANCED WITH ALL THE ESSENTIAL NEEDS FOR THE SERIOUS BODYBUILDERS, POWERLIFTERS, AND ALL AROUND ATHLETES THAT WANT TO PUT THE ANIMAL IN THEIR WORKOUT'S

**FOR ORDERS CALL  
TOLL FREE 1-800-852-0425**

OR VISIT US ON THE WEB:  
**WWW.GORILLA-NUTRITION.COM**  
DEALER INQUIRIES WELCOME 02076  
GSNC FRANCHISES AVAILABLE  
LIVE HEALTHY!  
TEL (860) 523-8261 FAX (860) 523-8079

'07 World's Strongest Man



Mariusz Pudzianowski (POL) has won again!



REGULATION POWER BENCH  
\$999



SUPER POWER RACK  
\$2999

200lb-300lb Dumbbell Pairs  
starting at \$1799/pr  
Call Coach Anthony D at  
480-234-7348

**HARD CORE POWER EQUIPMENT**  
Custom Manufacturing Co.

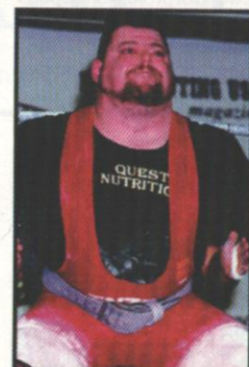


Presents the BEST in  
POWERLIFTING  
The STABILIZERS



UB SOLID from the GROUND ↑  
For more information check our  
website [www.liftersathleticwear.com](http://www.liftersathleticwear.com)  
or call 713-898-0927

QUEST NUTRITION



BRIAN SIDERS

**JSF 5500**

*The Ultimate  
Joint Support Formula*

BUILDING BLOCKS:

- Glucosamine X3 (2200mg)
- Chondroitin Sulfate (1200mg)
- Collagen (5000mg)

OTHER ESSENTIAL INGREDIENTS

- MSM (2500mg)
- Manganese (40mg)
- White Willow (15mg)



**BUY ONE & GET THE  
2ND 1/2 OFF!  
TWO FOR \$40  
SAVINGS OF \$13**

Quest Nutrition  
3000 Mattison St. NW  
Duluth, GA 30096  
770-495-0787  
QUEST-NUTRITION.com

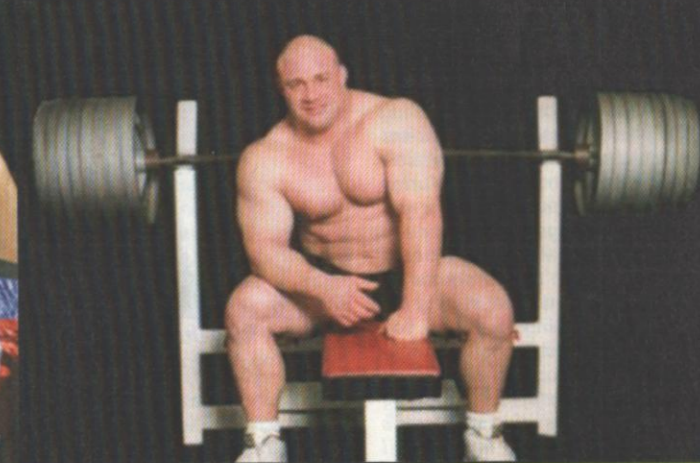
# The Fastest Way to Increase Speed and Power. Guaranteed.

The Fastest Welterweight Boxer  
24-1 (22 KO)

The Strongest Presser in History  
1008 lb. Bench-Press, 715 lb. Raw



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



"The power and speed it generates is like nothing I've ever tried. Take it from a world champion who's seen it all... this product really, truly works. Run, don't walk, to get it while you can."  
Scot Mendelson, World's #1 Bench-Presser  
9 World Records in Powerlifting

**USED BY 19 WORLD CHAMPIONS, NO PAID TESTIMONIALS  
AS FEATURED ON FOX SPORTS AND CBS...**

As featured on FOX Sports Net and CBS' "Science of Fitness", BodyQUICK (Cognamine) is the world's first Olympian-tested neural accelerator, designed to improve fast-twitch muscle fiber recruitment and oxygen delivery within 60 minutes of the first dose.

**Clinically Supported Science: Designed for Athletes**

Based on 6 years of scientific development and testing by 19 world champions, BodyQUICK works by facilitating the production of acetylcholin, a key neurotransmitter necessary for muscular contraction. By improving how messages are sent through the body, BodyQUICK has electrified the world of professional sports, allowing athletes to train faster, stronger, and longer than with conventional supplementation. Just 1 of the 18 active components alone has been demonstrated with computer-administered testing to safely increase reaction speed in excess of 35%. BodyQUICK™ does not contain ephedrine or other dangerous stimulants, and is approved by the ASDA for sports use.

**110% Guaranteed Results within 60 Minutes of the First Dose**

BodyQUICK™ is used by both world-champion professional athletes and preparing 2008 Olympic athletes for its dramatic effects on reaction speed and muscular contraction. It is the only neural accelerator 110% guaranteed to work within 60 minutes of the first dose.

Forget creatine, forget ephedrine, and get the next generation of real-world results in 60 minutes or less—get BodyQUICK. Experience the difference today...

**Try it risk-free for 60 days!**

**www.bodybuilding.com**  
**1-877-991-3411**





# NUTRITION

## Power Nutrition Q & A

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

**Q:** The column you did on the Cycle Support was remarkable. It was nice to see that you help out all lifters, including those who have chosen to use pharmaceuticals in their training plan. I have a question on the ancient grain Quinoa. You did an interview with Holistic Nutritionist Ian Murray back in 2002 about the different types of ancient grains. In particular I would like to know more about Quinoa. I haven't incorporated it into my nutrition plan yet but I am interested in doing so, so can you include some recipes that can help me out? Thanks again, I always look forward to my issue of PL USA coming in every month as yours and Louie's columns are the first two things I read. Take care, Joe Tellagio

**A:** This is a good question because it is one thing that lifters can bring into their nutrition plans with ease. I did an article with Ian Murray back in 2002. In the interview he did go over several of the main ancient grains with a brief layout to at least introduce them to you. Up until that point I believe 99% of the powerlifters out there not only never tried them but also never knew they existed. There is a lot more to eat than just burgers and fries! What I will do for you is go more in depth this time, but will only cover Quinoa, this way you can understand all that it offers the body in health benefits as well as how it can improve your performance. I have been a big Quinoa fan for as long as I can remember and once you try it I am sure that you will also make this a staple in your diet. Let's take a look at some of the basics as well as the more advanced health benefits that Quinoa offers you.

**QUINOA- THE WONDER GRAIN HISTORY AND BACKGROUND**  
Just to brush up a little on the history of Quinoa I thought that I would let you know that it has been around for thousands of years  
Quinoa was the primary food source for the Inca Indians for more than 5000 years. The Inca were on to something here as you will see later on  
The Inca called Quinoa the "Mother Grain" due to the fact it was not only the most used of the ancient grains, but also because they felt it was the superior one  
The large majority of the world's Quinoa is actually grown in the Andes in South America  
Due to the fact that the popularity of Quinoa is growing rapidly in North



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

America there are also Quinoa farms located in the Colorado Rockies  
One of the great agricultural benefits of Quinoa is the fact that it can grow and survive in very poor soil conditions  
This is why many people believe it is the ideal grain to fight world hunger because of the numerous places it can be grown and produce crop  
If you don't know how to properly say Quinoa it is actually pronounced Keen-Wa. I thought this would help when you go to the health food store and ask for it, so you won't look like an idiot in public. You can thank me later!  
For those of you who have never tried Quinoa before you will find that it has a smoky, nutty flavor that you don't find with other grains  
This gives it a distinct taste and unique flavor even when you haven't seasoned it or added any additional spices  
Even though as I have mentioned before that it is a grain, technically it isn't. It is actually related to the Spinach plant and other green leafy plants. If you have ever seen a picture of it in plant form then you will note the large green leaves it consists of

**HEALTH AND PERFORMANCE BENEFITS**  
Another name that the Inca Indians gave to Quinoa is, "The Gold of the Inca"  
The reason for this name is that they heavily relied upon it as a food source for their warriors due to the fact that it gave them excellent stamina to fight in battles.  
This should make all Powerlifters take note. If Quinoa was the most important food source for the warriors of the Inca nation, due to the fact that it gave them incredible energy and endurance during long battles, what does this mean for you?

This is one of the most important reasons, performancewise, that I like to use Quinoa daily in my nutritional plan.  
I, as well as the athletes I design customized nutritional plans for, have noticed a major increase in energy levels by incorporating Quinoa as a staple carb source in their meal plan.  
Quinoa is one of the cleanest and highest quality carbohydrate sources available and no athlete of any sport should overlook the performance enhancing effects that it has on your training.  
Quinoa is one of the best sources of vegetable protein  
This is because it is not only high in protein, but it also a complete protein, containing all the essential amino acids  
Quinoa is also high in many of the important minerals including Magnesium, Copper, Manganese, and Phosphorus  
Just to let you know, Copper and Manganese are two minerals that serve as cofactors for a very important enzyme known as Superoxide Dismutase (SD).  
The reason why SD is so important is because it is a very potent antioxidant.  
SD is known to help protect the mitochondria from oxidative damage created during energy production  
SD is also known for its ability to guard other cells, including red blood cells, from harm when attacked by free radicals.  
Another benefit to eating Quinoa is that it is high in the amino acid Lysine. The reason why I like this so much is the fact that Lysine is responsible for muscle repair and growth.  
Ok, Power Vixens out there, listen up as this is directed right at you. Quinoa contains one very important type of phytonutrient known as plant lignans  
To the average Powerlifter this may not sound so exciting but hold on to your ammonia caps and hear this  
These plant lignans are converted by friendly flora in our intestinal tract into what is known as mammalian lignans  
The most important one of these mammalian lignans is known as Enterolactone.  
The reason why Enterolactone is so important is because it is believed to protect against breast and other hormone dependent cancers that especially plague women  
Not only does it protect against different forms of cancer but has shown promise as well with cardiovascular disease.  
Another major benefit to eating Quinoa regularly is the fact that it can help lower your chances for getting Type II Diabetes  
One reason why is that these whole grains help control your blood sugar levels. They do not spike your insulin and blood sugar off the charts like refined carbs do.  
Type II Diabetes is one of the most

common diseases among Powerlifters as I have seen this first hand with numerous lifters I have done Nutritional Analysis with.  
Prior to getting Type II Diabetes individuals will encounter Insulin Resistance and if this condition is not reversed then you can look forward to having Diabetes down the road  
I personally have found that the large majority of the Powerlifters I have worked with have shown signs of Insulin Resistance in minor or severe stages. This should wake up Powerlifters to the fact that this is one health concern that plagues our sport very seriously.  
Another benefit from quinoa is the fact that users that suffer from Migraine headaches have noticed a major reduction in them once they have incorporated it frequently in their diet.  
One study showed that eating whole grains like Quinoa several times per week can have a major effect at lowering post menopausal women's chances for getting Cardiovascular Disease.  
These are just a few of the many health and performance benefits that Quinoa offers to those who consume it regularly as part of their nutritional plan.

**BASIC COOKING DIRECTIONS FOR QUINOA**  
I knew that since Quinoa was most likely not being eaten by 99.9% of you outside of my Elite Athletes, then I better give you a heads up on how to cook this stuff. It's not that complicated - if you can cook rice you can cook Quinoa. Below I have included some instructions for all the male Powerlifters out there who cook for themselves because if I didn't they would just continue to eat frozen dinners. See, I know you better than you think I do!

1. Rinse your accurately measured amount of Quinoa in a strainer under cold water for about one minute. I recommend this every time that you cook Quinoa with no exceptions.
2. This removes a bitter resin that coats the grain and is actually what repels insects from eating it.
3. The ratio of Quinoa to water is 1:2. For those of you who failed Grade 3 Math this means one cup of Quinoa needs two cups of water. Ok, that was a little mean, but I love to entertain you all!
4. Next, bring the water to a boil
5. Once that is done add the Quinoa
6. Cover and cook for about 15 minutes or until all the water is absorbed.
7. Once this is done fluff Quinoa with a fork.
8. See its so easy a caveman can do it ... I mean a Powerlifter.

**QUINOA RECIPES**  
Now that you know how to cook Quinoa, I thought I would include some recipes for you. This way you can compliment it with the right

additions to make it most palatable. The last thing I want to hear is that this stuff tastes bland. Well, so does plain rice, so the key is making sure that you know how to make the right additions to bring out its rich smoky, nutty flavor. I have broken the recipe section down into two main areas. The first is as a side dish to your meal. I don't want you to think that what I have laid out below is the entire meal, it is only a section of it, mainly your carb source. You should also be including a nice portion of protein to balance the meal properly. Many of the following recipes would make a nice side dish to a grilled chicken breast or a nice fillet of white fish. These are just a couple ideas of what you can do to make the meal complete. The second area of these recipes is the desert section. Powerlifters and desert ... what else is there to say!

**APPLE QUINOA SALAD**  
**Ingredients:**  
1 Cup of Dry Quinoa  
1 Cup of water  
1 Cup of apple juice  
1/2 teaspoon of cinnamon  
1/4 teaspoon of nutmeg  
1 medium apple diced  
1/2 Cup of grated carrots  
**Directions:**  
1. Combine water and apple juice in a large saucepan  
2. Stir in rinsed quinoa  
3. Bring to a boil over high heat  
4. Reduce to low heat once boil is reached and cover.  
5. Simmer for 15 minutes or until all liquid is absorbed.  
6. Remove from heat and fluff quinoa with a fork.  
7. Allow to cool  
8. Stir in chopped apple, grated carrots, cinnamon and nutmeg.  
9. Refrigerate until ready to serve.  
10. This will makes about 4 cups  
**NUTRITION FACTS**  
1 Cup equals-223 calories; 2.5g protein; 22g carbohydrates; 1g fat

**ASPARAGUS QUINOA STEW**  
**Ingredients:**  
1 pound of Asparagus  
1 cup of cooked quinoa  
6 cups of Vegetable or Chicken Stock  
1/2 cup of finely diced onion  
1/2 cup of shredded potato  
1 julienne sliced sweet red pepper  
Salt and pepper to your preferred taste  
**Directions:**  
1. Cut tips from asparagus spears and set aside. Cut spears into 1 inch slices.  
2. In a large saucepan, bring the broth to a boil.  
3. Add in the asparagus pieces, onion and potato.  
4. Simmer until asparagus is tender which will take about 20 minutes.  
5. In a small saucepan of boiling water, add asparagus tips.  
6. Simmer until tender, which will take about 5 minutes.  
7. Carefully pour broth with asparagus, onion and potato into a blender or food processor.

8. Puree soup until smooth.  
9. Strain if necessary to remove any woody particles remaining from asparagus.  
10. Return to saucepan and add cooked quinoa.  
11. Heat until very warm, but do not boil.  
12. Season to your individual taste with salt and pepper.  
13. Divide into 6 bowls.  
14. Garnish with sweet red pepper and asparagus tips.  
**NUTRITION FACTS**  
1 serving equals-123 cal; 12 grams carbohydrate; 9 grams protein; 4.5 grams fat.

**TEXAS QUINOA CHILI**  
**Ingredients:**  
1 Tablespoon of olive oil  
1 cup of chopped onion  
2 Tablespoons of chili powder  
1 cup of fresh or frozen corn  
1-16 oz can of tomato sauce  
1-16 oz can of diced tomatoes  
1-8 oz can of black beans  
1 cup of cooked quinoa  
**Directions**  
1. Heat olive oil in a heavy saucepan and sauté onions until they become soft  
2. Add garlic and cook gently on low heat.  
3. Stir in chili powder, corn, tomato sauce and diced tomatoes. Fill one tomato can with 2 cups of water and stir in.  
4. Cook and cover over low heat for about half an hour.  
5. Add more water if you prefer it thinner or less depending on the thickness you prefer.  
6. Add black beans.  
7. Ladle soup into bowls and top off with a scoop of quinoa.  
**NUTRITION FACTS:**  
1 serving equals- 145 calories, 20 grams carbohydrates, 7 grams protein, and 3.5 grams fat

**SUN DRIED TOMATO AND GARLIC QUINOA**  
**Ingredients:**  
1 cup of dry quinoa  
2 cups of water



You Don't Have to Go Whole Hog to get good nutrition! Check out Anthony Ricciuto's tips on using quinoa as a performance food.

1/2 tablespoon of olive oil  
1 cup of shredded carrots  
1 clove of minced garlic  
8 sun-dried tomatoes chopped finely  
1 green onion, thinly diced  
1/3 cup of chopped fresh parsley  
**Directions:**  
1. Rinse quinoa before cooking to remove the bitter taste  
2. Bring water to a boil.  
3. Stir in quinoa, cover and simmer for 15-20 minutes.  
4. Heat olive oil in a skillet, sauté carrots and garlic  
5. Stir in remaining ingredients and heat  
6. This makes 4 servings  
**NUTRITION FACTS:**  
1 serving equals- 206 calories; 40g carbs; 7.5g protein; 5g fat.

**QUINOA DESSERT RECIPES**  
Since I know powerlifters like the back of my hand and the fact that they love sweets, I made sure to include some healthy dessert recipes for you all. I know many of you would rather wolf down a pint or two of ice cream instead, but it's detrimental effects on your performance and that extra roll of flab may not make it so attractive a choice. Try some of these healthier choices and you will see that you can still eat clean and enjoy something sweet at the same time.

**BLUEBERRY QUINOA POWER PUDDING**  
**Ingredients:**  
1 cup of dry quinoa  
2/3 cup of water  
2 cups of apple juice  
1 tablespoon of lemon juice  
1 teaspoon of ground cinnamon  
1 cup of fresh blueberries  
**Directions:**  
1. Rinse quinoa before cooking  
2. Bring water and apple juice to a boil.  
3. Stir in quinoa, cover, reduce heat and simmer for 10-15 minutes.  
4. Add cinnamon, lemon juice and blueberries.  
5. Simmer for another 5-10 minutes  
6. Refrigerate until ready to serve.  
7. You may top this dessert with yogurt, or other topping of your

choice.  
8. Stir in 1/2 cup walnuts, cashews or almonds  
**Nutrition Facts:**  
1 serving equals- Calories: 160; carbs: 32 gm; protein: 6 gm; fat: 2 gm.

**BLUEBERRY WATERMELON QUINOA PARFAIT**  
**Ingredients:**  
1 cup of quinoa  
2 cups of water  
1-1/2 cups of diced watermelon  
1-1/2 cups of blueberries  
2 cups of low fat vanilla yogurt  
**Directions:**  
1. Rinse quinoa before cooking  
2. Bring water to a boil.  
3. Stir in quinoa, cover and simmer for 15-20 minutes.  
4. Allow quinoa to cool  
5. In 6 parfait glasses, layer the quinoa, yogurt, blueberries, yogurt, watermelon and yogurt.  
6. Top with a few blueberries and watermelon slices  
**NUTRITION FACTS:**  
1 serving equals-174 calories; 33 carbs; 7 gm protein; 3.5 gm fat

**RASPBERRY QUINOA SUNDAE**  
**Ingredients:**  
1 cup of dry Quinoa  
2 cups of water  
1/2 cup of low fat vanilla yogurt  
2 tablespoons of concentrated apple juice  
1 cup of fresh raspberries  
2 oranges which are peeled and diced  
**Directions:**  
1. Rinse quinoa before cooking  
2. Bring the water to a boil  
3. Stir in quinoa, cover, reduce heat and simmer for 10-15 minutes or until all water is absorbed.  
4. Refrigerate until salad in finished  
5. Blend yogurt and apple juice concentrate together  
6. At serving time; stir together yogurt sauce, raspberries and diced oranges.  
7. Divide quinoa into four serving bowls.  
8. Pour fruited sauce over top of quinoa.  
9. Garnish with extra raspberries and orange slices.  
10. This provides 4 servings  
**NUTRITION FACTS:**  
1 serving equals- Calories 253; Carbs 50 gm; Protein 7gm; fat 2.5 gm.

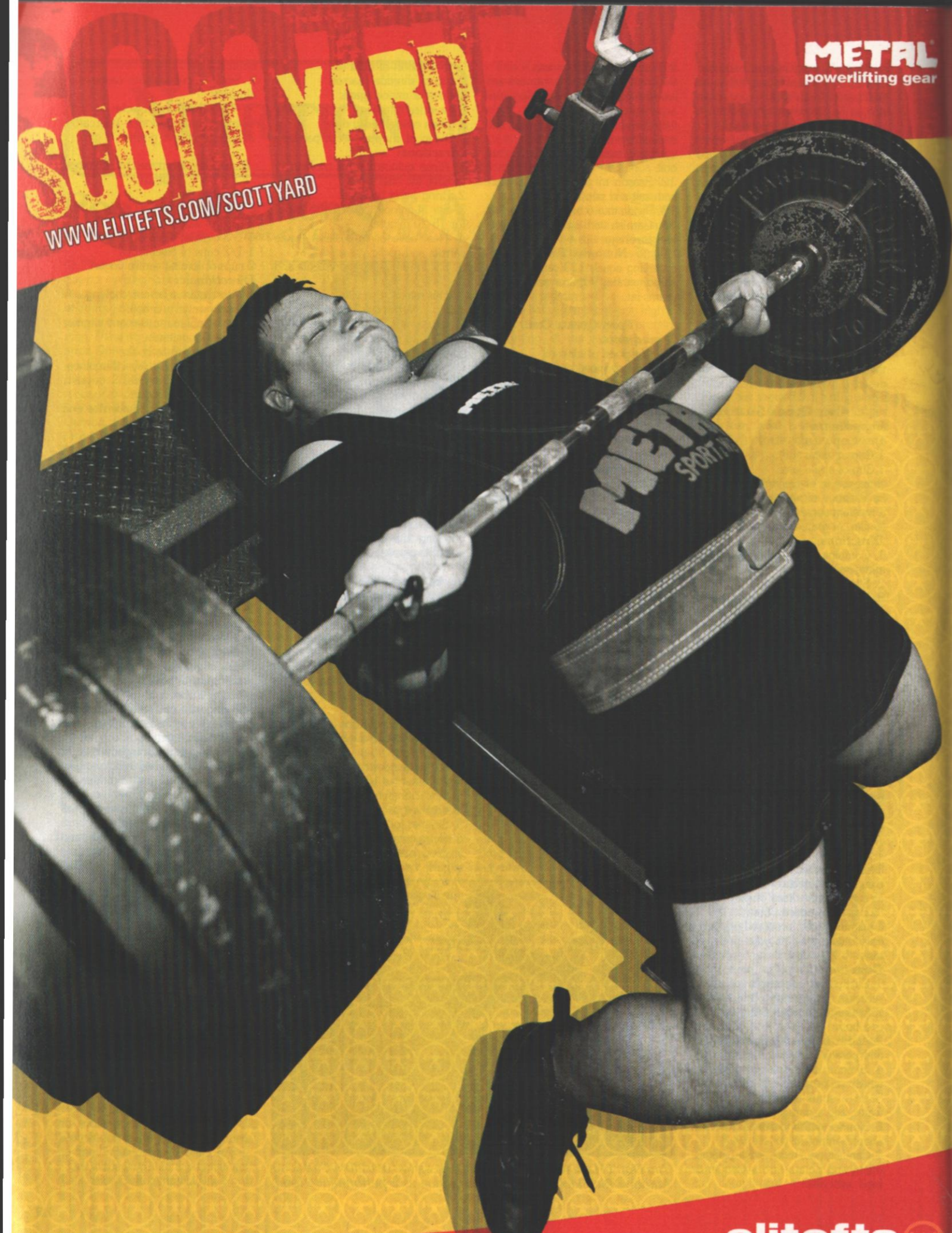
**CONCLUSION**  
I hope that you and all Powerlifters reading this start incorporating this valuable food into their meal plans. It has way too many performance and health benefits to avoid using it. Once you start using it you will not let it go because you will see how it will positively affect your performance. Give it a shot and let me know. Until next month, train hard and eat clean because if you aren't your closest competitor is!  
If you have any questions or comments please free to contact me at: Aricciuto@NutritionXP3.com or you can check out my website at: www.NutritionXP3.com



# SCOTT YARD

WWW.ELITEFTS.COM/SCOTTYARD

**METAL**  
powerlifting gear



## NEW PRODUCTS

What's the thing on the arm of this season's "The Biggest Loser" contestants? Does it really help their weight loss on the show? The contestants of NBC's hit show *The Biggest Loser* are showing off this season's latest fitness fashion accessory, the bodybugg armband, which measures the number of calories that they burn, aiding in their weight loss efforts. The bodybugg, a device about the size of an MP3 player, is worn on the upper right arm and tracks the calories burned by the wearer with 92% accuracy. The bodybugg program is the product of the Apex Fitness Group, a division of 24 Hour Fitness which is, of course, one of the show's primary sponsors. "To lose weight, burn more calories than you eat," says Rich Fahmy, Director of Fitness and Education for the Veritas Fitness Group, a Southern California based fitness education and consulting company. "If you're wearing a bodybugg, you actually have an accurate number for calories burned, which until now has been unheard of outside of a lab. So, eat fewer calories than it tells you that you are burning and you'll lose weight, simple math." He adds, "We believe in the product so much that it is a part of all of our fitness coaching programs for consumers, corporations, and healthcare patients. It is a simple, in-your-face approach to weight loss, either you're burning more calories than you eat or you're not, and our clients have seen great success with it." 80% success to be exact, if you look at [www.veritasfitnessgroup.com](http://www.veritasfitnessgroup.com)'s site, it notes that 80% of bodybugg wearers are maintaining their weight loss into the second year of use, the opposite of the usual success rate which is that 80% of people that do lose weight on programs other than the bodybugg will regain all of it in one year. The bodybugg isn't necessary for weight loss, but it sure is a neat tool. It allows the user to decide how a calorie deficit (the balance where one burns more calories than one eats) is achieved. The user can move more, eat less, or both, it's up to him or her. Fahmy notes "We usually recommend that our clients aim for a daily 500-1000 calorie deficit, which equates to one to two



pounds a week of weight loss. This way we can increase the chances of long term compliance and insure that most of the weight lost is fat weight." We asked Rich what he thought of the *Biggest Loser* contestants using the device: "They are probably achieving 3000-4000 calorie deficits daily, which will surely take the weight off, but not in the most healthful way. The public needs to remember that these contestants do nothing but move more and eat less all day, and that is neither realistic nor advisable to the average person. The bodybugg would be a great choice for the average person in that it enables an individual to live their life as usual, but make small changes here and there to come up with the deficit, and the device will be able to track that. I don't need the armband to tell me that I'm losing weight if I already exercise six to eight hours a day and only eat 1200 calories, like on the show, but the armband can definitely help the average mom racing around town getting her kids to sports practices and music lessons while eating constantly on the go. Its value lies in assisting people lose weight through daily life." It seems that while the bodybugg may not be a necessity for the world's "Biggest Loser", it may be very helpful to us "Average Losers". For more information please contact Sarah Fahmy with Media Relations at 888-777/9488.



**ThermoTx (TM)**, a fast growing medical appliance manufacturer, is announcing a unique line of FDA approved and patent pending ThermoSTIM products that combine modalities of hot or cold therapy with a muscle stimulation/TENS unit. The lightweight brace design allows patients to rehabilitate with complete mobility without interrupting normal day-to-day activities. The new braces will be available at the end of September.

ThermoSTIM therapy products are an effective method to treat athletic, automobile, industrial and everyday acute and chronic muscular-skeletal injuries by treating the symptoms of pain and swelling while concurrently rehabilitating muscles.

The ThermoSTIM braces were developed in partnership with Dr. Henry Chang, a practicing anesthesiologist and interventional pain specialist with over 30 years experience. Initially, the company will offer back and knee braces with other area-specific brace designs to follow in Q1 2008.

"Through years of pain management experience we created these products to give patients an effective solution for pain management and treatment of muscular-skeletal injuries. By combining the modalities of Electrical Muscle Stimulation (EMS) and TENS with hot or cold therapies we provide an easy solution to synergistically treat injuries for faster healing and recovery," stated Dr. Chang. "ThermoSTIM is a completely portable unit that allows treatment to continue beyond the doctor's office, physical therapy session or athletic training room," he added.

The ThermoSTIM braces will be available for sale via the company's website [www.thermotx.com](http://www.thermotx.com). MSRP's are \$325 for the knee brace and \$375 for the back brace.

**ABOUT THERMO TX:** Headquartered in Irvine, California, ThermoTx's innovative line of products were developed under the medical supervision of Dr. Henry Chang, an expert in pain treatment. All ThermoSTIM products use FDA approved STIM/TENS devices and are patent pending. Ultimately, the company will offer eleven unique braces designed to treat the most commonly injured areas of the body. For further information call (949) 579-1553 or e-mail [info@thermotx.com](mailto:info@thermotx.com). The ThermoTx web site is located at: [www.thermotx.com](http://www.thermotx.com).

## Beyond A Century®

Performance Nutrition • Anti-Aging

**How much have you been paying?**

GABA, 100gm	\$5.25
Peak ATP™ (pure), 20gm (80 days)	22.50
Ribose, 100gm	10.00
N-Acetyl L-Glutamine, 300gm	18.00
Acetyl L-Carnitine, 100gm	8.50
Creatine Ethyl Ester HCl, 300gm	11.00
CLA, 1000mg, 100 gelcaps	11.80
Creatine Mono. 99+%, Micronized, 1kg	15.00
Arginine base powder, 300gm	12.00
Arginine AKG, 150 gm	9.00
Citrulline, 100gm	13.50
Serum Protein, 90%, 1 pound	16.50
Whey Protein 90% instant isolate, 24oz	18.00
Tribulus Ext. 45% 100gm	7.50
Long Jack 100:1, 20gm	39.50
Yohimbe 2% Std. Extract! 50gm	7.50
Glutamine 300gm/1kg	10.50/28.50
Glucosamine Sulfate, 250gm	9.75

Check our website for current specials

Shipping only \$5.00 any size order!

Visa/MC/Dscvr/Amex orders call:

800-777-1324

Beyond a Century, Inc. ~since 1983~  
173 Lily Bay Road, Greenville ME 04441  
Hundreds of Products - **FREE** catalog!  
Order On-Line with our Secure Server:  
[www.beyondacenturyonline.com](http://www.beyondacenturyonline.com)  
Authenticity of Products Guaranteed!

HIGHEST QUALITY SUPPLEMENTS DIRECT!!!



**NO MIDDLEMAN!**  
Free 48 Page **WHOLESALE** Catalog  
fully describing our 50 one-of-a-kind  
Bodybuilding supplement formulas  
that product results!

CALL 1-800-798-9798  
TOLL FREE CATALOG ORDER HOTLINE  
Fitness Systems Manufacturing Corp.  
104 Evans Ave., Dept. PL 1007  
Reading, PA 19608  
1-800-822-9995 or Phone/Fax 1-610-670-0135

®

# ELITEFTS

Accessories

Briefs

Wraps

Deadlift Suits

Bench Shirts

Squat Suits

Exclusive Supplier:



[Elitefts.com/Metal](http://Elitefts.com/Metal)  
888.854.8806



# THE RAGE

The bench shirt that's storming the globe! The Rage is the superior bench shirt of the round-sleeve type shirts, and provided at an unbeatable price for this genre of bench press shirt! Bench more with The Rage than in any other round-sleeve, guaranteed!



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

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

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

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

# RAGE X

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



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

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

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

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

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

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

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

SEE MORE SELECTION AT INZERNET.COM

# INZER ADVANCE DESIGNS

The World Leader in Powerlifting Apparel

# PHENOM

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



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

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

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

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

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

# RADICAL DENIM

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



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

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

- Proven in countless world record breaking bench press performances.

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

# ULTIMATE DENIM

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

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

SEE MORE SELECTION AT INZERNET.COM

# INZER ADVANCE DESIGNS

The World Leader in Powerlifting Apparel





**Inzer Advance Designs Logo T-Shirts**

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

\$8.00  
(2X-3X add \$2.00 4X-5X add \$4.00)



**Warm Up Pullover Crewneck**  
Keep warm in Supersweats Crewneck with embroidered two-color Inzer logo.

\$14.95



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

\$12.95



**Suit Slippers**

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

\$19.95



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

\$5.95



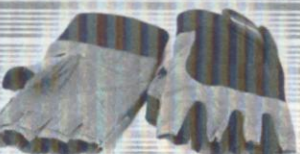
**Gym Chalk**  
Essential for workouts and competitions, magnesium carbonate block chalk.

\$10.00



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

\$4.95



**Form-Foam™ Lifting Gloves**  
Custom gripping power and supreme stability control. Power-Surge.

\$12.95



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

\$12.50



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

\$17.00



**Camo T-shirts**

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

\$10.00



**Hoodie**

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

\$19.50



**Gym Bag**

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

\$25.00



**Fitting Gloves**

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

\$4.95



**Elbow Sleeves XT**

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

\$55.00

**Knee Sleeves XT**

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

\$55.00



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

\$16.50



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

\$22.00



**Forever Lever Belt 13MM**

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

\$70.00



**Forever Lever Belt 10MM**

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

\$60.00



**Forever Buckle Belt 13MM**

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

\$70.00



**Forever Buckle Belt 10MM**

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

\$60.00



**PR Belt**

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

\$140.00



**Power Belt Quality Economy**

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

\$39.95



**Max DL**

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

\$145.00



**Lifting Singlet**

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

\$33.00



**Z-Suit**

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

\$42.00



**Champion Suit**

Champion Suit has proven itself countless competitions and world records over time. Enjoy the incredible support of Champion suit at an unbeatable price and value.

\$42.00



**The Pillar**

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

\$115.00



**Standard Blast Shirt**

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

\$38.00



**High Performance HD Blast**

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

\$77.00



**Heavy Duty Erector Shirt**

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

\$55.00



**Heavy Duty Groove Briefs**

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

\$26.00



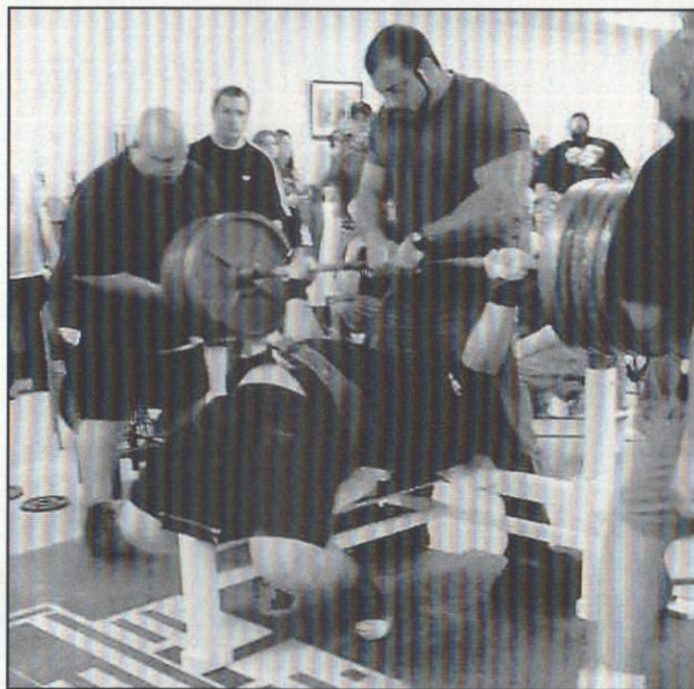
Earlier this year, my training partner Dain Soppelsa, got aggravated with me. At first I thought it was due to my support for the socio-economic policies of the European Union, then I remembered that Dain doesn't care about that stuff, and likely couldn't find Europe on a map. After an hour long temper tantrum (which reminded me why I have never gotten married), he told me that as a result of my recent vacation from the "only man sport left" to bodybuilding work (the only womanly sport left), I had become vain, weak, and unhelpful. I must confess, because of my recent switch, I looked stronger than I ever had, but pretty much couldn't lift anything heavy (aside from the occasional overweight bar girl). At the time, Dain, whom I will now refer to as: "Sponge Belly Split Pants" had a 650 lb. bench press weighing somewhere around 325 (this was in a competition in the summer of 06). Although I had not competed in a few years, my personal record in a meet was 550 weighing around 270. I realized that if I was going to be helpful to Sponge Belly Split Pants' training again I would have to jump back in myself. I threw out all the egg whites, purple stretch pants, and traded in my Justin Timberlake tickets, for some Metallica ones, shaved my head, got a tattoo, switched from Bacardi and diet to straight whiskey again, and let my back hair blossom in full force. I threw on a RageX bench shirt and. (I would like to say that I jumped right back into it, but what actually happened was ..... ) I muscled up a hard 370 weighing about 240. After

Sponge Belly Split Pants quit laughing hysterically at me, I decided that we definitely had some work to do, because if there was a light that I could see at this end of the tunnel, it was in fact, an oncoming train!

Within a four month period I got to the point where I could do easy reps with my old max (550) weighing 250ish at which point some of Sponge Belly Split Pants' friends thought it would be a good idea to come to my house and beat me with a tire iron (someone's been reading my diary), somewhat slowing down my progress, and a topic for another article perhaps. During this same time within about a seven month period Sponge Belly Split Pants dropped down to the 275 weight class and did a 675, tore his udder,

## WESTSIDE TRAINING

### THE CHAOS METHOD as told to PL USA by Aaron DiPrima



Author Aaron DiPrima handing off to his training partner Dain Soppelsa for his successful attempt at 675 pounds (courtesy DiPrima)

whoops, I mean his chubby little man boob, sorry again, pec, pretty bad doing some stupid raw work, dropped down another class to the 242s (screwing up all my good fat jokes, guess I will have to call him Dain again for the rest of the article) and did an easy 625 at Louie's meet in Cincinnati in August of 07. He ran out of attempts, otherwise he could have PRed again. One of the main factors in the progress both he and I have made is what we refer to as the "Chaos Method". We use this method on our Dynamic day more than half the time now.

The Chaos method has been around for a while (I don't know what other people call it), but I believe we are the first to incorporate it into our speed work using the Westside template.

Basically, what the 'Chaos Method' means is using a light, mini, or monster mini band, and draping a kettlebell, plate, or both over the bar. This creates an extremely chaotic situation—much like when the Burger King cashier told Dain the ice cream machine was broken. This is especially 'chaotic' when trying to perform speed work, and a number of form and technique issues are fixed automatically without the lifter having to focus on them. The amount of variability is endless. You can use any combination of kettlebells and weight that you would like, constantly keeping the body off guard. Generally the total weight is somewhere slightly over 60 percent of our raw work. The total weight can be a bit higher, as this is not really a form of direct contrast, although there is a contrast-like effect from the loading and unloading of the weight as the band pulls and slacks. To view a full Chaos method workout with Sponge Belly, err, Dain and I you can take a look at the Gyms' Myspace at <http://www.myspace.com/strengthbeyondfitness>.

What happens when speed work is done in this fashion is that the body has to do all these little tricks, naturally, such as 1) Squeezing the bar as hard as possible for stability 2) Using your back to lower the weight (if this is not performed you will eventually eat the bar), and finally what I believe to be the most important aspect—you must hold the weight statically at the top on every rep, or again you will lose control of the bar. Ever notice that when most people hit the lockout on speed work, they just hit it for a split second, or even worse they cut it short? Try that with the Chaos Method and you will make your Dentist a very happy man. Another interesting side effect is that because the entire upper body must work hard to stabilize, there is a bonus conditioning effect, as this is much harder on your system than regular bench work. Although difficult, this seems, so far, to cause less wear and tear on the body than direct contrast (bands and chains). I hope some of you find this as helpful as we have.

Please call with any questions: Aaron DiPrima, Strength Beyond, 269-655-0066.

Nestled within a wooded lot in Plaistow, NH, the Rockingham Athletic Club, a 50,000 square foot training facility has no rival, boasting 4 Regulation Hardwood Courts. What does this have to do with powerlifting training? On June 1<sup>st</sup>, 2007 Scott DePanfilis of Bodytechusa.com initially came to join the ROCK, and began making equipment suggestions to owners Steve and Kim Drelick. "Have you ever heard of a Reverse Hyper Machine?" Since that glorious day, Scott was hired as their marketing director, and web developer. If Scott gets his way, the plan is to incorporate a Reverse Hyper, Glute Ham Raise,

Platform Rack, Olympic Platforms, and Power Squat in the weight room. "I want to go Westside, Elite Fitness Systems, and PowerMAX." For now, the Tournament Quality Volleyball Courts, 4 Beach Volleyball Courts, Extensive Cardio, Circuit Training, and Free Weights, plus an All Purpose Field for Flag Football & Soccer will have to do! Scott's running a Scottish Highland game/Strongman demo this November 3rd. "I think once the company sees all the fans of strength sports, I'm either going to be fired or congratulated. I'm excited; I get to



toss the Caber at my place of work, how cool is that! I enjoy working at the ROCK, and watching ideas become reality." Unlike your typical Planet Weakness, and Swerves, the focus of the ROCK is strength and conditioning for sports, it's where tomorrows stars practice today.

Scott DePanfilis, the man behind Bodytechusa, tosses the caber at the ROCK A.C.

## ASK THE DOCTOR

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



Mauro DiPasquale M.D. setting up for a squat attempt at the 1979 IPF World Powerlifting Championships, hosted by Larry Pacifico in Dayton, Ohio, where he took the silver medal in the 165 lb. class.

Mauro: Could I pick your brain about a female powerlifter that I coach. She is strong and dedicated and was training well with a gradual increase in poundages up to the last few months, coinciding to when she started doing some personal training. She became amenorrheic in September probably due to the heavy training - she weighs between 116-122 lbs and is about 5'4", small girl - 37 yrs old - has had 2 kids several yrs ago. She developed a sacral stress fracture confirmed by mri about 3 weeks ago. I had her double on supplemental calcium and Vit D and started her on Fosamax just

for a month. On top of that because she was over training I cut back on her training load and am having her follow a similar routine to the one you gave me last year. Anything you might add from your nutraceutical standpoint? I appreciate it. Mike

Hi Mike: That's a good start for increasing her bone strength and density. We could add to that by increasing the anabolic hormones in her body as well as her insulin sensitivity, controlling cortisol, and regulating thyroid hormone function. As such, I would also recommend that she go on a

combination of GHboost, Metabolic, and TestoBoost. For the relevant info on all three of these products you can look up their PDF files on <http://www.mdplusstore.com/listCategoriesAndProducts.asp?idParentCategory=40>.

There's a lot of info I could send you but I thought I'd just copy down two of the citations and abstracts on bone mineral density in women that might be of interest. That's not to say that your athlete is suffering from anorexia or osteoporosis, only that I believe these strategies will increase her bone mineral density and healing. Best regards, Mauro

J ENDOCRINOL INVEST. 2005;28(8 SUPPL):32-6. GH AND IGF-I AS THERAPEUTIC AGENTS FOR OSTEOPOROSIS. AGNUSDEI D, GENTILELLA R, ELI LILLY AND CO., FLORENCE, ITALY. AGNUSDEI\_DONATO@LILLY.COM

Current strategies for the treatment of osteoporosis rely almost exclusively on agents whose pharmacological actions are primarily antiresorptive. There is, therefore, growing interest in developing agents able to stimulate bone formation, such as GH and IGF-I, which play an important role in bone metabolism, being essential for the development and growth of the skeleton and for the maintenance of bone mass. Furthermore, the decline in GH/IGF-I axis with aging, is correlated with the increased risk of osteoporosis and fragility fractures in elderly population. Several studies investigated the potential of GH and/or IGF-I as therapeutic agents in osteoporotic patients (postmenopausal women and idiopathic osteoporotic men), showing a clear correlation between the used GH dosage (and the obtained IGF-I plasmatic levels) and the increase in bone turnover markers and/or bone mineral density (BMD) at different skeletal sites. In particular, the use of IGF-I/IGFBP-3 complex seems to be very useful and safe in older women with recent hip fracture.

Also the possibility of combining GH/IGF-I treatment with antiresorptive drugs (such as calcitonin and alendronate) has been explored, showing controversial results on BMD at different skeletal sites. In summary, based on the current evidence, it is clear that circulating GH and IGF-I are critical for skeletal modeling, bone acquisition and age related bone loss. Nevertheless, controlled studies with fracture incidence as endpoints are needed to fully assess the potential of these bone anabolic agents in the treatment of osteoporosis.

PEDIATR ENDOCRINOL REV. 2006 JAN;3 SUPPL 1:219-21. PREDICTORS OF BONE LOSS IN YOUNG WOMEN WITH RESTRICTIVE EATING DISORDERS. BRUNI V, DEI M, FILICETTI MF, BALZI D, PASQUA A. PEDIATRIC AND ADOLESCENT GYNECOLOGY SERVICE, UNIVERSITY OF FLORENCE, ITALY.

**OBJECTIVES:** To evaluate the influence of Body Mass Index, body composition and hormonal factors on bone mass in young women with amenorrhea related to restrictive eating disorders. **DESIGN:** Descriptive study of 55 patients with secondary amenorrhea due to restrictive eating disorders and 14 healthy girls used for comparison. **Assessment of Bone Mineral Density, Fat Mass and Lean Mass by DEXA and of the serum hormonal profile. RESULTS:** Patients had lower BMI, lower Fat Mass and lower Bone Mass compared to controls; their serum levels of LH, FT(3), DHEAS, Insulin and Leptin were significantly reduced. Low Bone Density, especially in the lumbar region, correlated with concentrations of FT(3), Cortisol, Insulin and Leptin, hormones expressive of metabolic adjustment to malnutrition. **CONCLUSIONS:** Hormonal nutritional markers, together with soft tissue composition measurements, are viable options for ongoing monitoring of subjects with eating disorders.

## GET A GRIP



Beef Builder Hand Grippers 11 weights in choice from \$19



Beef Builder Grip Machine \$94.99



Ivanko Super Gripper \$19

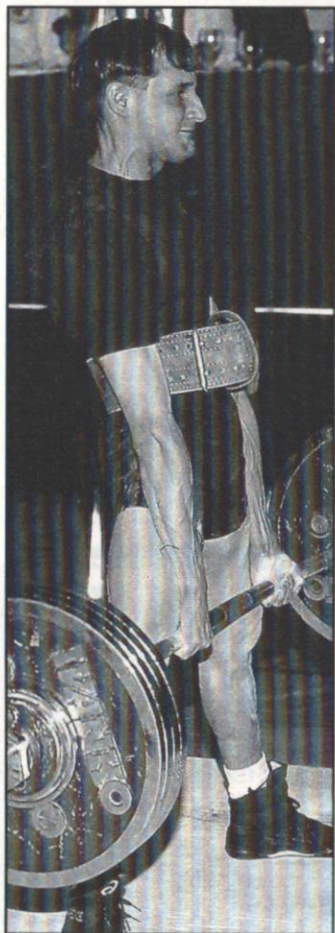
WEIGHTLIFTER'S WAREHOUSE (800) 621-9550  
[www.weightlifterswarehouse.com](http://www.weightlifterswarehouse.com) • [weightlifterswarehouse@earthlink.net](mailto:weightlifterswarehouse@earthlink.net)

Shipping Additional





**Keith Bourque ...** this Cajun Champ was one of the toughest competitors in A.D.F.P.A. history.

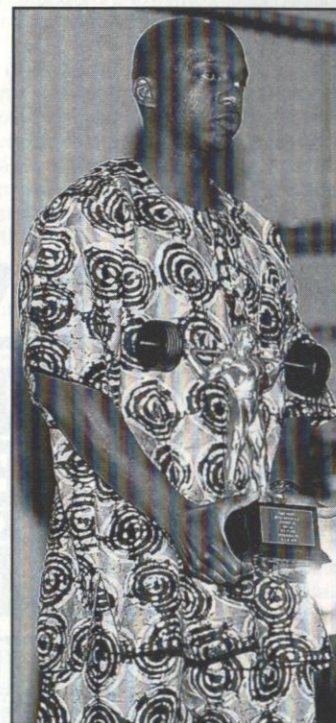


**Brandon Green ...** born to deadlift, he pulled 490 lbs. as a teenager!

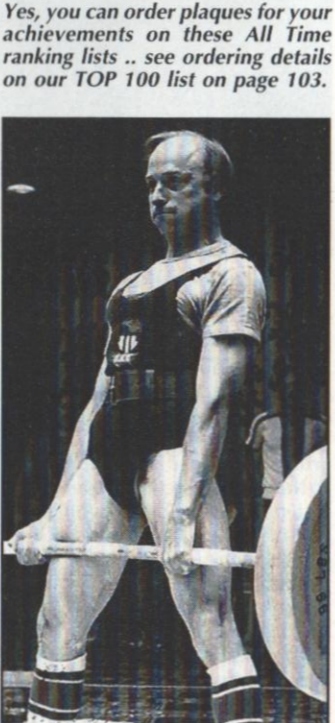
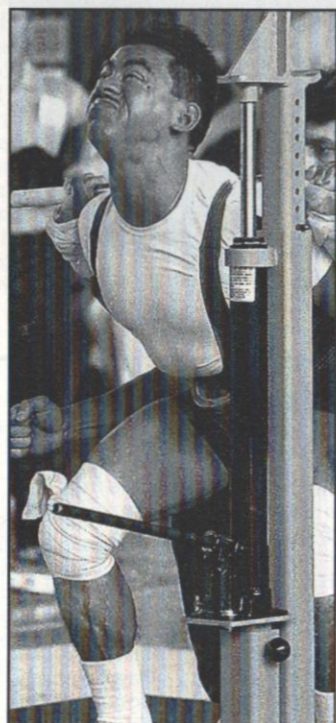
## ALL TIME HISTORICAL TOP 50 AMERICAN MEN'S 114 Pound (52 Kilogram) Weight Division -- TOTAL

Total	X-Bwt	Male American Athlete/ YOB/ Date/ Actual Weight/ Exact Bodyweight/ Location/ Federation
1. 1251.1 (567.5)	*10.97X	Erwin Gainer/66 7/9/04 (192.5+140.0+235.0=567.5 kg. @ 51.72 kg.) (BR, LA) (USAPL/IPF)
2. 1245.6 (565.0)	*11.04X	Chuck Dunbar/57 7/7/84 (230.0+147.5+187.5=565.0 kg. @ 51.2 kg.) (Dayton, OH) (USPF)
3. 1223.6 (555.0)	10.82X	Joe Cunha/59 4/2/83 (237.5+137.5+180.0=555.0 kg.) (Pittsburg, California) (USPF)
4. 1201.5 (545.0)	10.48X	Phil Hile/67-05 4/8/95 (205.0+130.0+210.0=545.0 kg.) (South Charleston, WV) (USPF)
5. 1200.0 (544.3)	10.47X	Viet Tran/76 3/28/92 (455.0+260.0+485.0=1200.0 lb.) (Omaha, Nebraska) (NSM)
6. 1162.9 (527.5)	*10.14X	Ernesto Milian/47 5/15/05 (207.5+110.0+210.0=527.5 kg. @ 52.0 kg.) (RR, TX) (APF)
7. 1151.9 (522.5)	10.05X	Doan Nguyen/64 7/16/94 (197.5+120.0+205.0=522.5 kg.) (Lincolnwood, Illinois) (ADFFPA)
8. 1146.4 (520.0)	10.00X	Bobby Adams 2/17/88 (197.5+122.5+200.0=520.0 kg.) (El Tora, California) (USPF)
9. 1146.4 (520.0)	10.00X	Mike Nelson 5/28/88 (227.5+122.5+170.0=520.0 kg.) (Kansas City, Missouri) (USPF)
10. 1140.9 (517.5)	*9.95X	Jeremy Scruggs/83 9/11/03 (182.5+112.5+222.5=517.5 kg. @ 52.0 kg.) (Kos, PL) (USAPL/IPF)
11. 1135.4 (515.0)	9.90X	Clarence Fielder 2/16/90 (182.5+127.5+205.0=515.0 kg.) (Fort Indian Gap, PA) (USPF)
12. 1130.0 (512.6)	*9.95X	Henry Garcia/64 9/22/90 (450.0+240.0+440.0=1130.0 lb.) @ 113.56 lb.) (FG, GA) (USPF)
13. 1124.4 (510.0)	9.81X	John Redding/43 1/28/79 (197.5+95.0+217.5=510.0 kg.) (Nashua, New Hampshire) (AAU)
14. 1121.1 (508.5)	9.77X	Keith Borque/63 6/6/92 (201.0+105.0+202.5=508.5 kg.) (Fridley, Minnesota) (ADFFPA)
15. 1118.8 (507.5)	*9.82X	Harold Escobedo 6/5/82 (177.5+145.0+185.0=507.5 kg. @ 51.7 kg.) (Portland, OR) (USPF)
16. 1118.8 (507.5)	*9.82X	Rob Leoni/66 7/31/05 (197.5+110.0+200.0=507.5 kg. @ 51.7 kg.) (Chicago, IL) (AAPF/AWPC)
17. 1113.3 (505.0)	*9.81X	Gerald Snyder 6/1/85 (192.5+97.5+215.0=505.0 kg. @ 51.5 kg.) (Arlington, Virginia) (USPF)
18. 1102.3 (500.0)	9.62X	Bobby Sanders 6/28/86 (192.5+107.5+200.0=500.0 kg.) (Dayton, Ohio) (APF/WPC)
19. 1102.3 (500.0)	*10.21X	Mike Booker/81 11/3/00 (220.0+137.5+142.5=500.0 kg. @ 108.0 lb., w/o ss/bp shirt (Mes, NV) (AAU)
20. 1101.2 (499.5)	9.61X	Chad Ikei/71 3/5/90 (177.0+132.5+190.0=499.5 kg.) (Honolulu, Hawaii) (APF/WPC)
21. 1100.0 (499.0)	9.60X	Norb Paterniti 3/27/82 (405.0+235.0+460.0=1100.0 lb.) (Erie, Pennsylvania) (USPF)
22. 1100.0 (499.0)	9.60X	Bret Kimberlin 3/28/92 (425.0+265.0+410.0=1100.0 lb.) (Memphis, Tennessee) (USPF)
23. 1096.8 (497.5)	*9.68X	Doug Heath/55 1/9/82 (187.5+102.5+207.5=497.5 kg. @ 113.25 lb.) (Col, OH) (USPF/IPF)
24. 1096.8 (497.5)	*9.58X	Ken Snell/59 7/10/99 (177.5+110.0+210.0=497.5 kg. @ 114.5 lb.) (DB, FL) (APF/WPC)
25. 1091.3 (495.0)	9.52X	Thoung Nguyen 4/12/97 (187.5+107.5+200.0=495.0 kg.) (Austin, Texas) (USPF)
26. 1091.3 (495.0)	*9.56X	Damarrio "Doc" Holloway/80 9/13/02 (182.5+92.5+220.0=495.0 kg. @ 51.8 kg.) (RU) (USAPL/IPF)
27. 1085.8 (492.5)	*9.81X	Chris Sonnier/88 4/13/07 (192.5+100.0+200.0=492.5 kg. @ 50.2 kg.) (Mon, LA) (AAPF/AWPC)
28. 1080.3 (490.0)	9.42X	Steve Snyder/62 4/19/98 (182.5+102.5+205.0=490.0 kg.) (W-B, PA) (USAPL)
29. 1075.0 (487.6)	9.38X	Mike Ellis 2/21/81 (435.0+215.0+425.0=1075.0 lb.) (Redmond, Washington) (USPF)
30. 1074.8 (487.5)	9.38X	Brandon Green/72 7/12/97 (170.0+85.0+232.5=487.5 kg.) (Philadelphia, PA) (USPF/IPF)
31. 1063.7 (482.5)	9.28X	Loren Chapin 4/30/88 (200.0+100.0+182.5=482.5 kg.) (Berlin, New Hampshire) (USPF)
32. 1063.7 (482.5)	9.28X	Jim Morgan 7/14/89 (185.0+107.5+190.0=482.5 kg.) (Las Vegas, Nevada) (USPF/IPF)
33. 1060.0 (480.8)	9.25X	Jim Caldwell 11/15/86 (465.0+275.0+320.0=1060.0 lb.) (Maui, Hawaii) (APF/WPC)
34. 1058.2 (480.0)	9.23X	Mark Hartman/73 7/28/90 (192.5+95.0+192.5=480.0 kg.) (Pittsburgh, PA) (APF/WPC)
35. 1058.2 (480.0)	9.23X	M. Moran 4/20/91 (190.0+100.0+190.0=480.0 kg.) (Dallas, Texas) (NASA)
36. 1052.7 (477.5)	9.18X	John Padova 6/7/86 (170.0+122.5+185.0=477.5 kg.) (Dallas, Texas) (USPF)
37. 1052.7 (477.5)	9.18X	Joe Catalano/63 7/5/86 (180.0+110.0+187.5=477.5 kg.) (Chicago, Illinois) (USPF/IPF)
38. 1052.7 (477.5)	9.18X	Joe Steinfeld/58 7/5/86 (165.0+132.5+180.0=477.5 kg.) (Chicago, Illinois) (USPF/IPF)
39. 1052.7 (477.5)	9.18X	D. Moore 12/19/87 (190.0+105.0+182.5=477.5 kg.) (Kansas City, Missouri) (USPF)
40. 1050.0 (476.3)	9.16X	Thomas Kusick/51 6/16/79 (360.0+250.0+440.0=1050.0 lb.) (Longmont, Colorado) (AAU)
41. 1050.0 (476.3)	9.16X	Kelvin Palmer 1995 (410.0+...=1050.0 lb.) (TX State Champs) (THSPA)
42. 1047.2 (475.0)	9.13X	Richard Brightwell/65 6/6/87 (167.5+105.0+202.5=475.0 kg.) (Kansas City, MI) (USPF)
43. 1047.2 (475.0)	9.13X	Roosevelt Thomas 2/16/90 (175.0+107.5+192.5=475.0 kg.) (Fort Indian Gap, PA) (USPF)
44. 1047.2 (475.0)	9.13X	Roger Thompson 7/26/97 (150.0+95.0+230.0=475.0 kg.) (Chicago, Illinois) (USAPL/IPF)
45. 1045.0 (474.0)	*9.15X	Robbie Nieto 3/25/06 (375.0+255.0+415.0=1045.0 lb. @ 114.2 lb.) (Houston, TX) (THSPA)
46. 1041.7 (472.5)	9.13X	Jesse Vera 10/10/92 (165.0+110.0+197.5=472.5 kg.) (San Luis Obispo, CA) (USPF)
47. 1040.0 (471.7)	*9.18X	Steve Blank 12/14/85 (395.0+235.0+410.0=1040.0 lb. @ 51.4 kg.) (Columbus, Ohio) (USPF)
48. 1036.2 (470.0)	*9.14X	Mark Ferrera 6/4/83 (167.5+127.5+175.0=470.0 kg. @ 51.4 kg.) (Charlottesville, VA) (USPF)
49. 1036.2 (470.0)	9.04X	Miguel Castro 6/25/88 (160.0+95.0+215.0=470.0 kg.) (Reading, England) (ADFFPA/WDFPF)
50. 1035.0 (469.5)	9.03X	Sammy Brant 11/14/98 (435.0+175.0+425.0=1035.0 lb.) (Somerset, Pennsylvania) (FCI)

(\* 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.



**Erwin Gainer (lt)** the pre-eminent flyweight in the history of the United States and the USAPL; **Henry Garcia (center)** out of the Golden Era of Military Power; **John Redding (right)** pioneer flyweight for the U.S.A.

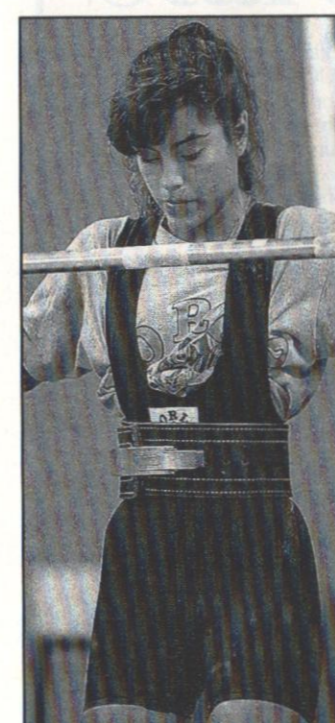


Yes, you can order plaques for your achievements on these All Time ranking lists .. see ordering details on our TOP 100 list on page 103.

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

Total	X-Bwt	Female American Athlete/ YOB/ Date/ Actual Weight/ Exact Bodyweight/ Location/ Federation
1. 799.2 (362.5)	*8.27X	Ashley Hudson-Robbins/77 6/3/04 (150.0+70.0+142.5=362.5 kg. @ 43.85 kg.) (FR) (USAPL/IPF)
2. 795.9 (361.0)	*8.28X	Sue Strezze-Benford 11/21/91 (140.0+67.5+153.5=361.0 kg. @ 43.6 kg.) (LV, NV) (APF/WPC)
3. 793.7 (360.0)	8.18X	Elizabeth "Ann" Leverett/54 7/28/90 (135.0+77.5+147.5=360.0 kg.) (Pittsburgh, PA) (APF/WPC)
4. 775.0 (351.5)	7.99X	Elaine "Scraps" Kunkle-Grimwood/70 10/21/00 (320.0+145.0+310.0=775.0 lb.) (PA) (APA/WPA)
5. 771.6 (350.0)	*8.08X	Cheryl Jones/51 6/1/85 (137.5+75.0+137.5=350.0 kg. @ 43.3 kg.) (Vienna, Austria) (USPF/IPF)
6. 760.6 (345.0)	*7.88X	Nancy Belliveau/53 6/1/85 (125.0+55.0+165.0=345.0 kg. @ 43.8 kg.) (Vienna, AUT) (USPF/IPF)
7. 750.0 (340.2)	*7.73X	Carol Patterson/57 3/3/84 (250.0+155.0+345.0=750.0 lb. @ 97.0 lb.) (Redmond, WA) (USPF)
8. 749.6 (340.0)	*7.73X	Marianne Del Castillo 7/14/89 (135.0+67.5+137.5=340.0 kg.) (Las Vegas, Nevada) (USPF/IPF)
9. 744.1 (337.5)	7.67X	Judith Gedney/40 9/14/86 (125.0+75.0+142.5=337.5 kg. @ 337.5 kg.?) (FW, IN) (ADFFPA)
10. 744.1 (337.5)	7.67X	Barbara Talmadge 1/26/95 (137.5+65.0+135.0=337.5 kg.) (Oklahoma City, Oklahoma) (NASA)
11. 744.1 (337.5)	*7.85X	Barb Sieps/67 6/4/05 (135.0+67.5+135.0=337.5 kg. @ 94.8 lb.) (Detroit, Michigan) (APF/WPC)
12. 740.0 (335.7)	7.63X	Cheryl Anderson/75 4/29/06 (260.0+165.0+315.0=740.0 lb.) (Kasson, Minnesota) (USAPL)
13. 738.5 (335.0)	*7.86X	Lesia Thomas-Oliver 4/5/86 (130.0+75.0+130.0=335.0 kg. @ 94.0 lb.) (Boston, MA) (ADFFPA)
14. 738.5 (335.0)	*7.70X	Tina Carder/84 4/13/07 (127.5+72.5+135.0=335.0 kg. @ 43.5 kg.) (Killeen, Texas) (USAPL)
15. 727.0 (330.0)	7.50X	Shirley Scheffler/59 5/7/94 (110.0+57.5+162.5=330.0 kg. @ 96.25 lb.) (CS, CO) (USAPL)
16. 725.0 (328.9)	*7.55X	Wanda Burnette/50 4/23/05 (255.0+180.0+290.0=725.0 lb. @ 96.0 lb.) (Charleston, SC) (APF)
17. 716.5 (325.0)	*7.44X	Stephanie McMillian/79 4/15/00 (130.0+57.5+137.5=325.0 kg. @ 96.25 lb.) (CS, CO) (USAPL)
18. 716.5 (325.0)	*7.44X	Erin Dickey/84 11/8/05 (125.0+70.0+130.0=325.0 kg. @ 43.7 kg.) (Miami, Florida) (USAPL/IPF)
19. 716.5 (325.0)	*7.39X	Kendra Miller/92 7/7/06 (130.0+67.5+127.5=325.0 kg. @ 44.0 kg.) (Miami, Florida) (USAPL/IPF)
20. 711.0 (322.5)	*7.40X	Maria Pfister/84 4/13/07 (127.5+70.0+125.0=322.5 kg. @ 43.6 kg.) (Killeen, Texas) (USAPL)
21. 705.5 (320.0)	7.27X	L. Whiddon 10/4/87 (127.5+72.5+120.0=320.0 kg.) (Austin, Texas) (USPF)
22. 705.5 (320.0)	*7.30X	Delcy Palk 1/30/88 (120.0+62.5+137.5=320.0 kg. @ 96.6 lb.) (Austin, Texas) (USPF)
23. 705.5 (320.0)	*7.34X	Caitlin Miller/90 1/31/04 (125.0+62.5+132.5=320.0 kg. @ 44.6 kg.) (Omaha, NE) (USAPL/IPF)
24. 705.5 (320.0)	*7.27X	Alyssa Cordova/87 4/1/06 (132.5+55.0+132.5=320.0 kg. @ 43.0 kg.) (Omaha, Nebraska) (USAPL)
25. 694.5 (315.0)	7.16X	Cindy Coss/68 2/27/99 (120.0+57.5+137.5=315.0 kg.) (Lincoln, Nebraska) (USAPL/IPF)
26. 688.9 (312.5)	7.10X	Zindia Valdoviz 7/26/91 (132.5+52.5+127.5=312.5 kg.) (Dallas, Texas) (USPF)
27. 685.0 (310.7)	7.06X	D. Taoy 10/14/89 (290.0+120.0+275.0=685.0 lb.) (Atlanta, Georgia) (USPF)
28. 683.4 (310.0)	*7.05X	Beth Grater/58 5/14/94 (130.0+65.0+115.0=310.0 kg. @ 44.0 kg.) (Bronx, New York) (ADFFPA)
29. 683.4 (310.0)	*7.11X	Cathy Solan/58 10/9/03 (117.5+60.0+132.5=310.0 kg. @ 43.6 kg.) (RS, CAN) (USAPL/IPF)
30. 680.0 (308.4)	7.01X	Robin Jewett 3/18/89 (285.0+130.0+265.0=680.0 lb.) (Portland, Maine) (USPF)
31. 677.9 (307.5)	*7.09X	Griselle Ufret/65 6/14/02 (112.5+62.5+132.5=307.5 kg. @ 43.4 kg.) (York, PA) (APF/WPC)
32. 672.4 (305.0)	6.93X	Gina/Ginger Lord 1/30/82 (110.0+52.5+142.5=305.0 kg.) (Nashua, New Hampshire) (USPF)
33. 672.4 (305.0)	6.93X	Imelda Fowler 10/10/92 (105.0+47.5+152.5=305.0 kg.) (San Luis Obispo, California) (USPF)
34. 666.9 (302.5)	6.88X	Tammy Martin 6/18/93 (117.5+65.0+120.0=302.5 kg.) (Greensboro, North Carolina) (USPF/IPF)
35. 665.0 (301.6)	*7.00X	Lynne Fuller-Barlow/59 11/21/92 (240.0+150.0+275.0=665.0 lb. @ 95.0 lb.) (Whit, MA) (USPF)
36. 660.0 (299.4)	6.80X	Linda Barnes/49 5/11/96 (225.0+150.0+285.0=660.0 lb.) (Erie, Pennsylvania) (AAU)
37. 660.0 (299.4)	*6.80X	Viviana Rodriguez 3/14/03 (255.0+135.0+270.0=660.0 lb. @ 97.0 lb.) (Killeen, Texas) (THSPA)
38. 655.9 (297.5)	*6.80X	Lori Okami 10/10/81 (102.5+70.0+125.0=297.5 kg. @ 95.0 lb.) (Honolulu, Hawaii) (USPF)
39. 655.9 (297.5)	*6.80X	Joan Grater/54 1/29/83 (107.5+60.0+130.0=297.5 kg. @ 43.74 kg.) (Chicago, Illinois) (USPF)
40. 655.9 (297.5)	6.76X	Marva Austin 1/30/88 (120.0+47.5+130.0=297.5 kg.) (Austin, Texas) (USPF)
41. 655.9 (297.5)	6.76X	Nadine Cohen-Baker/57 5/18/01 (102.5+60.0+135.0=297.5 kg.) (Bath, Maine) (APF/WPC)
42. 655.0 (297.1)	6.75X	April Delmore/67 12/9/89 (245.0+150.0+265.0=655.0 lb.) (Adel, Georgia) (USPF)
43. 650.4 (295.0)	*6.70X	Barb Wedding 5/3/81 (112.5+45.0+137.5=295.0 kg. @ 97.0 lb.) (Cleveland, Ohio) (USPF)
44. 650.4 (295.0)	6.70X	Carol Solomont-Santandrea 3/18/83 (110.0+55.0+130.0=295.0 kg.) (Wurzburg, Germany) (IPF)
45. 650.0 (294.8)	*6.84X	M. LaFond 11/18/89 (250.0+135.0+265.0=650.0 lb. @ 95.0 lb.) (Hanover, Massachusetts) (USPF)
46. 645.0 (292.6)	*6.72X	Cindy Russell 4/30/83 (255.0+115.0+275.0=645.0 lb. @ 96.0 lb.) (Ames, Iowa) (USPF)
47. 644.9 (292.5)	6.65X	Jamie Mock 10/1/83 (110.0+50.0+132.5=292.5 kg.) (Fort Scott, Kansas) (USPF)
48. 644.9 (292.5)	*6.79X	Jeanna Pacyga 1/28/84 (105.0+55.0+132.5=292.5 kg. @ 43.1 kg.) (Austin, Texas) (USPF/IPF)
49. 640.0 (290.3)	6.60X	Lynn Frankmann 4/10/94 (225.0+150.0+265.0=640.0 lb. @ 97.0 lb.) (BH, OH) (ADFFPA)
50. 639.3 (290.0)	6.59X	Debbie Burke 1/17/87 (105.0+62.5+122.5=290.0 kg.) (San Francisco, California) (USPF/IPF)

(\* 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.



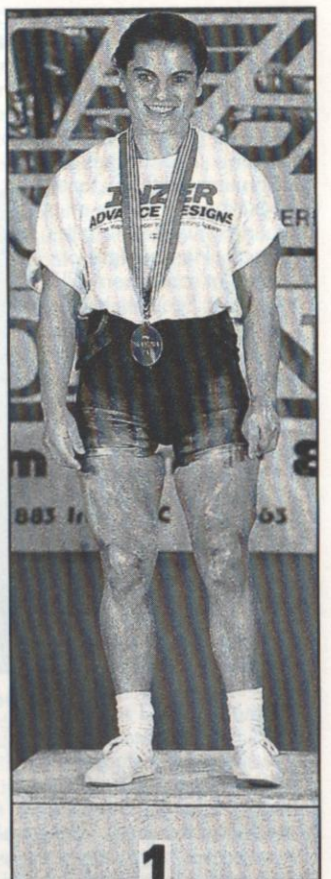
**Claudia Valdoviz ...** petite power out of the Great State of TEXAS.



**Ginger Lord ...** America's first big star in the 97 pound weight class



**Judy Gedney ...** a great lifter, with many records and a great person.



**April Delmore ...** the USPF champion and record breaker.



**Griselle Ufret ...** represented FL's great Sun Coast Gym team



Last month we trained high (8200 feet high) with Anita & Curtis, and we also answered a Q about the Covert Gym. The Covert Gym made me think of a gym with one of their core group in jail on parole violation. Plus, it has a wacky name (gotta love that cheese-head sense-of-humor!) so we had to talk about it!! Here's a little of the straight scoop from WI gym owner Scott Wahl:

"If you are interested in a hardcore gym to feature, you may be interested in mine. Menomonie Fitness Center (the name sucks, but I'll explain later) is located in northwest Wisconsin. Originally known as the "Muscle Mill", I bought it in 2000, and made a few improvements since. I was forced to change the name and do all the other improvements to maintain business, especially with all the 24-hour fag gyms popping up. Did I say fag gyms?, maybe I meant gay gyms. If I could have stayed in business with just the meatheads lifting to loud music it would have been great. We have all the necessities though, bands, chains, boards, Metal Militia bench, blah, blah, blah. Our current and former members are what make us stand out though:

**Menomonie Fitness Center, aka "Muscle Mill"** was founded in 1995, in downtown Menomonie WI. The original owner was then ranked in the top 20 in the 242 lb. class with a bench in the mid 500 lb. range. He was also the first of 3 consecutive Mr. Wisconsin's who called the Muscle Mill home. I purchased the gym in 2000, after my first visit there. It is my type of gym, tons of free weights (over 10,000 lbs as a matter of fact) steel reinforced deadlift platform, squat racks, plenty of benches, dumbbells to 120 lbs, a true lifters gym. It is by far one of the best equipped weight-training types of gym in northwest Wisconsin.

Since the purchase I added a great deal of more equipment, and changed the name to Menomonie Fitness Center in order to attract a larger variety of members. (Note: That name must be really good for attracting Scrabble Champions! Rick) It would be awesome to cater only to the hardcore lifters, but that won't pay the bills. (Note: this is the sad truth!! I used to run a gym, and the "Hard-Core" guys destroy everything



Ron's Secret for monster squats

## HARD CORE GYM #67 (A WI Gym With A Funny Name!) as told to Powerlifting USA by Rick Brewer



The Menomonie Fitness Center Guys ... front row - Austin Klatt, Waylon Butler, Scott Wahl, back row, Ron DeLisi, Rick Fuchs, Matt Sias. (photographs courtesy Scott Wahl)

we touch, bargain for cheaper rates, and cost \$\$\$ at every turn. Meanwhile, the cardio-housewives join at full price, pay their bills on time, and never darken the gym doorway to use any electricity. Every gym needs 100 soccer moms to pay the bills! Rick) I also just added a full service tanning salon on the top level to increase income, as the 24 hour fag gyms have arrived in this area as well. Over the years we have accumulated everything a power lifter would need, bands, boards, chains, good music system, chalk stands, power bars, a full line of Hammer Strength machines, and a very cool Metal Militia bench from Bill Crawford.

Our past members include the one and only **Andy Fiedler**, a great guy and an awesome bencher. I remember one day I'm sitting at the front desk and I can hear someone downstairs warming up on the deadlift platform. After awhile, I hear a very loud crash, and I literally run downstairs to start yelling at what I thought would be some punk dropping the bar to the platform. Here is this beast called Fiedler repping 7 plates a side, what a sight. Another past member is **Sue Grohn**, who holds a NASA 3 lift Women's world record total in Masters 40-49, 181 lb weight class. And as I mentioned earlier, 3 consecutive **Mr. Wisconsin's from 1999-2001**.

Currently our Sunday morning bench crew consists of: **Bill Pechmiller**, a truly world class lifter who just completed a **725 bench at 227 lbs.**, using a borrowed, ill fitting shirt. That's an incredible 44 lbs over triple bodyweight. He also did an 815 lb. bench off 2 boards with ease. In the

past years I've known him he has only been beat for best lifter twice, to my knowledge. (Note: WOW. Get him into a new BP shirt asap and look-out!! Rick) Once, Bill was beaten by Andy Fiedler (he later broke that record at 40 lbs. less bodyweight) and another time when he had an injury. I believe Bill still holds a NASA American squat record from years ago, and I have never seen him squat

before. (Question: why did he quit squatting?! Rick) He could be a true world contender if he could ever train on a regular basis. (are you listening Bill?) **Rick "Buzzsaw" Fuchs**, current Minnesota state APF bench only record holder and PL Magazine's Top 100 with an awesome bench of **560 lb at 217 lbs.** He will soon be over 600 lbs., an incredible feat for someone over 6' tall. **Matt Sias**, a 242 lb. mid 400 bencher, soon to be known as the fat guy (all I have to do is lose 10 lbs. and the title is all his!). **Matt** will soon be a 500 lb. bencher as well. **Ron DeLisi** is kind of like the leader of the group. We need him in order for us all to stay focused and keep the correct order when working out (you know how old guys are) **Ron's** a 500 plus lifter, not bad for a 220 lb., 47 year old. **Waylon Butler** is the youngest and the comedian of the group. A 400 lb. plus bencher, he usually shows up late for every workout. His excuse? "I met this chick last night and ended up stayin' at her place" .... every time. At one

meet there was a well known ex-Viking lineman who was competing. Waylon proceeded to ask him if he was any good at football, with a totally straight face. Lucky he didn't get killed. (Wack!!) **Mark E.** is currently serving time for a parole violation. Mark is fairly new to the group, but you wouldn't know it by the weights he's lifting. Mark had never trained using boards before, and he bested most of us his first time training with us. According to his brother Mike (also a great member and ultimate fighter) **Mark has been lifting every day in prison.** He was already benching over 400 lbs. raw before, so it's safe to assume that we will be even more scared of him when he gets out, which should be very shortly. **Austin Klatt**, another mid 400 lb. bencher at 198 lbs. with huge potential. That leaves me, **Scott Wahl**, the "fat" guy (240 lbs. at 40 years old, who are they calling fat?) who managed a 500 lb. bench for an APF Master Minnesota bench only record.

It's a very unique gym. Most of the people who work out here are very serious about results, from the female members, to the students from the nearby university, whether they are hardcore lifters or not."

Scott, the gym sounds way cool, but I have NO IDEA how the name sounds - cause none of us here in Texas can pronounce it! We'll stick with "Muscle-Mill" cuz we can say that! But our 10-gallon cowboy hats are way off to you for crafting a great home for HardCore lifters!! The core crew is the main thing needed for a gym to succeed, and we like the sound of your lifting crew!

Next month we'll have to break stride by looking at a gym with a MUCH easier name to pronounce. It only has one letter in the whole gym-name. Count that up on your thumb!

Lift big, live well, and tell me something funny that happened in your gym!

Rick@houseofpain.com  
HOUSE OF PAIN  
P.O. Box 333  
Fate, TX 75132

### From a recent email ...

**Rick**, your Q/A in old issue of PL USA was entertaining to read. The best thing is that it was "real world s\*#!" We have only one gym in our little town. They don't allow chalk and they don't like yelling. So, if I trained there (I don't) I would have to approach my 600 pound squat like a Jehovah witness walking up to a beat up house with a ripped screen door and a 'Beware Of Dog' sign in the window.

I do have access to the State College, where my friend is the strength coach. He is a HardCore Maniac! But for his job's sake - he also has to accommodate all varsity-level athletes - so he asks me to get my training done before 25 members of the swim team come in to lay on the floor and do 20 minutes of flutter kicks. Thanks, **Tom**

Thanks for that visual Tom!! The lesson, class - is that we should all just be thankful that we don't have wet ugly male swimmers wearing Speedos on the floor of our training areas!! Later, **Rick**

## NEW PRODUCT

REVOLUTIONIZING CHANGING OF WEIGHTS IN WEIGHTLIFTING ... An invention that makes changing weights on a barbell on the floor, fast, easy, and efficient.

Rick Hoole of New Smyrna Beach, Florida, life-long weightlifter, is the inventor of a new product in the fitness world trademarked Deadzone™ Ramps that has revolutionized loading and unloading weights off the floor in weight training.



The response Rick's gotten from showing his invention has been nothing but positive. One friend, 1984 Gold Medalist at the Olympic Trials and #1 World Ranked Powerlifter, Jim McCarty, who endorses The Deadzone™ Ramps and Mats said, "Wish you had done these 20 years ago ... this is the real deal, it makes the old way of changing weights obsolete. Coaches will love these Ramps because they'll make their training more efficient."

Rick's interest in weightlifting and training started in the 1970's. He later joined a gym established by Jim McCarty where Justus Owens was a trainer. He was friends with and had gone to school with both Jim and Justus.

Rick realized that anyone who trains with barbell lifts off the floor can relate to the need for a better, safer way to load and unload weight plates that usually weigh 45 lbs each. That led to his visualizing the Deadzone™ Ramps ... a Ramp to cradle the innermost

weight off the floor so additional weights aren't touching. Even one person can easily add or remove weight plates, then simply roll the barbell back out of the ramps and onto the floor to perform their lift.

There are two choices of rubber mats to attach the ramps to. It keeps the Deadzone™ Ramps in perfect alignment. Since an Olympic training area differs from a Deadlift-type lifting area, the two types of Mats are

important.

The Olympic Mat is the perfect size to fit a typical Olympic training area. The Olympic Mat is 7'10-1/2" (L) x 21" (W). The Power Mat on the other hand is 7'10-1/2" (L) x 5'6" (W) to provide a specific area to perform a Deadlift and other Weightlifting moves with a barbell off the floor.

For additional information go to ...

LoadTheBar.com

or contact

Beachside Fitness Equipment

Phone: (386)957-1416

or  
TOLL FREE

1-866-543-1605.

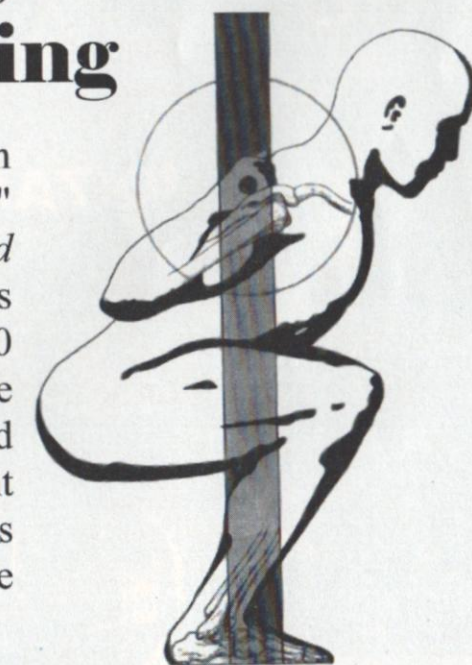
**BOOK REVIEW ... 'STARTING STRENGTH - Basic Barbell Training'** by Mark Rippetoe and Lon Kilgore is now out in a 2nd edition. Unlike some 2nd edition books, which merely include a new preface in the way of revision, this is a majorly substantial update and expansion of what was a great tome to begin with. The material in the original, 2004 edition is included, but there are lots of new graphics and additional chapters of valuable material beyond the initial release. Another subtle, but important difference, is that the focus of the book has been altered, from being coach-focused to being lifter-focused. Throughout the book, there's an encyclopedia of practical tips you can put into your training program - right now - and see improvement almost immediately, and - significantly - you will understand why it helped you. This attitude, which is reflective of the broad experience and insight of the authors, will serve this book's readers for years to come. Five key exercises are covered, squat, bench, deadlift, press, and power clean, as well as assistance exercises. For each, there is in depth explanation of rules, recommended equipment, and the elemental points of proper lift performance. Some of the graphics are simply the best we've ever seen when it comes to illuminating the real essence of a given lift. (one example: a clever "yin-Yang" representation of the relationship between the power clean and the deadlift ... another example is the photo series showing the value of squatting with a board in front of your shin). If you have the first edition, you won't be sorry you got the 2nd. If you get the 2nd edition, you'll wish you hadn't gone 3 years without the 1st one. For ordering information, see the ad below.

# Starting Strength Basic Barbell Training

2<sup>nd</sup> Edition

A new expanded version of the book that has been called "the best and most useful of fitness books." It picks up where *Starting Strength: A Simple and Practical Guide for Coaching Beginners* leaves off. With all new graphics and more than 750 illustrations, a more detailed analysis of the five most important exercises in the weight room, and a new chapter dealing with the most important assistance exercises, Basic Barbell Training offers the most complete examination in print of the most effective way to exercise.

Available now - [www.aasgaardco.com](http://www.aasgaardco.com)





**Slightly Pregnant: the bench shirt dilemma of Dr. Larry ... It's all about percentages!**

I read (June 2007 PL USA) with bemusement the lamentations of Dr. Larry Miller in his plea for rationality "Assault on Reason." In it, Dr. Larry has a big list of complaints. If I were boil it down, I think he is saying that there needs to be "a level playing field" in the world of bench pressing and he would like "a fair ranking system" wherein variables such as ... drug-free vs. non-tested, single, double or triple ply shirts, early weigh-ins, etc. are all taken into account. That will be one hell of a ranking system, or several of them actually. For example, Tom Jones benches at the Bench Press Inferno competition and pushes 600 pounds weighing 181 using a triple-denim shirt. He is not drug tested in a competition that uses a 24-hour weigh-in. Tom is assigned a ranking of number 6 on ranking list #4. Jack Smith lifts in the 181 class in the Tulsa Open Bench press championship and pushes 505 using a single-ply bench shirt and a two hour weigh in a tested meet; he is assigned a ranking of number 11 on list #9. If Jason Jackson lifts in the 181 pound class and pushes the same poundage as Jack Smith, 505, but in a non-tested competition that uses a 24-hour weigh-in, he is assigned a ranking of number 14 on list #11. How

## OPINION

about Tim Thompson's single-ply bench shirt push of 540 done in a non-tested competition with a 36-hour weigh-in? He goes to list #8 and is ranked 4<sup>th</sup>. I count at least nine variables in each weight class and that results in a mind-blowing myriad of mathematical possibilities. I lost count at around thirty. Does this mean to level the field and take into account all the variables we need thirty top 100 lists? We have the basic categories: raw, single, double or triple ply shirt. Plus we have tested or non-tested. How about 2-hour, 24-hour or 36-hour weigh-in? Plus twelve weight classes. Am I missing anything?

Dr. Larry, a sincere, obviously intelligent guy, has been pushed to his breaking point by the fact that some men are getting 65% increases out of their bench shirts. Indeed, Joe Mazza says his raw bench press is 425, yet he can bench 700 with a shirt. A little math indicates his is netting a 65% increase over his raw, shirtless bench press. I thought it remarkable a year or so ago when Big Scott Mendelson got what I thought was a remarkable bump out

of his bench shirt: he hit a terrific 715 raw bench and posted a 1000 pound bench press using a shirt. A little math indicated that he was able to add 40% to his raw bench press through the use of a shirt. Apparently shirt technology is progressing by leaps and bounds; now we have shirt technicians able to eek 65% bumps out of *current* bench shirt technology—does anyone really doubt that within the next five years someone will come up with a combination of shirt configuration, fabric and stitching that will yield a 100% increase over raw bench press ability? Had someone told me five years ago that several men would bench press 1000 pounds and the bench press would exceed the all time deadlift record, I would have accused them of being clinically delusional. What a fool I was. Now that the vanguard of the bench shirt revolutionaries are obtaining 65%, can 100% be that far off? Think of it; shirt technicians with 400 pound benches will be capable of pushing 800, the big guys will push 1400+ and the bench press will exceed both the squat and the deadlift as the lift in which the most

weight is handled. The naysayer's better check their reservations at the door and remember that the bench press now exceeds the deadlift in terms of sheer poundage handled.

I think that what Dr. Larry might be looking to do—and I don't mean to put words in his mouth—is to somehow limit the *percent increase* a bench shirt delivers. He makes this point in a round about way when he suggests that, in years gone by, the bench shirt was adding 20 pounds to the bench press of the little guys and 40 pounds to the bench presses of the big guys. Ancient and primitive bench shirt technology was delivering pretty much the same results to everyone across the board and this did not interfere, to any significant degree, with the bench press rankings or outcomes of competitions. If you were to translate the bump a 1<sup>st</sup> generation bench shirt delivered, in terms of percentile, most men were getting a 5 to 10% bump out of those primordial shirts. A big man like Mike Hall, a 550 raw bench presser, was benching 600 with the shirt. A number of my training partners were 450 raw benchers and most were able to squeeze out 480 to 500 pound benches using 1<sup>st</sup> generation shirts—again, a 10% bump. We heard rumors of men getting 15% out of their shirts and God knows we tried ourselves, but the 'shrunken T-shirt' construction of the old single-ply shirts made it impossible to shoehorn giant lifters into teeny tiny shirts past a certain point. Do you know how much knuckle skin I lost at dozens of power competitions trying to pull down way-too-small bench shirts over the huge head and shoulders of way-too-gigantic lifter? You should have seen five of us trying to pull down Mike Hall's bench shirt at the national championships one year before his 1<sup>st</sup> attempt; this back in the early 1990s. With time running out before he was due to bench, five grown men, strong men, lifters, all hung off Hall like Gulliver's Lilliputians, trying to pull that bitch down. And for what? So Big Mike could bench 600 instead of 550.

Others, like me, couldn't even get 10% out of their shirts; I never was able to obtain more than a 20-pound shirt bump. Ed Coan was even worse: we have him on tape bench pressing 550 for a *double* in a t-shirt. In the competition he bench pressed 585 with a shirt. Ditto Doug Fumas. He wore a size 60 bench shirt, so roomy one man could casually put him in it inside 30-seconds. Why even bother? I asked him. "I like the way it keeps me warm." He benched 600 several times. Ditto Karwoski; his loose shirt took 60-seconds for Bob (Myers) or myself to put him into. "I can't take the pain and aggravation of stuffing myself into a tiny shirt—for what—to add



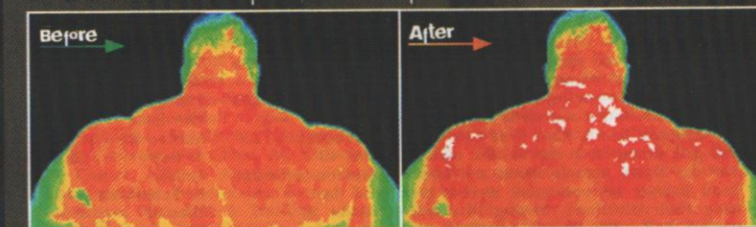
Author Marty Gallagher (left) with Black's Health World luminaries at the '91 USPF Sr. Nationals; next to Marty is Ed Coan, Willie Bell, John Black, Jean Donat, Kirk Karwoski, Mike Golden, and Buddy Duke

(continued on page 62)

# NO WEIGHT TOO HEAVY

When you step into the pit, the only thing you need to focus on is ripping that iron from the earth. To truly experience what it's like to power through your sets, feeling that "no weight is too heavy," take a hit of naNO Vapor™. Within minutes you'll become possessed, enraged with white-hot intensity and extreme blood flow. With its six biomedically engineered blends surging through you, the aftermath of naNO Vapor will have you riding a cerebral rush, amped up with vaso-anabolic firepower to destroy the bar-bending poundage before you. Team MuscleTech™ researchers worked relentlessly to engineer the naNO Vapor pre-workout formula so potent, once you're on it, stagnant workouts and strength plateaus will be someone else's problem. Experience naNO Vapor and make the pit floor shake with some heavy-ass poundage.

## PHYSIQUE-ALTERING TRANSFORMATION



### Skin Surface Temperature Variances (°F)

\*Normal skin temperature is approximately 91.4° Fahrenheit.

87.40 - 90.99	92.89 - 93.69	95.59 - 96.49
90.99 - 91.89	93.69 - 94.59	96.49 - 97.48
91.89 - 92.89	94.59 - 95.59	97.48 - 99.70

Read the label before use. All trademarks are owned by their respective trademark owners. © 2007. For more information visit [vaporexperience.com](http://vaporexperience.com)™.

Without even touching a weight the test subject's metabolic and vasodilatory systems were increasingly activated as naNO Vapor surged through his body, witnessed through the thermal imaging photos taken at zero minutes and 30 minutes. Imagine how powerful the effects would be with training!

**NEW**  
FLAVORS NOW AVAILABLE  
Blue Raspberry Fusion  
and Orange Haze



Available at

**GNC LiveWell**



**WABDL Deep South BP/DL**  
23 JUN 07 - Baton Rouge, LA

BENCH	V. Breaux	458*!
FEMALE	259 lbs.	
Junior	R. Zareck	457
148 lbs.	Master (68-74)	
M. Abshire	154	181 lbs.
4th-165*	D. Boyes	143
Master (40-46)	Master (75-79)	
132 lbs.	181 lbs.	
D. Hogg	132	203*
Master (61-67)	Master (85+)	
165 lbs.	165 lbs.	
M. Coffey	82	154*!
Open	Teen (12-13)	
97 lbs.	198 lbs.	
H. Fontenot	77*	126*
199+ lbs.	Teen (18-19)	
B. Bourg	270	259 lbs.
Submaster	T. Traweek	352*
B. Bourg	270*	DEADLIFT
MALE	FEMALE	
Class I	Junior	
259 lbs.	148 lbs.	
R. Zareck	457	281*
308 lbs.	Master (40-46)	
B. Butler	330	132 lbs.
Junior (20-25)	D. Hogg	264*
165 lbs.	199+ lbs.	
J. Dauzat	363*	314
181 lbs.	Master (61-67)	
J. Hill	385*	154
220 lbs.	Open	
J. Hill	429	199+ lbs.
Law/Fire	199+ lbs.	
Master (48-55)	B. Bourg	330
242 lbs.	Submaster	
S. Norton	325	330
Law/Fire	B. Bourg	
Master (56+)	MALE	
198 lbs.	Law/Fire	
E. Howard	325*	Master (48-55)
Master (40-46)	242 lbs.	
242 lbs.	S. Norton	512*
B. Oglesby	314	Master (61-67)
Master (47-53)	198 lbs.	
259 lbs.	R. Perkins	270
B. Butler	330*	220 lbs.
Master (61-67)	V. Breaux	551
198 lbs.	Teen (12-13)	
R. Perkins	165	198 lbs.
220 lbs.	T. Banaszak	341*

\*=State Records. !=World Records. Vince Breaux was the story of this meet. He set a world record bench of 458.3 at 61-67/220 and passed the drug test. Then three weeks later he set another world record in the deadlift with 575.2 in 61-67/220. He is in fantastic shape. Dr. Donald Dreyer, who still is a practicing doctor in family medicine, set a world record 154.2 in the bench at age 86! He also went to the Southern Regionals in Houston three weeks later and set another world record of 156.4 on the bench at 165 at age 86. Dr. Dreyer travels to the world championships every year since 1999, once to Portland, five times to Reno and twice to Las Vegas. In the deadlift, Sandy Norton set a Louisiana record 512.5 at 242 in Law/Fire 48-55. Megan Abshire set a Louisiana record 281 in junior 148. In the bench, Brooke Bourg set two Louisiana records at 198+ in Open and Submaster divisions with 270 and 270.2 in Junior 148. Reed Bueche was the meet director. (courtesy Gus Rethwisch)

**IHM BP/DL/Ironman**  
9 JUN 07 - Youngstown, OH

BENCH	242 lbs.	
MALE	(50-59)	
165 lbs.	C. Evans	300
(17-19)	SHW	
C. Smith	185	285
181 lbs.	P. Davis	
(20-23)	Police/Fire	
A. Reino	400!	380
(50-59)	Raw	
S. Bowyer	310!	123 lbs.
198 lbs.	(17-19)	
(17-19)	B. Cherol	165!
J. Combine	350	132 lbs.
(40-49)	(17-19)	
J. Fiumara	360	150!
220 lbs.	181 lbs.	
(40-49)	(20-23)	
W. Valentine	315	315
(50-59)	Open	
S. Popovich	360	315



Vince Breaux (above) and Dr. Donald Dreyer both broke WABDL world records in the bench press at the WABDL Deep South meet. Vince got a 61-67, 220 lb. mark, with his 458.3 lift and Dr. Dreyer made a 154.2 press at the age of 85, in the 165 class. They are each joined by Meet Director Reed Bueche. (photos from Vince Breaux)



198 lbs.	DEADLIFT	Raw	
(17-19)	MALE	198 lbs.	
T. Ellis	325!	Raw	
242 lbs.	123 lbs.	(17-19)	
(20-23)	(17-19)	T. Ellis	325 450 775!
J. Purucker	365!	B. Cherol	335!
(20-23)	132 lbs.	(17-19)	
C. Adams	440!	R. Cooke	325!
(20-23)	SHW	198 lbs.	
M. Jones	425!	(17-19)	
Ironman	MALE	T. Ellis	450
242 lbs.	242 lbs.	BP	DL
(20-23)	(20-23)	TOT	
N. Roman	500	650	1150!
(35-39)	B. Bagnall	475	665
B. Bagnall	475	665	1140
(20-23)	(20-23)		
C. Adams	440	525	965
(40-49)	B. Lenzi	605	610
(17-19)	300 lbs.	1215!	
R. Cooke	150!	Open	
181 lbs.	(20-23)	E. Frasher Jr.	550
(20-23)	Open	550	550
L. Spirtos	315	SHW	
Open	Open		
M. Lenzi	380	460	840

record in the 132 lbs. Teen deadlift only division. In the Ironman equipped division event, Nick Roman set a new meet record in the 242 lbs. Junior division and Brian Bagnall just missed beating his old record in the Submasters division, but still had the highest deadlift of the day, 275 lbs. Master Bill Lenzi set a new meet record with the highest bench press and total for the day. In the 300 lbs. class, Ed Frasher Jr. turned in a strong total to take home a victory. On Sunday this year we added a Strongman contest which events included a Truck Pull, Farmers Walk, Crucifix, Beer Keg Toss, and a Tire Flip. Eighteen competitors came out and gave it their all. There was a large crowd of spectators and a lot of fun and fierce competition, which made this a great event. Winners were Teen Ryan Kolevich from Canton, Ohio, Under 205 lb. Hanna Kassis from Girard, Ohio, Under 300 lb. Jason Purucker from Canfield, Ohio, Master (40-49), Rich Luklan from Boardman, Ohio, Master (50-59), Father Steve Popovich from Austintown, Ohio, and 300+ lbs. Chane Cline from Canton, Ohio. Thanks to all the lifters and everyone who helped in making these events a success. (Results courtesy by Ron Deamicis)

**Belgium Single Lift Championships**  
17 MAR 07 - Zvevegem, BEL

BENCH	Master I	J. Malotteau	440
FEMALE	129 lbs.	Senior	
Junior	G. Vermote	363	
138 lbs.	99	Junior	
Teen II	S. Sinh	319	
K. Smet	66	Master VII	
154 lbs.	4th-313	R. Mertens	308
Master II	275 lbs.		
L. Depraetere	110	Master II	
176 lbs.	J. Collart	490	
Teen III	99	Teen III	
V. Collart	99	J. Dechamps	341
MALE	319 lbs.		
132 lbs.	Master IV		
Teen II	J. Roge	341	
J. Geerardeyn	154	319+ lbs.	
148 lbs.	Master I		
Senior	W. Backelant	529	
T. Singh	314	DEADLIFT	
Master III	104 lbs.	FEMALE	
J. Callemeyn	231	104 lbs.	
Teen II	220	Senior	
C. Dubucq	220	I. Teodorescu	187
Teen III	176 lbs.	Teen III	
O. Deprez	209	V. Collart	198
Teen III	198	MALE	
L. VanDooren	198	148 lbs.	
165 lbs.	Senior		
V. Goffin	319	T. Singh	507
Junior	220	Teen III	
D. Goethals	220	L. VanDooren	407
Teen III	220	Master III	
L. Lietaer	220	J. Callemeyn	374
181 lbs.	Teen II		
Senior	C. Dubucq	308	
P. Holvoet	341	Teen III	
Senior	T. Decock	264	
R. Smet	297	165 lbs.	
Master III	286	Senior	
R. Remy	286	V. Goffin	485
Teen III	253	Teen III	
A. Rahimi	253	Tim Boniver	380
Master I	237	181 lbs.	
E. Decock	237	Master III	
Teen III	562	R. Remy	
VanHoenacke	226	Senior	
198 lbs.	418	S. Schollaert	
Master VI	319	Teen II	
M. Theysens	297	Bokenhauer	
4th-298	198 lbs.	Junior	
Teen III	286	C. Stumer	617
K. Samijn	286	220 lbs.	
Senior	253	Senior	
L. Delbecq	253	G. Servotte	551
Junior	198	J. Declerck	507
K. Dhaene	198	242 lbs.	
Senior	424	Senior	
G. Servotte	424	G. Vermote	529
Master I	352	275 lbs.	
E. Vercoillie	352	Master II	
Teen III	319	J. Collart	661
X. Deprez	319	Teen III	
242 lbs.	639	J. Dechamps	
(Thanks to Sharron Clegg for the results)			

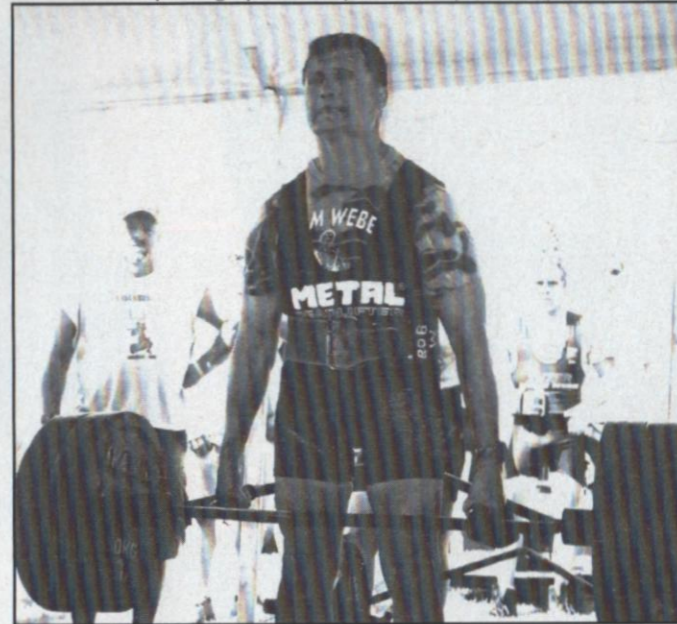
**Team Weber GOP Powerlifting**  
11 AUG 07 - Camanche, IA

BENCH	TRAP BAR	DEADLIFT	
MALE	MALE		
(13-19)	(13-19)		
198 lbs.	A. Malone	185	
A. Malone	185	165 lbs.	
(20-29)	S. Wilson	425	
148 lbs.	198 lbs.		
P. Thompson	245	C. Gee	575
165 lbs.	(20-29)		
J. Enlow	285	220 lbs.	
(30-39)	C. Wilkens	625	
220 lbs.	(30-39)		
D. Gonzales	370	198 lbs.	
D. Vanzulden	315	D. Phipps Jr.	610
(40-49)	242 lbs.		
220 lbs.	D. Espe	650	
D. Leslie	315	275 lbs.	
242 lbs.	C. Crigger	800	
R. Putnam	300	308 lbs.	
275 lbs.	B. Weber III	800	
K. Hanes	425	(60+)	
(50-59)	165 lbs.		
K. Beach	270	B. Weber Jr.	525
Push Pull			
All Lifters	BP	Trap	TOT
(13-19)			
308 lbs.			
R. Rickertsen	305	500	805
(30-39)			
198 lbs.			
A. Ketelse	300	350	650
220 lbs.			
T. Dann	405	550	960
R. Deyo	355	430	785
(40-49)			
198 lbs.			
D. Geronin	370	540	910

Team Weber Powerlifting put on another great showing for the Camanche Days Festival. From as far away as Iraq was Dennis Gonzales of Chicago, who is in the Marine Corps. When Dennis returned from Iraq with his unit, he opened a Powerlifting USA magazine to find out about our meet. There were a few first time lifters, Adam Malone, Reece Rickertsen, Pete Thompson, Jason Enlow, Andy Ketelsen, Daron Vanzulden, Dennis Gonzalez, Dave Leslie, and Keith Hanes. The biggest bench press was 425 lbs. by Keith Hanes, age 43 in the 275 division. Keith did this bench press raw. The biggest deadlifts were best friends Chad Crigger, age 34 at 275, and Bob Weber III, age 39 at 308. These two guys started out with the same weight of 700 lbs. and both made the lift smoothly, with a second attempt of 750 lbs. Both made the lift look easy. Chad locked out his third attempt of 800 lbs. and set it down. Bob's dad told Bob III, "Step up to the plate son, you can do it." In front of his hometown, Bob pulled the 800 lbs. passed for pictures and set the trap bar down gently. When I asked the guys if they wanted a fourth they replied, "Not today, we'll stop here." Our oldest lifter, Bob Weber Jr., age 63 at 165 weight class, pulled a 525 deadlift. When he started to pull his third attempt he heard a little voice that has been with him at all state, national, and local meets. He has heard this little voice since he started competing back in the 1980s. His little granddaughter got off work early to see her grandpa lift. There was Afton Wagner over in the corner yelling, "Pull Grandpa, pull." This mee couldn't of gone on without our sponsors, Pro-Drive, Bad Boys Key Club, Camacho Vet Clinic, Art Chiropractic Center, Clinton Alignment, Murphy Construction, Dependable Drain, Tom McMannus Back Hoe & Trucking, Clinton National Bank, Adrian's Auto, Schwit Engineering, Cedar Heights Economy Coating, Gary Low DDS, Cities Group Insurance, Advanced Physical Therapy, Gary Foster CPA, Independent Investments, and Thompson Construction. This was a strict but fun meet. The temperature was in the 90s and the humidity was high. The meet was held under a tent on the festival grounds. The deadlift was the hottest part of the day. Pulling 500 lbs. and more, Reece Rickertsen, Dwayne Geronin, Dan Phipps Jr., Calvin Wilkens, Dana Espe, Chad Crigger, Bob Weber III, and Bob Weber Jr. Special Thanks to Agina Phipps who worked the table from early morning to the end of the meet, never leaving the tent. She



At the Camanche Days Meet: Bob Weber III, age 39, pulled 800 lbs. in the Trap Bar Deadlift in the SHW class (above). Bob Weber Jr. ("the Old Guy"... oldest in the meet, actually), age 63, pulled 525 lbs. in the 165 lb. class. (photographs were provided by courtesy of B. Weber)



weighed in the lifters, made sure their cards were filled out correctly and put everything in order. Frank Grage did a great job at keeping the lifters in order and keeping the crowd informed on the meet and what was to happen. Kelsi Harmon sold t-shirts. The judges made sure the lifts were done completely and correctly. Head Judge: Troy Crigger. Side Judges: Jerri Weber, Bob Weber Jr. (bench only), and Kim Wagner (deadlift only). Barb Weber and Robbie Grage helped on the table and keeping lifters informed. Dave Birdly kept the lifters going by helping with shirts and suits. This job is a hand full. Now for the two guys that lifted weights from the time the bench started to the end of the deadlift. Rayn and Landon Gage, our weight changers. They also did an awesome job at keeping the weights from falling on the benches when the weight wouldn't quite get back up to the rack. There is a March meet in the works. Meet Directors: Dan Phipps Jr. and Bob Weber Jr. "Be as good as you can for as long as you can." Bob Weber has been lifting for over 55 years. (Thanks to Robert Weber for the results)

Folgate, Mike Murray and Duane Burlingame. We only had a few lifters in the bench press. Jerry Dean started the event to win the 242 Master class with an easy 260 lbs. press lifting raw. Next we had Gary Koch lifting in his new F6 shirt. Gary got a strong 260 lbs. to win the 198 Master class. Our last lifter was big Joel Miller taking the win in the 308 Open with a solid press of 425 lbs. on his second attempt. In the deadlift, Jerry Dean pulled 350 raw to win the 242 Master class. This was his first competition and he had to lift first in each event but it didn't bother him. Keith Koch placed second in the 165 Open with a PR of 330 lbs. It must have been the fact Keith grabs his Cubs hat at lets it fly before he approaches the bar, interesting. First place went to Michael Goodman lifting in his first meet pulling a PR of 500 lbs. Mike weighed in at 160 lbs. His third attempt was not there today but he really made the 500 lb. lift look easy. Terrel Owens stopped by to pull an impressive lift of 600 lbs. on his second attempt to win the 165 Submaster class. This guy will do four times bodyweight at the WABDL World's as long as he stays healthy. Scott Hubert came to pull from Wisconsin going three for three pulling an easy 550 lbs. to win the 181 Open. Stuart Coogan an impressive Master lift had an off day and was unable to get a lift in. No problem, he will be back and pull some big iron in a future meet. Jon Miller, from Team Miller, pulled 455 to win the 308 Submaster class. His third lift at 515 lbs. just was off that day. Maybe next time. Adam Miller took the win in the SHW Open class with a PR lift of 635 pounds! Big guy was on at this meet. Pat Shippert from Team Freepport, IL, came to lift just finding out about the meet 11 days before. This guy had not been lifting with a busy work schedule and hit a PR of 640 lbs. to win the 220 Open class! Our best lifter in bench went to Joel Miller. Deadlift lightweight best lifter was Terrel Owens with heavyweight going to Pat Shippert. Until next time powerlifters, try to do something to help make the word a better place for our children. (Thanks to Duane Burlingame for providing results)

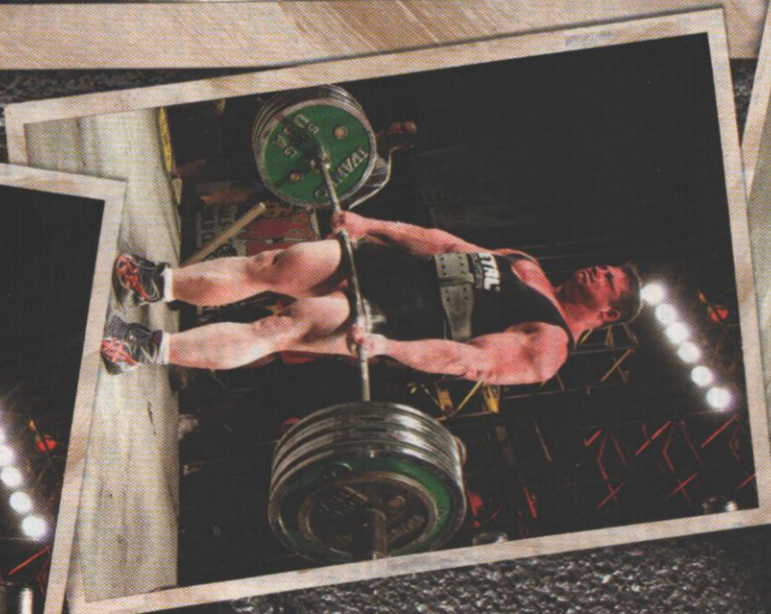
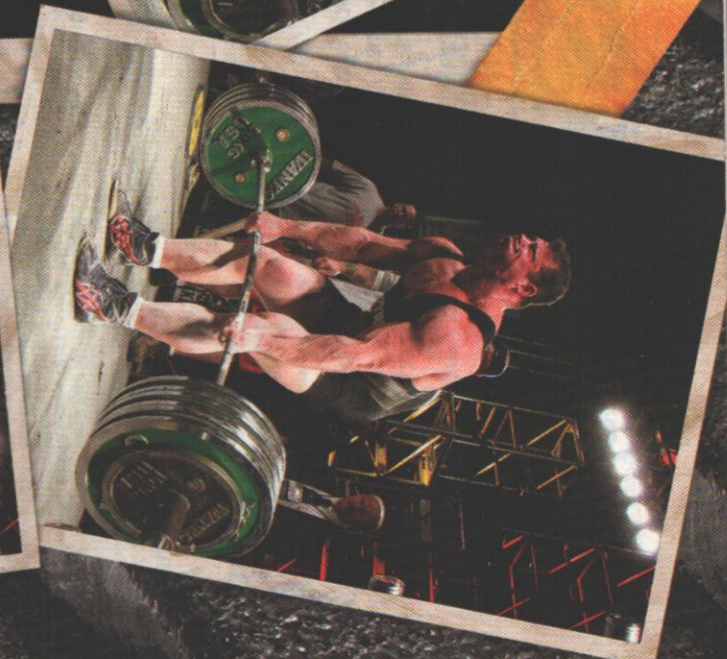
**Oregon State Bench Press**  
30 JUN 07 - Portland, OR

BENCH	B. Brizendine	540	
FEMALE	K. Dinolfo	490	
Lightweight	J. Huitt	363	
(to 140 lbs.)	Light		
K. Gisi	93	Heavyweight	
Heavyweight	(211-242 lbs.)		
(140+ lbs.)	K. Barker	529	
T. Miller	181	J. Centoni	518
MALE	C. Bean	485	
Junior	G. Guth	468	
(under 20)	C. Muir	352	
E. Baum	457	Heavyweight	
B. Crutcher	336	(243-265 lbs.)	
M. Cartmill	314	K. Engelke	545
L. Sims	248	L. Bush	451
V. Williams	170	Super	
G. Skipper	132	Heavyweight	
Lightweight	(265+ lbs.)		
(to 181 lbs.)	P. Ratsch	727	
E. Rivera	424	B. Rodgers	611
L. Silva	—	S. Schultz	540
Middleweight	V. Eldridge	407	
(182-210 lbs.)	D. O'Neil	—	

Hosted by Tod Becraft and Julie Havelka. This meet is run every year in conjunction with the Oregon State Bodybuilding Championships. For more information go to www.JulieHavelka.com. Tod and Julie would like to extend a special thanks to: Andre and Kristina Scott, the promoters of Oregon Bodybuilding, who make this contest possible! Our loaders, spotters, and helpers: Jan Becraft and Kim Becraft the scorekeepers, Corrine Hada, Expeditor, Mike Barney, Larry Hook, Rick McClung, Donovan Boell, Bob Moore and Marc Caplan, spotters and judges, Dave O'Neill for use of the bench press, everyone from the Dogg LB for use of the platform, Paul Ratsch and Ryan Kennelly for use of the bench press, Lou and Levi at Sports Nutrition Center, Ryan Kennelly did a 986 bench press weighing 341 lbs.! Ryan was not officially entered in the contest, but did lift under the scurtny of three judges and made a good lift. (courtesy Julie Havelka)



MATT KIROCZALSKI



ELITTEFTS.COM

elitifts



# "I love this stuff!" **MASS** MUSCLE AND SPORTS SCIENCE

Champion wrestler, actor, and inventor of the Van Dam Lift, 'RVD' - Rob Van Dam - raves about **ADAPTOGEN N...**

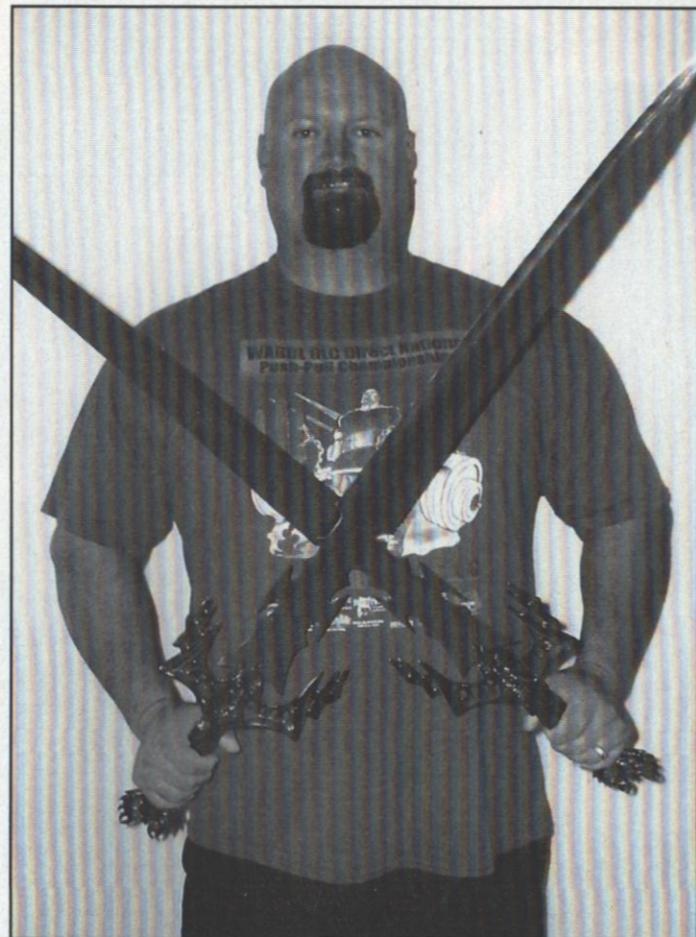
"Before, I was often too sore from wrestling to workout. Now, I'm always ready to go heavy. **ADAPTOGEN N** has helped me reach record gains on both the squat and bench press!"

\*Note "PLUSA" to get rush processing, plus 10% off your personal supply  
**www.musclemass.com**  
 Legitimate Products ONLY • Since 1993, your success is our success!

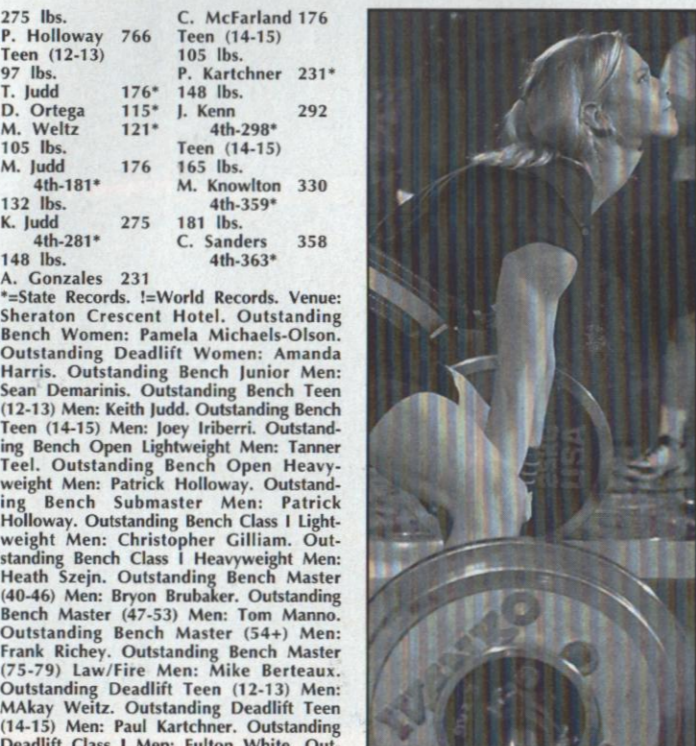
1-800-ASK-MASS

## WABDL GLC National Push Pull 2 JUN 07 - Phoenix, AZ

BENCH	275 lbs.	T. Tee	259	4th-165*
FEMALE	220 lbs.	L. Dealva	507	132 lbs.
Law/Fire	4th-541*	R. Judd	159	4th-165*
Master (40-47)	259 lbs.	M. Desrosiers	—	Teen (16-17)
132 lbs.	259 lbs.	S. Hoekstra	606	123 lbs.
Christopher 115*	P. Hermann 457	4th-633		A. Harris 264*!
Law/Fire	4th-473*	275 lbs.		B. Judd 242
Open	Law/Fire	P. Holloway 678*		4th-248*!
148 lbs.	Master (48-55)	J. Pritchett 501		MALE
L. Itule 187*	220 lbs.	308 lbs.		Class I
Master (47-53)	M. Berteaux 513*!	F. Alexander 529		165 lbs.
114 lbs.	Law/Fire	T. Manno 662		F. White 518*
J. Pontius 82*	Open	J. Mickelson 462		309+ lbs.
165 lbs.	242 lbs.	309+ lbs.		198 lbs.
P. Michaels 128*	C. Wicks 451*	G. Gtner 556		R. Brannon 457
199+ lbs.	Law/Fire	4th-573*		220 lbs.
M. Huston 198	Submaster	S. Jordan 650		R. Lara 551
Open	C. Wicks 451*	Submaster (33-39)		S. Petersen 518
114 lbs.	Master (40-46)	165 lbs.		G. Schuster 485
J. Pontius 82	220 lbs.	E. Davidson —		242 lbs.
123 lbs.	S. Petersen 402*	220 lbs.		M. Bulkovich 529*
A. Harris 159	242 lbs.	T. Annotti Jr. 380		501
132 lbs.	B. Brubaker 600*	259 lbs.		259 lbs.
Christopher 115	S. Hoekstra 606	M. Desrosiers—		J. Kos 534*
148 lbs.	S. Hoekstra 606	275 lbs.		309+ lbs.
L. Itule 187*	4th-633*	P. Holloway 678*!		E. Welch 661
Submaster	M. Stanford 551	308 lbs.		4th-677*
148 lbs.	275 lbs.	F. Alexander 529		Junior (20-25)
C. Gonzales 110*	K. Shadid 418	309+ lbs.		148 lbs.
Teen (12-13)	309+ lbs.	S. Jordan 650		J. Navarro 275
97 lbs.	E. Welch 473*	Teen (12-13)		220 lbs.
B. Judd 66*	Master (47-53)	97 lbs.		J. Perez 600
C. Ortega 55*	165 lbs.	T. Judd 71*		242 lbs.
Teen (14-15)	F. White 303	105 lbs.		T. Mendoza 507
132 lbs.	181 lbs.	M. Judd 115*		259 lbs.
R. Judd 77*	G. Miller 286	132 lbs.		J. Kos 534*
Teen (16-17)	198 lbs.	K. Judd 115*		Master (40-46)
123 lbs.	R. Solar 336	148 lbs.		220 lbs.
A. Harris 159*!	220 lbs.	A. Gonzales 99		S. Petersen 518
181 lbs.	M. Berteaux 513*	C. McFarland 82		275 lbs.
B. Judd 88*!	308 lbs.	Teen (14-15)		K. Shadid 639
MALE	T. Manno 662*!	105 lbs.		309+ lbs.
Class I	J. Mickelson 462	P. Kertchner 93*		E. Welch 661
165 lbs.	309+ lbs.	148 lbs.		4th-677*
F. White 303	G. Gertner 556	J. Kenn 121		Master (47-53)
198 lbs.	4th-573*	165 lbs.		165 lbs.
C. Gillam 440*	Master (54-60)	J. Iriberi 225		F. White 518
R. Solar 338	165 lbs.	M. Knowlton 203		T. Jackson 501
J. Valtierra 402	G. Miller 325	181 lbs.		308 lbs.
220 lbs.	B. Evans 440	C. Sanders 159		J. Mickelson 600
G. Schuster 341*	4th-447*	198 lbs.		Master (68-74)
242 lbs.	308 lbs.	M. Ommen 385*		181 lbs.
M. Butkovich 363*	Fahrenbruch —	DEADLIFT		D. Judd 363
J. Casados 325	D. Knapp 402*	Law/Fire		446*
H. Szejn 457	259 lbs.	Master (40-47)		148 lbs.
J. Kos 330	148 lbs.	132 lbs.		148 lbs.
275 lbs.	B. Yager 292*!	Christopher 225*		F. Richey 402
D. Reeves 523*	242 lbs.	Master (47-53)		4th-425*
309+ lbs.	D. Smith III 275	165 lbs.		Open
E. Welch 473*	Master (68-74)	198 lbs.		198 lbs.
Elite Open	C. Vause 231	4th-203*		C. Mangano 490
148 lbs.	181 lbs.	Open		T. Teal 485
J. Imamura 473	D. Judd 132	132 lbs.		220 lbs.
Junior (20-25)	198 lbs.	Christopher 225		551
148 lbs.	W. Prince 259	Submaster		275 lbs.
J. Navarro —	Master (75-79)	148 lbs.		R. Holloway 766
220 lbs.	148 lbs.	C. Gonzales 209		J. Pritchett 710
S. Demarinis 551	F. Richey 303	4th-214*		308 lbs.
J. Perez 407	Open	Teen (12-13)		J. Mickelson 600
T. Mendoza 363	165 lbs.	97 lbs.		Submaster (33-39)
259 lbs.	E. Davidson —	B. Judd 143*		220 lbs.
J. Kos 330*	198 lbs.	C. Ortega 148		T. Annotti Jr. 352



Scott Hoekstra with two of the swords he won at the WABDL National Push-Pull Championships, one in the 259 lb. class open and the other in the 40-46 master division 259 lb. class, with a California Master record of 633 in the bench. (photograph courtesy of Scott Hoekstra)



Amanda Harris continued her torrid pace of competition outings with another victory in Phoenix



Patrick Holloway is a WABDL World Class Talent in both the bench press and deadlift arenas.

only meet that WABDL lifters can get credit for a total of the bench and deadlift on the WABDL all time list. Records won't be kept, but an all time total list will be tallied, otherwise records set in this tournament are the same as in any other WABDL tournament. In the deadlift, Gary Schuster set a New Mexico state record in Class I/220 with 485. Another New Mexico record was set by Mike Butkovich at Class I/242 with 529. At 259, Jonathon Kos set a Nevada record 534.5 and at super, Eric Welch set a Nevada state record 677.7. In Junior deadlift Joey Navarro set an Arizona record at 148 with 275.5, and Jonathan Kos set a Nevada record 534.5 at 259. In Law/Fire Master women 40-47 Lynda Christopher set an Arizona record 225.7 and in Master men 68-74/181 Donald Judd set an Arizona record 363.7. Donald's team also won the team title. They all train in St. David, Arizona. Danny Herrera set a California record 446.2 in 68-74/259, and in Master 75-79/148 Frank Richey set an Arizona record with an amazing 426.3. In Master women 47-53/165 Marsha Goodman set an Arizona record 203.7, and in Submaster women Celia Gonzales set an Arizona record at 148 with 214.7. In Teen men 14-15/181 Caleb Sanders set an Arizona record 363.7. In Teen women 16-17/123 Amanda Harris of Texas set a world record 264.5 and was named outstanding female deadlifter of the meet. In Teen 16-17/181 Driana Judd set a world record 248. Moving onto the bench press, in Class I, Christopher Gilliam set an Arizona record 440.7 at 198. At 220, Gary Schuster set a New Mexico record 341.5 and at 242 his workout partner Mike Butkovich set a New Mexico record 363.7. At 275, Daniel Reeves set an Arizona record 523.5 and his wife did an excellent job of helping out with the scorekeeping. At super 6'6" Eric Welch set a Nevada record 473.7. In Law/Fire Master, Mike Berteaux set a world record 513.6 as well as a Colorado record. Cliff Wicks set a Nevada record in Law/Fire Open and Law/Fire Submaster with 451.7 at 242 lbs. In Law/Fire women Lynda Christopher set an Arizona record 115.5 in Law/Fire Open women set an Arizona record 187.2 at 148 lbs. In Master men 40-46/242, Bryon Brubaker set a California record 600.7 in his first WABDL meet. At 259, Scott Hoekstra was equally impressive with a California record 633.7. Mark Stanford of Arizona was second with 551.

In Master 47-53/220 Mike Berteaux set a Colorado record 513.6, and Tom Manno set a world record 662.3 at 308, his 12th world record in the last eight years. At Super, WABDL state chairman Gary Gertner set a Colorado record 573 and was close with 600.7 at age 48. In Master 54-60 Bob Evans of California set a state record 447.3 at 242. At 308 Doug Knapp set a CA record 402.2. In Master 61-67/148 Bryan Yager set a world record 292. In Master women 47-53 state records in Arizona were set by Janice Puntius with 82.5 at 114 and Marsha Goodman with 126.7 at 165 lbs. Pamela Michaels-Olson set a Washington record 227.9 at 181 lbs. In Open men Lawrence DeAlva set an Arizona record 541.1 and Patrick Holloway set an Arizona record with 678.8 at 275 in the Open and a world record 678.8 in the Submaster Gary Gertner set a Colorado record 573 at Super. In Teen women, Amanda Harris of Texas set a world record bench of 159.7 in 16-17/123 and Brianna Judd set a world record 88 lbs. in 16-17/181. I can't thank Patrick Holloway enough for helping get sponsors and also for booking a much better hotel, the Sheraton Crescent, right off I-15 in north central Phoenix. Patrick also helped set up the meet by carrying in equipment to the ballroom. Also, Jerry Pritchett for bringing the Ivanko competition weights and the warm-up weights and benches. His mother Suzie Pritchett supplied sandwiches for the staff. Dave Edmondson came in from Ogden, Utah, to be the head judge. Brian Welker, from Sugarland, Texas, was a judge as well as Mike Desrosiers and Jim Dainty of Phoenix. Jim was a state champion wrestler from Hawaii and coaches high school wrestling in Prescott, Arizona. Mike Desrosiers is also a WABDL state chairman for Arizona as well as Patrick Holloway. Denise Welker sold tickets. The platform bench was supplied by Forza Strength Systems. Gus Rethwisch was the MC. The local sponsors were Dr. Jeff Fahrenbruch of Metro Physical Therapy. Scott and Deb Day of Scott's Coach Works, Neal Borenstein of Chompies, Joe Wislom and Melanie Gulmetti of Hooters, Barb Martenson and Skip McCarthy of Common Area Cleaning and James Mullen. Our long team sponsors and title sponsor of this event was Shawn Madere of GLC Direct, makers of the best joint formula on the planet, Brent Mikesell of Iron Gladiators, distributors of Inzer Gear, Pete Alaniz and Ken Anderson of Titan, Dave Tate and Jim Wendler of Elite Fitness Systems, distributors of the Metal Gear, Brian Welker of Welker's Competitive Edge Gym, Chris Winters of AquaVybe, Mike Lambert of Powerlifting USA, Neal Spruce of Apex

WDFPF/BDFPA Welsh Open			
17 MAR 07 - Port Talbot, Wales			
BENCH	181 lbs.	Master II	181 lbs.
198 lbs.	Master VI	G. Whitbread 385	198 lbs.
D. Lewis 214	Master V	D. Lloyd 463	242 lbs.
Master I	Master VI	D. Lewis 330	220 lbs.
M. Davies 352	DEADLIFT	Raw	308
DEADLIFT	Raw	148 lbs.	308
Senior	P. Rutherford 308	237	374
165 lbs.	Junior	D. Ayres 264	198
D. Ayres 264	198 lbs.	198 lbs.	352
165 lbs.	198 lbs.	198 lbs.	815
D. Bateman 264	176	385	826
A. Williams 231	231	297	760
181 lbs.	Junior	L. Graddon 396	242
396	242	529	1168
Senior	C. Protheroe 440	297	551
198 lbs.	Junior	D. Roberts 341	242
D. Roberts 341	242	374959	
Master I	J. Gooding 308	237	341
Master III	A. James 242	210	409
A. James 242	210	409	862
Master IV	D. John 286	231	407
D. John 286	231	407	925
Senior	D. Gardener 407	275	485
D. Gardener 407	275	485	1168
220 lbs.	Senior	M. Hilliker 440	330
220 lbs.	Senior	A. Porter 352	264
M. Hilliker 440	330	529	1300
A. Porter 352	264	468	1085
242 lbs.	Senior	C. Jones 584	429
242 lbs.	Senior	C. Jones 584	429
275 lbs.	Senior	J. Davies 286	264
275 lbs.	Senior	J. Davies 286	264
Master I	J. Davies 286	264	507
Master I	J. Davies 286	264	1058
Senior	P. Sutton 595	440	661
Senior	P. Sutton 595	440	1697
D. Evans 319+	529	374	573
319+ lbs.	4th-SQ-507		
Senior	R. Davies 485	286	485
Senior	R. Davies 485	286	1256
4th-SQ-507			
Senior	S. Cook 507	308	451
Senior	S. Cook 507	308	1267
Referees: MJ Brown, AP Davies and D Brown.			

## APA Louisiana Record Breakers 21 JUL 07 - Natchitoches, LA

BENCH	220 lbs.	Tested	J. Phelps 475	475
Open	J. Phelps 475	DEADLIFT	220 lbs.	
J. Phelps 475	—	Tested	J. Allen 600	600
148 lbs.	SQ	BP	DL	TOT
Drug Tested	M. Scott 350*	195*	355*	900*
165 lbs.	Raw Drug Tested	K. Tyler 370*	320*	440*
220 lbs.	220 lbs.	370*	320*	440*
Junior (20-23)	P. Hardey 495*	325	455	1275
220 lbs.	B. Ruth 475	315	475	1265
Raw Drug Tested	D. Horton 495*	370*	505*	1370*
242 lbs.	Tested	K. Soileau 685*	435*	655*
685*	435*	655*	1775*	1775*

\*=Louisiana State Records. Best Lifter: Kurt Soileau. The meet was small in numbers, but had excellent competition. In the full meet, Michael Scott set four state records in the Tested 148s. In the 165s, Kevin Tyler also set four state records in Raw Tested, along with his nice 1130 total. The Junior 220s had some great competition with only 10 lbs. separating first and second place. Phillip Hardey came out on top over Ben Ruth. Phillip set a state record in the squat, while Ben topped him on the deadlift. In the Raw Tested 275s, Darren Horton had a very nice day. Darren set four state records and had an awesome raw 1370 total. Kurt Soileau, lifting in the Tested 242s, set four state records along with being the 2007 APA Louisiana Record Breaker's Best Lifter. Kurt hit a 685 squat, a 435 bench, and an awesome pull on his fourth attempt of 685; he totaled an impressive 1775 for the day. In the bench only, it was a battle of the 220s. Jim Phelps, lifting in the Open and Tested 275s, hit 475 on his first attempt and just missed a state record of 501 on his second and third. Coming over from Alexandria, LA, big Joel Allen just missed an impressive 585 bench on his second and third attempts. Joel did place first in the deadlift only division with a nice 600 pull. Special thanks to all our spotters and judges, especially Brian Hill. Many thanks to the Northwestern State Football team for their help and support, including: Willis, Leger, X. Lee, Swanson, Blessing, Guice, Currie, Featherly, Freeman, A. Smith, Austin, Santos, J. Perry, Massey, McKee, Walker, Lawrence, Grogan, Marshall, and Love. (Ryan Cidzik)

## AFFP/AAPFF Membership Application

Check the box that applies below

American Frantz Powerlifting Federation

Amateur American Frantz Powerlifting Federation


Please Print Clearly & Complete All Entries



Last Name		First Name		MI	
Street Address				Date of Application	
City		State		Zip Code	
Area Code	Telephone Number	Date of Birth	Age	Sex	U.S. Citizen
Registration Fee (Circle Appropriate Fee)		Registration Number		Email Address	
AFFP: \$30   AAPFF: \$30   AFFP & AAPFF: \$40					
Fill out card completely, make check payable to AFFP/AAPFF and mail to: Are you a previous AFFP or AAPFF Member? <input type="checkbox"/> YES <input type="checkbox"/> NO				AFFP/AAPFF - West 3010 N. Torrey Pines Drive Las Vegas, NV 89108 702-656-6762	
Ernie Frantz, Chairman/Founder Email: ErnieFrantz@aol.com				AFFP/AAPFF - East 62 So. Broadway Aurora, IL 60543 603-546-3769	
If under 18, have parent initial here		I certify that the above answers are correct and that I am eligible in accordance with the rules of the AFFP or AAPFF		Signature X	




## City of Easley, SC Parks and Recreation

 **The Medicine Mart**

**BOB SEABORN'S  
BODY SHOP**



 **BEESON - ROSIER  
GROUP**



**PICKENS COUNTY**

**EASLEY MARBLE  
COMPANY**

South Carolinian **Vernon Hollifield** was killed in action in Vietnam on August 25, 1968 during the Battle of Bong Trang. This AAU Powerlifting Event which bears his name is dedicated to each brave American Soldier who fulfilled his or her duty with honor in that terrible war. The patriotic sponsors and supporters of South Carolina AAU Powerlifting invite all Americans to join with us in a day of celebration and

**"Tribute to our Vietnam Veterans"**

Gold, Silver  
and Bronze  
Medals Awarded

**Vernon Hollifield  
2007 AAU ALL SOUTH  
BENCH PRESS CHAMPIONSHIP**

**December 1, 2007 • EASLEY, SOUTH CAROLINA**

Produced by Virginia Powerlifting

Registration Information

**VAPowerlifting@aol.com**

**Judy Wood Ph. 804.559.4624 (after 7 pm EST)**

Qualifier for the  
2008 AAU National  
Bench Press Championship

National Records can be  
Set at this AAU Event

South Carolina  Powerlifting is proudly sponsored by

Feeling attached to your  
filing cabinet, but not in  
the loving  
way?



Let KeyMark be the muscle to help break your company free from the constraints of paper based processes. We can help your company achieve optimum performance with the efficiency of automation. Visit our website at [www.keymarkinc.com](http://www.keymarkinc.com).

email: [info@keymarkinc.com](mailto:info@keymarkinc.com) • website: [www.keymarkinc.com](http://www.keymarkinc.com)  
Headquartered in Liberty SC, locations nation wide

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

27 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](mailto:sonlight@netcare-il.com), [www.sonlightpower.com](http://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](mailto:sbixler1229@verizon.net)

27 OCT, WNPFF Police, Fire, Military Nationals & Submasters, Masters Nationals & North American Open (Atlantic City, NJ) Troy Ford, Box 142347, Fayetteville, GA, 30214, 678-817-4743, [wnpf@aol.com](mailto:wnpf@aol.com), <http://members.aol.com/wnpf>

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

27 OCT, 100% RAW Masters Nationals BP/SC Championships (Wildwood, NJ) Bret Kernoff, VT@rawpowerlifting.com

27 OCT, IPA Iron House Open PL & BP (Zanesville, OH) Mike Maxwell 740-704-4747, download entry at [www.ironhousezanesville.com](http://www.ironhousezanesville.com)

27 OCT, NASA Kentucky Regional (PL, BP, PP, PS - Louisville) Greg Van Hoose, RR1 Box 166, Ravenswood, WV 26164, [www.vhpower.com](http://www.vhpower.com)

27 OCT, IBP South Carolina PL, Core 24 Gym, Seneca, SC, Keith Payne, 336-251-8704, [keith@ironboypowerlifting.net](mailto:keith@ironboypowerlifting.net)

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

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

27 OCT, Canon Fitness Bench Press for Charity, (Canonsburg, PA), Barry Pochiba, 412-600-2600, [power\\_lifters@hotmail.com](mailto:power_lifters@hotmail.com)

27 OCT, USPF/NAS Regional PL and

## COMING EVENTS

WV Open Strongman (Pro Performance Mylan Park, Morgantown, WV) Matt McCasie, 210 Gilbob St., Fairmont, WV 26554, 304-376-2432, 304-983-pro, [www.performancewv.com](http://www.performancewv.com)

27 OCT, APA Iron Gladiators of the West PL, BP/DL/PP (Sacramento, CA) Scott Taylor, 5233 First St., #K-16, Zephyrhills, FL 33542, 941-626-4247, [scott@apa-wpa.com](mailto:scott@apa-wpa.com), [www.apa-wpa.com/entryforms.htm](http://www.apa-wpa.com/entryforms.htm)

27 OCT, USAPL Michigan PL/BP, Tod Miller, 73 N. Pine Rd., Plainwell, MI 49080, 269-664-4814

27 OCT, AAU Crain BP/DL Open, Rickey Dale Crain, 3803 North Bryan Rd., Shawnee, OK 74804, 405-275-3689, 800-272-0051

27-28 OCT, USAPL New York, Frank J. Panaro, 839 Route 52, Walden, NY 12586, 845-778-1884, [fpanaro@hvc.rr.com](mailto:fpanaro@hvc.rr.com)

28 OCT, 5th Big Dog Classic (BP, DL, Ironman - Blackstone's Gym, 120 W. Main St., W. Lafayette, OH 43845) John or Kayleen Blackstone 740-502-4964 or 740-502-3790

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.

29 OCT-4 NOV, WPC Worlds/WPO Semi-Finals (Russia) Amy Jackson, 505 Westgate Dr., Aurora, IL 60506, 866-389-4744, 630-896-7309, [www.worldpowerliftingcongress.com](http://www.worldpowerliftingcongress.com)

OCT, NASA Arkansas Regional (Russellville, AR) Rich Peters, Box 735, Noble, OK 73068, 405-527-8513, [sqbpd@aol.com](mailto:sqbpd@aol.com)

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

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

OCT, WNPFF Can-Am (Youngstown, OH) Ron 330-792-6670, [powerit103@aol.com](mailto:powerit103@aol.com)

3 NOV, NASA Masters & Submasters Nationals (Un/Equipped/PL/PS/PP/BP Only - Mesa, AZ) Rich Peters, PO Box 735, Noble, OK, 73068, 405-527-8513, [SQBPD@aol.com](mailto:SQBPD@aol.com)

3 NOV, Night of the Living Deadlift (Elizabethton, TN) Alex Campbell, 423-725-2415

3 NOV, WLOP CT Classic Power Competition (BP/T-Bar/SC, raw & drug free, all ages & weight classes, Elite, Masters, Amateurs Youth, Trophies

awarded, entry fees - Radisson Hotel, 7320 Greenleaf Ave., Whittier, CA) WLOP, 7238 S. Painter Ave., Whittier, CA 90602, 562-693-8005, [www.worldlegionofpower.com](http://www.worldlegionofpower.com)

3 NOV, USAPL 5th Tom Foley BP/DL Classic, Brian Fahrenfeld, 430 Nonuet Mall S., Nanuet, NY 10954, 201-463-5250

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](http://www.kingsgymohio.com)

3 NOV, WPA Open Worlds (Summitt II Fitness, 1650 NW Woods Chapel Rd., Blue Springs, MO 64015) Rodney Wood 417-256-2297, [rodwood1967@yahoo.com](mailto:rodwood1967@yahoo.com), Bill Duncan 410-474-1071, [mopowfltr@yahoo.com](mailto:mopowfltr@yahoo.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](mailto:sonlight@netcare-il.com), [www.sonlightpower.com](http://www.sonlightpower.com)

9-11 NOV (NEW DATE), 16th WNPFF

## APF/AAPF WPO Schedule

27 OCT, APF Texas Cup

27 OCT, APF Wolverine Open

29 OCT - 4 NOV,

WPC WORLDS

& WPO SEMI-FINALS

10 NOV, APF Extreme SC.

1 DEC, APF Record Breakers

1 DEC, APF Texas Gulf Coast

8 DEC, APF Rio Grande Valley

Dates subject to change Call 386-734-3128 for info.

([worldpowerlifting.org](http://worldpowerlifting.org)) ([worldpowerliftingcongress.com](http://worldpowerliftingcongress.com))

**ATTENTION: MEET PROMOTERS**

**HOUSE OF PAIN**

WILL CUSTOM PRINT YOUR MEET  
T-SHIRTS BETTER THAN ANYONE ELSE  
IN THE WORLD!

WE KNOW YOUR NEEDS.  
WE UNDERSTAND YOUR MARKET.

Fax 972.772.5644 Phone 972.772.8600  
[customprint@houseofpain.com](mailto:customprint@houseofpain.com)



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

**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**, IBP NC State BP (Henderson) Keith Payne, keith@ironboypowerlifting.net

**10 NOV**, AAU Fred Rogers/Paul Smart BP/DL Classic (Donselaars Partyhouse, Clyde, NY) Steve Rogers 315-365-337

**10 NOV**, USAPL Thunderdome Classic, Jack Kaplan, 2146 Embden Pond Rd., Embden, ME 04958, 207-566-5727

**10 NOV**, WNY USPF BP/DL (Webster, NY) Mike Kenney 585-313-4327, mkesar@frontiernet.net

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

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

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

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

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

**10 NOV**, USAPL 23rd Southeastern Cup PL & BP Classic (Adel, GA) Buddy Duke, (work) 229-896-3988, (gym) 229-896-3035, bduke@southlink.us

**10 NOV**, USAPL Hudson Natural Open (New Richmond, WI) Shawn Cain, 1040 192nd Ave., New Richmond, WI 54017, 715-246-3560

**11 NOV**, AAU Bench Press (Renaissance Hotel, Walnut Creek, CA) Tom or Tory at Raw Center for Strength 925-930-0519

**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**, USAPL 17th ID State Open & Bill's Badass BP, Bill Davis, 1800 Garrett Way #19, Pocatello, ID 83201, 208-233-7115

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

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

**17 NOV**, 3rd Annual NASA/YMCA Great Lakes Regional, David Oylar &

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 NOV**, Omaha Open (AV Sorensen Rec Center, 4808 Cass) Keith Machulda, 402-444-5596

**17 NOV**, 100% Raw World Bench Press Championships (Currituck, NC) Paul Bossi, 252-336-4188, pres@rawpowerlifting.com

**17 NOV**, US Open BP/DL Championships (Pittsburgh, PA) Matt McCasie, 210 Gilbob St., Fairmont, WV 26554, 304-376-2432, 304-983-prol, www.performancecx.com

**17-18 NOV**, USAPL Bench Press Nationals, Dan Gaudreau, 155 S Dearborn Circle, Aurora, CO 80012, 303-475-3366

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

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

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

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

**NOV**, USAPL Southeastern USA Regional Championships (BP, PL - Miami, FL) Robert Keller, 954-790-2249, rhk@verizon.net, www.geocities.com/floridausapl

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

**1 DEC**, 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**, NASA New Mexico Championships (PS, PP - Rio Rancho, NM) Mike & Teale Adelmann, 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**, SPF Record Breakers Meet / APF Record Breakers Meet (State, National, and World Records, equipped/raw PL, PP, SQ, BP, DL - East Ridge Convention Center, Chattanooga, TN) Jesse Rodgers, 423-876-8410, www.southernpowerlifting.com, rogersmadmax@bellsouth.net

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

## APC 54th Iron Man Open Powerlifting & Bench Press Challenge (open, masters, teenage, women, junior)

Mr. Iron Man, Ms. Iron Woman

Over 40 Mr. Iron Man

A.P.C. National Qualifier

December 8th, 2007

(Fresno, CA) Bob & Kim Packer

559-322-6805, 559-323-3892

(Iowa), Tim Anderson, 2181 Hwy 77, Lyons, NE 68038, 402-687-4182

**1 DEC**, AAU All South BP (Easley, SC) Judy Wood, after 7pm est 804-559-4624, VAPowerlifting@aol.com

**1 DEC**, Walker's Gym Deadlift Classic (Walker's Gym, Hopewell, VA) Barry Walker, 804-458-7918

**1 DEC**, Children's Christmas Classic Touch n' Go BP, Mike Wolfe, 310 West Market St., Celina, OH 45822, after 6pm 419-584-2393, bigbadwolfe900@yahoo.com

**1 DEC**, Monster Muscle Pride Raw BP/DL (Coeur D'Alene, ID) 208-964-5066, www.pridepowerlifting.com, Monster Muscle, 401 N. 2nd St., CDA, ID 83814

**1,2 DEC**, 100% RAW Teenage World Championships (Enrty 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 (Enrty 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

**6 DEC**, USPF NorCal Open PL/BP/DL (Sacramento, CA) Steve Denison, 661-333-9800, pwrlftrs@msn.com, www.powerliftingCA.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**, Paxton Power Gym Strongman III (Paxton, MA) 508-991-3291, paxtonpowergym@charter.net

**8 DEC**, USAPL Tennessee State & Appalachian Open (Elizabethton, TN) Alex Campbell, 423-725-2415

**8 DEC**, WNPF 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, pwrlftrs@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 DEC**, USA Power Open BP/DL (B&R Family Fitness Club, 1040 Mill Creek Dr., Feasterville, PA 19053) Dave West, 215-

355-2700X130

**8 DEC**, APA Northeast US PP/BP/DL (Fair Haven, VT) Scott Taylor, 5233 First St., #K-16, Zephyrhills, FL 33542, 941-626-4247, scott@apa-wpa.com, www.apa-wpa.com/entryforms.htm

**8 DEC**, USAPL Maryland PL & Open BP (Annapolis, MD) Jim Roberts, 301-875-2544, jim@midatlanticpowerlifting.com, www.marylandpowerlifting.blogspot.com

**8 DEC**, APC Virginia PL, BP, DL (Brute Strength Gym, 836 Poplar Hall Dr., Norfolk, VA) Gayle Schroeder, Meet Director, 757-650-5410, 757-893-9111, schroeder\_gayle@yahoo.com, www.powerandstrength.com

**8 DEC**, SSA Winter Assault BP/DL/Ironman (DLS Center, Fitzgerald, GA) Chris Kite 229-424-4075

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

**9 DEC**, WNPF Delaware BP, DL, C (Seaford, DE) Troy Ford, Box 142347, Fayetteville, GA, 30214, 678-817-4743, wnpf@aol.com, http://members.aol.com/wnpf

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



**USAPL**  
**5th Annual Tom Foley**  
**Bench & Deadlift Classic**  
**Saturday, November 3, 2007**  
**Drug Free**  
**@ 10:00 a.m.**

**Premier Fitness**  
**430 Nanuet Mall South**  
**Nanuet, NY 10954**  
**(845) 920-0501**

www.premierfitnessny.com

~ALL WEIGHT CLASSES~

Proceeds go to the Thomas J. Foley Memorial Scholarship. Tom Foley lost his life on September 11th, helping rescue people from the Twin Towers. Tom was part of Rescue 3 FDNY.

\* Drug Testing Will Be Performed the Day of the Meet\*



355-2700X130

**8 DEC**, APA Northeast US PP/BP/DL (Fair Haven, VT) Scott Taylor, 5233 First St., #K-16, Zephyrhills, FL 33542, 941-626-4247, scott@apa-wpa.com, www.apa-wpa.com/entryforms.htm

**8 DEC**, USAPL Maryland PL & Open BP (Annapolis, MD) Jim Roberts, 301-875-2544, jim@midatlanticpowerlifting.com, www.marylandpowerlifting.blogspot.com

**8 DEC**, APC Virginia PL, BP, DL (Brute Strength Gym, 836 Poplar Hall Dr., Norfolk, VA) Gayle Schroeder, Meet Director, 757-650-5410, 757-893-9111, schroeder\_gayle@yahoo.com, www.powerandstrength.com

**8 DEC**, SSA Winter Assault BP/DL/Ironman (DLS Center, Fitzgerald, GA) Chris Kite 229-424-4075

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

**9 DEC**, WNPF Delaware BP, DL, C (Seaford, DE) Troy Ford, Box 142347, Fayetteville, GA, 30214, 678-817-4743, wnpf@aol.com, http://members.aol.com/wnpf

**9 DEC**, ADAU Coal Country Classic (Bigler, PA) Allan Siegel, 304 Daisy St., Clearfield, PA 16830, 814-765-3214, Al@pikitup.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**, Christmas & Hannukah BP (Tucson, AZ) Balance Fitness 520-292-2100, balancefitnessgym@yahoo.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 Elkhardt BP Classic (Elkhardt, 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

**15 DEC**, APA US Open PL/PP/BP/DL, Scott Taylor, 5233 First St., #K-16, Zephyrhills, FL 33542, 941-626-4247, scott@apa-wpa.com, www.apa-wpa.com/entryforms.htm

**15 DEC**, Iron Chamber Gym BP/DL (Sandy Valley High School, Magnolia, OH) Jeff Begue, 330-844-1011

**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

**29 DEC**, 2nd Annual Boyertown YMCA/ Gene Rychlak, Jr. Bench Classic, Gene Rychlak Jr., 143 2nd Ave., Royersford, PA 19468, 610-948-7823, or Mike McDonough, Boyertown YMCA 610-754-7010.

**DEC**, 100% RAW Worlds (W. Melbourne, FL) Spero Tshontikidis, tshontis@brevard.k12.fl.us

**12 JAN**, 100% Raw Old Dominion Classic BP/CR, John Shifflett, 186 Happy Hollow Rd., Ruckersville, VA 22968, valifting@aol.com, www.rawpowerlifting.com

**12 JAN**, Chippewa Classic Open Powerlifting Meet (Chippewa Falls, WI) Job Hou-Seye, 1-888-JOB-HOUSEYE, statechairman@wisconsinpowerlifting.com,

aandz.insurance@sbcglobal.net

**20 JAN**, IPA Jersey Power Challenge (all categories - Carteret, NJ) Henri Skiba 732-598-9369

**25 JAN**, USPF Super Bench & Deadlift Sunday (Chatsworth, CA) Kevin Meske, 818-899-7555, warrior01@earthlink.net

**26 JAN**, IPA Kentucky Open / National Qualifier, Gene Rychlak Jr., 143 2nd Ave., Royersford, PA 19468, 610-948-7823, bench\_a\_grand@yahoo.com

**26 JAN**, ADFPF PL & Single Event Challenge (Six Lakes, MI) John Jachim, Meet Director, 231-629-1158 or 309-837-2111, www.adfpf.org

**26,27 JAN**, Raw Unity Meet (Tampa, FL) Eric Talmant, erictalmant@yahoo.com, www.rawunitymeet.com

**2 FEB**, Slaughterhouse Gym & Iron Age Gym BP/DL/Ironman (equipped & raw Minerva, OH) Craig Hurst 330-868-7925 or Dave Bosler 330-868-3109

**16 FEB**, West Coast Open & Novice BP, John Ford 650-303-7518

**16 FEB**, Red Brick Championships (Assist, Raw, all weight & age divisions - Lewiston Red Brick School, Lewiston, NY) Dennis Brochey, Meet Director, 205 N. 5th St., Lewiston, NY 14092, 716-200-3533, edbrochey@roadrunner.com. This is a benefit meet for our troops overseas and their families back here.

**16 FEB**, SSA Full Power/Ironman/Single Lift (Iron Asylum Gym, Tribes Hill, NY) Sandi McCaslin, 518-858-7002, www.ironasylumgym.com

**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

**16-18 FEB**, Los Angeles Fit Expo (Scot Mendelson Bench Press Classic), info@thefitexpo.com

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

**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

**29 FEB - 2 MAR**, 20th Anniversary Arnold Classic, www.arnoldsportsfestival.com, 614-431-3600

**1 MAR**, APC California Open PL/BP

**15 MAR**, Walker's Gym Bench Press for St. Jude's Hospital (Walker's Gym, Hopewell, VA) Barry Walker, 804-458-7918

**15 MAR**, 100% Raw United States Open BP/DL/CR, John Shifflett, 186 Happy Hollow Rd., Ruckersville, VA 22968, valifting@aol.com, www.rawpowerlifting.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

**22 MAR**, 100% Raw Nebraska State PL/BP/PP, AV/Sorenson, 4808 Cass St., Omaha, NE 68132, DJ Satterfield 402-592-1243, djnechair@yahoo.com

**28-30 MAR**, RAW United High School Submasters & Masters Nationals (all current membership cards honored, all lifters & teams receive awards, entry deadline Saturday, March 8) Spero Tshontikidis, 4353 Collinwood Dr., Melbourne, FL

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

27 OCT, WNPf Nationals

9-11 NOV, WNPf World PL&BP/DL/SC

8 DEC, WNPf Sarge McCray BP/DL/SC

9 DEC, WNPf Delaware BP, DL, C

WNPF, PO Box 142347,

Fayetteville, GA 30214

678-817-4743 or wnpf@aol.com

website - members.aol.com/wnpf

## UPCOMING SLP COMPETITIONS

10 NOV, SLP Ohio State BP/DL (Hamilton, OH)

17 NOV, SLP Kentucky State BP/DL (Louisville, KY)

1 DEC, SLP Tennessee Christmas for Kids BP/DL (Memphis)

8 DEC, SLP Arkansas Christmas for Kids BP/DL (Glenwood)

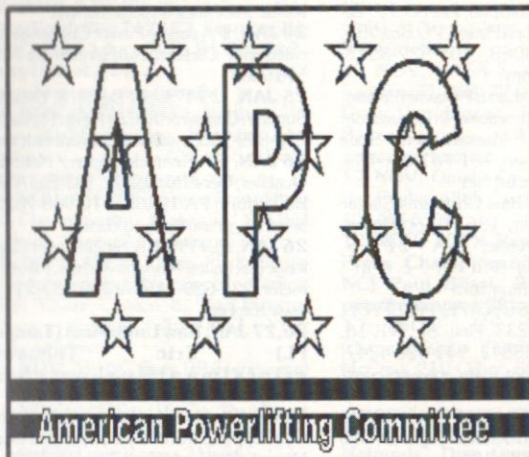
Son Light Power

122 W. Sale, Tuscola, IL 61953

217-253-5429

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





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

- December 8, 2007, APC California Ironman (Fresno) Bob Packer 559-322-8365
- December 8, 2007, APC Virginia State, Gayle Schroeder, 757-650-5410
- February 16, 2008, APC West Coast BP, John Ford, 650-303-7518
- March 1, 2008, APC California Open PL and BP
- April 12, 2008, APC Georgia State Open PL/BP, L.B. Baker, 770-713-3080
- May 3, 2008, APC Central California Open/Novice PL/BP
- Jun 2008, APC National PL/BP (Las Vegas, NV)
- July 26, 2008, APC Northern California Push/Pull, BP/DL
- October 18, 2008, APC Northern California Open PL/BP, John Ford, 650-303-7518

For more information; [www.americanpowerliftingcommittee.com](http://www.americanpowerliftingcommittee.com)  
IronDawg Power, [www.irondawg.com](http://www.irondawg.com)

32901, 321-505-1194, [tshontis@brevard.k12.fl.us](mailto:tshontis@brevard.k12.fl.us)  
28-30 MAR 08, USAPL High School Nationals, Tod Miller, 73 Pine Rd., Plainwell, MI 49080, 269-664-4814  
29 MAR, N. Virginia Raw PL/BP (VA), John James 703-475-9885, [www.northernvirginiaawpower.com](http://www.northernvirginiaawpower.com)  
29 MAR, USAPL Police/Fire Nationals (Scranton, PA) Steve Mann, 845-485-1574  
29-30 MAR, USAPL Pennsylvania State (Scranton, PA) Steve Mann, 845-485-1574  
29-30 MAR, USPF California State PL/BP/DL (Bakersfield, CA) Steve Denison, 661-333-9800, [pwriftrs@msn.com](mailto:pwriftrs@msn.com), [www.powerliftingCA.com](http://www.powerliftingCA.com)  
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, [SQBPD@aol.com](mailto:SQBPD@aol.com)  
30 MAR, 9th Pittsburgh Monster BP/DL (men/womn, all classes) Mike Barravecchio, 152 Dover Dr., Moon Township, PA 15108, 412-264-9996  
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](mailto:gvhl@wirefire.com)  
5 APR, ADFPF Single Lift Nationals & WDFPF World Qualifier (equipped, raw, men, women, open, 3 teens, 10 masters, police/fire/military - S. Bend, IN) Dick VanEck & Jon Smoker 309-837-2111, [www.adfpf.org](http://www.adfpf.org)  
12 APR, APC Georgia State Open PL/BP, L.B. Baker, 770-713-3080  
19 APR, Kern County High School Meet (Bakersfield, CA) Steve Denison, 661-333-9800, [pwriftrs@msn.com](mailto:pwriftrs@msn.com), [www.powerliftingCA.com](http://www.powerliftingCA.com)  
19, 20 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](mailto:bench_a_grand@yahoo.com)  
26 APR, 100% Raw Virginia State BP/DL/CR, John Shifflett, 186 Happy Hollow Rd., Ruckersville, VA 22968, [valifting@aol.com](mailto:valifting@aol.com), [www.rawpowerlifting.com](http://www.rawpowerlifting.com)  
26-27 APR, IPA Iron House Classic PL & BP (Zanesville, OH) Mike Maxwell 740-704-4747, download entry at [www.ironhousezanesville.com](http://www.ironhousezanesville.com)  
APR (dates TBA), Triple Crowne Classic, Law/Fire Nationals, Military Nationals, East Coast Bench Press Classic (Richmond, VA) Judy & Steve Wood, 804-559-4624, [vapowerlifting@aol.com](mailto:vapowerlifting@aol.com)  
3 MAY, Central California Open & Novice PL/BP  
3 MAY, USPF San Diego Open PL/BP/DL, Steve Denison, 661-333-9800,

## The CT Classic Power Competition

Sanctioned by:

### World Legion of Power

A nonprofit, public service agency dedicated to serving the power lifting brotherhood.  
"Becoming People of Honor with Wisdom"



C.T. Fletcher  
Chairman & Co-founder  
World Champion

Saturday  
Nov. 3, 2007

RAW & DRUG FREE

Special Guest Appearance by  
**The Radical Reality Team**



Dr. Arnold Nerenberg  
CEO & Co-founder  
World Champion

Location:	The CT Classic Competition	Registration
RADISSON HOTEL 7320 Greenleaf Ave. Whittier, CA 90602 562.945.8511	All Wt. Classes • All Ages • Trophies Awarded Elite, Masters, Amateurs, Youth Entry Fee: \$40.00 Per Event • Membership Fee: \$25.00 Make checks payable to: WLOP 7238 S. Painter Ave. • Whittier, CA 90602 562.693.8005 <a href="http://www.worldlegionofpower.com">www.worldlegionofpower.com</a>	Check In: 9:00 am Weigh In: 9:30 am Competition Starts: 10:30 am
*Special rates for WLOP members \$79.00/Night		

**Bench Press**      **T-Bar Strongman Pull**      **Strict Curl**



Set World, National & State Records

\*NO BENCH-PRESS SHIRT  
\*SINGLETT PREFERRED

### STREET PHYSIQUE - A new body-building contest

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

- No body-building poses • No oils or padding • Drug Free
- Fully dressed (Pants or shorts, tank top or short sleeved shirt)

"Power Presence" is determined from contestants' appearance of strength and attitude after they walk up to a microphone, state their name and where they're from. Trophies and titles awarded for "World's Most Powerful Street Physique."  
It is our intention to constructively impact society physically, emotionally and spiritually for at least 1,000 years.

- The CT Classic Power Competition • Sanctioned by The World Legion of Power -

Name: \_\_\_\_\_ Phone # \_\_\_\_\_ Age: \_\_\_\_\_ Weight: \_\_\_\_\_  
Address: \_\_\_\_\_ City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_  
I know that my participation in World Legion of Power activities is potentially hazardous and can cause bodily injury or death. I assume all risk for any injury resulting from my involvement in WLOP sport activities. Email: \_\_\_\_\_  
I'm competing in:  Bench Press (\$40.00)  Street Physique (\$40.00)  
 T-Bar Pull (\$40.00)  Strict Curl (\$40.00)  
X \_\_\_\_\_ Date: \_\_\_\_\_  
 Check here if already a WLOP member.      \*\*We would appreciate receiving your application by 10/15/07\*\*

[pwriftrs@msn.com](mailto:pwriftrs@msn.com), [www.powerliftingCA.com](http://www.powerliftingCA.com)  
7-11 MAY, USAPL Master Nationals, Robert Keller, Box 291571, Davie, FL 33329, 954-790-2249  
16-17 MAY, USAPL Texas State, Hector Munoz, 108 S. 18th, Carrizo Springs, TX 78834, 361-813-9691  
17 MAY, San Jose Open PL/BP/DL, Steve Denison, 661-333-9800, [pwriftrs@msn.com](mailto:pwriftrs@msn.com), [www.powerliftingCA.com](http://www.powerliftingCA.com)  
16-18 MAY (New DATE/NAME), RAW Police & Fire Nationals (all current membership cards honored, all lifters & teams receive awards, entry deadline Saturday, May 10) Spero Tshontikidis, 4353 Collinwood Dr., Melbourne, FL 32901, 321-505-1194, [tshontis@brevard.k12.fl.us](mailto:tshontis@brevard.k12.fl.us)  
31 MAY, SSA Full Power/Ironman/Single Lift (Iron Asylum Gym, Tribes Hill, NY) Sandi McCaslin, 518-858-7002, [www.ironasylumgym.com](http://www.ironasylumgym.com)  
MAY '08, WDFPF European Single Event Championship (Como, Italy) [www.wdfpf.com](http://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  
14 JUN, USPF Muscle Beach BP/DL (Venice Beach, CA) Steve Denison, 661-333-9800, [pwriftrs@msn.com](mailto:pwriftrs@msn.com), [www.powerliftingCA.com](http://www.powerliftingCA.com)  
21 JUN, USAPL SC State (Brickhouse Gym) Dan Austin, 215 Windscrest Rd., Columbia, SC 29229, 803-736-1956  
21 JUN, ADPF PL National & WDFPF World Qualifier (equipped, raw, men, women, Open, 3 teens, 10 masters, police/fire/military - Evansville, IN) Meet directors: Mike Stagg 812-204-3755, Derek Wallace 812-217-0939, Dick Connor 812-867-1736, or 309-837-2111, [www.adfpf.org](http://www.adfpf.org)  
28 JUN, 100% Raw Freedom USA Open BP/CR, John Shifflett, 186 Happy Hollow Rd., Ruckersville, VA 22968, [valifting@aol.com](mailto:valifting@aol.com), [www.rawpowerlifting.com](http://www.rawpowerlifting.com)  
12 JUL, APC National PL/BP (Las Vegas)  
12 JUL, Nebraska Strongest Man Strongman Competition (American Legion, 230 W. Lincoln Rd., Papillion, NE 68046) DJ Satterfield 402-592-1243, [djnechair@yahoo.com](mailto:djnechair@yahoo.com)  
12 JUL, NASA Youth Nationals & WV Open BP, PP & PS (Ravenswood, WV) Greg Van Hoose, RR1 Box 166, Ravenswood, WV 26164, [www.vhepower.com](http://www.vhepower.com)  
12 JUL, USPF Fresno Open PL/BP/DL, Steve Denison, 661-333-9800, [pwriftrs@msn.com](mailto:pwriftrs@msn.com), [www.powerliftingCA.com](http://www.powerliftingCA.com)  
26 JUL, APC Northern California PP/BP/DL Championships  
26 JUL, 4th Vermont State Open Raw BP, All American Fitness, 1881 Williston Rd., S. Burlington, VT 05403, 802-865-3068, 802-999-7845, [www.allamericanfitnessvt.com](http://www.allamericanfitnessvt.com)  
1-3 AUG, RAW United Teenage & Women's Nationals (all current membership cards honored, all lifters & teams receive awards, entry deadline Saturday, July 12) Spero Tshontikidis, 4353 Collinwood Dr., Melbourne, FL 32901, 321-505-1194, [tshontis@brevard.k12.fl.us](mailto:tshontis@brevard.k12.fl.us)  
2 AUG, USPF Muscle Beach Push Pull BP/DL (Venice Beach, CA) Steve Denison, 661-333-9800, [pwriftrs@msn.com](mailto:pwriftrs@msn.com), [www.powerliftingCA.com](http://www.powerliftingCA.com)  
2 AUG, SSA Backyard Bench/Deadlift/Iron Man (Iron Asylum Gym, Tribes Hill, NY) Sandi McCaslin, 518-858-7002, [www.ironasylumgym.com](http://www.ironasylumgym.com)  
9 AUG, N. Virginia Raw PL/BP (VA) John

## Raw Unity Meet Invite List

Here is the current automatic invite list for the men's full power Raw Unity Meet. If you see your name on the list please email me your contact information. If you see the name of someone that you know on the list, please let them know that I need their contact information (email address). Many of you not on the list have already emailed me and been extended an invitation and do not see your name on this list then do not panic. Your invite from me is still good. This list reflects the top lifters for the calendar year thus far that I have been unable to get contact information from. I want to also say that if you do not find your name on this list and are interested in getting an invite to this meet, simply email me your lifter's resume to [erictalmant@yahoo.com](mailto:erictalmant@yahoo.com). This goes for those raw lifters that perhaps put up impressive totals in years past but for some reason have not competed yet this year, raw lifters whose lifts were missed for one reason or another, geared lifters that are interested in competing raw, or just the lifter that is a gym rat that has not competed much or at all. I will consider all applications and issue invites based on the information that I am able to collect. At the end of the day, my goal is to have the best competitors under one roof going against one another, and as such I will go to whatever lengths necessary to accomplish that goal. If you have any questions at all about this list, my selection process, or the Raw Unity Meet in general do not hesitate to contact me at [erictalmant@yahoo.com](mailto:erictalmant@yahoo.com). Please pass this list around and email it to as many lifters as you can so that these deserving competitors can be made aware of the event I am trying to have and their opportunity to compete in it. Thank you.

### www.rawunitymeet.com

Ackerley, Matt	Grubbs, Josh	Perez, Gerardo
Adame, Anthony	Haddaway	Phillips, Jeff
Aikey, Jim	Harris, Charlie	Pigeon, Tim
Anastasiou, Jordan	Hart, Mike	Pope, Jim
Anderson, Joe	Hedlesky, Mike	Protomastro, Steve
Barnard, Kerry	Hendrickson, Nathan	Rawlins, Brandon
Belk, Michael	Hichari, Zied	Rekassi, John
Bellantoni, Dean	Hobaica, Anthony	Resseau, Robert
Bermudez, Omar	Hopkins, Michael	Roats, Mike
Bess, Gary	Howell, Rory	Rodriguez, Ralph
Biasetti, Anthony	Ishmael, Qieed	Romanello, Michael
Birdsong, Steven	James, Brendan	Romero, Ken
Blackwell, Rod	Johnson, Chris	Rosato, Jr., Joe
Bowers, Colter	Keenan, Brian	Royer, Ben
Bowling, Vergil	Keener, Brian	Ryder, Ken
Braca, Joe	King, Joey	Sahid, Marcus
Brouwer	Kristoff, Tom	Sampras, Nick
Cangelosi, Ben	Kuhns, Mike	Samsa, Robert
Cass, Brandon	Lang	Schmidt, Marcus
Christian, Michael	Langdon, Tracy	Searcy, James
Clark, Brad	Lanzilotta, Rick	Siders, Brian
Cohen, Lauren	Lathroum, David	Snellings, Thomas
Connor, John	Lee, Jason	Stazer, Jason
Corridean, Dan	Lewis, Al	Stott, Greg
Creatura, Lenny	Lopez, Lutario	Studevant, Kurt
Cruz, Ramon	Lyden, Matt	Susco, Pat
Curtis, Brian	Lyons	Teeter, Don
Davis	Machin, Chris	Thomason, Henry
Decker, Joshua	Manning, Trey	Tincher, Brian
Dee, Mike	Manual, Jacob	Trapani, Mike
Deigan, Jeff	Marcum, Scott	Turner, Mike
Dyles, Larry	Massey, Ryan	Vestal, Jack
Eaton, Michael	Mayer, Rob	Vick, Jonathan
Edalgo, Chip	McConville, Michael	Villeneuve, David
Edwards, Eric	McLaughlin	Vitioe, Justin
Eggers, Todd	Miller, Daniel	Ware, Roscoe
Estrada, Rey	Milnes, Kyle	Wigmore, William
Eveland, Matt	Minetti, Nick	Wilkerson, Robert
Feruson, Jerrett	Mogard, Mike	Williams, Fred
Fizer, Jeremy	Neal, Michael	Wright, Adrian
Gibbons, Dustin	Payne, Greg	Wright, Greg
Gisondi, Peter	Peebles, Jonathan	Wright, Ryan
Green, Dan	Pell, Matt	

James 703-475-9885, [www.northernvirginiaawpower.com](http://www.northernvirginiaawpower.com)  
23 AUG, 100% Raw Eastern USA Open BP/CR, John Shifflett, 186 Happy Hollow Rd., Ruckersville, VA 22968, [valifting@aol.com](mailto:valifting@aol.com), [www.rawpowerlifting.com](http://www.rawpowerlifting.com)  
13 SEP, USPF Muscle Beach PL/BP/DL (Venice Beach, CA) Steve Denison, 661-333-9800, [pwriftrs@msn.com](mailto:pwriftrs@msn.com), [www.powerliftingCA.com](http://www.powerliftingCA.com)  
3-5 OCT, RAW United Armed Forces Nationals (open to active duty soldiers, reservists, guardsmen, and veterans, all current membership cards honored, all lifters & teams receive awards, entry deadline Saturday, September 13) Spero Tshontikidis, 4353 Collinwood Dr., Melbourne, FL 32901, 321-505-1194, [tshontis@brevard.k12.fl.us](mailto:tshontis@brevard.k12.fl.us)  
4 OCT, USPF Central California Open PL/BP/DL (Modesto, CA) Steve Denison, 661-333-9800, [pwriftrs@msn.com](mailto:pwriftrs@msn.com), [www.powerliftingCA.com](http://www.powerliftingCA.com)  
10-12 OCT, WDFPF Single Event Worlds (equipped, raw, men, women, Open, teen, masters, police/fire/military - Antwerp, BEL) Wim Backelant, 309-837-2111, [www.adfpf.org](http://www.adfpf.org)  
11 OCT, SSA Full Power/Ironman/Single Lift (Iron Asylum Gym, Tribes Hill, NY) Sandi McCaslin, 518-858-7002, [www.ironasylumgym.com](http://www.ironasylumgym.com)  
18 OCT, USPF Monster Beach & Night of the Living Deadlift (Chatsworth, CA) Kevin Meskew, 818-899-7555, [warrior01@earthlink.net](mailto:warrior01@earthlink.net), [www.powerliftingCA.com](http://www.powerliftingCA.com)  
18 OCT, APC Northern California Open PL/BP, John Ford 650-303-7518  
15 NOV, N. Virginia Raw PL/BP, John James 703-475-9885, [www.northernvirginiaawpower.com](http://www.northernvirginiaawpower.com)  
5-7 DEC, RAW United World Championships (all current membership cards honored, all lifters & teams receive awards, entry deadline Saturday, November 8) Spero Tshontikidis, 4353 Collinwood Dr., Melbourne, FL 32901, 321-505-1194, [tshontis@brevard.k12.fl.us](mailto:tshontis@brevard.k12.fl.us)  
6 DEC, USPF NorCal Open PL, BP, DL (Sacramento, CA) Steve Denison, 661-333-9800, [pwriftrs@msn.com](mailto:pwriftrs@msn.com), [www.powerliftingCA.com](http://www.powerliftingCA.com)  
13 DEC, 100% Raw Christmas Classic BP/CR, John Shifflett, 186 Happy Hollow Rd., Ruckersville, VA 22968, [valifting@aol.com](mailto:valifting@aol.com), [www.rawpowerlifting.com](http://www.rawpowerlifting.com)

MEET DIRECTORS ... there are HUNDREDS of meets for the readers of PLUSA to choose from each month. Put a display ad in POWERLIFTING USA to make YOUR MEET stand out. Call Mike Lambert at 800-448-7693 for details. We will even do the typesetting on your ad for you ... FREE!!



# NEW PRODUCT



LIFTINGLARGE.COM has introduced a new IPF legal competition bench press belt. 2 inches wide all around. Lever action buckle. Keep your bench shirt secure without interfering with your arch. The new belt is in stock at [www.liftinglarge.com](http://www.liftinglarge.com), 1-877-226-9060.

**USAPL PA State BP/DL**  
26 MAY 07 - Shrewsbury, PA

BENCH	Raw	FEMALE	Raw
97 lbs.	N. Hubbard 132	97 lbs.	N. Hubbard 132
HS Varsity	HS JV	105 lbs.	HS Varsity
A. Pattison 50	Cunningham 93	HS Varsity	A. Kemmerer 93
B. Foley 66	Raw	123 lbs.	A. Kemmerer 93
OOS	Open	132 lbs.	OOS
T. Niel 77	Open	132 lbs.	Open
HS JV	R. Carroll 259	132 lbs.	HS JV
N. Moyer 71	Master I	132 lbs.	N. Moyer 71
N. Guila 77	P/F/M	132 lbs.	N. Guila 77
J. Lyons 99	R. Carroll 259	132 lbs.	J. Lyons 99
148 lbs.	Open	148 lbs.	Open
HS JV	Open	148 lbs.	HS JV
E. Applegate 132	S. Cole 170	148 lbs.	E. Applegate 132
B. Crawford 93	C. Petty 143	148 lbs.	B. Crawford 93
M. Louless 55	Master III	148 lbs.	M. Louless 55
Master I	S. Cole 170	148 lbs.	Master I
C. Gibson 148	MALE	148 lbs.	C. Gibson 148

114 lbs.	A. Sabatell 214	DEADLIFT	Master IV	275 lbs.	OOS	501
HS JV	Raw	FEMALE	R. Lambert 374	Open	E. Frattaruolo 501	242 lbs.
K. Elliott 93	A. Miller 325	97 lbs.	Raw	HS Varsity	D. Martin 479	363
Z. Swanger 88	J. Humanick 314	HS Varsity	I. Wylie 363	181 lbs.	B. Zimpfer 363	Raw
148 lbs.	A. Pattison 281	143	HS JV	HS Varsity	A. Siegel 214	446
Sub Jr.	T. Meckley 181	105 lbs.	B. Sariego 466	540	E. Bonini 446	Raw
A. Ativeh 236	Open	HS Varsity	HS Varsity	540	I. Machado 53	385
HS Varsity	T. Getsinger 446	B. Foley 165	540	OOS	(Thanks to Garage Ink for these results)	385
X. Derstine 170	R. Zsido 418	123 lbs.	OOS	J. Harrison 385		
165 lbs.	D. Patrisso 402	143	132 lbs.	P/F/M		
Open	T. Favata —	HS JV	HS JV	S. Davenport 501		
Ambrassano 341	HS JV	209	N. Moyer 209	COS		
Master IV	M. Pattison 253	154	J. Gerrard 407	Raw		
R. Lambert 225	Master III	HS Varsity	M. Louless 154	Raw		
Raw	M. Jenkins 220	N. Guila 192	S. Roesler 264	MEN		
I. Wylie 270	Master V	Junior	J. Gerrard 407	198 lbs.		
Master VIII	G. Burke 314	J. Lyons 231	P. Hubbard 286	198 lbs.		
L. Cooper 104	P/F/M	148 lbs.	Open	198 lbs.		
181 lbs.	T. Getsinger 446	HS JV	Open	198 lbs.		
Open	Raw	E. Applegate 275	P. Grohski 534	198 lbs.		
I. Sterner 336	K. Miller 341	B. Crawford 253	Sub Jr.	198 lbs.		
HS JV	OOS	Master I	C. Zimpfer 369	198 lbs.		
B. Sariego 236	E. Frattaruolo 303	C. Gibson 303	M. Keller 314	198 lbs.		
HS Varsity	242 lbs.	Raw	HS JV	198 lbs.		
S. Smith 275	Sub Jr.	N. Hubbard 275	HS JV	198 lbs.		
Junior	M. Beans 434	165 lbs.	C. Zimpfer 369	198 lbs.		
I. Sterner 336	HS JV	HS JV	HS Varsity	198 lbs.		
Raw	M. Beans 434	Cunningham 259	D. Myers 462	198 lbs.		
I. Sterner 336	Handicapped	Master III	T. Meckley 369	198 lbs.		
J. Harrison 259	R. Costigan 236	A. Kemmerer 181	P/F/M	198 lbs.		
P/F/M	Master II	Raw	A. Sabatell 391	198 lbs.		
S. Davenport 369	R. Smith 473	Open	A. Miller 451	198 lbs.		
COS	D. Martin 275	Open	T. Meckley 369	198 lbs.		
M. Ciupinski —	B. Zimpfer —	Open	A. Kemmerer 181	198 lbs.		
HS Varsity	T. Harman —	Open	Raw	198 lbs.		
A. Pattison 50	Raw	Open	Raw	198 lbs.		
105 lbs.	S. Roseler 253	Open	Raw	198 lbs.		
HS Varsity	P. Hubbard 253	Open	Raw	198 lbs.		
B. Foley 66	198 lbs.	Open	Raw	198 lbs.		
123 lbs.	OOS	Open	Raw	198 lbs.		
OOS	Open	Open	Raw	198 lbs.		
T. Niel 77	Open	Open	Raw	198 lbs.		
132 lbs.	R. Carroll 259	Open	Raw	198 lbs.		
HS JV	Master I	Open	Raw	198 lbs.		
N. Moyer 71	P/F/M	Open	Raw	198 lbs.		
N. Guila 77	R. Carroll 259	Open	Raw	198 lbs.		
J. Lyons 99	198+ lbs.	Open	Raw	198 lbs.		
148 lbs.	Open	Open	Raw	198 lbs.		
HS JV	Open	Open	Raw	198 lbs.		
E. Applegate 132	S. Cole 170	Open	Raw	198 lbs.		
B. Crawford 93	C. Petty 143	Open	Raw	198 lbs.		
M. Louless 55	Master III	Open	Raw	198 lbs.		
Master I	S. Cole 170	Open	Raw	198 lbs.		
C. Gibson 148	MALE	Open	Raw	198 lbs.		

275 lbs.	OOS	501	242 lbs.	Open	E. Frattaruolo 501
181 lbs.	Open	J. Traub 451	181 lbs.	HS Varsity	L. Penillo 518
Master III	HS Varsity	363	Master II	Raw	J. Zwick 303
D. Martin 479	Raw	518	Raw	Raw	J. Traub 451
B. Zimpfer 363	Raw	303	Raw	SHW Open	J. Fiss 633
Raw	Raw	303	Raw	SHW Open	633
A. Siegel 214	Raw	451	Raw	SHW Open	633
E. Bonini 446	Raw	451	Raw	SHW Open	633
I. Machado 53	Raw	385	Raw	SHW Open	633
(Thanks to Garage Ink for these results)	Raw	385	Raw	SHW Open	633

**SPF GA Push/Pull Championship**  
28 JUL 07 - LaFayette, GA

BENCH	Masters (45-49)	SHW	MEN	Masters (60-64)	Open	Submasters	SHW	Masters (40-44)	4th-500	Reps
165 lbs.	J. Brown 165	165 lbs.	165 lbs.	165 lbs.	165 lbs.	165 lbs.	165 lbs.	165 lbs.	165 lbs.	165 lbs.
220 lbs.	J. Brown 220	220 lbs.	220 lbs.	220 lbs.	220 lbs.	220 lbs.	220 lbs.	220 lbs.	220 lbs.	220 lbs.
210 37	B. Colbert 210	210 37	210 37	210 37	210 37	210 37	210 37	210 37	210 37	210 37
100 205 305	T. Gillespie 100	100 205 305	100 205 305	100 205 305	100 205 305	100 205 305	100 205 305	100 205 305	100 205 305	100 205 305
275 450 725	J. Watkins 275	275 450 725	275 450 725	275 450 725	275 450 725	275 450 725	275 450 725	275 450 725	275 450 725	275 450 725
460 625 1085	S. Ford 460	460 625 1085	460 625 1085	460 625 1085	460 625 1085	460 625 1085	460 625 1085	460 625 1085	460 625 1085	460 625 1085
300 405 705	M. Smith 300	300 405 705	300 405 705	300 405 705	300 405 705	300 405 705	300 405 705	300 405 705	300 405 705	300 405 705
285 380 665	R. Sims Jr. 285	285 380 665	285 380 665	285 380 665	285 380 665	285 380 665	285 380 665	285 380 665	285 380 665	285 380 665
181 lbs.	Open	181 lbs.	181 lbs.	181 lbs.	181 lbs.	181 lbs.	181 lbs.	181 lbs.	181 lbs.	181 lbs.
209*	B. Emery 209	209*	209*	209*	209*	209*	209*	209*	209*	209*
253*	E. Wills 253	253*	253*	253*	253*	253*	253*	253*	253*	253*
347*	A. Logwood 347	347*	347*	347*	347*	347*	347*	347*	347*	347*
303*	J. Hiben 303	303*	303*	303*	303*	303*	303*	303*	303*	303*
308	D. Bendell 308	308	308	308	308	308	308	308	308	308
220	M. Rahim 220	220	220	220	220	220	220	220	220	220
385	R. Fuch 385	385	385	385	385	385	385	385	385	385
501*	J. Brewer 501	501*	501*	501*	501*	501*	501*	501*	501*	501*
374	N. Glover 374	374	374	374	374	374	374	374	374	374
485	R. Meuffels 485	485	485	485	485	485	485	485	485	485
314	A. Williamson 314	314	314	314	314	314	314	314	314	314
496*	C. Reuben 496	496*	496*	496*	496*	496*	496*	496*	496*	496*
330	M. Stiel 330	330	330	330	330	330	330	330	330	330
385*	J. Beavers 385	385*	385*	385*	385*	385*	385*	385*	385*	385*
248	B. Frazzini 248	248	248	248	248	248	248	248	248	248
330	T. Hirdler 330	330	330	330	330	330	330	330	330	330
330	S. Teska 330	330	330	330	330	330	330	330	330	330
358	S. Wahl 358	358	358	358	358	358	358	358	358	358
297*	K. Maye 297	297*	297*	297*	297*	297*	297*	297*	297*	297*
242	D. Fitzgerald 242	242	242	242	242	242	242	242	242	242
341	R. Delisi 341	341	341	341	341	341	341	341	341	341
396*	T. Schrupp 396	396*	396*	396*	396*	396*	396*	396*	396*	396*
286	E. Knudsen 286	286	286	286	286	286	286	286	286	286
319	L. Kollauf 319	319	319	319	319	319	319	319	319	319
363*	G. Peterson 363	363*	363*	363*	363*	363*	363*	363*	363*	363*
396*	W. Peiffer 396	396*	396*	396*	396*	396*	396*	396*	396*	396*
264	D. Hawkinson 264	264	264	264	264	264	264	264	264	264
253*	B. Emery 253	253*	253*	253*	253*	253*	253*	253*	253*	253*
526	R. Fuchs 526	526	526	526	526	526	526	526	526	526
449	T. Schrupp 449	449	449	449	449	449	449	449	449	449
445	S. Wahl 445	445	445	445	445	445	445	445	445	445
399	G. Peterson 399	399	399	399	399	399	399	399	399	399
351	E. Knudsen 351	351	351	351	351	351	351	351	351	351
289	J. Rivet 289	289	289	289	289	289	289	289	289	289

**1st LifeTime Fitness BP Classic**  
11 AUG 07 - Chanhassen, MN

BENCH	WOMEN	Raw	Teen II (17-19)	Open
123 lbs	J. Rivet 159	123 lbs	123 lbs	123 lbs
181 lbs	M. Isaacson 165*	181 lbs	181 lbs	181 lbs
123 lbs	J. Rivet 159	123 lbs	123 lbs	123 lbs
148 lbs	J. Rivet 154*	148 lbs	148 lbs	148 lbs
198+ lbs.	K. McWithey 198*	198+ lbs.	198+ lbs.	198+ lbs.
123 lbs	M. Zorn 110*	123 lbs	123 lbs	123 lbs
Open	Open	Open	Open	Open
220 lbs.	R. Fuchs 562	220 lbs.	220 lbs.	220 lbs.
242 lbs.	M. Sias 451	242 lbs.	242 lbs.	242 lbs.
275 lbs.	G. Riggs 556	275 lbs.	275 lbs.	275 lbs.
Subs (34-39)	D. Weltzien 474	Subs (34-39)	Subs (34-39)	Subs (34-39)
Masters I (40-46)	Masters I (40-46)	Masters I (40-46)	Masters I (40-46)	Masters I (40-46)
220 lbs.	J. Beavers 385*	220 lbs.	220 lbs.	220 lbs.
D. Crump 347	B. Frazzini 248	D. Crump 347	D. Crump 347	D. Crump 347
242 lbs.	T. Pemu 534	242 lbs.	242 lbs.	242 lbs.
114 lbs.	S. Wahl 474	114 lbs.	114 lbs.	114 lbs.
220 lbs.	J. Steffens 418	220 lbs.	220 lbs.	220 lbs.
181 lbs.	S. Kivisto 446	181 lbs.	181 lbs.	181 lbs.
SHW	K. Maye 297*	SHW	SHW	SHW
S. Nutter 628	D. Fitzgerald 242	S. Nutter 628	S. Nutter 628	S. Nutter 628
Masters II (47-53)	R. Delisi 341	Masters II (47-53)	Masters II (47-53)	Masters II (47-53)
220 lbs.	T. Schrupp 396*	220 lbs.	220 lbs.	220 lbs.
R. Delisi 457				







As a Power Lifter I trained to get big and strong and I thought nothing of

## WISDOM

eat a whole family pizza followed with a half gallon of ice cream by myself in one sitting. I loved Power Lifting because I could eat to my heart's content and become big and powerful!

I had a physical checkup by my family doctor two months after turning 50 years of

03/08/06 316



age. At 5 feet 11 1/2 inches in height I weighed 316 pounds and my blood pressure was too high so the doctor prescribed blood pressure medication for my condition.

I told him I did not need it because I would drop my bodyweight. He countered by telling me that losing weight would not do it. He

09/16/06 209



from sweating and all this can be gained back by hydrating yourself but what most people do not understand is that the TK Waist Band helps generate heat and that in turn improves blood circulation. This, in turn, helps metabolize this area faster.

My waist came down from 44 inches to 34 inches and I did lose 100 pounds in body fat in 7 months' time. If you check my shoulder and chest area on the "after" picture, I have not lost any size or shape there but the waist has impressively trimmed down. Incidentally, my blood pressure reading is perfect and I do not take any medication. They say with age comes wisdom and I find this to be so true.

In one photo you see me wearing what I call the TK Suit of Armor for my exercise program....prevents injuries of the knees, lower back and trims the waist. The support and warmth created by the TK

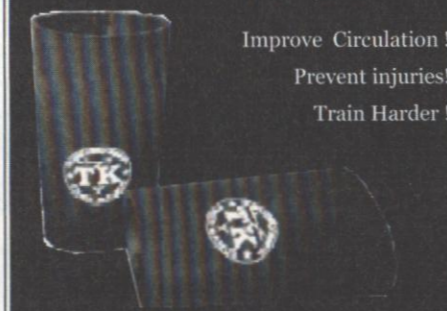
bands on the joints is critical especially for a heavy person who perform any repetitive movements. I strongly advise anyone who wishes to lose bodyweight to wear these TK Bands as a protective measure against stress and strain of the joints that will under go constant pounding. If your joints go, so does your cardiovascular exercises and the high metabolic rate!

The cardiovascular movements such as jumping rope, biking or jogging meant constant pounding on the knee joints and to pre-

PS. Now, for the first time in my life, I have a good chance of Benching double bodyweight...and at a wiser age of 51!

## TOMMY KONO BANDS

For knee or elbow provide stability and warmth.



Improve Circulation!  
Prevent injuries!  
Train Harder!

S. M \$39.95  
L. \$42.95 pr.

## T.K. WAISTBAND

SHRED  
YOUR ABS!

T.K. Waist Band  
provides both  
support comfort  
odor free!

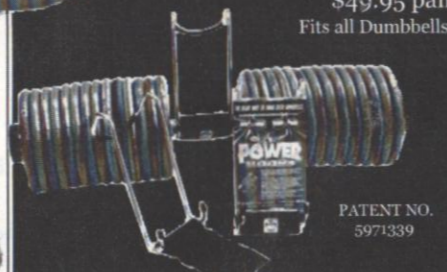
One Size Fits All  
\$29.95

## POWER HOOKS

REVOLUTIONARY TOOL TO  
PER-LOAD AND SELF-SPOT  
DUMBBELLS!

Powerhooks make your workouts  
More intense—More Effective  
Results in maximum  
exercise benefit.

\$49.95 pair  
Fits all Dumbbells



PATENT NO.  
5971339

## POWER UP

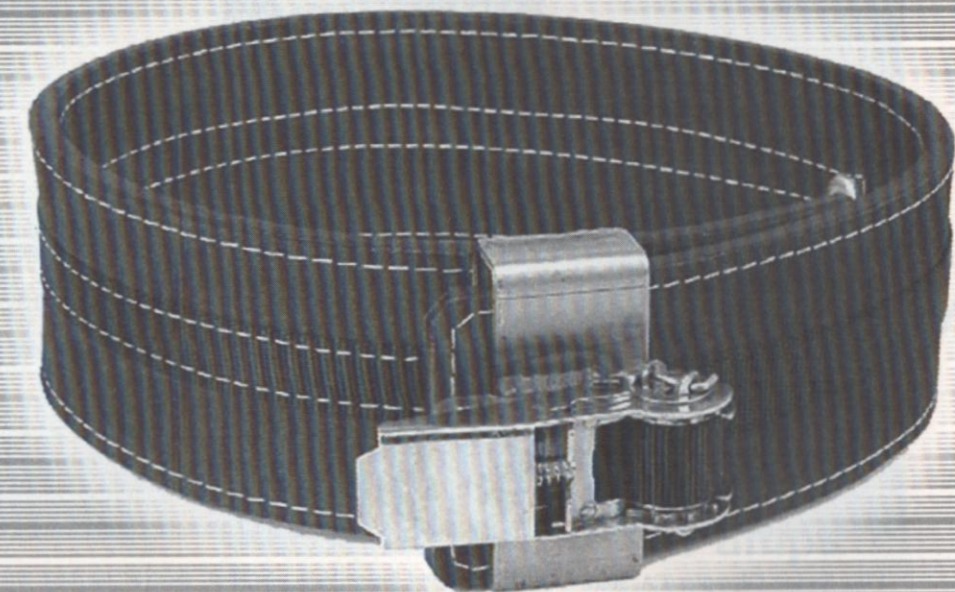
ORDER NOW! Add \$6.75 S&H per order  
888-669-6316

or send check or money order to:  
COUNTRY POWER INC.  
85-979 Farrington Hwy.  
Waianae, HI 96792  
WWW.POWERHOOKS.COM

## 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

PRBELT.COM INZERNET.COM

# INZER ADVANCE DESIGNS

The World Leader in Powerlifting Apparel



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

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

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

Gold - 275<sup>00</sup>  
Silver - 150<sup>00</sup>

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

**Michelle's Jewelry Collection**  
Send check or money order to  
Michelle Weiss, 405 Petris Ave., Ridgecrest, CA 93555,  
or call 760-371-7898 (8am-5pm PT) M-F

record by lifting 5 lbs. over bodyweight. She lifted 105 lbs. and she weighs about 100 lbs. She received a special medal for being the first woman to achieve a body weight bench in competition. Our usual winners were there, too. Harry and Sarah Sneider got their gold medals. The contingent from Hemet are an enthusiastic group that continue to improve year by year. Jack Lynch from Arcadia is certainly one of the strongest men in the San Gabriel Valley, a very fit individual that looks more like a bodybuilder weighing only 198 lbs. putting up a big 340 lb in the bench press. The heaviest weight lifted in competition was by Val Olotoa. He pressed 403 lbs. and it appears that he has a lot more left since he is only 52 years old. The heaviest lift in the Women's Division was by Louise Jones. She pressed a personal best of 130 lbs. We look forward to the Senior Olympics growing with renewed interest year by year. (results by Harry, Sarah and Rob Sneider)

**USAPL High School Qualifier**  
18 MAR 07 - Baton Rouge, LA

Powerlifting	SQ	BP	DL	TOT
(14-15)				
148 lbs.				
B. Cowher	280	200	345	825
181 lbs.				
S. Leger	225	110	230	565

Venue: Fletcher's House of Power. Meet Director: Arval Bridges. (Results by USAPL)

**Northern Single Lift Qualifier**  
26 MAY 07 - Bradford

SQUAT	Rigby-NW	385
Raw	4th-396	
148 lbs.	Master III	
Teen II	Flett-NM	380
Jones-EM	Master IV	
165 lbs.	Reynolds-NW	187
Master III	Senior	
Roberts-NW	Allonby-NE	308
Senior	Kabbani-NE	297
Madronal-NE	Nessworth-NE	242
Koumis-SCO	242 lbs.	
181 lbs.	Senior	
Teen III	Montgom-NW	396
Pathan-NE	Walker-NW	336
198 lbs.	Beevers-NE	308
Senior	319 lbs.	
Khan-NE	Senior	
220 lbs.	Butterwo-NW	314
Senior	DEADLIFT	
Allonby-NE	Raw	
396	FEMALE	
Nessworth-NE	154 lbs.	
242 lbs.	Senior	
Senior	Bullock-EM	264
Beevers-NE	440	
319 lbs.	MALE	
Senior	148 lbs.	
Butterwo-NW	Teen II	
374	Jones-EM	385
BENCH	Teen III	
Raw	McGatha-NW	314
FEMALE	165 lbs.	
154 lbs.	Master III	
Bradley-EM	Roberts-NW	424
132	Senior	
Senior	Koumis-SCO	396
Bullock-EM	181 lbs.	
165	Junior	
MALE	Kumar-NE	440
148 lbs.	Senior	
Teen II	Selmi-EM	474
Jones-EM	159	
Teen III	McGatha-NW	143
165 lbs.	143	
Master III	Corrigan-NW	418
Roberts-NW	237	
Senior	Pathan-NE	363
Holden-NW	198 lbs.	
253	Senior	
Koumis-SCO	Bain-NW	529
154	Harrison-NW	529
181 lbs.	Khan-NE	374
Junior	220 lbs.	
Kumar-NE	Senior	
Teen III	Allonby-NE	562
Corrigan-NW	Nessworth-NE	374
286	242 lbs.	
Pathan-NE	214	
198 lbs.	Master I	
Master IX	Archer-NW	474
Fulton-EM	220	
Senior	Anderson-WM	551
Bain-NW	248	
Khan-NE	187	
220 lbs.	Senior	
Master II	Butterwo-NW	463

Venue: Bradford University. (Sharon Clegg)

of the determined Eugene Malin who lifted received the best lifter awards. Helene an incredible 160 lbs. at age 87! They both Troop set an all time Senior Olympic



Senior Olympics Competitors (photograph courtesy Harry Sneider)

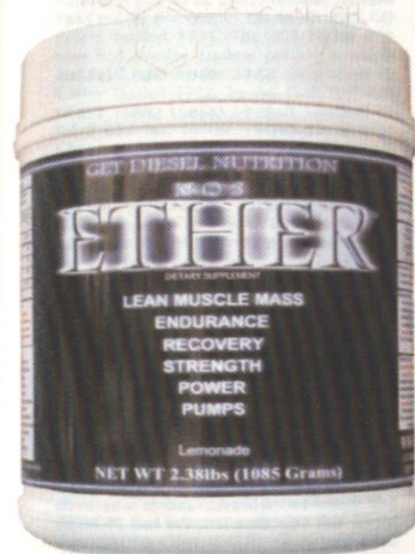


**15th Senior Olympics/CA State**  
10 JUN 07 - Arcadia, CA

BENCH	S. Seltzer	175
WOMEN	Light-Heavy	
(50-54)	P. Antoine	225
Middleweight	Mid-Heavy	
M. Barnes	J. Lynch	340
100	Heavyweight	
(55-59)	R. Connelly	205
Lightweight	J. Kholos	160
J. Johnston	(65-69)	
110	Light-Heavy	
(60-64)	H. Press	210
Lightweight	Heavyweight	
S. Sneider	220 lbs.	
70	H. Sneider	300
Middleweight	242 lbs.	
A. Connelly	W. Mathise	270
95	SHW	
Mid-Heavy	E. Stanley	190
L. Jones	(70-74)	
130	Light-Heavy	
(65-69)	J. Johnston	250
Lightweight	Heavyweight	
H. Tropp	220 lbs.	
105	J. Coen	265
(70-74)	242 lbs.	
Light-Mid	R. Dolfi	270
G. Doro	D. Smith	225
95	G. Roncelli	180
Middleweight	(75-79)	
B. Roncelli	Middleweight	
75	A. Donaldson	160
(85-89)	Mid-Heavy	
Middleweight	J. DiMarco	260
B. Maullin	(85-89)	
60	Light-Heavy	
MEN	E. Malin	160
(50-54)	Heavyweight	
Mid-Heavy	220 lbs.	
S. Nesbit	I. Glosser	175
300	(75-79)	
Heavyweight	Middleweight	
242 lbs.	A. Donaldson	160
L. McClurg	Mid-Heavy	
315	J. DiMarco	260
275-308 lbs.	(85-89)	
V. Olotoa	Light-Heavy	
403	E. Malin	160
(55-59)	Heavyweight	
Heavyweight	220 lbs.	
275 lbs.	I. Glosser	175
J. DiPietra	355	
(60-64)	Lightweight	
G. Smith	210	

Venue: Sneider's Family Fitness. The Senior State Games had the largest powerlifting turnout ever! This was more like a family reunion or some said it even felt like a birthday party! What is amazing, these ever youthful lifters keep improving year after year. As usual Beatrice Maullin won her 62nd gold medal and lifted an astonishing 60 lbs. at age 86! This is equivalent to a young person in their 20s lifting over 200 lbs. The same can be said

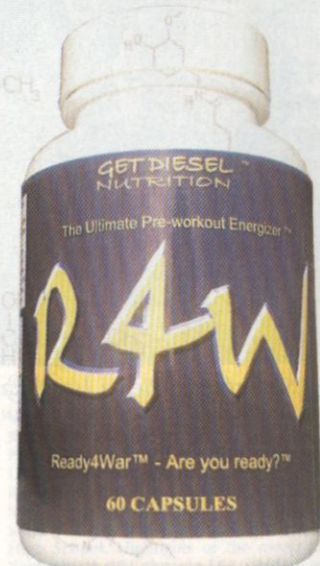
WHEN YOU'RE DONE PLAYING WITH THE REST.....  
COME GET WITH THE BEST AND GET DIESEL!



**NOS ETHER**

Strength  
Power  
Endurance  
Pumps  
Recovery

NOS ETHER is the GUARANTEED most effective drug free non-hormonal strength/power supplement available!



**Ready4War**

Energy  
Mental Focus  
Training Intensity  
Endurance  
Testosterone  
Sex Drive  
Pumps

Ready4War = GUARANTEED mind blowing training intensity!

**GUARANTEED RESULTS!**



**DIESEL FUEL Classic**

Energy  
Fat loss  
Mental Focus  
Mood Elevation



**Coq Diesel**

Sex Drive  
Erection Intensity  
Mood Elevation

If you are looking for maximum performance "down low" this is your product!



**TRIB TEST Extreme**

Strength  
Testosterone  
Sex Drive

This is the 2nd most effective herbal test booster available behind our DIESEL TEST Hardcore at a lower price for those on a budget!

GET DIESEL NUTRITION: "NEXT LEVEL" supplements designed for powerlifters and anyone training for a purpose!

Products available at:



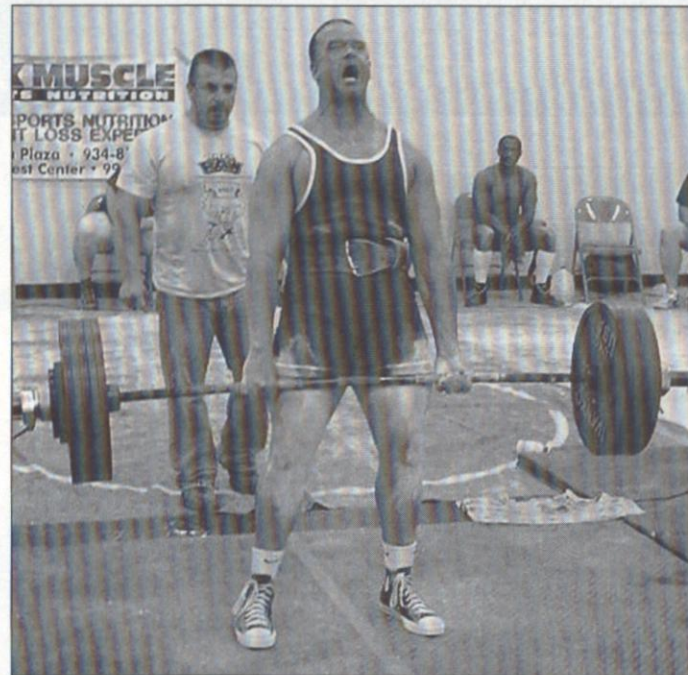
A complete list of retailers available at getdiesel.com. Retailers/distributors contact us at getdiesel@verizon.net or call 1-888-509-5087

\*Statements have not been evaluated by the FDA. This product is not intended to prevent, diagnose, treat or cure any disease.



**100% Raw Nebraska State  
4 AUG 07 - Omaha, NE**

BENCH	
FEMALE	
181 lbs.	Submaster
Open	S. Peterson 330
MALE	
170 lbs.	Open
A. Dacosta 170!	J. McClaren 418
(25-29)	L. Grush 418
A. Dacosta 170!	E. Horwitz 259
Submaster	
97 lbs.	L. Grush 418
(16-17)	Master (40-44)
J. Hinkel 203!	E. Horwitz 259
198 lbs.	275 lbs.
Open	Open (30-34)
Z. Craig 319	J. Mattison 485!
Submaster	D. Jones 352
D. Doobay 341	308 lbs.
Master (40-44)	Submaster
D. Charron 330	D. Charron 485!
Master (60-64)	
R. Powell 308	BP DL TOT
Push Pull	
MALE	
181 lbs.	
Open	
M. Gottsch 248	374 622
198 lbs.	
(16-17)	
G. Melnick 286	529 815
Master (60-64)	
R. Powell 308	501! 809
242 lbs.	
Submaster	
J. Bangs 352	479 831
Master (40-44)	
D. Satterfield 308	529! 837
275 lbs.	
Open (30-34)	
D. Jones 352	507 859
Powerlifting SQ	BP DL TOT
FEMALE	
123 lbs.	
(14-15)	
Meisenheimer 126	99 236! 461
(16-17)	
B. Kubiacyk 170	110 286 566
198 lbs.	
Open	
K. Sharp 325!	181! 374! 880
(20-24)	
K. Sharp 325!	181! 374! 880
(16-17)	
VanWestern 270	121 286 677
MALE	
97 lbs.	
(16-17)	
J. Hinkel 303!	203! 198! 704!
123 lbs.	



**D.J. Satterfield pulled a 100% Raw National Record deadlift of 529 lbs. in the 242 lb., 40-44 age group in the Aug. 4th meet in Omaha.**

(16-17)	T. Pinkerton 424	248	473	1145
J. Hoy 259!	K. Pohlmann 391	264	418	1073
165 lbs.	Open			
(12-13)	G. Melnick 407	286	529!	1222
R. Ludlow 270!	J. Bethel 435	330	457	1222
137 341! 748!	C. Florendo 336	308!	440	1084
(14-15)	J. Putz 314	308	341	963
J. Scurlocke 314	Frederickson 336	209	413	958
225 341 880	(16-17)			
181 lbs.	G. Melnick 407	286	529!	1222
Open	(18-19)			
T. Pinkerton 424	J. Bethel 435	330	457	1222
248 473 1145	(20-24)			
M. Benschhof 429	Frederickson 336	209	413	958
275 435 1139	Master (45-49)			
K. Pohlmann 391	C. Florendo 336	308!	440	1084
264 418 1073	Master (55-59)			
(12-13)	J. Putz 314	308	341	963
J. Best 347				
303 347 997				
M. Gottsch 275				
248 374 897				
(20-24)				
M. Benschhof 429				
275 435 1139				
J. Best 347				
303 347 997				
M. Gottsch 275				
248 374 897				
(25-29)				

220 lbs. (18-19)  
M. Kathol 451 325 490 1266  
Open  
B. Carter 473 369 518 1360  
C. Toney 314! 259! 473! 1046!  
(25-29)  
B. Carter 473 369 518 1360  
Master (55-59)  
C. Toney 314! 259! 473! 1046!  
242 lbs.  
Open  
J. McClaren 540 418 573 1531  
D. Satterfield 407 308 529! 1244  
(30-34)  
J. McClaren 540 418 573 1531  
Master (40-44)  
D. Satterfield 407 308 529! 1244  
275 lbs.  
Open  
Z. Best 551 440 589 1580  
(25-29)  
Z. Best 551 440 589 1580  
Master (40-44)  
R. Peters 402 325 407 1134  
308 lbs. (18-19)  
W. Ludlow 512 336 490 1338  
Open  
C. Carter 507 358 457 1322  
(30-34)  
C. Carter 507 358 457 1322  
National Records. Outstanding Full Meet Lighweight: Jason Henkel. Outstanding Full Meet Heavyweight: John McClaren. Outstanding Push/Pull: Ronnie Powell. Outstanding Bench: Jason Mattison. Meet Director: D.J. Satterfield. Sponsor Director: Richard "Vince" Vincent. The 100% Raw Powerlifting Federation 2007 Nebraska State Championships were held at the A.V. Sorensen Recreation Center in Omaha, NE. This was the second time 100% Raw had been to Nebraska and it was even bigger this year than last. We had 39 lifters from four states (NE, IA, MO & GA), ages 13-60, with 28 competing in the full meet. The meet was completed in just under six hours, thanks to some great help. Only a belt and chalk were allowed and the competitors loved it. I would like to send a huge thank you to Bill Purcell, Tom Young, Kris McNeil, Tonya Satterfield, Mac Capello and Corey Kenkel, you all were incredible all day loading and spotting. Also, to Howard Huffman and son Don McElravy, Paul Bossi and Elizabeth City Awards, and Keith Machulda. I want to thank my beautiful wife and Bob Coco for doing a great job on the microphone, organizing the cards, and keeping the lifting moving along. Without all of you, this meet would have never run as smoothly as it did. I want to give a special thank you to Howard Huffman and his son for allowing us to use his weights and computer and for their help with judging, running the computer, and everything else they did. And finally, to my partner, Richard "Vince" Vincent, for helping me put on another very successful meet. The meet started at 10:00a.m. and had some impressive lifts and national records set to follow. In the female full meet 123/14-15 division, Kristen Meisenheimer totaled 461 lbs., with a national deadlift record of 236 lbs. The 165/16-17 division saw Becky Kubiacyk total 566 lbs. The 198 lbs. Open (20-24) division had Kacie Sharp set national records in all three lifts and total 880 lbs. In the 16-17/198+ division, Alicia VanWestern totaled 677 lbs. The male side of the full lifters in the 97/16-17 division Jason Hinkel put up a 704 lbs. total, setting national records in all three lifts. In the 123/16-17 division Jonathan Hoy set new national records in all three lifts with a nice 781 lbs. total. The 165/12-13 division was won by Ryan Ludlow who also set national records in the squat and deadlift. The 14-15 division was won by Jay Scurlocke totaling 880 lbs. The 181 lbs. Open division had some great competition with five lifters going at it. Coming out in first was Tim Pinkerton with a 1145 total, followed by Matt Benschhof 1139, Kurt Pohlman 1073, Josh Best 997, and Matt Gottsch 897. In the 198/16-17 division Glenn Melnick set a new national record for the deadlift with a 529 lbs. lift. The 18-19 division had Jess Bethel totaling 1222.

The 20-24 division was won by Jesse Frederickson with a 958 lbs. total. In the Master 45-49 division Collyn Florendo set a new national record in the bench portion with a 308 lbs. effort. The Master 55-59 saw Jim Putz total 963 lbs. The 220/18-19 division saw Max Kathol total 1266 lbs. In the 25-29 division, Bret Carter put up a nice 1360 lbs. total. The Master 55-59 division saw Caresley Toney set national records in all three lifts and total 1046 lbs. The 242/30-34 division was won by John McClaren with a super total of 1531 lbs. The Master 40-44 division saw D.J. Satterfield set a new national record in the deadlift portion with a 529 lbs. pull. In the 275 lbs. division Zack Best put up an awesome total of 1580 lbs., and in the Master 40-44 division Ray Peters totaled 1134. The 308/18-19 division had Wesley Ludlow putting up 1338 lbs. total, and in the 30-34 division Colby Carter totaled 1322. In the Push/Pull part of the meet, 181/20-24 Matt Gottsch totaled 622 lbs. In the 198/16-17 division Glenn Melnick set a new national record with a 529 lbs. pull. The Master 60-64 division had Ronnie Powell totaling 809 lbs. In the 242 lbs. Submaster division Jason Bangs put up a nice 831 lbs. total, and in the Master 40-44 division D.J. Satterfield set a new national record with a 529 lbs. deadlift. The 275/30-34 division had Dave Jones totaling 859 lbs. In the Bench only part of the competition, the female 181/25-29 division saw Aisha Dacosta set a new national record with a 170 lbs. press. In the male side of things, in the 97/16-17 division Jason Hinkel set a new national record with a 203 lbs. bench. The 198/20-24 division Zac Craig put up a 319 lbs. lift. Submaster Daven Doobay hit a 341 lbs. press. Master 40-44 Dennis Charron benched 330 lbs., and in the Master 60-64 division Ronnie Powell pressed 308 lbs. The 220 lbs. Submaster division had Shane Peterson benching 330 lbs. In the 242 lbs. Open division, John McClaren took the win, due to lower bodyweight, with a 418 lbs. lift, followed by Lance Grush, who also pressed 418 lbs., followed by Ed Horwitz who benched 259 lbs. In the Submaster division Lance Grush won with a 418 lbs. lift. The Master 40-44 saw Ed Horwitz bench 259 lbs. The 275 lbs. Open division was won by Jason Mattison with a new national record lift of 485 lbs. and followed in second by Dave Jones, who lifted 352 lbs. The 308 lbs. Submaster division saw Daryl Charron set a new national record with a 485 lbs. bench. Once again I would like to personally thank everyone that was involved in any way with the 100% Raw Powerlifting Federation 2007 Nebraska State Championships. It was because of all of you, that this meet turned out to be a success. (Thanks to Paul Bossi for results)



**Tim Durrett the overall Paul Jones Memorial Best Lifter winner on April 7th in Richmond, Virginia.**

198 lbs.	SO Raw			
SO Raw	R. Curry	93	132	225
SHW				
SO Raw	W. Umphlett	99	132	231
Powerlifting SQ	BP DL TOT			
FEMALE				
132 lbs.				
Open				
D. Hanson 242	170 286 698			
181 lbs.				
Open				
I. Lange 236	104 308 648			
SHW				
Open Raw				
M. Evans 314	198 325 837			
Master (45-49)				
S. Zubawa 132	154 319 605			
MALE				
165 lbs.				
Teen (18-19) Raw				
L. Hisemen 490	369 490 1349			
Open Raw				
R. Howell 462	314 473 1249			
J. Preskar 308	225 429 962			
Master (65-69) Raw				
J. Hudson 154	121 225 500			
181 lbs.				
SO Raw				
E. Woldfolk 137	93 187 417			
Master (45-49) Raw				
McCullough 303	236 429 968			
198 lbs.				
Teen (14-15)				
J. Clayton 330	192 363 885			
Junior (20-23) Raw				

B. Defibaugh 347	242	429	1018
Open			
B. Armstrong 402	303	440	1145
220 lbs.			
Teen (18-19) Raw			
M. Mellon 407	275	501	1183
Open			
S. Holden 501	380	501	1382
D. Fenkenstadt 440	385	440	1265
1265			
Master (40-44)			
T. Mitchell 501	462	457	1420
S. Holden 501	380	501	1382
I. Lambert 507	303	501	1311
GL			
J. Beck 804	551	727	2082
242 lbs.			
Teen (16-17) Raw			
B. Gillespie 325	314	424	1063
SO Raw			
P. Curry 99	137	203	439
Open			
T. Purrett 650	462	600	1712
D. Mason 606	496	600	1702
B. Bastick 617	396	551	1564
K. everitt 418	352	446	1216
Master (40-44)			
G. Mendoza 462	330	451	1243
Master (45-49)			
M. VanSickle 451	308	407	1166
275 lbs.			
Open Raw			
J. Penn 314	325	435	1074
SHW			
Junior (20-23)			
M. Baggett 573	396	584	1553
Open			
S. Slaughter 705	534	501	1740
Master (40-44) Raw			
R. Armstead 529	347	523	1399
Paul Jones Overall Best Lifter Award: Tim Durrett, from Richmond, VA. The 4th USAPL Richmond Open was well attended by 51 lifters coming from all over Virginia, DC, and West Virginia, to converge at Atlee High School. Highlights of the meet: Jason Beck squat 804, bench 551, and deadlift 727, to tie his American record. Jason was a guest lifter. Johnny Harris, Washington DC, benched 600 at 275. There were many state records established. Special thanks goes out to our sponsors Graffiti's Tattooing and Piercing, Mason Insurance Agency, APT Pro Wrist Straps, Garage Ink, New Generation Federal Credit Union, Marines & Holiday Inn. Thanks to our table help: Jill Meads, Judy Wood, Steve Wood, William, Nick Minnetti, my son and Mitch Hayes. Without the help of our sponsors and people mentioned above, this meet would not have been possible. (results courtesy from Phillip Battle, Coordinator)			

**Mahanoy's Barbenders Meet  
7 JUL 07 -**

148 lbs.	SQ	BP	DL	TOT
Woodward	400	255	450	1105
165 lbs.				
Lovett	480	285	570	1335
Jones	490	310	465	1265
Galoway	415	235	440	1090
181 lbs.				
J. Carter	730	430	640	1800
Gibbons	600	340	600	1540
Moffit	450	340	480	1270
198 lbs.				
Davis	680	380	720	1780
C. Smith	650	425	680	1755
Elsser	515	320	520	1355
White	335	335	465	1135
220 lbs.				
Clapsadl	645	345	585	1575
242 lbs.				
Burgos	600	425	600	1625
Moscardelli	570	375	600	1545
Edwards	500	275	600	1375
Watson	425	350	505	1280
275 lbs.				
E. Carter	560	370	575	1505

17 lifters completed in seven weight classes with records being broken and shattered. First place in the 181s went to JT Carter who broke a meet record with a bone cruncing 730 squat. JT was also the overall best lifter with an 1800 total combined lifts and pound for pound the best lifter in the meet. A battle was brewing in the 198s between C. Smith and D. Davis. When the chalk dust cleared D. Davis was the victor. D. Davis also shattered a meet record for the deadlift with a 720 successful lift. Congratulations to both lifters. In the 242s congratulations should be extended to J. Burgos who overshot his best efforts by over prior years with a 1625 total. His first place effort in the 242s is one of the best we have seen in years. Also in the 242s the competition heated up between the 3rd and 4th place lifters S. Edwards and F. Watson who were tied moving into the deadlift competition. 69 year old Edwards took the early lead by opening with a 525 lift but it was Watson that looked to secure 3rd place by jumping to an attempted lift of 555, from a 400 opener, however it was Edwards who pulled a good 600 to secure his 3rd place finish. Congratulations to F. Watson, this being his first meet, and S. Edwards for providing a spectacular ending in the 242 competition. Congratulations to Mr. Woodward, Mr. Lovett, Mr. JT Carter, Mr. D. Davis, Mr. Clapsadl, Mr. Burgos, and Mr. E. Carter for their 1st place finishes. Congratulations to all lifters, everyone left a winner. (from Jerry Burgos)

**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: \_\_\_\_\_

<b>REGISTRATION FEE</b>	<b>MAKE CHECK PAYABLE TO: 100% RAW</b> 139 MARLAS WAY, CAMDEN, NC 27921
\$25 - ADULTS	<b>NOTE: Your 100% RAW Membership Will Expire</b> One Year From The Date of Application.
\$10 - HIGH SCHOOL	

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

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

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

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

**USAPL Richmond Open  
7 APR 07 - Mechanicsville, VA**

BENCH	
FEMALE	
105 lbs.	Open Raw
Open Raw	J. Gardner 330
L. Richard 137	Military Raw
Master (40-44) Raw	J. Gardner 330
L. Richard 137	220 lbs.
114 lbs.	Master (40-44)
Open Raw	T. Mitchell 462
T. Konieczny 126	Master (45-49)
132 lbs.	J. Shifflett 319
Open	242 lbs.
D. Hanson 170	Teen (18-19) Raw
148 lbs.	Z. Chestnut 286
Master (45-49) Raw	Open
C. Penn 110	T. Durrett 462
MALE	
165 lbs.	Open Raw
Junior/Senior Raw	J. Vossi 457
J. Noble 275	S. Revis 440
Open Raw	275 lbs.
J. Penn	Teen (18-19)
Master (40-44) Raw	J. Harris 600
J. Penn	Open Raw
181 lbs.	J. penn 325
Open Raw	Master (40-44) Raw
Push Pull	J. Penn 325
MALE	
132 lbs.	BP DL TOT
Teen (18-19) Raw	
J. Farrell 176	319 495

**The Ken Patera Story**



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

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

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

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

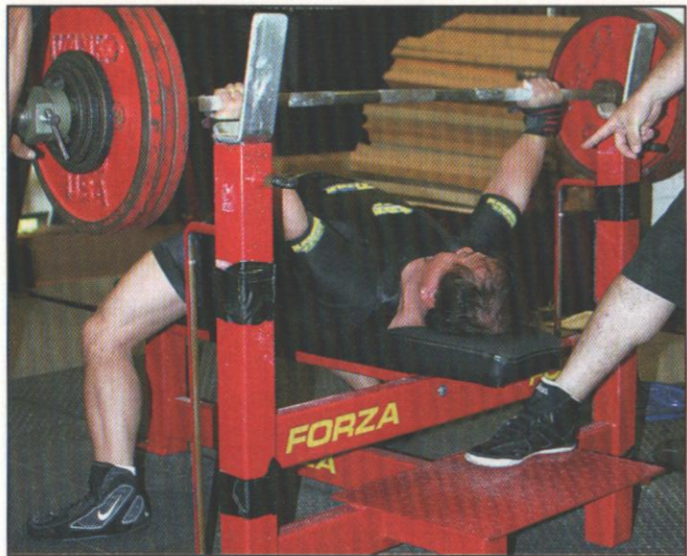
Priced at \$19.95 plus \$4.50 s&h. Order direct from:

Bruce Wilhelm Exercise Equipment • PO Box 2269 • Daly City, CA 94017



**WABDL Iron Gladiator Northern  
9 JUN 07 - Olympia, WA**

<b>BENCH FEMALE</b>	114 lbs.	
Law/Fire	S. Moorman	135
Open	4th-137*	
132 lbs.	K. Chwalek	165
L. Malo	187	132 lbs.
199+ lbs.	R. Unson	—
VanAmeronge 347*	165 lbs.	
4th-369!	M. Roochat	275
Law/Fire	T. Jacobs	203
Submaster	181 lbs.	
199+ lbs.	P. Robey	—
VanAmeronge 347*	A. Taylor	148
4th-369!	P. Martinez	143
Master (40-46)	199+ lbs.	
105 lbs.	S. Jackson	303
C. Moorman	148	132 lbs.
132 lbs.	R. Unson	176
L. Lamp	187	199+ lbs.
D. Sutton	104	N. Mueller
165 lbs.	220	Teen (14-15)
S. Klocke	242	114 lbs.
T. Jacobs	214	66
181 lbs.	R. Talley	
J. Woodridge 225*	165 lbs.	
E. Harwood	165	S. Grant
199+ lbs.	181 lbs.	137
S. Jackson	303*	C. Frost
Master (47-53)	192*	Teen (16-17)
123 lbs.	114 lbs.	
C. Myers	203	S. Moorman
148 lbs.	135	4th-137*!
N. Huxley	225*	MALE
165 lbs.	308 lbs.	Class I
N. Carpenter	187	148 lbs.
198 lbs.	—	Hilderbrand
C. Erickson	181	T. Beln
199+ lbs.	336	165 lbs.
M. Hustobn	214	S. Barden
4th-220*	385*	J. Benesl
Master (54-60)	214	181 lbs.
148 lbs.	214	D. Switzer
L. Lastufka	143	E. Eliason
Master (61-67)	270	198 lbs.
123 lbs.	303	A. Parkin
G. Camp	110	220 lbs.
4th-115*!	462	T. Sybouts
181 lbs.	440	B. Reynolds
P. Robey	—	242 lbs.
Master (75-79)	457	T. McCormick
132 lbs.	325	H. Higgins
M. Whinston	73	259 lbs.
Open	435	G. Loss
105 lbs.	391	J. King
C. Moorman	148	275 lbs.



**FRED EVANGELISTA** benching at the WABDL Iron Gladiator meet.

Lahourcade	502*	Open	T. Dahlstrom	380	D. Selth	451
V. Brumfield	424	181 lbs.	275 lbs.	B. Fleming	574*	F. Hofer
308 lbs.	R. Harris	485	R. West	451	308 lbs.	
J. Ward	429	198 lbs.	J. Smith	319	S. Boyle	451
J. Smith	319	242 lbs.	Disabled	—	V. Aleaga	—
165 lbs.	N. Lane	529*	Master (47-53)	Master (54-60)	148 lbs.	
M. Taylor	259*	165 lbs.	A. Evangelista	415	4th-424*!	
Elite Open	281	Cunningham	281	415	181 lbs.	
198 lbs.	D. Unson	264	Warrington	248	181 lbs.	
Junior (20-25)	181 lbs.	D. Walker	413*	Marxheimer	374	
181 lbs.	S. Hart	248	A. Somera	391*	198 lbs.	
S. Hart	248	4th-486*	P. Fernandes	314	220 lbs.	
A. Parkin	303	198 lbs.	J. Noblitt	451	T. Sybouts	462
220 lbs.	462	374	J. King	391	4th-486*	
T. Sybouts	462	391	S. Switzer	374	242 lbs.	
B. Reynolds	440	308 lbs.	C. Goli	325	W. Crossen Jr.	
242 lbs.	457	L. Fuhrman	541*	562*	G. Holzinger	363*
T. McCormick	457	Master (40-47)	E. Macauley	501*	K. Schlef	154
H. Higgins	325	220 lbs.	D. Sugimoto	424	G. Nelson	462
M. Whinston	73	259 lbs.	242 lbs.	440*	4th-479*!	
Open	435	391	K. Doerfler	462	N. Brewer	451
105 lbs.	391	275 lbs.			M. Fryar	385*
C. Moorman	148					

308 lbs.	R. Smith	501	220 lbs.	A. Kubin	—
4th-534!	Master (68-74)	181 lbs.	309+ lbs.	B. Rizzo	413
B. Miller	264*	DEADLIFT	148 lbs.	JUNIOR	
Master (75-79)	181 lbs.	148 lbs.	E. Lyman	303	
N. Munly	176	199+ lbs.	Law/Fire	Open	
Master (80-84)	148 lbs.	181 lbs.	VanAmeronge	363	
A. Whinston	99	181 lbs.	Law/Fire	Submaster	
181 lbs.	242*!	148 lbs.	199+ lbs.	Master (40-46)	
Christenson	242*!	165 lbs.	165 lbs.	T. Jacobs	405
Open	415	181 lbs.	181 lbs.	S. Klocke	358
Evangelista	415	4th-424*!	4th-407*!	J. Taylor	391
165 lbs.	440	405	J. Woodridge	347*	
Crossen III	440	4th-425*!	E. Harwood	315*	
181 lbs.	485	358	199+ lbs.	Master (47-53)	
R. Harris	485	181 lbs.	308 lbs.	123 lbs.	
181 lbs.	451	391	C. Myers	330	
S. Boyle	451	391	K. Olson	231	
R. McGaughy	413	325	148 lbs.	148 lbs.	
220 lbs.	541	315*	N. Huxley	325	
L. Fuhrman	541	315*	4th-337*	Master (54-60)	
242 lbs.	534	315*	Master (47-53)	148 lbs.	
S. Mathis	534	315*	123 lbs.	308 lbs.	
J. Lake	479	308 lbs.	C. Myers	330	
P. Arroyo	451	308 lbs.	K. Olson	231	
J. Anthony	435	148 lbs.	148 lbs.	325	
259 lbs.	606*	325	4th-337*	Master (54-60)	
T. Chun	606*	325	Master (47-53)	148 lbs.	
K. Engelke	606*	325	148 lbs.	275	
275 lbs.	595	275	148 lbs.	275	
F. Hofer	595	275	L. Lastufka	275	
Lahourcade	502	275	Master (61-67)	165 lbs.	
308 lbs.	—	275	181 lbs.	G. Backiel	316
V. Aleaga	—	275	309+ lbs.	Master (75-79)	
J. Mickelson	462	275	132 lbs.	B. Hill	374
D. O'Neill	—	275	220 lbs.	220 lbs.	
J. Crawford III	694	275	N. Beseda	402	
Submaster (33-39)	132 lbs.	275	259 lbs.	259 lbs.	
148 lbs.	R. Unson	253	D. Harkins	259	
Hilderbrand	—	253	Master (61-67)	181 lbs.	
198 lbs.	A. Wass	330	181 lbs.	R. White	253
S. Edmondson	496	330	4th-507*	198 lbs.	
4th-507*	165 lbs.	330	T. Jacobs	405	
259 lbs.	606*	330	4th-425*!	347	
T. Chun	606*	330	181 lbs.	391	
S. Erhardt	440	391	4th-407*	297	
275 lbs.	518	391	A. Taylor	297	
P. Martin	518	391	P. Martinez	253	
309+ lbs.	694	253	Submaster	132 lbs.	
Crawford III	694	253	R. Unson	253	
Teen (12-13)	132 lbs.	253	Teen (12-13)	132 lbs.	
97 lbs.	132 lbs.	253	J. Jackson	281!	
B. Fleming Jr.	88	253	Teen (14-15)	114 lbs.	
105 lbs.	132	253	S. Jackson	236	
D. Sites	132	253	R. Talley	165	
4th-138*!	132 lbs.	253	165 lbs.	303!	
165 lbs.	143	253	S. Grant	303!	
T. Qadir	143	253	Teen (16-17)	148 lbs.	
4th-148*	114 lbs.	253	148 lbs.	330	
T. Switzer	99*	253	A. Wass	330	
Teen (14-15)	126	253	4th-341*!		
123 lbs.	126	253	MALE		
B. Tovey	154	253	Class I		
4th-187*	154	253	148 lbs.		
148 lbs.	126	253	148 lbs.		
T. Manos	126	253	T. Beln	418	
165 lbs.	276*	253	181 lbs.		
R. Mahoney	276*	253	E. Eliason	424	
220 lbs.	154	253	220 lbs.		
B. Henry	154	253	D. Beale	451	
Teen (16-17)	154	253	242 lbs.		
148 lbs.	126*	253	T. McCormick	655*	
T. Beln	336*!	253	H. Higgins	600	
165 lbs.	265	253	J. Lake	534	
S. Cole	369	253	P. Arroyo	501	
4th-396*!	126*	253	259 lbs.		
J. Fernandez	126*	253	J. King	540	
181 lbs.	265	253	275 lbs.		
J. Allison	265	253	Lahourcade	666*	
4th-292*!	192*	253	308 lbs.		
J. Wasson	192*	253	J. Smith	451	
N. Wilkes	132*	253	309+ lbs.		
198 lbs.	281*	253	D. O'Neill	589	
J. Garbush	281*	253	Disabled		
W. Palomaki	236*	253	165 lbs.		
2424 lbs.	198	253	M. Taylor	485	
D. Poole	198	253	Junior (20-25)		
4th-209*	132 lbs.	253	181 lbs.		
Teen (18-19)	248*	253			
132 lbs.	198 lbs.	253			
R. Segura	198 lbs.	253			
198 lbs.	132	253			
F. Ramirez	132	253			



**Krista Van Amerongen** .. (Namea)

S. Hart	385	4th-606*
242 lbs.	501	Master (68-74)
J. Bollig	501	220 lbs.
259 lbs.	540	J. Huggins
J. King	540	4th-402*
308 lbs.	551	Master (80-84)
C. Goll	551	148 lbs.
Master (40-46)	132	A. Whinston
165 lbs.	148 lbs.	4th-143*
Cunningham	551*	Open
D. Unson	446	148 lbs.
220 lbs.	507*	D. Higgins
K. Doerfler	578	G. Langmead
D. Beale	451	446
275 lbs.	672	L. Woodley
J. Fernandez	705	220 lbs.
4th-722*	611	A. Munsey
308+ lbs.	501	259 lbs.
Master (47-53)	562	K. Engelke
148 lbs.	705	Fernandez
Evangelista	446	4th-722
181 lbs.	666	Lahourcade
Marxheimer	501	308 lbs.
198 lbs.	606	A. Medak
L. Woodley	672	J. Mickelson
242 lbs.	501	Submaster (33-39)
A. Dawson	644	148 lbs.
P. Arroyo	501	G. Langmead
308 lbs.	606	220 lbs.
A. Medak	606	275 lbs.
D. Better	556	220 lbs.
J. Mickelson	545	S. Edmondson
Master (54-60)	639	259 lbs.
148 lbs.	573	S. Erhardt
D. Higgins	507*	4th-589*
165 lbs.	363	Teen (12-13)
J. Benesi	363	97 lbs.
220 lbs.	181	Switzer
R. Wass	501	set a Washington record
259 lbs.	402	in 12-13/165. In Teen 14-15/123, Cole Byre
D. Harkins	402	set a respectable world record of 287.6. In
Master (61-67)	99	Teen 16-17 world records were set: Jacob
181 lbs.	99	Hendee at 97 with 170.7, Travis Beln at 148
R. White	297	with 418.7, and William Anthony Baxter
198 lbs.	209	also at 148, with 407.7. Trevor Herston 496
K. Tuten	512	at 198 and Jake Garbush 490.5 at 198, and
G. Holzinger	485	Conner Rounds pulled 523.5 at 220 lbs. In
K. Schlef	319	Teen 18-19 Andy Munsey set an Oregon
259 lbs.	203	record 611.7 at 220 and came close with
M. Fryar	573	the world record at 656. Anthony Kubin
		was second with 523.5 for a Washington
		record. At super, Brian Rizzo set an Or-

C. Byre 287\* J. Alison 363  
148 lbs. 4th-402\* 270  
M. Sandoval 363 N. Wilkes 198 lbs.  
B. Henry 330 T. Herston 496\*!  
Teen (16-17) J. Garbush 490\*!  
97 lbs. 220 lbs.  
J. Hendee 170 C. Rounds 523\*!  
4th-192\*! Teen 918-19)  
148 lbs. 132 lbs.  
T. Belen 418\*! R. Segura 380  
W. Baxter 407\*! 220 lbs.  
165 lbs. A. Munsey 611\*  
J. Fernandez 303 A. Kubin 523\*  
4th-314 309+ lbs.  
181 lbs. B. Rizzo 523\*

\*=State Records. !=World Records. This event was held in a 7500 sq. ft. ballroom with 166 lifters and 403 spectators. Brent Mikesell and Iron Gladiator were the main sponsor. In the deadlift, Travis McCormick (OR) set a state record in Class 1/242 with 655. At 220, Law/Fire Submaster Troy Fryar set a world record 650.2. Troy has been pulling between 650 and 700 for years despite hazardous duty in the Coast Guard, mainly drug interdiction. In 40-46/165, Keith Cunningham pulled a Washington record 551, ably coached by Joe Head of Headquarters Fitness. At 275, Joe Fernandez, coached by me, got his best deadlift ever with 722 in only eight months training. It was an Oregon record also. At superheavy, Dean Munsey pulled an Oregon record 644.7. Dean is one of the best strongmen competitors I have ever seen. In Master 54-60/148, Henry Higgins pulled an impressive world record of 507 and in Master 61-67/259 Mike Fryar was impressive with a world record 573. At Master 68-74, Jim Huggins set a Washington record 385.7 at 220 lbs. In Master women 40-46/165, Teresa Jacobs set a world record 425.3, and at 181 Jennifer Taylor set a world record with 407.7. Jane Woodridge was second with a Washington record 347. In Master women 61-67/165, Dana Backiel set a world record 479.5 at age 63. George has benched 615 at age 57 but has been out of competition for 2-1/2 years due to some injuries and personal problems. Anyway, it's good to have him back. Nobody is more of a competitor than George. In second place was an old training partner of mine in Portland, Mike Fryar, who set a Washington record 385.7. At 308 was the indomitable Robert O. Smith who set a world record 534.5. Robert, as I've started before, is a member of the Screen Actors Guild and does voice over for cartoons. He lives in Vancouver, Canada, and was competing in Olympic lifting in the Los Angeles area back in 1963. He is a longstanding member in good standing in WABDL but that's because there are benchers in WABDL who know how to make the bench shirts work, the vast majority of the meets are great fun, our meets are in great hotels with class, with and officials who are lifters and who are lifter friendly. It's about what kind of atmosphere do you provide for the lifter. Look at the WABDL deadlifts. There are only four lifters who ever did 800 with the highest being 806.5. (from Gus Rethwisch)

Washington, normally. In Master women 47-53/148,

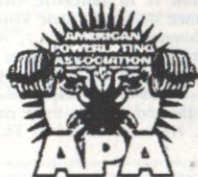




**APA Missouri State Lifters:** front row - Andy Oldenwald, Michael (Rocky's son); middle row - Brandon Cass, Esther (Rocky's wife), Becky (Esther's daughter); back row - Ryan Rigdon, Jarod Davis, Steve Birdsong, Tim Wallach. (our thanks to Rodney Woodl for this photo)

APA Missouri State 2 JUN 07 - Rolla, MO					
BENCH	S. Hazen	325			
MALE	242 lbs.				
198 lbs.	Master (40-44)	NT			
Master (40-44)	K. Parrish	610			
B. Stevens	275 lbs.				
220 lbs.	Open				
Master (45-49)	J. Humbryd	480			
Push Pull	BP	DL	TOT		
MALE					
Raw					
198 lbs.					
Submaster					
D. Doobay	395	440	385		
	4th-DL-465				
Powerlifting	SQ	BP	DL	TOT	
FEMALE					
181 lbs.					
Master (45-49)					
D. Gordon	140	80	180	400	
MALE					
165 lbs.					
Master (45-49)					
I. Clark	550	340	500	1390	
181 lbs.					
Junior					
E. burks	405	295	515	1215	
Open NT					
	T. Wallach	605	425	605	1635
	198 lbs.				
	Teen (16-17)				
	T. Meyer	500	280	500	1280
	Junior				
	A. Olenwald	580	385	585	1550
	220 lbs.				
	Teen (13-15)				
	D. Horn	375	320	405	1100
	Junior				
	Z. Talbot	690	355	550	1595
	Submaster				
	T. Prati	450	395	520	1365
	Open				
	J. Girdley	565	345	625	1535
	242 lbs.				
	Junior				
	J. Long	650	355	600	1605
	Submaster NT				
	B. Cass	902	525	705	2132
	275 lbs.				
	Submaster				
	R. Rigdon	730	665	605	2000
	Open				
	J. Cox	500	415	500	1415
	308 lbs.				
	Open				
	J. Davis	805	515	685	2002
	SHW				
	Open				
	J. Shelton	675	420	520	1615
	Master (50-54)				
	D. Oaks	525	325	460	1310
	Raw				
	123 lbs.				
	Youth (9-10)				
	N. Duncan	135	55	145	335
	4th-DL-165				
	181 lbs.				
	Submaster				
	B. Rihlmmn	365	295	420	1080
	198 lbs.				
	Teen (13-15)				
	D. Duncan	220	135	250	605
	220 lbs.				
	Submaster				
	G. Andreasen	430	335	440	1205
	308 lbs.				
	Open				
	S. Birdsong	675	425	600	1700
	SHW				
	Master (45-49)				
	B. Duncan	505	300	505	1310
	NT=Not Tested. Powerlifting Grand Champions: 1st-Brandon Cass of Blue Springs, 2nd-Jared Davis of West Plains, 3rd-Tim Wallach of Rolla. Single Event Grand Champions: 1st-Ryan Rigdon of Bloomington, IN, 2nd-Keith Parrish of Independence, 3rd-Bruce Stevens of Charleston. Raw Champion: Steve Birdsong of Bellville, IL. Junior Teen Champion: Andy Olenwald of Rolla. I would like to start off by thanking Allen from APT Wrist Straps and Ken Anderson Titan for supporting the Missouri State meet. I would also like to thank all of the Rolla businesses that supported and made contributions to help make the meet possible. Most of all I would like to thank everyone that judged, loaded, spotted, and provided help in making the meet a huge success. The lifting was fantastic with lifters coming from all over the state of Missouri, Illinois, Indiana, Iowa, and Tennessee. Many state championships limit their state meets to state lifters only, but the Missouri APA invites all lifters to our state meet to boost the level of competition and camaraderie amongst fellow powerlifters. This year, state records were set by lifters from all				

**APPLICATION FOR REGISTRATION**  
American Powerlifting Association World Powerlifting Alliance



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

\$25 Adult Membership  \$15 High School Student

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

**#1 IN POWERLIFTING PERFORMANCE**  
WHEN YOU WANT YOUR GEAR AND YOU WANT IT NOW!

**PLGEARONLINE.COM**

PLGearOnline specializes in Titan gear, fast service, and personal expertise in sizing and selection! Stock and custom sizes available.

**PRODUCTS**

<b>SUITS</b> - Squat - Deadlift	<b>WRAP ROLLERS</b>
<b>SHIRTS</b> - Katana - Fury - F6	<b>ACCESSORIES</b> - Suit Slip-ons - Ammonia Caps - T-shirts - PowerWash - Grrrip - And More!
<b>WRAPS</b> (Knee & Wrist) - THP - Titanium	<b>TRAINING CAMPS &amp; SEMINARS</b>

**Priscilla Ribic, Owner**  
IPF World Champion & Record Holder

**CONTACT**  
Need Help?  
Need assistance in getting the right gear?  
Email: priscilla@plgearonline.com

ASK ME ABOUT THE SPECIAL  
CODE: CPN026

Visit [www.PLGearOnline.com](http://www.PLGearOnline.com)

five states represented, as well as establishing several World Records. This was the best APA state championship to date and we look for it to continue to grow more over the next couple of years. I am also pleased to announce that the Missouri APA will be hosting the WPA Championships on Saturday November 5th, in Blue Springs, MO. Mark your calendar and come to rumble with the best APA powerlifters from the Midwest and from across North America. Look forward to seeing you there! DON ROCHENBACH: As the Missouri APA State Chair, I am sad to report that APA Missouri lifter Don Rothenbach lost his fight with cancer on April 24, 2007. We honored Don by dedicating the Missouri APA State Championships to the memory of the beloved powerlifter Rocky aka Rockstar. Don had traveled with us in March to the AAPF meet in Mexico, Missouri setting age class records. He then pulled a very hard final deadlift for a World Record that would prove to be the last lift of his powerlifting career. It was a fantastic finish for a wonderful person. His wife Esther related to me at his memorial service, held at his gym, The Firm Health and Fitness Center. that he came home from the Mexico meet and asked her to wash his singlet and repack his gear bag, because he was going to compete in the state meet in June. At the state meet, the Missouri APA displayed a billboard with pictures and written thoughts about Rocky, as well as placing his packed gear bag beside the platform out of respect to him. At the end of the meet, the outstanding lifters were photographed with Rocky's wife, son, and stepdaughter who held up photos of Rocky. This photo has been submitted with this article. Rocky, his spirit, and his accomplishments will not be forgotten. The Rothenbach family has started a foundation in the name of Rocky that will support the Don Rothenbach Powerlifting Meet, to be held next year in West Plains. A traveling team trophy has been dedicated in the honor of Rocky's spirit, because he loved the team and lifters as much as he did the lifting. In addition, an annual college scholarship for an APA teenager that competes in our APA High School meet has also been established. God Bless Rocky and his family you will be missed, but not forgotten. Rodney Wood, APA State Chair, Friend and Teammate of the Rockstar. (Thank you to Rodney Wood, Missouri APA Chair, for providing these results)

**APA Elite Championships**  
18 JUL 07 - Natchitoches, LA

Powerlifting	SQ	BP	DL	TOT
MALE				
220 lbs.				
Drug Tested				
R. Cidzik	786!	440	624	1850*

! = APA World Record. \* = APA Louisiana State Record. Special thanks to our APA referees with all of their help with this meet, including Brian Hill, Willie Danzer, and Ben Larson. Also, many thanks to the Northwestern State football team for their support, including: Harris, Greenhouse, Lawrence, Currie, Teat, Massey, Daniels, Austin, Walker, Fayard, Cheramie, McKee, Freeman, Guice, Goodie, Grogan, Perkins, Clark, X. Lee, Love, Loche, Marshall, and J. Perry. (Thanks to Ryan Cidzik for results)

**NASA Tri-State Regional**  
28 JUL 07 - Flora, IL

BENCH	SQ	BP	DL	TOT
High School				
242 lbs.				
C. Barbre	225			380
Masters III				
181 lbs.				
J. Wood	385			465
220 lbs.				
D. Wilson	375			395
Masters I				
181 lbs.				
M. Reid	385			515
Police/Fire				
A. Decker	395			198 lbs.
				K. Pickens 290

**Application for Registration in the Natural Athlete Strength Association**

First Name - \_\_\_\_\_ Last Name - \_\_\_\_\_ Date - \_\_\_\_ - \_\_\_\_ - \_\_\_\_

Mailing Address - \_\_\_\_\_ City - \_\_\_\_\_

State - \_\_\_\_ Zip - \_\_\_\_\_ Phone - \_\_\_\_ - \_\_\_\_ - \_\_\_\_

Date of Birth - \_\_\_\_ - \_\_\_\_ - \_\_\_\_ Age - \_\_\_\_ E-mail Address - \_\_\_\_\_

Keep Copy Of This Card For Your Records - Memberships Are Kept On Computer File And Are Not Mailed

I compete in -  Powerlifting  BP Only  Power Sports

Please Circle Below

High School \$15.00 Adult \$30.00

NASA, P.O. Box 735, Noble, OK. 73068 Phone- 405-527-4589 www.NASA-SPORTS.COM

Powerlifting	SQ	BP	DL	TOT
WOMEN				
Teen				
181 lbs.				
H. Davis	145	100	175	420
MEN				
Masters III				
Raw				
198 lbs.				
K. Pickens	455	290	420	1165
Masters I				
198 lbs.				
C. Gabbert	500	355	500	1355
Intermediate				
275 lbs.				
J. Evans	600	515	550	1665

Meet Directors: Lindel & Mabel Smith. To say the numbers were low for the 2007 Natural Athlete Strength Association's Tri-State Regional Championships would be an understatement with just five full meet lifters, one in the Push-Pull, and six in bench only. The good news is, everybody had an enjoyable time and appreciated the awards, Katanas from the movie, "The Last Samurai," and replicas of "Excaliber" for the Outstanding Lifters. Former Flora High School athlete Brian Turner, now the Sports Editor for the Wayne County Press in neighboring Fairfield, was the meet's only entry in Push-Pull. Since returning to powerlifting in May, Brian has done about a meet a month with no end in sight, so just doing bench and deadlifts were like a free weekend to him. Brian continued to be Brian with an easy 275 pound opening bench, then a 400 pound second attempt. Of course one was raw and the second with a shirt, but still, a 125 pound push just is substantial. He made both easy, but got out of the groove on 425 pounds and was shaking his head "No" by the time the bar came to his belly. He came back to partially pick up a 550 pound opening deadlift, lifting it about six inches, then resetting and pulling it easily, but knowing he would get three red lights. He came back to right the weight off the floor the second time, but again faced the wrath of red on his final attempt to finish the day with a 950 total and the right to take home two swords. Young Harley Davis, a 14 year old eighth grader from Flora Junior High, made her powerlifting debut with an impressive day. She went deep on squat attempts of 125 and 145 pounds for American Records, then came back to set two more with a 90 and 100 pound effort in the bench press. She capped off her day with a 145 and 165 pound showing in the deadlifting to also establish American Records in all three lifts, plus the total. She also took home two swords for her first day on the platform. Lifting against himself in the full meet, Raw Division was 60 year old Keith Pickens, who set, or broke, State and American raw records in every lift, plus the total. He also set a separate raw record in bench only. Keith took home just one sword, but it was a United States Marine Corps NCO's sword. No matter how much things change, large turn out, small turn out, what ever! Some things remain the same. Marion County Jailer Jerry Wood

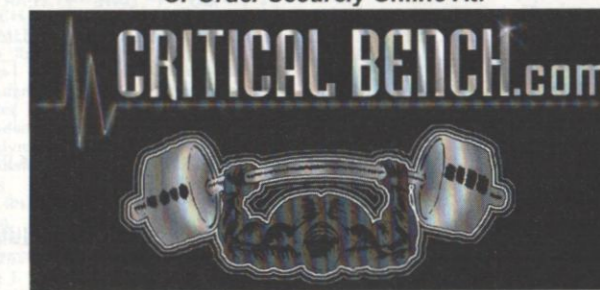
hasn't lifted heavy in several month. He's 60 years old and has a bunch of stallions surrounding him. But, when the final tally is made, Jerry takes home the Outstanding Lifter Award for Bench Press only. Making this year's win even more impressive is the fact Jerry only hit his opening attempt of 385 at a body weight of 178.75. But it was enough to allow him to slip by Marion County Deputy Anthony Decker, who hit a 395, but weighed in at 196. Anthony still set a state Police & Fire Record, plus improved on his own Pure Novice Bench only record, but watched as Jerry had the big sword carried away for him. Doing the carrying was full meet lifter Justin Evans, who came in from the East Coast to lift with his friends from H&B Fitness in Centralia. Jerry and Justin had a bet that whoever did the best, the other would carry their equipment and trophies after the meet. Justin was clearly the most impressive lifter of the day, hitting a rock solid 600 pound squat, driving 515 pounds off his chest in the bench press, then recording a clean 550 deadlift for a meet-best 1665 total. But, Justin weighed in at a trim 270, while H&B lifter Claude "Skip" Gabbert came in at a full-figured 197.5. A year ago, Claude had a tough meet when he fought to get under 181 and lifts that were easy, didn't go. This year, he figured he would eat, drink, and lift heavy. His 500 pound second attempt in squats went up easy, but his third at 525 slipped out of the groove and he called for the spotters to take it. He came back strong with a trio of Bench efforts, including a final of 355. Skip closed his day with a 460 and 500 pound deadlifts before deciding his Masters I body had done enough and scratched the final attempt. His 1355 total allowed him to edge Justin by seven tenths of a percent for the Outstanding Lifter. All in all, it was a fun, short day with the Flora High School Girls' Basketball team taking home approximately \$1,000. The next meet in Flora will be "The Christmas Regional" on Dec. 15 and put on by NASA President Rich Peters. Next year's Tri-State Regional will remain the final Saturday in July. (Thank you to Smitty for providing these results)

**242 RAW DVD With Jeremy Hoornstra**  
Includes The Following Feats Of Strength!

- Flat Bench (raw) 675 x 1, 585 x 4, 495 x 10, 405 x 22
- Incline Bench (raw) 605 x 1
- Nosebreakers 315 x 4
- Seated Front Raises 105's x 6
- Standing Laterals 115's x 4
- Military Press 405 x 5, 455 x 3
- DB Military Presses 100's x 50
- Hangcleans with press 315 x 8
- Bent-over rows 495 x 5, 545 x 5

FREE SHIPPING! Send \$29.99 to:  
CRITICAL BENCH, PO BOX 17959, Clearwater FL 33762  
(Make check or money order payable to: Critical Bench)

Or Order Securely Online At:

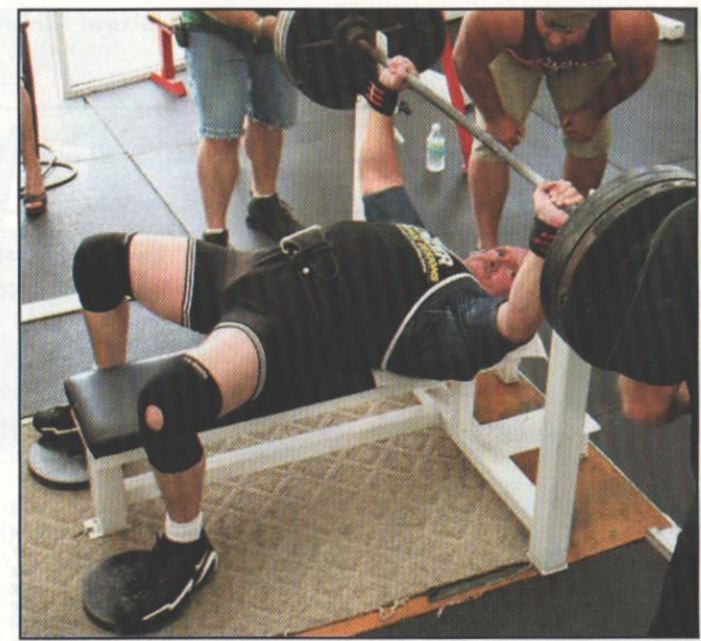




**AAPF Frank Kostyo Memorial**  
24 MAR 07 - Lakeland, FL

Powerlifting	SQ	BP	DL	TOT
<b>FEMALE</b>				
(18-19)				
132 lbs.				
Higginbotham	170*	85*	240*	495*
(40-44)				
105 lbs.				
J. Balliette	155	80	210	445
<b>MALE</b>				
(13-15)				
220 lbs.				
H. Joyer	245!	375*	400!	1020!
Open				
114 lbs.				
S. Beasley	185	115	240	540
Submaster				
198 lbs.				
C. Brawley	465	240	495	1200
(40-44)				
181 lbs.				
A. Yezer	225	380!	375	980
275 lbs.				
L. Widener	600	385	525	1510
SHW				
T. Mahoney	775*	435!	655!	1865*
(45-49)				
132 lbs.				
K. Snell	380*	245*	420*	1045*
275 lbs.				
D. Poucher	525	370	615	1510
(50-54)				
198 lbs.				
S. Kyllis	460	350	500	1310

\*American Records. !State Records. Best Lifter: Ken Snell. Venue: All American Gym. The 11th Annual AAPF Frank Kostyo Memorial Powerlifting Championships got underway with Lakeland High School senior, Amy Higginbotham, setting American records in her attempts. Amy finished with a nice 495 lbs. American Record total in her first meet. Julie Balliette placed 1st in the 40-44 division with a 445 lbs. total. Teenager Hunter Joyner had an outstanding 375 lbs. bench which set the American Record in the 13-15 year old 220 lbs. class. Special Olympian, Scott Beasley won the open 114 lbs. class with a respectable 540 lbs. total. In the sub-master division, Carson Brawley totaled 1200 lbs. to win the 198 lbs. class. In the 40-44 age group, Adam Yezer benched a 380 lbs. State Record and won the 181 lbs. weight class. Lawrence Widener took 1st in the 275 lbs. class with a 1510 total and Tom Mahoney set two American Records in the squat and total.



Dwayne Poucher benching at the AAPF Frank Kostyo Memorial competition. (photograph is by Brian Silk, of SAS Digital Memories)

Battling the flu, Ken Snell won the 45-49 age group, 132 lbs. weight class with a 1045 lbs. total. Dwayne Poucher finished with a 1510 total to win the 275 lbs. class. Steve Kyllis won the 198 lbs. class in the 50-54 age group with a 1310 lbs. total. Special thanks to Louis Baltz, the All American Gym, Junk Yard Dogg, Helen Watkins, Steve Beck, Dan "the Man" Jonas, Johnny Best, Brian and Ann Silk, all the spotters, loaders, spectators and lifters for their support. (Thanks to Ann Silk for results and Ken Snell for providing this contest report)

**NPF Spring Meet**  
1 APR 07 - Norfolk, MA

Powerlifting	SQ	BP	DL	TOT
148 lbs.				
D. Costanzo	535*	320*	425	1280*

SHW  
D. Kelley 661 295 560 1516  
4th-SQ-680

\*=All Time Records. !=Personal Best. This year's Spring Senior meet was filled with new comers and senior power lifters competing side by side. Additionally, we had two competitors attempt team qualification for their second time. One successful, one not. It's unfortunate that we were unable to have our usual outside judges present, although they assure me that they will be returning in September. Regardless, the meet went just as smoothly. Each time I write these articles I feel I must inform anyone who reads them and that we do not use any assistance gear beyond knee wraps and belts. One lifter, Dave Kelley, squatted without using wraps. 148 Class: The day was full of record breaking attempts, and it all began with the muscle bound, 5'2", 140 lb., legend slayer, Dave Costanzo. This little freak began the day by attempting to break a four year old squat record by 19 lbs., attempting 525, but he never got passed halfway. What's he do? He calls for 535, but again he failed to move the weight to completion. Costanzo had been wrapping himself, and feeling he needed to get a tighter and more confident wrap, he asked for Keegan's tightest wrap. With his last attempt, and bombing out looming over his head, Costanzo took 535 for another ride. With Santiago, the man whose record he was attempting to break, spotting him from behind, this time he was successful. That's teamwork! Santiago had broken the all-time record of 485, established when we used squat suits, by squatting 506 only three years earlier. Costanzo has now set the bar so high that it would take Santiago to come out of "retirement" to challenge Costanzo because Costanzo's squat will only go up. Costanzo's day wasn't over; it had only begun. He went on to break his own bench record of 315, with 320, and deadlifting 425, to break Santiago's all-time record total of 1276, posting 1280. That puts Costanzo in the top one hundred in the world for his total, squat, and bench. Not a bad day, huh? Hector "Cano" Padilla came out of "his" 132 lb. class to compete at the last second, to assure that we had a full field. Although he hadn't trained for power lifting for six months, training cardio only, he still pulled an impressive 480 deadlift. He then attempted to break another of Santiago's records, by calling for 501. He got it beyond his knees, but it would not lock out. Padilla is also ranked top one hundred in the world in the 132 class. Padilla has been a great teammate, and I'm glad to have known him. I know he's leaving soon, so I wish him the best. 198 Class: Victor "Cromag Man" Antonmarchi may have been the only competitor in his weight class, but he proved he didn't need anyone to push himself. This was Antonmarchi's second meet, and he managed to surpass his last total by having personal bests in all three lifts. Great job Cromag! You've proven that your species is not yet ready to die without a fight. 220 Class: This class had the fullest field, and a few surprises. Shawn "Stiff Leg" Holloman, in only his second meet, beat the veteran, Delacruz, by 36 lbs. And what a miserable and disappointing day Allard had. Holloman's victory came by way of his personal best 415 lb. squat, personal best 370 lb. bench, and his 601 lb., Master's (40-45) Record Breaking, deadlift. This guy speaks with a soft voice, but when it comes time for competition, he lifts as if possessed. Amilcar Delacruz didn't have close to his best day, totaling 1350. He opened up with an effortless 550 lb. squat, looking like he had an easy 600+ in him. Delacruz, prompted by Fortini, the man who owned the record before him, to break the record by more than one pound, the amount Delacruz had erased Fortini's 605 record by. called for 610. It wasn't to be, though, so the controversy between them will continue. Fortini has healed well after knee surgery so maybe he will take care of the record himself? First time competitor and all-around nice guy, Elijah Ball, deciding to squat without knee wraps, came in a respectful third place. While most guys have their serious "don't mess

with my face" on while competing, Bell had been smiling most of the day. Either he wasn't letting anyone in on his jokes, or he was just having a great time competing. His lifts show that he can be a true contender; also, and even if he may not desire that, he may come to realize that he can have a great time breaking records. I hope to see him continue competing. Ronald Allard had a miserable day. It looked as though he just fell apart. He squatted a smooth 515 for a triple in training two and half weeks out from the meet, but that was all that he could move on meet day, and he's lucky to have gotten that. He labored to lock out 515, but then called out for 540, for his second and third attempts; he failed on both. Next, Allard had difficulties in the bench, ending with 290, five lbs. short of his personal best. The most difficult part day of all came with the deadlift, pulling only 485. His deadlift fell apart a few weeks before the meet, because of his unproven routine, so he was ready for it, but he still planned on pulling at least 500. Maybe it was the 10 lbs. he lost to get into the 220 class, who knows? I just hope he becomes more determined, and trains smarter. Furthermore, forget about dropping weight to make it into a lighter class. If you train to get strong, why not compete smart to demonstrate your progress. Another competitor, Telyatitsky, AKA "Russia", had a great fist meet, as well. He ended the day with the fourth biggest deadlift. I'm not sure if he had trained with knee wraps, but once he put them on, he drove up without the least bit of a struggle. And the way he squats, straight and totally erect, is in true Russian Olympic form. I'm hoping he may have stolen some Russian training secrets before he emigrated. Meanwhile, he should only do better at his next meet. That leaves us with Jamahal "Lion Heart" Bowie. This guy has an extreme amount of heart. Not wanting to ever be defeated, by failing to qualify for the team, he attempted qualification for the second time in three weeks, totaling 1065. Bowie fell short of the number he needed by 91 lbs. This may cause most people to decide that power lifting just isn't for them because they're afraid of failure, but Bowie is steadfast in his pursuit to qualify. Remember Bowie, if you're afraid to fail, you're afraid to succeed. I look forward to shaking your hand after your qualifying deadlift. Keep motivated! 242 Class: David "Hacksaw Jim Duggan" Perreault was another competitor who failed qualification three weeks out from the meet. Weary of attempting it again so soon, and explaining that he was over trained, I wasn't sure he would compete. Although, he pulled through, and following his qualifying deadlift, he explained how happy he was that he made that decision. Perreault had been out of lifting for ten years, but with only a few months training he was able to meet the qualifying total he needed. Now if he learns to squat like a power lifter, and not a bodybuilder, he will put up some big weight. He had personal bests, since coming back, in all three lifts, so now it's time to build on that. Stop the nonsense, Hacksaw! Superheavyweight Class: Records were attempted and broken the entire meet in this class. The battle began with the squat. David "Dump Truck" Kelley began the day with a comfortable 615 lbs., followed by Wayne "Moose" Simon's opener of 630. It looked as though Simon was a bit nervous, stuttering at the top of the lift. If it was nerves that made Simon's opener look awkward, he must have found a corner to meditate in, because he effortlessly handled 660, coming up as if it were 500 on his back. Not wanting to be left too far behind, Kelley called for 640; another smoothly engineered lift. During training, Simon had spoken to me about attempting a 700 lb. squat. And after initially asking for 680, he requested to have it changed to his goal of 700!!! He looked strong during his setup, descended with great ease, and came out of the hole with enormous power, but he had trouble with it three quarters of the way up, and failed. This left Kelley to take the biggest squat of the day, with 661, beating Simon for the No Assistance Record by one pound. But Kelley's

**Dr. Mauro Di Pasquale's ANABOLIC SOLUTION**  
The Holy Grail Of Diets for Powerlifters

# MASS & STRENGTH

**MD+**  
THE ANABOLIC SOLUTION  
Mauro Di Pasquale, B.Sc., M.D., M.R.O., M.F.S.

THE DEFINITIVE METABOLIC DIET, TRAINING & NUTRITIONAL SUPPLEMENT BOOK FOR RECREATIONAL & COMPETITIVE POWERLIFTERS

The Anabolic Solution is all about manipulating lean body mass and body fat. And it does this by affecting metabolic changes and altering the body's anabolic and the catabolic hormones and growth factors. But the Anabolic Solution is more than just the best natural way to reach your powerlifting goals. By duplicating much of what people get from the use of ergogenic and body composition changing drugs the Anabolic Solution is a safe, effective, and natural alternative to the use of these drugs.

**MD+** [www.ASforPL.com](http://www.ASforPL.com)  
email: [ceo@metabolicdiet.com](mailto:ceo@metabolicdiet.com) or call toll free 1-866-397-1343

records for the squat, bench, deadlift, and total. I challenge all lifters and prisms to put up the numbers we do. Contact me at P.O. Box 43, Norfolk, MA 02056, if you want to lift in our meet, or to compete by paper. (report submitted by John Keegan)

**USAPL US Open Championships**  
7 JUL 07 - Lucie, FL

BENCH	WOMEN	198+ lbs.	Open	115	181 lbs.	Paralympian	115	MEN	148 lbs.	Open	479	187	187
D. Fronzaglia	446	115	115	181 lbs.	479	187	187	J. Szparaga	187	Open	187	187	187
B. Burritt	446	115	115	181 lbs.	479	187	187	J. Szparaga	187	Open	187	187	187
D. Fronzaglia	446	115	115	181 lbs.	479	187	187	J. Szparaga	187	Open	187	187	187
J. Roane	303	115	115	181 lbs.	479	187	187	J. Szparaga	187	Open	187	187	187
HS Varsity	303	115	115	181 lbs.	479	187	187	J. Szparaga	187	Open	187	187	187
J. Roane	303	115	115	181 lbs.	479	187	187	J. Szparaga	187	Open	187	187	187
Master I (40-49)	446	115	115	181 lbs.	479	187	187	J. Szparaga	187	Open	187	187	187
J. Ulvang	446	115	115	181 lbs.	479	187	187	J. Szparaga	187	Open	187	187	187
Master III (60-69)	222	115	115	181 lbs.	479	187	187	J. Szparaga	187	Open	187	187	187
J. Ruffalo	222	115	115	181 lbs.	479	187	187	J. Szparaga	187	Open	187	187	187
Raw	214	115	115	181 lbs.	479	187	187	J. Szparaga	187	Open	187	187	187
M. Kantor	214	115	115	181 lbs.	479	187	187	J. Szparaga	187	Open	187	187	187
220 lbs.	214	115	115	181 lbs.	479	187	187	J. Szparaga	187	Open	187	187	187
Open	214	115	115	181 lbs.	479	187	187	J. Szparaga	187	Open	187	187	187
D. Dundon	523	115	115	181 lbs.	479	187	187	J. Szparaga	187	Open	187	187	187
J. Kennedy	352	115	115	181 lbs.	479	187	187	J. Szparaga	187	Open	187	187	187
A. Suarez	391	115	115	181 lbs.	479	187	187	J. Szparaga	187	Open	187	187	187
Collegiate	391	115	115	181 lbs.	479	187	187	J. Szparaga	187	Open	187	187	187
G. Owens	391	115	115	181 lbs.	479	187	187	J. Szparaga	187	Open	187	187	187
Master I (40-49)	315	115	115	181 lbs.	479	187	187	J. Szparaga	187	Open	187	187	187
J. Dundon	523	115	115	181 lbs.	479	187	187	J. Szparaga	187	Open	187	187	187
Master II (50-59)	385	115	115	181 lbs.	479	187	187	J. Szparaga	187	Open	187	187	187
S. Regan	385	115	115	181 lbs.	479	187	187	J. Szparaga	187	Open	187	187	187
Police/Fire/Milit	385	115	115	181 lbs.	479	187	187	J. Szparaga	187	Open	187	187	187
S. Regan	385	115	115	181 lbs.	479	187	187	J. Szparaga	187	Open	187	187	187
275+ lbs.	315	115	115	181 lbs.	479	187	187	J. Szparaga	187	Open	187	187	187
Open	315	115	115	181 lbs.	479	187	187	J. Szparaga	187	Open	187	187	187
E. Rufus	563	115	115	181 lbs.	479	187	187	J. Szparaga	187	Open	187	187	187
Master V (80-89)	170	115	115	181 lbs.	479	187	187	J. Szparaga	187	Open	187	187	187
H. Brandt	170	115	115	181 lbs.	479	187	187	J. Szparaga	187	Open	187	187	187
198 lbs.	170	115	115	181 lbs.	479	187	187	J. Szparaga	187	Open	187	187	187
Open	170	115	115	181 lbs.	479	187	187	J. Szparaga	187	Open	187	187	187
Venue: Gold's Gym. (results from USAPL)													

**APF/AAPF Membership Application**  
Check the box that applies below

AMERICAN POWERLIFTING FEDERATION  
 AMATEUR AMERICAN POWERLIFTING FEDERATION

PLEASE PRINT CLEARLY • COMPLETE ALL ENTRIES

LAST NAME	FIRST NAME	INITIAL
STREET ADDRESS		
CITY		STATE
DATE OF APPLICATION		ZIP CODE
AREA CODE	TELEPHONE NUMBER	DATE OF BIRTH
		MO DATE YEAR
		AGE
		SEX
		US CITIZEN
		YES NO
REGISTRATION FEE (CIRCLE APPROPRIATE FEE)	REGISTRATION NUMBER	E-MAIL ADDRESS
APF \$30 AAPF \$30 APF & AAPF \$40		

**ATHLETES**, fill out card completely, make check payable to and mail with fee to: **APF/AAPF**  
505 Westgate Drive  
Aurora, IL 60506  
worldpowerliftingcongress.com • 1-866-389-4744

ARE YOU A PREVIOUS APF OR AAPF MEMBER?  YES  NO

IF UNDER 18, HAVE PARENT INITIAL

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

SIGNATURE \_\_\_\_\_





**Sarah Schaffer** with a 285 squat, backed up by Master Lifter John Phillips, at the WNPFF Drug Free Nationals. (Photos by Chuck Venturella, who has a computerized, on-site powerlifting meet photo business. According to William Schaffer, "Out of New Castle, PA, Chuck covers meets in the Ohio, New York, PA area. He works hard producing photos all during the meets. Venturella is an outstanding 148 bencher, and promotes meets for the WABDL. Chuck is a well liked guy who adds a lot to the meets he attends")

**WNPFF Drug Free Nationals**  
 29 JUL 07 - Youngstown, OH  
**BENCH**  
 Unlimited C. Venturella 275  
 165 lbs. (40-49)  
 Open C. Venturella 275  
 C. Venturella 275 181 lbs.  
 242 lbs. (40-49)  
 J. Fiumara 360\*  
 (60-69)  
 B. Bidinotto 400\* 198 lbs.  
 Single Ply (40-49)  
 165 lbs. R. schultz 335  
 Lifetime 220 lbs.  
 C. Venturella 275 Lifetime

D. Keene! 465 (35-39)	17-19	J. Millikan! 255* 132 lbs. (50-59)	Shales Jr. 190 35	BP	DL	TOT
C. Hurst 386 (50-59)		P. Wolfe 210* 148 lbs. (13-16)	Ironman MEN 148 lbs.			
D. Ogan 340* (60-69)		M. Hart! 585 181 lbs. (17-19)	Lifetime Raw 285 500 785			
C. Evans 320* (60-69)		B. Ozog 470 220 lbs. (17-19)	L. Falconi 181 lbs. (17-19)	285	500	785
B. Bidinotto 400* (60-69)		L. Eleuteri 520 123 lbs. (17-19)	T. Ellis 330 460 790			
P. Dadds 250* Raw		L. Eleuteri 520* 242 lbs. (60-69)	R. Gregory 330 450 780			
WOMEN 132 lbs. (50-59)		B. Bidinotto 325* 181 lbs. (17-19)	R. Gregory 330 450 780			
P. Wolfe 105* MEN 148 lbs. (13-16)		M. Lyden 300 (40-49)	Single Ply 148 lbs. (13-16)			
A. Short 155 165 lbs. (20-23)		T. Evans 500 (40-49)	A. Fenimore 225 90 205 520			
L. Spirtos 295 181 lbs. (17-19)		E. Eblin 300 (40-49)	POWERLIFT 165 lbs. (13-16)			
M. Lyden 300 (35-39)		S. Shales Jr. 370 (40-49)	Open 198 lbs.			
E. Eblin 300 198 lbs. (35-39)		R. Staab 160* 220 lbs. (40-49)	R. Staab 160* 220 lbs. (40-49)	375	530*	1425*
Open 198 lbs.		B. Moroni 300 (40-49)	L. Spirtos 100 (40-49)			
S. Shales Jr. 370 Lifetime		C. Venturella 120* (40-49)	C. Venturella 120* (40-49)	625*	475*	600 1700*
B. Moroni 300 220 lbs. (40-49)		S. Cooke! 405 (60-69)	R. Staab 160* 198 lbs. (50-59)	710*	530*	600* 1840*
S. Cooke! 405 (60-69)		J. Mitchell Jr. 400 (50-59)	Open 198 lbs.			
J. Mitchell Jr. 400 (50-59)		D. Lhota 370 (60-69)	R. Gregory 145 220 lbs. (40-49)	625*	420	510 1555*
D. Lhota 370 (60-69)		S. Shales Sr. 355 (40-49)	B. Lovejoy 530* 370 500* 1400*			
S. Shales Sr. 355 (40-49)		S. Shales 355 242 lbs. (17-19)	S. Cooke 175* SQUAT			
P. Schaffer 275 (60-69)		K. Beck 275 198 lbs. (60-69)	MEN Unlimited 165 lbs.	800*	405*	600* 1805*
B. Bidinotto 300 lbs. (50-59)		B. Bidinotto 300 lbs. (50-59)	M. McNinch 520* (35-39)			
T. Ramey 350* (50-59)		T. Ramey 350* (50-59)	M. McNinch 520 (35-39)	600*	320	520 1440
DEADLIFT 198 lbs. (40-49)		DEADLIFT 198 lbs. (40-49)	Unlimited 198 lbs. (40-49)			
WOMEN 123 lbs. (40-49)		WOMEN 123 lbs. (40-49)	T. Evans 560			
Open 181 lbs. (40-49)		Open 181 lbs. (40-49)	R. Pearo 600 380 550 1530			
Lifetime Raw 145 39		Lifetime Raw 145 39	275 lbs. (40-49)			
Falconi 165 lbs. (20-23)		Falconi 165 lbs. (20-23)	Open 670 470 585 1725			
Raw 165 37		Raw 165 37	D. Bosler 300 lbs. (40-49)			
Spirit 198 lbs. (17-19)		Spirit 198 lbs. (17-19)	R. Luklan Sr. 635* 575* 610* 1820*			
Open Raw 198 lbs. (17-19)		Open Raw 198 lbs. (17-19)	Raw 148 lbs. (17-19)			
			D. Brault 345 220 425* 990*			



**Lou "Luther" Eleuteri** deadlifting 520 pounds @ 50 years of age, in his first competition in 13 years, the WNPFF Drug Free Nationals.

165 lbs. Lifetime	M. Hart 375	280	585*	1240
181 lbs. (17-19)	Z. Miller! 425	305	545	1275
T. Ellis 430	330	460	1220	
M. Lyden 380	300	490	1170	
Lifetime M. Akerley 480	340	510	1330	
(40-49)	J. Brault 430	280	455	1165
198 lbs. Lifetime	G. Jarosz 405	330	475	1210
(35-39)	M. McNinch 520	330	450	1300
242 lbs. Lifetime	F. Weakley 345	250	415	1010
(13-16)	C. Stewart 315	170	335	820
T. Kristoff! 625	405	570	1600	
(40-49)	T. Kristoff 625*	405	570	1600
T. Kristoff 625*	405	570	1600	
B. Lovejoy 530	370	500	1400	

\*=National Records. !=Best Lifters. This year's nationals were once again a great success, with many returning lifters and several new members competing. In women's powerlifting, Sarah Schaffer returned setting state records in the equipped division. Sarah also took home Best Lifter for women's powerlifting. In the raw divisions, Master Martha Greb set national records winning her divisions and Teen Megan Woofier turned in a fine total with a state record. In the men's single ply divisions, newcomer Alex Fenimore set state records in the Teen division as did Tony Latampa in the 198 Open. He also set three national records. Brothers Lenny and Lonnie Newman returned to put up big numbers winning their weight classes, with Lonnie taking home Best Lifter and having the highest total of the day. Both Lonnie and Len set national records and state records. In the 275s, Mike Wakins came to Ohio from Kentucky and turned in a strong total setting a national record in the squat. Master Brad Lovejoy set national and state records in both the equipped and raw divisions taking home a first and second place. SHW Jeff Peshek put up the highest squat of the day and set state and national records in the Masters division. In the unlimited classes, John Elsberry Sr. set several state records and threw in a national record on his way to winning the

165 Lifetime and Masters division. John has been a way for a while doing some body building so it was good to have him back. Al McVane who came back this year and once again put up big numbers and set a record this year with a 600 squat in the 165s. Master Ron Pearo had a slightly off day compared to the usual big numbers he puts up, but still he turned in a strong total in the 220 class. 275 lifter Dave Bosler had a strong day setting state records in the Open and Rich Luklan set state and national records in the Masters 300 with the second highest total of the day. In the raw divisions, Teen Dan Brault set state records and a national record in the deadlift and total in the 148 class. Mike Hart turned in all other fine performance setting state and national records in the deadlift. I bet Mike hits 600 at the next meet. In the 181 class there was some great lifting done by three teens, Zach Miller, Tyler Ellis and Matt Lyden, with Miller doing out the other two for the win. Both Miller and Ellis set state records, and Miller took home best Teen lifter. 181 lifters Matt Akerly and Master Jim Smult turned in strong total with both setting state records winning their divisions. 198 lifters Gene Jarosz and Mike McNinch turned in strong totals winning their divisions, with McNinch setting state and national records in the squat. 242 lifter Fred Weakley put up some good numbers in the lifetime division and 275 Teen Cody Stewart set state records, breaking his records. Tom Kristoff returned, after a few years off recovering from an injury in an automobile accident, to put up some strong numbers winning two divisions and setting state and national records and taking home best raw lifter. In the bench only equipped lifter Chuck Venturella set state records in the unlimited and single ply divisions in the 165s and set state and national records in the power curl. Master Bill Didinotto did the same setting state and national records in the equipped and raw divisions as well as the deadlift

# LiftingLarge.com

POWERLIFTING GEAR FOR SERIOUS ATHLETES

## BENCH SHIRTS WRAPS AND STRAPS

## SQUAT SUITS TRAINING AIDS

1-877-226-9060

TITAN SUPPORT SYSTEMS INC.

only. Joe Fiumara returned to set a state and national record in the 181 Masters division, and 198 Master Ron Shultz set a state record in the bench. In the 220s, Danny Keene and Craig Hurst set state records with Keene taking home best lifter with the highest bench of the day. Master lifters Dave Ogan, Chuck Evans and Paul Davids set state and national records. Ogan edged out Evans in the 275 class, and Davids won the 300 class. In the raw bench, female Patty Wolf set state and national records in the Masters, and did the same in the deadlift only division. Lifters Alex Short, Lew Spirtos, Matt Lyden and Ed Eblin all put up strong lifts winning their divisions. It was good to have Ed back after being out recovering from an injury. Alex also took home a first in the deadlift only. Lew Spirtos took home a third in the power curl, and a first in the bench for reps, with 165 for 37 reps. In the 198s, Scott Shales Jr. set a state

record and took home a first in the bench for reps, doing 190 for 35 reps. Brian Moroni did a personnel best winning the Lifetime division. In the 220s Steve Cooke set a state record and edged out James Mitchell Jr. by five lbs. to win the Masters 40-49 with Steve taking home best lifter raw bench. Steve also set state and national records winning the power curl. Master lifter Dave Lhota did a strong lift in the 50-59 division and Master Scott Shales Sr. set a state record winning the 60-69 and Police and Fire divisions. Thomas Ramey set a state and national record winning the 300 Masters. In the Ironman, Lou Falconi set state records and took home a first in the bench for reps, doing 145 for 39 reps. Tyler Ellis took the 181 Teen division, and Robert Gregory set four state records winning the Lifetime and Submasters divisions. He also took home a first in the power curl with a state record. In the squat only, Tony

Evans set a new state record in the 198 Masters and did the same in the deadlift only. In the deadlift, female Jacqueline Millikan set a state and national record in the Teen division and took home best lifter female deadlift. 181 lifter Brian Ozog set a state record in the Juniors and Lou Eleuteri set a national record winning the Masters and Open division in the 220s. Last, but definitely not least, was the power curl. Rick Staab did a strong curl winning the 165 Open and Masters, setting national records. All the lifters in this meet qualified for the WNPFF World Championships, which will be held in Atlanta, GA, in November. Thanks to my crew who make putting on these meets a breeze, and to Bill Schaffer and his gang, who have supported me and the WNPFF since day one. Thanks to all the lifters that have supported the WNPFF this year and years past and best of luck at the worlds. (results courtesy Ron Deamicis)

### World Natural Powerlifting Federation (WNPFF) Membership Registration

LAST NAME \_\_\_\_\_ FIRST NAME \_\_\_\_\_ INT. \_\_\_\_\_

STREET ADDRESS \_\_\_\_\_

CITY, STATE, ZIP \_\_\_\_\_

AREA CODE, TELEPHONE: \_\_\_\_\_ DATE OF BIRTH \_\_\_\_\_

AGE \_\_\_\_\_ SEX \_\_\_\_\_ CHECK ONE: LIFETIME DRUGFREE \_\_\_\_\_ 5 YRS. MIN. \_\_\_\_\_

REGISTRATION FEE  
 \$10.00 SPECIAL OLYMPICS  
 \$20.00 HIGH SCHOOL  
 \$40.00 ADULTS

FILL OUT ENTIRE APPLICATION AND MAIL WITH FEE TO:

SIGNATURE / PARENTS SIGNATURE IF UNDER 18 \_\_\_\_\_

DATE \_\_\_\_\_ (memberships are valid for one year)

I agree to submit to any testing procedures in or out of contest by WNPFF officials and shall accept the results and will

# CREPINSEK STRENGTH EQUIPMENT

- HAND CRAFTED IN THE USA  
 - INDUSTRIAL GRADE  
 - BUILT YOUR WAY  
 - FACTORY DIRECT  
 - SINCE 1988

SCOT MENDELSON

831-637-0797

WWW.1500LB.COM



# AMERICAN FITNESS CENTER



At the All American Fitness Center... the team champs of the Vermont State Open Bench Press meet (courtesy of Meet Director Rick Poston)

## 3rd Vermont State BP 28 JUL 07 - S. Burlington, VT

BENCH FEMALE	M. Wadhams 280
Open	M. Glitmen 250
K. Palmisano 175	T. Gilbert 430
B. Empurto 130	E. Johnson 345
T. Marer 95	K. Surprise 260
A. Farnham 95	242 lbs.
Teen	D. Gregory 400
M. Rollins 105	T. Cline 380
MALE	P. Thomsen 370
Teen	G. Cookman 355
A. Kovacs 370	D. Wansley 355
Open	M. Houle 315
132 lbs.	275 lbs.
R. Gagne 220	P. Murray 435
D. Blake 140	Master (35-49)
148 lbs.	M. John 350
Chamberlain 275	T. Cline 380
T. Barrett 215	K. Stenroos 285
E. Hofmann 210	D. Wansley 355
165 lbs.	Master (50-60)
K. Stenroos 285	E. Johnson 345
E. Mayer 225	D. Mitchel 315
S. Wamsley 210	B. Blow 300
181 lbs.	B. Wilcox 175
D. Virsilas 320	Master (60+)
S. Page 235	P. Williamson 355
198 lbs.	C. Devey 205
M. John 350	

Venue: All American Fitness & Training. Best Lifter: Tyler Gilbert, who benched 430 lbs., an amazing 208 lbs. over his bodyweight. Overall Team Winner: All American Fitness & Training Center. Runner-Up: Lyndonville Vikings. 3rd place: Athletic Club of Essex Jct. Head judges, score keepers, and long time friends: Steve and Debbie Dolgin. Thanks to Rick Poston for putting on the contest. (Thanks to Rick Poston for providing these results)

## USAPL Central PA Bar Benders 16 JUN 07 - Bellefonte, PA

Powerlifting	SQ	BP	DL	TOT
MALE				
165 lbs.				
Open				
O. Williams 535	400	550	1485	
181 lbs.				
Open				
J. Mendez 540	355	535	1430	
198 lbs.				
Open				
N. Leslie 620	435	595	1650	
R. burton 600	390	560	1550	
N. Sedar 405	295	450	1150	
220 lbs.				
Open				
D. Stevens 650	440	625	1715	
B. Shannon 660	410	630	1700	
J. Simmons 555	385	610	1550	

Open	Z. Blair 560	380	505	1445
Master (45-49)	M. Evans 350	400	350	1100
242 lbs.				
Master (70-74)	S. Chatis 95	330	490	915
275 lbs.				
Open	J. Bogart 545	545	510	1600
Master (45-49)	A. McFerren 630	420	555	1605
SHW				
Open	O. Hudson 750	500	750	2000
Best Lifter Heavy: Dwayne Stevens. Best Lifter Light: Orlando Williams. Best Lifter Overall: Dwayne Stevens. Best Squat: Omari Hudson. Best Bench Press: John Bogart. Best Deadlift: Omari Hudson. Best Master Lifter: Anthony McFerren. Coordinator: Richard E. Davis. (USAPL results)				

## ADFPF Open Raw 7 JUL 07 - Evansville, IN

BENCH	275 lbs.			
181 lbs.	Open/Masters I			
Teen III	C. Philips 363			
N. Morris 235*	DEADLIFT			
198 lbs.	198 lbs.			
Open/Masters II	T. Armstrong 474!			
R. Utley 352	Open			
Open	T. Armstrong 259			
242 lbs.	Open			
P. Kares 330	Powerlifting			
WOMEN	SQ	BP	DL	TOT
123 lbs.				
Teen III	M. Cleveland 154!	110!	214!	479
128 lbs.				
Teen I	B. Baker 132!	110!	231!	474
176 lbs.				
Teen II	M. Sutton 154!	99!	226!	479
MEN				
Guests	A. Stagg 126	71	176	374
C. Lumpe 159	82	226	468	
123 lbs.				
Teen I	M. Stagg 198	132	270	600
Masters	D. Hall 203	121	253	578
165 lbs.				
Open	J. Dixon 341	220	468	1030
R. Soaper 264	209	358	832	
B. Albright 203	165	308	677	
Teen II				

J. Wallace 270	170	319	760
181 lbs.			
Teen II			
C. Wallace 380!	220	474!	1074
Teen III			
K. Brosher 341!	203!	457!	1003
Open			
K. Adair 253	187	308	749
198 lbs.			
Teen II			
D. Lee 413!	297!	457!	1168
J. Scott 281	154	424	859
Teen III			
K. Perkins 226!	187!	418!	832
Junior			
M. Williams 303	220	402	925
Open			
R. Frey 330	203	352	887
220 lbs.			
Teen II			
J. Ralph 352	253	380	986
Z. Schiff 424!	270!	435!	1129
Teen III			
T. Vieck 545!	352!	540!	1438
J. Jones 330	248	374	953
Junior			
K. Moschner 385*	275*	402*	1063
Master I			
D. Morris 330	242	369	942
B. Thomas 512	319	600*	1433
Master II			
D. Wallace 584!	374!	545!	1504
242 lbs.			
Master III			
Open			
McWilliams 303	330!	418!	1052

\*=American Records. !=Indiana State Records. Hosted by The Pit Barbell Club. Venue: Washington Square Mall. By 6:00 a.m. Saturday, July 7th Meet Director Dick Connor and helpers arrived to make the final arrangements for the registration of 35 well trained. The Washington Square Mall Food Court was the competition arena. Much appreciation to the Mall management for donating the venue complete with tables, chairs all within an array of snack options. By 7:00 registration was well underway and the weigh-in started. Names along with opening attempts were recorded and posted on wall charts, and soon the warm-up area was packed with flight #1 lifters. Following a rules briefing the lifters were notified of the two platform arrangement with Powerlifters taking charge of one area and the Strongmen competing on the other. Announcer Ron Bowman started things off at 9:00. He was assisted by an excellent and experienced scoring table crew made up of Dick Connor's lovely wife Pat and daughters Lisa and Laura. The first of the 4 Strongman events, the One-arm Dumbbell Press followed flight #1's Squat. Strongman competing in the Cheat Curl followed Flight #2 Squats. At the completion of the Bench Press for both powerlifters and single event athletes the Strongmen demonstrated their prowess with Rolling Thunder. At the end of the deadlifts, the strongmen wowed the chanting audience with the Barrel Lift for reps. The Scoring Table assistants kept the wall charts updated throughout the meet. Their excellent work on the Table Score Sheets allowed the awards program to promptly take place. Dick Connor is well known for providing his lifters with an array of impressive sculptured trophies. The awards given at this meet were mind boggling in numbers as well as in design. The meet statistics were also very impressive. Sixty-five American records were set by the Powerlifters and 4 by the Single Event athletes. Forty nine Indiana state records were set by the Powerlifters; six by the Single Event competitors. Records were set in each of the following Categories: Open, Teen I, Teen II, Teen III, Junior, and Masters I, II, III. For an emailed copy of the meet results, send your request to: jm-gedney@wiu.edu Fifteen powerlifters qualified to compete in the 2007 W.D.F.P.F. Powerlifting World Championships to be held in Grangemouth, Scotland on November 17th (Unequipped Division) & 18th (Equipped Division). Congratulations to each of the following lifters who have been invited to join the U.S. Team competing in Scotland: Mandy Cleveland, Bianca Baker, Mycha Sutton, Matthew Stagg, Joshua Dixon, Kyle Brosher, Dylan Lee, Taylor

Vieck, Bruce Thomas, Zachary Schiff, Jordan Ralph, Joshua Scott along with Derek, Jacob & Caleb Wallace. All of the lifters who completed the powerlifting competition and/or any of the single event competitions have qualified for the 2007 Single Event World Championships to be held in Montsilvano, Italy on October 12, 13 & 14th. All A.D.F.P.F. Members who qualified for international competition must complete the U.S. Team application forms available on the website (www.adfpf.org) Mail the last 3 pages to the National Office a.s.a.p. More information will be sent following receipt of the application form. Meanwhile, behind the awards program scene, referees filled out the paperwork and completed drug testing. Quest Diagnostics laboratory indicated NEGATIVE results for each athlete. Clearly the spotting and loading crew working this event were well-trained and on their toes; as soon as the warm-up equipment was no longer in use, the crew disassembled platforms, etc. removing everything to the awaiting rental truck. This procedure followed at the completing of each portion of the competition. As the awards presentation came to an end, the area was back to normal and all the lifting equipment was packed away ready to be returned to "The Pit" Barbell Club. This was definitely handled by a well-oiled team; many thanks for their hard work in preparing for and running this event. (Thanks to Judy Gedney for these results)

## Pull BIG - NOW!



2 time IPF World Champ Brad Gillingham's Deadlift DVD shows you the training program that produced 40 plus contest deadlifts over 800 lbs. ..plus the "5 X 5" squat program that lets you blast up both lifts at the same time. \$25.95 plus \$6.00 shipping and handling (\$31.95 total) to Powerlifting USA, Box 467, Camarillo, CA 93011 or call us at 800-448-7693 to use your Visa or MasterCard.

## WABDL Florida State BP/DL 14 APR 07 - Lakeland, FL

BENCH FEMALE (54-60)	P. Fay 320!	275 lbs.
114 lbs.	R. Cerrato 360!	(40-46)
B. Breneiser 105!	220 lbs.	
(16-19)	R. Russ 300	300
B. Rains 135!	T. Cinchor 385	(47-53)
132 lbs.	(47-53)	
M. Ray 110!	123 lbs.	
Submaster (33-39)	K. Snell 250	148 lbs.
132 lbs.	D. Viars 355!	242 lbs.
M. Baltz 120!	242 lbs.	
Open	G. Ramsdell 360	(54-60)
148 lbs.	(54-60)	
S. Viars 295	198 lbs.	
Class I	S. Kyllis 370!	259 lbs.
148 lbs.	259 lbs.	
D. Viars 355!	P. Fay 320!	(61-67)
242 lbs.	165 lbs.	
R. Zareck 455	L. Lichtle 300!	(12-13)
T. Chinchier 385	198 lbs.	
G. Ramsdell 360	T. Langlais 300!	242 lbs.
114 lbs.	242 lbs.	
J. Sundry 97!	242 lbs.	
165 lbs.	R. Zareck 445!	275 lbs.
M. Suarez 145!	275 lbs.	
(14-15)	R. Cerrato 360	308 lbs.
132 lbs.	308 lbs.	
E. Steiz 140	E. Hargrove 285	(68-74)
181 lbs.	220 lbs.	
B. Muscatello 180	J. Yong 400!	(75-79)
242 lbs.	181 lbs.	
R. Martin 245	181 lbs.	
(16-19)	W. Smith 200!	(85+)
181 lbs.	181 lbs.	
R. Dodds 230	(85+)	
S. Tarr 345	181 lbs.	
220 lbs.	S. Montrose 125	4th-575*
A. Carpanini 300	DEADLIFT	
M. Jones 280	FEMALE	
242 lbs.	(16-19)	
A. Pacheco 280	132 lbs.	
259 lbs.	M. Ray 225!	Submaster (33-39)
J. Duggan 320!	132 lbs.	
J. Bergmark 300!	M. Baltz 265!	(12-13)
Law/Fire	105 lbs.	
Submaster	D. Durham 170	114 lbs.
198 lbs.	J. Sundry 205!	(14-15)
J. Evans 320!	165 lbs.	
242 lbs.	K. Peck 412!	165 lbs.
G. Schrank 390	E. Marquis 340	259 lbs.
Law/Fire (56+)		
220 lbs.		
J. Yong 400*		
259 lbs.		

181 lbs.	Law/Fire
B. Muscatello 390!	Open
242 lbs.	198 lbs.
R. Martin 410!	J. Evans 420!
(16-19)	Law/Fire
181 lbs.	Submaster
R. Dodds 415	G. Schrank 490!
198 lbs.	4th-510!
D. Raebig 517!	Law/Fire
4th-520!	(56+)
S. Tarr 485	R. Cerrato 525*
220 lbs.	(40-46)
M. Brobbs 520!	220 lbs.
4th-535!	R. Russ 385
A. Carpanini 505	(47-53)
B. Fudge 450	123 lbs.
242 lbs.	K. Snell 430
A. Pacheco 405!	148 lbs.
4th-440!	D. Viars 350!
259 lbs.	242 lbs.
J. Bergmark 430	G. Ramsdell 470
275 lbs.	(54-60)
M. Hickman 365	181 lbs.
Junior	M. Witten 555!
165 lbs.	4th-575*
T. Chinchier 450	198 lbs.
Open	S. Kyllis 505
165 lbs.	220 lbs.
T. Chinchier 450	P. O'Brien 505
Submaster	(61-67)
198 lbs.	165 lbs.
J. Cervero 610!	L. Lichtle 350!
C. Brawley 420	4th-360!
198 lbs.	
T. Langlais 380!	
D. Viars 350!	275 lbs.
R. Cerrato 525*	(75-79)
G. Ramsdell 470	181 lbs.
Law/Fire (48-55)	W. Smith 300!
181 lbs.	(85+)
M. Whitten 555*	S. Montrose 180
4th-575*	

! = Florida State Records. \* = National Records. Best Lifter Bench Press: David Viars. Best Lifter Deadlift: Ken Snell. Coordinator: Louis Baltz. The WABDL Florida State Bench Press and Deadlift Championship started off with the bench press and State records being set by all of the women. Billie Breneiser's 105 lbs. bench set a State Record in the 54-60/114 class. Brittany Rains and Megan Ray set the state records in their age groups and weight classes with Michelle Baltz broke the State Record in the 132 Submaster division with a nice 120 bench. Stuart Viars pushed up a nice 295 lbs. bench to win the Open 148 class, while his dad, David Viars, rammmed up an impressive 355 lbs. for a state record in the 148/Class I division. This way over body weight lift earned David the best lifter award in the bench press. Richard Zarek took 1st place over Tim Chinchier and Gregg Ramsdell respectively in the 242/Class I division. Thanks to Keith Sundry and the "Sundry School" lifters there was a huge turn out in the teenage divisions, with State Records being set by Jacob Sundry, Matt Suarez and Joseph Duggan. In the Law/Fire division, Gentleman Johnny Yong set a National Record with a 400 lbs. bench in the 220 class. Johnny is over 70 years old! Jason Evans, Patrick Fay and Richard Cerrato set State Records. Gordon Schrank took 1st in the 242 lbs. class. Moving into the Master's Division, David Viars set another State Record with his 355 lbs. bench in the 47-53 age group, 148 lbs. class. Back from a tour in Iraq, Gregg Ramsdell benched a nice 360 lbs. in the 47-53 age group to win the 242 lbs. class. Steve Kyllis and Patrick Fay established State Records in the 54-60 age group in their respective weight classes. Look at least 20 years younger, Lee Lichtle benched an impressive 310 lbs. in the 165 class. Almost double body weight, which is incredible considering he is in the 61-67 age group! Ted Langlais benched a nice 300 lbs. State Record to win the 198's and Richard Zareck locked out 445 for a State Record and 1st place in the 242's. Johnny Yong set another record in the 68-74 age group with 400. Wendell Smith pushed up 200 lbs. for a State Record as well. 89 year old Stephen Montrose was at it again and benched an amazing 125 lbs. Stephen turned 90 in July and we can't wait to see him on the platform again. The deadlifts got



Robby Dodds pulled 415 at 181/16-19 age group in Lakeland, FL

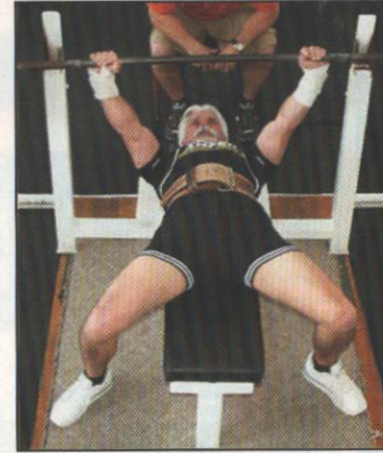
# Going Broke Buying Junk Supplements?

Tired of wasting your money on worthless supplements? Then why not give HOT STUFF a try? Either you agree it's the best bodybuilding supplement you've ever used or we'll refund all of your money - no questions asked!

Visit our website for more details on what many people have called "the greatest supplement in the history of bodybuilding."

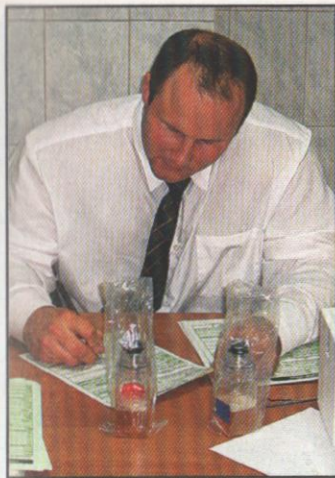
**HotStuffWorld.com**  
20 YEARS AND STILL GOING STRONG!

started with the girls once again establishing state records. Megan Ray pulled a nice 225 lbs. State Record in the 16-19/132 class and Michelle Baltz hoisted an impressive 265 lbs. for her State Record in the submaster 132 class. The Sundry School team was at it again with State Records being set by Jacob Sundry, Kyle Peck, Billy Muscatello, Robby Martin, Daniel Raebig, Morgan Brabbs and Anthony Pacheco. Tim Chinchier won the junior and the open divisions with a 450 deadlift. Jeff Cervero moved up to the sub-masters and set a new record with a 610 pull in the 198 lbs. class. David Viars did not have enough state records so he had to set another one with a 350 lbs. pull in the Class I division. Gregg Ramsdell pulled a nice 470 lbs. to win the Class 1/242 class. In the Law/Fire division, Commander Mike Whitten shattered the National Record with a 575 lbs. 4th attempt pull in the 181 lbs. class 48-55 age group. Richard Cerrato also established a National Record with a 525 lbs. pull in the 56+/275 class. State Records were set by Jason Evans and Gordon Schrank. Reggie Russ won the 220 lbs. class 40-46 age group with a 385 lift. Ken Snell pulled 430 lbs. to win the 123 lbs. class and earned the best lifter award. David Viars set yet another State Record with his 350 lbs. deadlift. Mike Whitten established another National Record in the 54-60 age group with his 575 pull. Steve Kyllis and Pat O'Brien each lifted 505 lbs. to win their respective weight classes. Lee "looking forty-three" Lichtle established another State Record with a nice 360 lbs. lift in the 61-67/165 class. Ted Langlais pulled a state record 380 lbs. and Richard Cerrato hoisted 525 lbs. for his state record. Wendell Smith lifted an impressive 300 lbs. in the 75-79 age group setting a State Record and winning the 181 class. Stephen "the Ageless Wonder" Montrose deadlifted 180 lbs. to win the 85+ age group, 181 lbs. class. Special thanks to Louis Baltz, All American Gym, Gus Rethwisch, Junk Yard Dogg, Steve Beck, Helen Watkins, B.J. Stigall, Brian and Ann Silk, Johnny Best, Carson Brawley, Dan Jonas, Tim Calhoun, all the spotters, loaders, judges, lifters and spectators who make these meets possible. (Thank you to Ken Snell for providing results)



David Viars benched 355 in Class 1/ Masters 47-53 at the WABDL Florida State meet (photos courtesy Ann Silk)





Drug Control ... Dmitriy Kasatov

(continued from page 12)

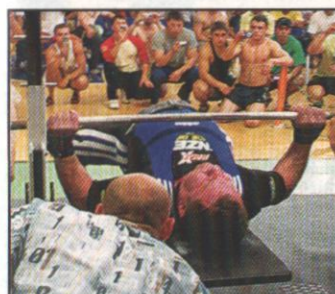
Cherednich-UKR	418	264	474	1156
Master (55-59)				
Glazunov-RUS	639	396	507	1542*
4th-SQ-662*				
Master (60-64)				
Tkachenko-RUS	562*	308	529*	1399*
Master (65-69)				
Yakushev-RUS	396*	247	407*	1052*
198 lbs.				
Teen (18-19)				
Romanov-RUS	705	418	551	1674
Junior (20-23)				
Pribitkov-RUS	595	418	551	1564
Osipov-RUS	606	352	496	1454
Lukyanenko-RUS	485	330	485	1300
Open				
Fitkevich-UKR	815	550	440	1806
Solovyev-RUS	727	484	661	1873
Karasika-RUS	672	418	666	1757
Kuznetsov-RUS	617	374	551	1542
Piskunov-RUS	727	—	—	727
Novikov-RUS	—	—	—	—
Drosina-RUS	—	—	—	—
Master (40-44)				



The Awards ... unique trophies and a fridge for the Best Lifter(below)



Karasik-RUS	672*	418	595*	1685*	Kharcheva-RUS	782	495	716	1994
Master (45-49)					Zaitseva-RUS	793	462	661	1917
Nochvin-RUS	606	484*	507	1597	Balloda-RUS	815	484	617	1917
Master (55-59)					Petrov-RUS	771	462	661	1895
Stankevich-RUS	529	396	540	1465	Guk-RUS	755	429	617	1801
Grakov-RUS	551	401	496	1448	Poletaev-RUS	562	577	600	1740
220 lbs.					Nedoshivin-RUS	—	—	—	—
Teen (18-19)					Blinkov-RUS	815	522	—	1338
Tsatsulin-RUS	749	440	683	1873	Master (40-44)				
Tyurin-RUS	551	330	518	1399	Pavlyuk-RUS	727	440	595	1762
Junior (20-23)					Master (45-49)				
Borshchev-RUS	705	462	617	1784	Makovskiy-RUS	562	374	507	1443
Rogov-RUS	606	418	540	1564	Master (55-59)				
Petrenko-RUS	451	341	440	1233	Larina-RUS	628	385	474	1487
Open					275 lbs.				
Venglovskiy-PMR	793	528	711	2032	Junior (20-23)				
Baskareva-RUS	749	484	683	1917	Mazur-PMR	738	473	683	1895
Zaitsev-RUS	666	484	661	1812	Gaynutdinov-RUS	617	374	551	1542
Berezhnov-RUS	617	423	655	1696	Open				
Budaev-RUS	639	308	617	1564	Stepanov-RUS	881	583	771	2236
Tolpegin-RUS	573	374	551	1498	4th-SQ-903				
Bulatova-RUS	617	429	—	1046	Glazunov-RUS	837	616	705	2159*
Valeev-RUS	—	—	—	—	Moskvichyov-RUS	859	572	716	2148
Smirnov-RUS	—	—	—	—	Peterskiy-RUS	881	484	727	2093
Master (40-44)					Zaitsev-RUS	793	539	650	1983
Babenko-UKR	595	418	595	1608	Bratanov-RUS	771	495	694	1961
Bershadskiy-UKR	529	363	540	1432	Kiryushkin-RUS	617	561	617	1795
Master (50-54)					Kurpishev-RUS	—	—	—	—
Tokarev-RUS	606	407	562	1575	Master (55-59)				
Kazaryan-RUS	485	308	418	1212	Maximushki-RUS	551	528	440	1520
Master (55-59)					Master (65-69)				
Bobkov-RUS	639	220	507	1366	Dobray-EST	358*	264	220	842
Master (60-64)					308 lbs.				
Khudoleev-RUS	485	341	507	1333	Teen (18-19)				
Andrianova-RUS	440	330	485	1256	Traks-EST	507*	352	507*	1366*
Master (70-74)					Open				
Skvortsov-RUS	407*	297*	429*	1134*	Shabalin-RUS	793	616	694	2104
242 lbs.					Koltakov-UKR	793	616	672	2082
Teen (18-19)					Gensirovsk-UKR	859	517	661	2038
Pestichev-RUS	617	396	485*	1498	308+ lbs.				
4th-BP-451*					Teen (18-19)				
Bukova-EST	661	341	529	1531	Sarychev-RUS	738*	616*	661*	2016*
Junior (20-23)					Open				
Brylin-RUS	826	528	744	2098*	Nastynov-RUS	992	572	749	2313
Sidelnikov-RUS	760	517	694	1972	Migalin-RUS	771	539	661	1972
Lunev-RUS	705	407	529	1641	Master (45-49)				
Open					Nastynov-RUS	992	572*	749	2313
Ayazova-RUS	903	528	788	2220	*=EUR Records. !=WPC Records. (by Yuri Ustinov)				



Alexey Nekludov ... 771 at 242!



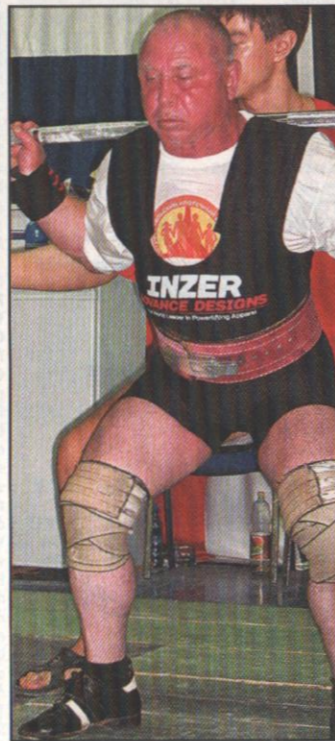
Drive It UP ... Konstantin Otavin



Yuriy Ustinov - WPC Eurasia President, flanked by two Junior lifters.



Yulia Umerenkova ... AWPC BL



Yuriy Chepets ... Best Master PL



Russian Models... were on hand.

SUPPORT SYSTEMS INC. #1 in Powerlifting Performance  
**TITAN**

1-800-627-3145 • 361-991-6749 • Fax 361-991-9470

**HI-PERFORMANCE**  
1214 Rickey • Corpus Christi, TX 78412 • USA

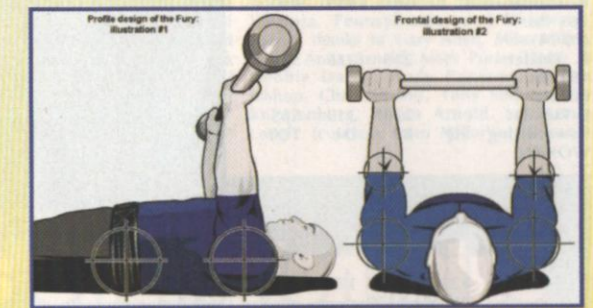


Designed for arched benches, to improve control and increase the potential for bigger benches!



This design accomplishes:

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



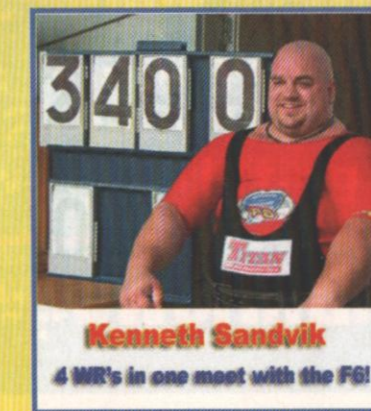
Call, fax or see our website for more technical information and Secure Online Ordering

**www.titansupport.com**

Titan is the inventor and creator of all of the following revolutionary shirt innovations:

- 90° Maximum Energy Storage sleeve design;
- Full length sleeve for complete bicep/tricep support
- Hemispherical sleeve base for max stress distribution
- Stretch back for maximum pressing efficiency, increased ease of putting on and off and more comfort
- **NXG Plus** fabric, the first and still the strongest, most durable of the X generation of fabrics

**Be Your Best! Use the Best!**



**Kenneth Sandvik**  
4 WR's in one meet with the F6!

**THE FACTS TELL THE STORY:**

63 MEDALS WERE PRESENTED AT THE 2005 IPF BENCH PRESS WORLDS

**51 WENT TO TITAN BENCH SHIRT WEARERS!**







**USAPL Nebraska State**  
28 APR 07 - Fremont, NE

BENCH		165 lbs.	
FEMALE		D. Goodwin 181	
123 lbs.		181 lbs.	
E. Horn	94	B. Yosten 225	
132 lbs.		198 lbs.	
R. Carlson	143	N. Backous 325	
165 lbs.		G. Stillman 275	
T. Miller	214	T. Vrba 192	
198 lbs.		220 lbs.	
T. Maloun	198	G. Rhoades 363	
MALE		242 lbs.	
O. Dotson	203	R. Donscheski 407	
148 lbs.		E. Dunn 270	
R. Wright	225	R. Ruffcorn 358	
Powerlifting		R. Kubat 347	
FEMALE		SQ BP DL TOT	
123 lbs.			
E. Horn	137	94	225 457
132 lbs.			
R. Carlson	308	143	347 799
148 lbs.			
K. Lambert	347	220	303 870
165 lbs.			
T. Miller	220	214	270 705
T. Merrick	203	99	286 589
198 lbs.			
T. Maloun	358	198	314 870
R. Wilson	270	137	319 727
198+ lbs.			
S. May	236	165	231 633
MALE			
123 lbs.			
L. Rohlick	275	154	330 760
132 lbs.			
O. Dotson	308	203	325 837
C. Svoboda	330	225	352 909
148 lbs.			
N. Beran	242	214	297 755
D. Brester	341	176	347 865
M. Schulz	330	192	391 914
R. Wright	374	225	440 1041
165 lbs.			
D. Goodwin	187	181	275 644
B. Terry	275	231	518 1025
181 lbs.			
B. Yosten	347	225	385 959
198 lbs.			
R. Overfield	518	303	518 1339
220 lbs.			
J. Weers	429	203	402 1036
B. Hegemann	479	352	473 1306
J. Zubrod	578	352	562 1493
K. Ruben	677	451	573 1703
242 lbs.			
E. Dunn	402	270	413 1085
275 lbs.			
J. Gofslak	562	363	551 1477
M. Eveland	518	435	611 1565
275+ lbs.			
J. Leo	297	181	297 777

## SLATER'S HARDWARE STONE MOLDS

• Make spherical concrete stones continuously in a multitude of sizes.  
• Easy to make, hard to break. Our molds are constructed of Heavy duty Polystyrene and Lexan for ease of making stones and time after time uses.  
• Currently available in 8, 10, 12, 14, 16, 18, 20, 21 and 24 inch diameter sizes with complete easy to follow instructions.  
• Increase Mass and Strength in the entire Back, Biceps, Forearms, Hamstrings, Chest and Hip areas unlike any other exercise.  
• Place stones in your gym to attract new members.  
• Great training for Football, Wrestling.

For further information or to order Slater Strongman Stones please contact  
**SLATER'S HARDWARE**  
PHONE: 1-740-654-2204  
FAX: 1-740-654-2637  
E-MAIL: steve@slatershardware.com  
www.slatershardware.com  
or www.marunde-muscle.com  
Also available at www.totalperformancesports.com

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

R. Bustillos	490	330	562	1383	114 lbs.	J. Meisterich	203	170	242	617
S. Davenport	749	562	705	2017	Fresh/Soph	181 lbs.				
Meet Director: Tim Anderson. Best Bench: Roger Donscheski. Best Male Lifter: Steve Davenport. Best Female Lifter: Rita Carlson. (Thank you to USAPL for providing results)					R. Onderdohk	154	88	192	435	Fresh/Soph
					T. Korwin	248	170	308	727	T. Korwin
					Junior/Senior					
					D. Salvati	292	214	352	859	Mychalczuk
					T. LaGreca	126	121	198	446	A. Austin
					N. Premphe	281	203	319	804	D. Mangan
					132 lbs.					198 lbs.
					Junior/Senior					Fresh/Soph
					A. Gibbons	264	170	264	700	J. Niaz
					148 lbs.					Joe. Tesauro
					Fresh/Soph					Junior/Senior
					J. Mora	248	137	275	661	A. Choi
					165 lbs.					C. Miller
					Guest					J. Baranello
					R. Friedman	126	99	231	457	220 lbs.
					123 lbs.					Fresh/Soph
					A. Vavosa	358	181	402	942	N. Miller
					S. Mucha	115	71	137	325	J. Smith
					148 lbs.					M. Barnabei
					Fresh/Soph					242 lbs.
					C. Sperber	176	132	210	519	S. Montano
					Fresh/Soph					Junior/Senior
					J. DiMaria	121	71	170	363	B. Menditto
					MALE					G. Saliba
					C. Gieyrck	314	237	451	1003	242 lbs.
					J. Viquez	297	231	358	887	Fresh/Soph
					V. Baranello	203	181	319	705	

**USA Powerlifting™ (formerly ADFPA) Membership Application** • PO Box 668, Columbia City, IN 46725  
(260) 248-4889 • (260) 248-4879 fax • www.adfpa.com • www.usapowerlifting.com

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

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

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

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

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

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

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

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

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

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

Check/Money Order # \_\_\_\_\_ Membership Price: \$ \_\_\_\_\_  
Credit Card: Visa-Mastercard-Discover Exp. Date: \_\_\_\_\_ Merchandise Total: \$ \_\_\_\_\_  
Card # \_\_\_\_\_ Merchandise Shipping: \$5.85  
Cardholder Signature: \_\_\_\_\_ Total Purchased: \$ \_\_\_\_\_

**All memberships expire 12 months from date of purchase.**

(White Original - National Office • Yellow - Seller's Copy • Pink - Lifter's Copy)

C. Martinez	402	176	424	1003
Junior/Senior				
R. Reyes	468	352	474	1295
Geoghegan	270	214	286	771
275 lbs.				
Fresh/Soph				
M. Pagano	341	303	457	1102
SHW				
Fresh/Soph				
MacDonald	325	242	501	1069
Junior/Senior				
Mankarious	402	369	374	1146
(Thanks to Mark L. Salandra for results)				

**APF/AAPFBuckeye Open**  
27 JAN 07 - Columbus, OH

BENCH		M. Senter 675		
WOMEN		C. Moody 480		
198 lbs.		242 lbs.		
K. Wetenhall	215	S. Schaeffer 645		
MEN		SHW		
181 lbs.		C. Sumner 575		
F. Boldt	655	K. Argabright 700		
220 lbs.		T. Fletcher 730		
J. Elick	625	J. Wetenhall 500		
T. Bell 630				
Powerlifting		SQ BP DL TOT		
WOMEN				
132 lbs.				
Weisberger	540	340	450 1330	
148 lbs.				
K. Sipos	330	250	350 930	
165 lbs.				
K. Bohigan	565	145	405 1115	
M. Henry	355	245	340 940	
181 lbs.				
L. Phelps	770	435	520 1725	
MEN				
165 lbs.				
M. Hardy	750	415	515 1680	
181 lbs.				
J. Paulucci	465	300	350 1115	
198 lbs.				
P. Harrington	915	525	660 2100	
220 lbs.				
R. McNutt	720	520	620 1860	
D. Hanison	750	455	600 1805	
A. Deckert	480	320	500 1300	
J. Jester	660	520	540 1720	
P. Biales	830	530	640 2000	
242 lbs.				
R. Douglas	580	450	525 1555	
T. Nelson	685	375	525 1585	
J. Adams	740	575	575 1890	
S. Nutter	900	605	705 2210	
M. Smith	850	575	700 2125	
275 lbs.				
J. Holland	650	350	660 1660	
S. Mount	1000	680	640 2320	
Steltenkamp	900	725	625 2250	
E. Covey	910	575	615 2100	
T. Godby	725	500	450 1675	
R. Miller	600	475	515 1590	
D. Hoff	905	600	680 2185	
308 lbs.				
B. Boggia	750	585	500 1835	
M. Lenigar	840	650	700 2190	
T. Balagana	1035	480	705 2220	
SHW				
R. Thompson	750	710	550 2010	
T. Harold Jr.	1010	145	815 1970	
(Thank you to Jason Harbin for results)				

**Smitty's Iron Works Open III**  
21 JUL 07 - Midland, MI

BENCH		198 lbs.	
WOMEN		Open	
132 lbs.		J. Gordon 400	
Master I		220 lbs.	
J. Strouse	135	Master I	
MALE		R. Hemenway 380	
148 lbs.		SHW	
Junior		Master I	
J. Dillbeck	275	C. Torres 430	
Open		Guest Lifter	
M. Reulan	475	H. Lane 750	
M. Periard	475		
WOMEN		SQ BP DL TOT	
123 lbs.			
Master III			
B. Zintsmaster	285	125	320 730
132 lbs.			
Open			
J. Varner	225	105	325 655
Master I			
J. Strouse	200	145	200 535
165 lbs.			
Master I			
P. Jurado	105	115	225 445

## LOUIE SIMMONS' REVERSE HYPER MACHINE

**Roller Hyper**  
\$1,868.00

**Pro Hyper**  
\$1,440.00

**Standard Hyper**  
\$975.00

\*Shipping Included

Patent #5356359

**WOULD YOU LIKE TO ADD 100 POUNDS TO YOUR SQUAT AND DEADLIFT?**

**www.westside-barbell.com**  
3884 Larchmere Drive Grove City, Oh 43123  
Phone (614) 801-2060

198 lbs.	B. Steffek	405	245	500	1150				
Teen I									
S. Lamb	330	135	305	770	J. Zintsmaster	410	330	500	1240
MEN									
220 lbs.									
Teen II									
G. Curtis	320	255	425	1000	T. Swift	310	275	430	1015
Open									
D. Graves	300	255	330	885	220 lbs.				
165 lbs.									
Open									
R. Wright	480	325	565	1370	Teen III				
181 lbs.									
Open									
K. Kuhl	365	245	415	1025	J. Birchmier		460	265	510 1235
Maser V									
R. Batko	435	215	500	1150	Junior				
198 lbs.									
Teen III									
T. Zintsmaster	410	330	500	1240	B. Cowley		445	315	475 1235
Junior									
Open									
Master II									
B. Birchmier						515	315	505 1335	
242 lbs.									
Teen II									
M. Marrero						350	315	500 1165	
Open									
M. Peramaki						425	300	465 1190	

**REFeree STATUS:** National Referee \_\_\_\_\_ State Referee \_\_\_\_\_

Club No. \_\_\_\_\_ Club Name: \_\_\_\_\_

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

Adult  25.00 Youth  15.00

### MEMBERSHIP APPLICATION:

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

Date of Birth \_\_\_\_\_ Age \_\_\_\_\_ Sex  Male  Female Application Date \_\_\_\_\_ Social Security Number \_\_\_\_\_

First Name \_\_\_\_\_ Middle Name \_\_\_\_\_ Last Name \_\_\_\_\_

Address \_\_\_\_\_

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

E-mail \_\_\_\_\_ Phone (With Area Code) \_\_\_\_\_

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@pikitup.com • Website: www.pikitup.com

**Master II**  
K. Kryzaniak 415 280 450 1145

**SHW**  
Master II  
M. Casey 600 485 555 1640

**Master IV**  
M. Miller 225 225 350 800

**Female Best Lifter Master Bench:** Jill Strouse. **Female Best Lifter:** Jen Varner.  
**Female Best Lifter Master Bench:** Miguel Ruelan.  
**Male Best Lifter Bench:** Ron Hemenway. **Male Best Lifter Master Bench:** Robert Wright. **Male Best Lifter Master:** Mike Casey. **Judges Choice Best Lifter:** James Perry II. (Thanks to Matt Smith for results)

**ADAU "We Don't Need Drugs"**  
24 JUN 07 - Erie, PA

BENCH		A. Cummings 300	
WOMEN		181 lbs.	
132 lbs.		Junior	
K. Barrett	95	A. Susmarski 235	
148 lbs.		198 lbs.	
S. Oregina	—	Junior	
Master (40-44)		T. Bozich 315	
S. Oregina	—	220 lbs.	
165 lbs.		A. Barrett 380	
Master (50-54)		Master (50-54)	
D. Grimm	115	A. Mangini 255	
4th-128		Master (70-74)	
MEN		L. Burton 230	
77 lbs.		242 lbs.	
Youth (9)		Grandinetti 350	
A. Barrett	70	275 lbs.	
4th-72		J. Lawson 320	
165 lbs.		Master (45-49)	
Junior		J. Bevelacqua 385	
Double Bodyweight		Lbs. Reps	
DEADLIFT			
(60)			
D. Swingle		280 27	
(46)			
D. Heintel		340 17	
(20)			
T. Bozich		390 12	

Sixteen competitors qualified for the ADAU Single Lift Nationals and two of them managed to set American records in the process. Nine year old Allen Barrett benched 70 pounds for the youth record and managed 72.5 on a fourth attempt. Debbie Grimm benched 115 and jumped to 128.75 for a successful fourth attempt record in the (50-54) age group. Debbie's lifts gave her the Outstanding Women's award. The Outstanding Man was AJ Barrett with his "Raw Drug Free" third attempt success of 380 pounds in the 220 class. Sixty year young Don Swingle was extremely impressive in the 2x bodyweight deadlift for reps contest. Don gutted out 27 repetitions with 280 pounds. "The possibility that we may fail in the struggle ought not to deter us from the support of a cause we believe to be just" -Abraham Lincoln. (Thanks to Joe Oregina for these results)

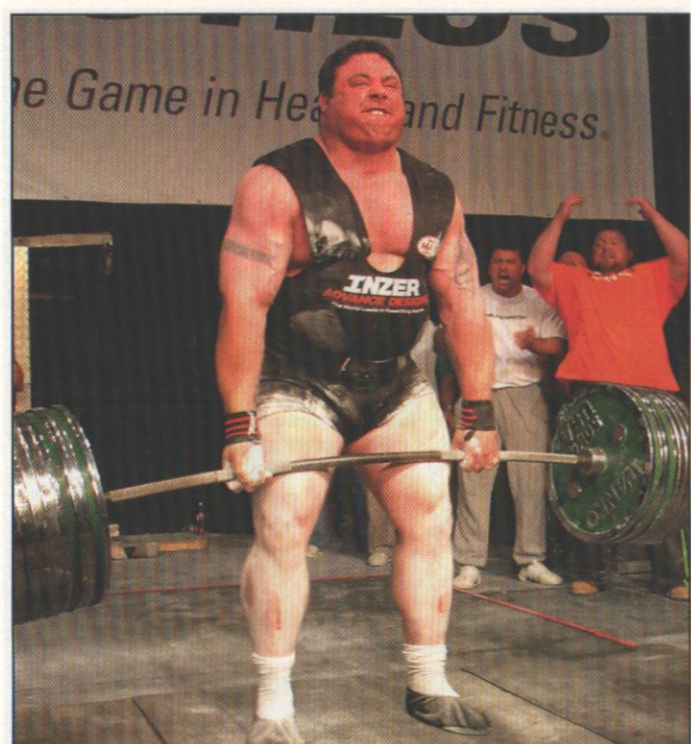


**WPC British Championships**  
15 JUL 07 -

Powerlifting SQ BP DL TOT

**WOMEN**  
105 lbs.  
Open  
L. Watson 226 143 242 611  
Master (55-59)  
F. Milham 198 99 220 518  
181 lbs.  
Open  
E. James — 319 — 319  
198 lbs.  
Open  
J. Altham — — — —  
198+ lbs.  
Master (40-44)  
D. Shaw 595 330 529 1455

**MEN**  
123 lbs.  
Open  
S. Scoular 275 143 308 727  
132 lbs.  
Master (55-59)  
B. Brown 326 194 308 828  
148 lbs.  
Master  
B. Mullan 352 214 352 920  
Open  
A. Adams 595 308 485 1388  
165 lbs.  
Master (45-49)  
D. Mannering 595 418 529 1543  
Open  
K. Smith 573 308 463 1344  
L. Gordon 705 380 595 1681  
D. Bulford — — — —  
Teen  
J. Bamsey 198 165 308 672  
181 lbs.  
Master (45-49)  
M. Spurling 617 132 132 881  
Open  
O. Rowland 529 264 463 1256  
A. Brooks 628 374 573 1576  
I. Humphries 716 396 540 1653  
A. Hearn 705 451 562 1719  
C. Richards 705 507 551 1763  
L. Cutler 705 418 617 1741  
J. Hurley — — — —  
198 lbs.  
Junior  
N. Deighton — — — —  
A. Booker — — — —  
Master (40-44)  
D. Rees 573 319 507 1399  
Open  
S. Plunkett 672 451 529 1653  
C. Jenkins 694 446 661 1802  
220 lbs.  
Junior



**World's Biggest Deadlifter ANDY BOLTON ... attempted a 1014 deadlift at the WPC affiliated British Championships. (photo forwarded to POWERLIFTING USA by the courtesy of Mike Sweeney)**

Junior	J. Copping	700	374	622	1697	M. Cullimore	—	—	—	—	
	A. Kitchener	628	440	661	1730	Junior/Open	242 lbs.	—	—	—	
	S. Hunter	529	385	584	1499	Master (40-44)	A. Kitchener	628	440	661	1730
	R. Graham	595	374	529	1499	Master (45-49)	J. Faulkes	—	—	—	—
	A. Hale	595	374	529	1499	Master (45-49)	A. Gilbert	529	396	578	1504
	C. Foulser	617	396	628	1642	Master (55-59)	A. Luker	—	—	—	—
	G. Rowlands	650	407	529	1587	Open	G. Wilson	—	551	—	551
	Owain Kite	661	440	617	1719	Open	J. Wignall	—	451	573	1025
	P. Newell	815	451	617	1884	Open	A. Warbrook	617	407	644	1670
	E. Bitek	815	551	672	2039	Open	L. Price	650	451	617	1719
	C. Coombs	925	617	705	2248	Open	S. Middleton	826	529	683	2039

M. Jones	—	—	—	—
275 lbs.	—	—	—	—
Junior	—	—	—	—
B. Staniforth	661	308	617	1587
Master (40-44)	—	—	—	—
M. Adams	—	—	—	—
Master (45-49)	—	—	—	—
A. Scott	485	418	507	1410
Open	—	—	—	—
T. Chantler	661	407	507	1576
I. Rutherford	308	551	749	1609
L. Alberts	617	534	529	1681
C. Rogers	749	429	661	1840
L. Strang	771	540	573	1884
G. Mattison	738	501	666	1907
B. Williams	881	534	672	2088
J. Kiss	937	578	639	2155
D. McQueen	970	485	804	2259
308 lbs.	—	—	—	—
Open	—	—	—	—
I. Mitchell	595	451	622	1670
D. Beattie	—	—	—	—
Master (45-49)	—	—	—	—
D. Beattie	—	—	—	—
308+ lbs.	—	—	—	—
Open	—	—	—	—
A. Bolton	903	639	859	2403
J. Nuttall	—	—	—	—
D. Wightman	909	666	661	2237

(Thanks to Mike Sweeney for the results)

**USAPL/FSF Sunshine State Games**  
16 JUN 07 - Lakeland, FL

**BENCH**  
WOMEN  
148 lbs.  
Open  
J. Bracetty 104  
132 lbs.  
Raw  
B. Rains 137  
MEN  
115 lbs.  
Teen (12-13)  
A. Morrell 104  
148 lbs.  
Junior (20-23)  
S. Judah 463  
Raw  
S. Judah 463  
198 lbs.  
Master I (40-49)  
B. Burritt —  
Open  
B. Burritt —  
220 lbs.  
Powerlifting SQ  
BP DL TOT

Master II (50-59)  
D. Grossman 281  
Master III (60-69)  
G. Walker 352  
A. Speech 336  
Open  
G. Walker 352  
242 lbs.  
Master I (40-49)  
M. Hersh —  
Master III (60-69)  
S. Grech 275  
275 lbs.  
Teen I (14-15)  
E. Kinsel 209  
Collegiate  
A. Teyes 374  
Master II (50-59)  
S. Regan 369  
G. Heid 253  
275+ lbs.  
Open  
B. Moore 529

**CSS Photos**

**CALIFORNIA SPORTS SPOTLIGHT**  
WWW.CSSPHOTODESIGN.COM  
Phone: (916) 359-2670  
Email: css@winfirst.com  
**VIEW PRINTS ONLINE**  
Contact CSS with Your Custom Order  
**EVENT DVDS AVAILABLE**  
DVDs Available Within Days Following Event  
**CONTACT US ABOUT BOOKINGS**  
Book Early to Ensure Your Coverage  
**WWW.CSSPHOTODESIGN.COM**

High School JV	M. Lopez	93	93	143	330
123 lbs.	—	—	—	—	—
HS Varsity	L. Kutner	214	132	220	567
Raw	L. Kutner	214	132	220	567
Teen II (16-17)	L. Kutner	214	132	220	567
132 lbs.	—	—	—	—	—
High School JV	S. Hibbard	110	77	154	341
Teen I (14-15)	S. Hibbard	110	77	154	341
Raw	S. Hibbard	110	77	154	341
148 lbs.	—	—	—	—	—
High School JV	M. Delprete	137	77	165	380
E. Melville	242	121	264	628	
Teen II (16-17)	M. Ray	132	115	248	496
165 lbs.	—	—	—	—	—
Teen II (16-17)	C. Garcia	214	121	264	600
MALE	—	—	—	—	—
115 lbs.	—	—	—	—	—
Youth II (11-12)	J. Sundry	176	71	203	451
165 lbs.	—	—	—	—	—
HS Varsity	J. Jackson	429	214	501	1146
Teen I (14-15)	E. Marquis	253	181	358	793
Teen II (16-17)	J. Jackson	429	214	501	1146
181 lbs.	—	—	—	—	—
Teen I (14-15)	B. Muccatello	314	203	402	920
Teen II (16-17)	R. Dodds	303	231	402	937

**STRENGTH SOLD HERE**

**Strength in a Bottle**  
Five new hard core products. Best on the market for strength. Not for USAFL or AAU. Call for more information 813-843-7652.

**Joint Complex Formula**  
28 ingredients all for long term tissue rebuilding and short term pain relief. Users report little to no joint pain in the first week of use.

**Call about our Contest Super Stack**  
All 6 Strength Building Products  
6 Week Cycle  
9 Bottles Total for \$319

**GearMan Nutrition**  
Dondell Blue 2500 pounds total @ 220 pound bwt 2007 Arnold Classic WPO Powerlifting Champion

**GearManNutrition.com 813-843-7652**

Teen III (18-19)	D. Raebig	363	281	474	1118
Junior (20-23)	J. Cunningham	424	319	474	
1218	L. Holland	220	181	435	837
Master III (60-69)	T. Nicolini	314	214	303	832
C. Hodupp	275	143	341	760	
Raw	P. Currey	347	264	341	953
C. Hodupp	275	143	341	760	
198 lbs.	—	—	—	—	—
HS Varsity	M. Brabbs	435	281	589	1306
Teen III (18-19)	S. Tarr	363	—	—	363
220 lbs.	—	—	—	—	—
Teen II (16-17)	A. Carpanini	407	292	474	1173
Open	L. Wallen	628	363	672	1664
Master I (40-49)	B. Beekely	485	303	556	1344
242 lbs.	—	—	—	—	—
Master I (40-49)	S. Pares	451	—	551	1003
Open	S. Pares	451	—	551	1003
Teen I (14-15)	R. Martin	341	237	413	992
Teen II (16-17)	A. Pacheco	446	286	435	1168
275 lbs.	—	—	—	—	—
Raw	T. Burns	512	336	501	1350
Teen II (16-17)	S. Duggan	374	275	429	1080
275+ lbs.	—	—	—	—	—
Open	B. Moore	738	529	766	2033

**LCF Summer Power Meet**  
15 JUL 07 - Limon, CO

Master I (40-49)	B. Moore	738	529	766	2033
Raw	A. Pogoyan	235*	205	315	755
B. Moore	738	529	766	2033	
The 28th USAPL/FSF Sunshine State Games Bench Press & Powerlifting Championships were held at the Lakeland Center. (Thank you to the USAPL for providing the results)	C. Otero	365	315	425	1105
	D. Huff	225	215	300	740



**The 'Little Rhino' powerhouse Josh McKenzie smashing 605 lbs. in the squat, weighing only 188. Looked as if he could have hit 640! (David Coleman provided this photo from the LCF Summer Meet)**

G. Medeles	325	250	405	980
J. Nicholson	325	235	385	945
198 lbs.	—	—	—	—
J. McKenzie	605*	350	555	1510
Hernandez	300	275	455	1030
E. Brown	245	245	385	875
220 lbs.	—	—	—	—
C. Sutherland	530	280	490	1300
D. Keys	482	295	500	1277
R. Dewey	365	240	430	1035
J. Matheny	340	275	405	1020
E. Glass	205	225	415	845
242 lbs.	—	—	—	—
K. Johnson	270	340*	485*	1095
SHW	—	—	—	—
R. Wolfe	475	305	510	1290

\*=New Facility Records. We had a good turn out for our summer smash. Special thanks goes out to all the guys who worked the meet. Also, Lt. Milburn, your support makes powerlifting here in Limon possible. Thank you for coming in on your day off. Also, thank you Warden Hartley for allowing us to eep our free weights and have our meets. First place overall, and overall best lifter was J. McKenzie, who broke the long standing squat record in the 198s. He was less than an inch away on his bench press and he would have captured another record. Other notable lifts were C. Oteros raw 315 bench at 163 bwt., K. Johnson's new master record 340 raw bench press. And, D. Keys broke two more raw records and had a great day all around. To every lifter, never forget form where you have come, what we've been through, as that's what makes us who we are. Continue bettering yourselves through powerlifting! Strength and honor! Thanks to PLUSA, you're the greatest! (Thanks to D. Coleman for providing the meet results)



**ADFPF Gentle Shepherd BP**  
10 AUG 07 - Six Lakes, MI

BENCH	Open	132 lbs. Junior	325	176	374	876
WOMEN	E. Johnson 248	Chirtoac	297	198	352	848
Raw	Master I	Teliucov	242	231	286	760
198 lbs.	C. Houser 275!*	Sanduta				
Master II	198 lbs.	Dementiev	286	198	374	859
C. Muessman 170!*	Master I	Bolgar	270	148	341	760
MEN	J. Campbell 352!	Tindighilean	220	176	297	694
181 lbs.	220 lbs.	Teen III				
M. LeClair	Master VI	Svet	253	165	330	749
198 lbs.	T. Andrews 277!	148 lbs. Junior				
Master II	Junior	Smalovschi	385	214	363	964
J. Jachim 380!*	J. Ninaber 231	Rojdaichin	319	231	385	937
Raw	242 lbs.	Titu	308	220	396	925
181 lbs.	Master I	Chirpii	231	231	418	881
	R. Cairns 275!*	Macheev	275	203	352	832
		Cebanov	220	187	308	716

!-American Records. \*-State Records. The Gentle Shepherd Community Center began to live up Friday evening as lifters with their entourages arrived for a small bench press event. Earlier in the day work crews had prepared the venue setting out bleachers, arranging the warm-up area, competitive platform, award display and getting the concession stand ready. By 6:00 p.m. the lifters began the registration, weigh-in and equipment check process for the 2007 Gentle Shepherd Bench Press Competition hosted by Meet Director John Jachim. Following their warm-ups and rules briefing nine athletes went to work demonstrating the results of their recent training programs. Spotters, Loaders and Officials kept the meet moving smoothly. Impressive awards were presented within minutes of the completed competition. An update of the ADFPF record books revealed 15 records set by the athletes, seven American Records and eight Michigan State Records. Congratulations to all who were a part of this competition\* Eight lifters qualified for the 2007 Single Event World Championships held in Montesilvano, Italy on Oct. 12, 13 & 14. Lifters, check the website for U.S. Team & World Championships Information. (courtesy Judy Gedney)

**WDFPF Moldovan Championships**  
21 APR 07 - Moldovan, RUS

Raw	SQ	BP	DL	TOT
122 lbs.				
Master I	110	121	154	385
Fuga 115 lbs.				
Junior	209	154	297	661
Navin				
Teen I	154	121	220	496
Guzun				
Teen III	237	148	275	661
Prepaelita 123 lbs.				
Junior	198	176	253	628
Daniliuc				
Teen I	209	176	280	665
Cebotari				

**BODYTECHUSA.COM**  
**STRENGTH MAGAZINE**  
Where the big boys play®  
A monthly E-Strength Magazine featuring exclusive video clips, photos, and reports of National and World Strength Competitions.

Teen I	275 lbs. Junior	474	242	507	1223
Satalenco	Junior	429	281	474	1185
Barbarov	Stroea	286	253	374	914
Rotari	Senior				
Teen II	Mazur	275	192	341	810
Leonenco	Marzenco				
198 lbs. Junior	319 lbs. Senior	529	374	551	1455
Gamureac	Bondarencu	451	374	573	1399
Radulov	(Thanks to Sharon Clegg for these results)	396	253	474	1124
Sucman		341	253	463	1058
Budestean					
USPF Muscle Beach Push Pull					
21 JUL 07 - Venice, CA					
FEMALE					
Open	BP	DL	TOT		
114 lbs.					
B. Aerts	99	198	297		
123 lbs.					
J. Nabinger	104	231	336		
198+ lbs.					
J. Jessie	132*!	226	358		
Master (40-49)					
114 lbs.					
B. Aerts	99	198	297		
MALE					
Junior (16-17)					
148 lbs.					
J. Haller	132	319	451		
Junior (19-23)					
198 lbs.					
J. Martini					
220 lbs.					
A. Rose	369	440	810		
R. Mendez	380	407	788		
Open					
148 lbs.					
F. Astilla	242	418	661		
181 lbs.					

B. Kiraly	330	512	843
B. Littlefield	429	407	837
198 lbs.			
C. Komata	319	407	727
220 lbs.			
J. Kelske	385	633	1019
B. Burke	402	540	942
J. Golec	407	529	937
J. Bostick	314	584	898
P. O'Neal	281	490	771
242 lbs.			
E. Deforest	474	622	1096
Q. Doudera	407	606	1014
E. Rojas	363	463	826
C. Haudenschild	—	463	463
275 lbs.			
J. Dentice	402	573	975
A. Aerts	451	523	975
W. McCaslin	330	501	832
308 lbs.			
P. Abbott	551	777*!	1328
S. Denison	584*!	650!	1234
Master (40-49)			
275 lbs.			
S. Denison	584	650	1234
Master (50-59)			
198 lbs.			
J. Avila	203	573!	777
275 lbs.			
A. Aerts	451	523	975
Master (60+)			
165 lbs.			
R. Hill	121	413	534
181 lbs.			
D. Martin	259	418!	677
242 lbs.			
C. Haudenschild	—	463	463

\*=State Records. !=American Records. Best lifters: Open Women-Jessica Nabinger, Junior Men-Andrew Rose, Open Men-Paul Abbott, Master Men-Steve Denison. Meet Promoter: Joe Wheatley. Meet Director: Steve Denison. Referees Int'l: Bill Ennis, Gordon Santee. Nat'l: Ken Wheeler, Lisa Wheeler, Steve Denison, Kevin Meskev, Chuck LaMantia, Announcer/MC: State-Kellie LaMantia, Scorekeeper: Spotter/Loaders: Phoenix House. (Steve Denison)

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

Last Name	First Name	Initial	Renewal	Current Card # (If Renewal)
			Y N	
Street Address				Club Name
City				State
Zip		Area Code/Telephone		
Current USPF Classification	Referee Status	Current High School	Special Olympian	Inmate
Elite Master I II III IV	IPF Cat. 1 Cat. 2 Nat. State	Y N	Y N	Y N
Current Collegiate	U.S. Citizen	Date of Birth	Sex	Today's Date
Y N	Y N	/ /	M F	/ /
Card Issued By				

Registration Fee \$25.00  
Make checks payable to and Mail to:  
**UNITED STATES POWERLIFTING FEDERATION**  
NATIONAL HEADQUARTERS  
P.O. Box 650  
Roy, Utah 84067

NOTE: \$10 SPECIAL FEE APPLIES TO: Special Olympians; High School with proof of enrollment; and inmates when paid with institution check. All USPF sanctioned meets will be subject to drug testing.  
In recognizing the need for drug-usage detection, I agree to submit to any testing procedures deemed appropriate by the USPF or its agents and shall accept the results and consequences of such tests.

If Under 18 have Parent Initial \_\_\_\_\_ Signature \_\_\_\_\_

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

**ADFPF Mission Statement:** To provide all amateur athletes with legitimate drug-tested powerlifting, Strongman/woman, Highland Games competition through local, regional and national championships, while encouraging the growth of international amateur drug-free competition. To insure that the ADFPF as well as all ADFPF competitions are governed with integrity and by the highest standards of meet structure, officiating and organizational administration.  
**Conditions of Membership:** As a condition of ADFPF membership, I commit to obeying all ADFPF rules, policies, drug testing requirements and procedures. Additionally I agree to UNANNOUNCED Out-of-Competition and Target Drug Testing. I understand the rules, regulations and drug testing procedures are at times subject to change and as a condition of continued membership, I agree to obey all such changes. I will voluntarily submit to any ADFPF and/or WDFPF drug testing procedures as stated in their rules. I understand that my ADFPF membership may be revoked, temporarily or permanently suspended and/or denied for my failure to obey ADFPF/WDFPF rules, regulations and/or drug testing procedures. If I test positive for a banned substance, I agree that the results of the test are conclusive, and I further agree to accept the consequences of the positive test regarding my membership.  
As a condition to ADFPF membership, I understand and accept that I am prohibited from using any substance or "doping method" banned by the ADFPF/WDFPF. I accept sole responsibility for what I take into my body and should I consume a banned substance unknowingly and test positive for that banned substance, I shall be solely responsible for consumption of that banned substance and shall accept the results and consequences of that test.  
If I am suspended from membership for any reason, including testing positive for a banned substance or doping method, I permit the ADFPF and the WDFPF to publish my name as a suspended member and/or member who is suspended for testing positive for a banned substance or doping method on the internet, in Powerlifting USA, in RAW POWER, or any other publication that the ADFPF and WDFPF so choose.  
Signature \_\_\_\_\_ If Under 21 yrs., Parent Initial \_\_\_\_\_ Date \_\_\_\_\_ Prior Registration No. \_\_\_\_\_  
Name \_\_\_\_\_ Phone \_\_\_\_\_ E-mail \_\_\_\_\_  
Address \_\_\_\_\_ City \_\_\_\_\_ State \_\_\_\_\_ Zip Code \_\_\_\_\_  
Date of Birth \_\_\_\_\_ Gender \_\_\_\_\_ U.S. Citizen? \_\_\_\_\_ ADFPF Registered Club Member \_\_\_\_\_

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

**drjudd.net**  
Your Inside Source

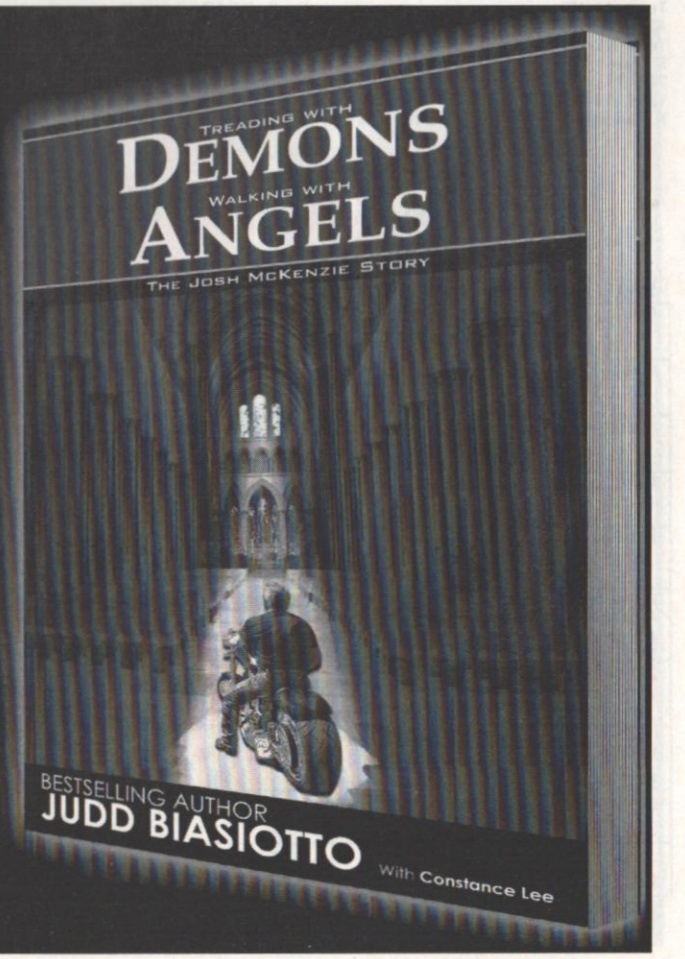
In Dr. Judd's latest work, he delves into the dark and brutal world of a young man who's life is consumed with hate and despair. Follow Josh McKenzie as he falls deeper and deeper into the growing darkness.

**THIS IS A TRUE STORY...**

Available February 2005, but for a limited time you can view the first chapter online at <http://www.drjudd.net/> for FREE!

**Warning:** This book contains graphic language and may NOT be suitable for children under 18.

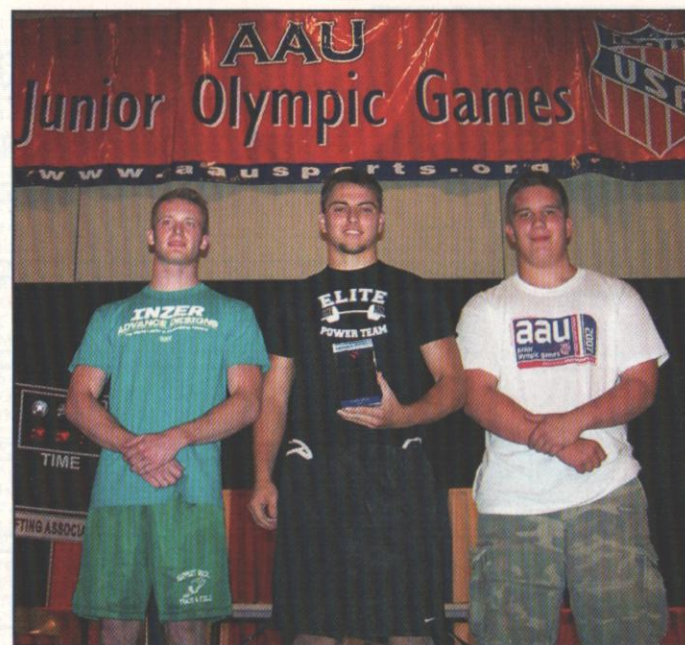
Visit us at <http://www.drjudd.net/> to view all of Dr. Judd's books!





**AAU Junior Olympics**  
28-29 JUL 07 - Knoxville, TN

BENCH	114 lbs.				
MALE	Kids (10-11)				
220 lbs.	S. Marrow	66			
Teen (16-17)	123 lbs.				
M. Jones	Youth (12-13)				
248	S. Chavis	99			
242 lbs.	148 lbs.				
Teen (18-19)	Kids (10-11)				
D. Wooten	A. Bullock	71			
330	Teen (14-15)				
Raw	T. Pharr	148			
77 lbs.	A. Boone	115			
Kids (8-9)	165 lbs.				
C. Batchelor	66				
Kids (10-11)	165 lbs.				
T. Addison	82				
B. Munley	77				
C. Foster	60				
88 lbs.	Youth (12-13)				
Youth (12-13)	M. Evans	93			
S. Evans	77				
J. Chavis	49				
97 lbs.	Youth (12-13)				
Kids(10-11)	N. Carlin	225			
R. Drumgo	71				
Youth (12-13)	J. Chavis	148			
V. Ragland	71				
Powerlifting	Teen (16-17)				
114 lbs.	C. Cannady	148			
Kids (10-11)	BP	DL	TOT		
J. Sunde	165	77	222	465	
Youth (12-13)	N. Litowsky	231	137	253	622
165 lbs.	Teen (14-15)				
A. Hale	308	225	369	903	
Teen (16-17)	T. Browning	341	203	374	920
181 lbs.	Teen (14-15)				
B. Muscatello	352	214	407	975	
B. Ferrell	286	187	352	826	
Teen (16-17)	R. Dodds	352	225	402	981
198 lbs.	Teen (18-19)				
B. Franklin	429	308	462	1201	
220 lbs.	Teen (18-19)				
D. Raebig	429	292	501	1223	
220 lbs.	Teen (16-17)				
A. Carpanini	501	154	440	1096	
Teen (18-19)	S. Tarr	385	270	501	1157
242 lbs.	242 lbs.				
Teen (14-15)	R. Bulmash	556	314	540	1410

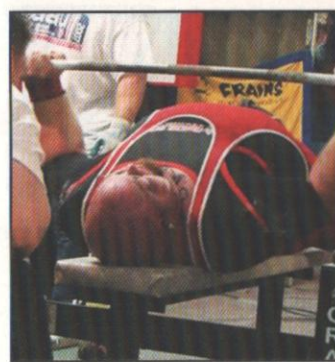


Morgan Brabbs won the Joe Ferrell award at the AAU Junior Olympics Powerlifting Championships. (photo courtesy of VA Powerlifting)

4th-BP-325	C. Jarrell	170	121	242	534
Teen (16-17)	Teen (14-15)				
S. Pacheco	J. Shue	231	170	281	683
275 lbs.	148 lbs.				
Teen (16-17)	Kids (10-11)				
P. Duggan	A. Compton	143	82	181	407
J. Bergmark	4th-BP-97				
Raw	Youth (12-13)				
88 lbs.	M. Hughes	220	126	248	595
Kids (10-11)	T. Shumaker	126	88	214	429
B. Griffin	M. Hollifield	93	55	143	292
105 lbs.	Teen (16-17)				
Youth (12-13)	J. Nelson	242	198	352	793
D. Durham	D. Depta	209	154	303	666
123 lbs.	Junior (20-23)				
Teen (16-17)	J. Bocz	225	225	418	870
J. Grubbs	165 lbs.				
270	Youth (12-13)				
163	J. Burroughs	264	165	314	744
358					
791					
132 lbs.					
Youth (12-13)					

D. Smyth	165	132	220	518	
Teen (14-15)					
D. Harris	275	203	374	854	
E. Marquis	281	187	341	810	
N. Pinkstaff	259	192	275	727	
M. Ziegler	126	137	231	496	
181 lbs.					
Teen (16-17)	J. Richardson	429	275	529	1234
M. Wilson	374	264	440	1080	
198 lbs.					
Youth (12-13)	W. Power	220	159	286	666
Teen (14-15)	T. Hedrick	126	126	253	507
Teen (16-17)	J. Marrow	352	303	424	1080
Teen (18-19)	M. Brabbs	424	281	589	1295
G. Marrow	391	297	540	1229	
220 lbs.	4th-DL-606				
Teen (14-15)	Z. Underwood	264	176	308	749
242 lbs.	Kids (10-11)				
Z. Tackett	154	88	154	396	
Teen (14-15)	C. Maynard	270	170	407	848
P. Collins	319	187	303	810	
275 lbs.	Teen (16-17)				
D. Taylor	341	330	352	1025	

Bench Press Team: Project Lift, from Henderson, NC. Joe Ferrell Award: Morgan Brabbs, from Lakeland, FL. Powerlifting Team 1st Place: Team Elite, from Lakeland, FL. Powerlifting Team 2nd Place: Mann Powerlifting, from Mann, WV. Powerlifting Team 3rd Place: Project Lift, from Henderson, NC. It was a day of excitement. Cameras were flashing. The crowd was on their feet, clapping and yelling. If you missed it, you missed two days of high intense energy and great lifting from some of the finest, and if I may add, strongest youth powerlifters in the nation. The first award given this year was the Joel Ferrell Outstanding Performance Memorial Award. The Joel Ferrell award is presented to recognize the athletic ability and sportsmanship of an athlete. This award is presented each year at the AAU Junior Olympics to an athlete representing each official sport at the Junio Olympic Games. There were 34 World and American records broken. (report courtesy VA Powerlifting)

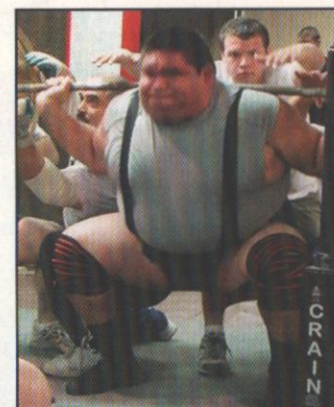


Bubba Dowling benched 705, an AAU American record, at the AAU Nationals. (both photographs are by courtesy of Rickey Dale Crain)

D. Edwards	—	88	202	291
181 lbs.				
B. Righter	—	—	—	—
D. Judd	253	136	363	754
Richardson	500	280	551	1331
D. Dillon	297	165	313	776
C. Crossland	180	324	341	846
198 lbs.				
T. Smith	379	257	485	1122
S. McCarty	451	363	478	1294
T. Marsh	379	231	429	1040
G. Thornton	—	—	—	—
B. Crouch	—	—	—	—
J. Fuller	407	231	540	1179
J. Parsons	—	423	—	423
J. Burnham	297	187	341	826
220 lbs.				
K. Mattison	—	467	—	467
G. Bishop	555	368	511	1435
K. Mattison	551	451	522	1525
C. Caputo	440	346	522	1309
B. Cass	—	—	—	—
T. Scott	330	242	341	914
R. Thomas	—	368	—	368
L. Davis	—	—	374	374
242 lbs.				
K. Beck	—	346	551	897
M. Allen	606	324	573	1503
B. Bohot	—	456	—	456
D. Morphew	—	—	302	302
G. Tignor	—	—	500	500
J. Weinstein	606	319	551	1477
275 lbs.				
J. Scott	253	158	257	670
R. Lepley	—	412	—	412
J. Park	—	313	—	313
C. McClure	—	—	374	374
R. Lepley	—	—	654	654
308 lbs.				
P. Wrenn	551	280	529	1360
D. Davies	—	—	—	—
D. McConnell	595	385	584	1565
M. Austin	650	463	544	1657
G. Knight	—	368	—	368
4th-BP-379				
SHW				
J. Pugh	800	500	650	1951
B. Dowling	787	683	650	2120
J. Jefferson	687	341	599	1629

**AAU National/Sooner State**  
21-22 JUL 07 - OKC, OK

Powerlifting	SQ	BP	DL	TOT
Lifters				
114 lbs.				
A. Harris	213	158	242	615
123 lbs.				
S. White	—	—	220	220
H. Bird	231	121	269	621
A. Harris	213	158	242	615
148 lbs.				
D. Newcomer	352	231	401	985
J. Patrick	—	143	—	143
E. Meadors	—	259	259	518
McClintock	—	—	242	242
4th-DL-253				
165 lbs.				
R. Herbst	302	—	429	731
D. Harris	187	103	246	537
J. Ochs	—	—	—	—
M. Fleming	533	324	599	1457
R. Crain	390	224	418	1034
R. Green	—	—	496	496



Joe Jefferson is a new high school graduate who squatted 710 lbs. at the AAU Nationals.

**East Coast Strongman Challenge**  
30 JUN 07 - Norfolk, VA

LOG LIFT	POWERSTAIRS		
Muir	180	5 Steps	
Young	200	(Teen 180 lbs.)	
Irwin	215	Lwt/Hvy 400 lbs.)	
Newsome	240	Muir	5
Stallings	250	Davis	4
Davis	270	Young	2
CONAN'S WHEEL	Stallings	0	
300 lbs.	Revs.	Irwin	0
Muir	1.34	Newsome	0
600 lbs.	ARM Over ARM		
Davis	0.15	Muir	56.59
Young	0.25	Stallings	27.53
Stallings	1.27	Young	26.56
Irwin	1.6	Davis	25.31
Newsome	2.0	Newsome	25.08
Irwin	—	—	21.20
TOSS	Feet	Inches	
Irwin	19	10	
Mruir	21	3	
Davis	24	3	
Stallings	27	3	
Newsome	29	1	
Young	31	2	

Overall Best Lifter: Shawn Newsome. Best Teen Lifter: JW Muir. Best Lwt. Lifter: 1st-Shawn Newsome, 2nd-Kevin Irwin. Best Lifter Hvywt.: 1st-Kenny Davis, 2nd-Duke Young, 3rd-Tim Stallings. Loaders: Don Newsome and Rob Neel. Meet Director: Gayle Schroeder. Officiating Staff: Amy Strickland and Stella Krupinski. Many thanks to all the guys for supporting Brute Strength Gym's first strongman competition. All events were performed indoors, except the 56 lb. throw for distance. One teen competed, 15 year old JW Muir. JW is 5'9" at 220 bodyweight. JW plays football at Kellam High School. Great seeing Shawn Newsome, Kenny Davis, Tim Stallings, Duke Young, and Kevin Irwin back in the game. Many thanks to Rob Neel and Don Newsome for helping load and reset the events. We are looking forward to our next strongman competition, Virginia's Strongest Man, in October or November 2007. (Thank you to Gayle Schroeder for results)

**AAU ATHLETE INDIVIDUAL MEMBERSHIP APPLICATION**

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

Use Legal Name

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

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

Member's Signature	Parent/Guardian Signature
Date	Date

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

**10**  
TOP TEN OF THE GRIP WORLD

**GUIDE** Get started right or do rehab (@ 60 lb.)  
**SPORT** Perfect warm-up for weekend warriors (@ 80 lb.)  
**TRAINER** The bridge to serious grip training (@ 100 lb.)

**NO. 1** Most people who lift weights can't close this gripper (@ 140 lb.)  
**NO. 1.5** Ease into the No. 2  
**NO. 2** Success here means you're exceptionally strong (@ 195 lb.)  
**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  
**NO. 4** CoC Summit—you're the king of the hill! (@ 365 lb.)

Each \$19.95 plus S&H\*  
\*S&H: \$6.00 for one in the US; US\$11.00 Canada; US\$16.00 all others; for more shipping information, please go to How to Order at [www.ironmind.com](http://www.ironmind.com). CA customers, please add 7.375% sales tax.

Order online from [www.ironmind.com](http://www.ironmind.com) . . . we're the hand strength specialists.

**IRONMIND**  
Stronger Minds, Stronger Bodies™

IronMind Enterprises, Inc., P.O. Box 1228, Nevada City, CA 95959 USA Website and on-line store: [www.ironmind.com](http://www.ironmind.com); e-mail: [sales@ironmind.com](mailto:sales@ironmind.com)



(continued from page 8)

However, thanks to Mike Ferguson, his wife Marcia, friends, and powerlifters from their Power Station Gym, collectively, they got the job done - fantastic people, diligent, strong spotters, and loaders. You would be surprised as to how often a meet runs with inexperienced spotters, and loaders, but not this weekend. I wish I had everyone's name that helped both days, even during the 1,000 pound plus squat attempts, you guys rocked! Difficult to guess as to how many spectators would arrive each day, but considering the caliber of competitors, I would guess a lot. For the amount of square footage, the hall was well organized for fans, lifters, and vendors. However, as the day progressed, the hall filled to capacity, and then some. What I thought was a spacious warm-up area, became jammed pack with lifters, trainers and coaches. I went to shoot images during the warm-ups, and greet friends, but common sense kept my visit brief. Eventually, I positioned myself on the floor in front of the lifting platform with great anticipation. Although some of the more prominent lifters were stressed about the cramped warm-up area, plans for a larger venue are already in the works. This meet demands a larger, more assessable location, which I know Mike Ferguson is already planning. Mike and associates are passionate about powerlifting, and that alone breeds success. It is going to be an exciting year in 2008. As Lou Simmons mentioned, "A chance to win money and I mean guaranteed cash money competing against the best we have to offer." This two-day meet achieved its objective, and could easily become the standard going forward for future growth and competition. It is not that the WPO had not achieved greatness in terms of producing a popular powerlifting event; it is more of an issue of sponsorships and getting those lifters paid properly. Speaking of sponsors, this event had many, including Recomp Performance Nutrition, owned by Matt and Christine Pearson, www.recomp.com, Elite Fitness Systems, www.elitefts.com, Jump Stretch, Chad Norvell, Lexen Xtreme, American Fighter, Tampa Barbell, Flowers by Roger, Norvell Landscaping, Priority One Title, Jeff Norris, Iron Woody LLC, Marl Fayak, Beverly Int., Mc Donald Insurance, Parrillo Performance, JMI, Inc, Inzer, Met-Rx, and our friends from AtLarge Nutrition, www.atlargenutrition.com. The three key judges were John Bott, Bob Youngs, and an IPF head Judge, forgot his name- sorry. Great expectation is the best way to explain the feeling everyone felt in preparation to compete at this event. There were over 40 lifters on Saturday in three flights. Although we did witness a good mix of lifters from the four corners of the United States, other competitors flew over from the Ukraine, and Finland to compete both days. That is certainly a testament to the Simmons family and associates. The first flight began with the women, lightweight division, am, and juniors. Nine lifters and only one bombed out of the flight, 220 Mike Alexander missed three attempts at 555 during the deadlift, a number that I am sure he is accomplished in training. Forgive me if I get someone's name wrong in this report, there were so many new faces on the platform. Lifting with the Westside Barbell team and leading the women's division was none other than 132, Amy Wiesenberger. Amy was the best female lifter overall. She totaled over 10 times her bodyweight. Her numbers were 590, 350, and a 500 deadlift. She missed a 3rd attempt 610 squat and a close call with 360 rolling across her abdominals during the bench. Consistent lifting makes for a great world record total of 1,440. Other women competitors included, at 132, Junior, Jean Forgatsch, a beautiful strength athlete. Her numbers were 305, 220, and 300 for an 825 total. At 148, Open, Melissa Henry also had a solid 955, and bravely completed a 3rd attempt 235-pound bench, after missing her opener, and second attempt. Melissa squatted 375, and deadlifting 345. 165, Open, Lisa Wheeler flew in from California, and had herself a perfect lifting day, nine-for-nine; a 1,085 total, a big smile, and sparkling personality. Her numbers were 430, 225, and a 430 deadlift. SHW, Open, Jan Koenig totaled 810, squatted 300, benched 170, and in obvious pain, Jan pulled a 340 deadlift. Three men lifted in this first flight, amateur 198 John Randall, who totaled 1,520. John wore an Elite Fitness Systems black T-shirt, and Metal Gear squat suite. Not typical of an amateur class. His numbers were 650, 405, and 465. At 242, Mike Lawrence totaled 1,565. Mike trains at Balls Gym, with 308, Jason Pegg, and 275, Patrick Schafer who lifted in flight III. Mike's numbers were 600, 450, and 515, great performance. 308 David Brown, hit his openers, but may have been injured. His total was 1,060. Solid lifting, with no casualties, a great way to start the morning. Flight II was next which brought an even stronger caliber of lifters to the platform. There were fourteen competitors ranging in experience. Speaking of experience, Master 181, Fabian Wambsgans began the flight with a 655 squat. He benched 270, and pulled 535 for a 1,460 total. It is great

to see a large range of ages competing, a tribute to the versatility and longevity of the sport. Next up were the 198's of which there were four. Junior, Abe Harrod, who had a whopping 1,800 total. I thought Abe would win the overall best Lightweight lifter, but instead it went to Open, Jason Adams with a 1,880 total. Eighty pounds gave Adam the win, but look at those numbers from Abe, 750, 470, and 600, awesome! Jason took 755 for a ride, and tried 780, but no go! Then Jason missed his opening and second attempt bench "ouch" made 580 on his third, and pulled a 605 deadlift to seal the deal! 198 Open, Mike Hill was on the scene posting a 1,800 total. Mike is always in freaky condition, and dialed in during the bench press, I believe his favorite event, although a 685 squat and 615 deadlift are impressive. We wish him the best. The final 198er was Adam Trout, who went through his lifts methodically, a strong squatter at 700, a 1,665 total, not enough to take the lead, but a solid performance. There were four competitors in the 220 class. Master, Charlie Maxwell lifted in his own class, and totaled 1,750, a great performance on the squat 750 and deadlift 630, but just 370 in the bench. We suspect an injury. Winning the open 220's was Josh Murphy. He totaled a big 1,885, sank an 805 squat setting the stage for the rest of in his class. Josh benched 475, and deadlifted 605. Second, was Keith Taylor with a 700 squat, 425 bench and hit all three



Jari Rosendahl .. Best Heavyweight Lifter on Day One.

deadlifts, finished with 600. Keith is a tough guy, stayed focused, producing a 1,725 total. Open Brian Yourist totaled 1,710, just pounds away from second place. He got his opening 620 squat, and his opening 455 bench. A 635 deadlift at 220 was the heaviest of the class. There was one 242 Master competitor, lifting out of Diablo Gym, CA, Dan Verela. Dan totaled a huge 1,870. His best event seemed to be the squat completing all three, finishing with 745. Dan hit his opener 550 bench, and opener 575 deadlift. That left just four more competitors in this flight, two 275's and two 308's. Open 275, Steve Flaming, lifting out of Diablo, totaled 1,910 for the win. His numbers were 725, 500, and 685. At 275 Sean Schumm took second with 1,780. Sean's numbers were 700, 425, and 655, both solid performances. 308 David Damminga competed along with his dad, very cool! David is just a junior, but this kid has the makings of a pro strongman. He towered over most of the competition in height; I suspect a Scottish/Viking bloodline! David totaled 1,725. A tough going during the squats, hitting 655, but his remaining six attempts went wonderfully, a 445 bench, and 626 deadlift. Finally, the biggest lifter in flight II on the platform would have to be 308 Open, Andy Shields. He was massively built, a natural, lifting old school. Wearing those Clark Kent glasses, gave the illusion that Andy lives a double life, office computer tech by day, and hardcore powerlifter by night. In any case, Andy totaled 2,030. His numbers were 720, 700, and 610. Andy was the first big bencher of the meet. I think his monstrous shoulders may have helped! Although we witnessed the first big flight, it ran smoothly! Loaders were cranking away at those weights. The final

## NEW PRODUCT

The PERFECT PUSHUP's rotating handles and non-slip base allows users to maximize gains while minimizing joint strain. Created by former Navy SEAL commander Alden Mills, the hands are allowed to turn a full 90 degrees during completion of the effort. At \$39.95, the package by BodyRev includes workout cards and a planner. For more information call 415-271-9603, or visit [www.perfectpushup.com](http://www.perfectpushup.com).



rotating users to joint strain. platform are allowed to

flight also consisted of fourteen competitors, which could best be described, with few exceptions, more jacked up than the second class. After watching this flight in action, it is hard to believe there was still another day of lifting with even more exceptional competitors. This flight had many strong performances. 242 Open, Sean Donegan totaled 2080. He squatted a big 850, benched 585, and pulled 645. 242, Sub Master Ed Clark was also looking solid, chiseled, and totaled 2,000. Ed's numbers were 815, 600, and 585. David Damminga's dad Gregg competing as a master 275, went 2,125, a huge squat of 885 got a big response from fellow lifters and the audience. Greg benched 505, and pulled 735. He gave 755 a try, but no go. The best heavyweight lifter, from Finland, 275, Open, Jari Rosendahl totaling 2,315. Jari like many other Finlanders' is a terrific squatter, and deadlifter. Jari squatted 925 and pulled 755. A 635 bench was also impressive. I just wish he did not smoke cigarettes, it just seems wrong for a strength athlete to be sucking on cancer sticks, what is up with that? I have been told cigarette sales are up in Europe and down in the United States. Out of Westside Barbell, 275 Mark "Chicken Hawk" Burrows looked like he was going to explode out of his skin during the squats. Mark hit a PR 905, and proceeded to shout a standard Westside cheer, "How do you like that Mutha Fuckahs," which made me laugh. Mark totaled 1,955, but could easily total over 2,000 as his grip improves in the deadlifts. He benched 500, and deadlifted 550. Rounding out the top three, from Florida, 275 Open, Mike Stuchiner was on a role hitting PR's, and had a perfect day. His numbers were 775, 555, and 620 for a 1,950 total. His team and coaches were ecstatic. 275, Open, Charlie Telesco totaled 1,905. Charlie was yet another lifter from the Diablo team. Charlie squatted 785, but after two missed bench attempts at 515, he proceeded to squeeze out a third successful 515, close call. He finished the day with a 605 deadlift. 275, Open, Spence McKimmie totaled 1,950. Spence is a solid built, IPA veteran; his numbers were 770, 530, and 600. The final 275, Open competitor was Patrick Schafer, with a 1,875 total, another solid performance, nearly perfect, missing just his second deadlift. Patrick, along with several other young, promising powerlifters give us hope for the next generation. Pat's numbers were 750, 525, and 600. 308 Open David Suldivar, from Diablo gym, totaled 2,140. David was consistently strong in all three lifts, with room to spare. His numbers were 835, 635, and 670, well on his way to a 2,300 total, maybe even more. 308 Jason

Pegg, impressive squat with 800, a token bench because of an elbow injury, and a 600 deadlift, and still produced a 1,445 total. This guy is a patriot! Three Super Heavyweights hit the platform, the biggest being a junior lifter, Aaron Gibes, but there was nothing junior about Aaron. He had a solid lifting day, and totaled 2,030. Aaron's numbers were 850, 520, and 660, so much potential, could be a future world champion under the right guidance. Certainly, a crowd pleaser, SHW Thad Coleman had a beautiful 1,005 squat on his third attempt. With another hundred pounds on his 550 bench, Thad could easily find himself lifting in the Pro division. On this day, Thad totaled 2,260. The final competitor was SHW, Mike Beatty, hiding under a black woolen hat, totaled 1,980. His numbers were 765, 565, and 650. Bombing out in Flight III, 242, Dain Soppelsa, 242, Dalen Randa, and 308 Sean L'Italian. From Finland, WPO Competitor, Jani Ihalainen benched only and pressed 570. Jani is another squat and deadlift Phenom. That ended the first day of competition, and to think, even bigger attempts, and totals would be taking place on Sunday.

TWO GYMS FOR SALE  
BIGLERVILLE, PA  
CANTON, OHIO

[www.outlawstrength.com](http://www.outlawstrength.com)  
717-677-7570, 330-219-4860

# TITAN SUPPORT SYSTEMS, INC. #1 in Powerlifting Performance

## HI-PERFORMANCE

1214 Rickey, Corpus Christi TX 78412 | 1-800-627-3145 | 1-361-991-6749 | Fax 361-991-9470 | [sales@titansupport.com](mailto:sales@titansupport.com)

## Toro Training Belts



If you're new to powerlifting or simply strength training and need a dependable training belt at a great price then...

**Toro Training Belts should be #1 on your list!**

You could go to your local sporting goods store and pick up a cheap weightlifting belt or even order an import power belt, but here are some of the things you might find on that belt: cheap leathers, cheap rivets, poor quality buckles, seamed rollers, thin, weak and or flimsy prongs and questionable effectiveness and lifespan. Sometimes you get what you pay for.

**With Toro Training belts you get more than your monies worth!**

The exceptional materials used in the construction of the belts and the exceptional quality of the craftsmanship guarantees the absolute best value for your money.



### Every belt features:

- Crushed suede velour inside lining to reduce slippage
- Double heavy duty nylon stitching around the entire belt
- Heavy duty belt loop featuring the same construction as the body of the belt for a stronger, more durable and attractive belt
- Finished black leather exterior with a bold Toro logo. (Can actually be shined like other fine leather goods)
- High Performance nickel plated rivets with heavy duty burr washers. No soft copper bucked rivets as used by many competitors which simply fold in on themselves without the extra security of burr washers
- Premium Competition Grade, Heavy Duty buckles with seamless rollers. The 4x4 actually features the same buckle/roller used on premium power belts!
- Heavy duty prong. Heavier, stronger and more durable than budget belts
- Extreme effectiveness and maximum durability.

**The highest quality Training Belts at the best prices on the market are available from your local Titan dealer or directly from Titan!**

4 x 2.5" Toro Training Belt \$ 29.00  
4 x 4" Toro Training Belt \$ 35.00

Visit our website for more information

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



**KCF Powerlifting**  
28 JUL 07 - Kinross, MI

Powerlifting	SQ	BP	DL	TOT
All Lifters				
Master I				
198 lbs.				
Toler	485	295	405	1185
242 lbs.				
Magnuson	630	385	600*	1615*
Honorable Mention				
Master				
165 lbs.				
Jancar	410	—	—	—
220 lbs.				
Duke	605	285	—	—
Raw				
148 lbs.				
Garrett	290	220	375	885
Reid	255	175	365	795
McReynolds	195	140	240	575
165 lbs.				
Grzegorzczak	365	50	495	1110
Adams	315	270	385	970
Oleary	320	185	430	935
Mitchell	315	220	390	765
Master I				
Coulter	315*	255	315*	885*
181 lbs.				
Brown	430	320	510	1260
Cobb	205	250	405	860
Petts	265	130	370	765
Master I				
Maxwell	175*	175*	300*	650*
198 lbs.				
Aikens	400	315	500	1215
Canty	3220	260	420	1000
Cimarelli	335	205	445	985
Trapp	245	235	365	845
Master I				
Sheely	315*	285	415	1015*
220 lbs.				
Lancaster	450	345	500	1295
Master I				
Williams	445*	320*	500*	1265*
242 lbs.				
Kurilik	445	320	555	1320
Foster	450	260	500	1210
Honorable Mention				
Crowe	405	295	—	—

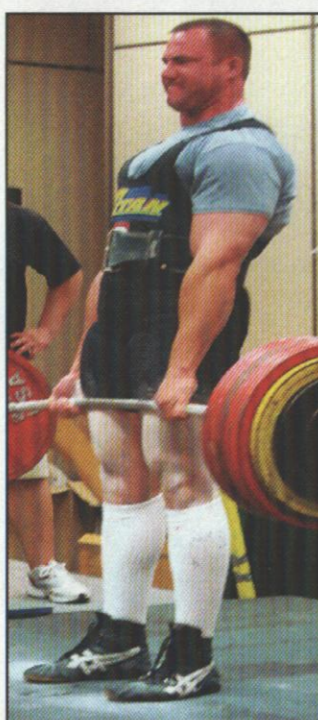
\*=Institutional Records. We had another good turn out for our Summer 2007 Powerlifting Meet. There were 28 lifters this time around, therefore we had two flights. All but three lifters finished the Meet. A lot of the lifters were first time lifters that came out to show their hard work is paying off. We had some new records set in the Masters I Raw and Assisted divisions. We had eight lifters over the age of 40 in this meet, which was a nice change. We hope to have 40 lifters or better at our next meet. Here at Kinross Correctional Facility, we are trying to put our powerlifting program back up to the way it was when it first started out. We are still looking for some outside lifters to come to one of our meets. We have a Bench Press meet coming up in September, and then we have our winter indoor Full Meet in December. If you are interested in participating in one of these meets, please call this facility at 906-495-2282 and ask for Dave Mastaw, Recreation Director here at Kinross Correctional Facility, or you can write to me, Michael Toler #321827, Kinross Correctional Facility, 16770 Water Tower Drive, Kincheloe, Michigan 49788. We really would like to have some of you outside powerlifters come in and compete with us. A lot of us plan to take powerlifting to the streets when we get out. If any of our readers can give advice on where to find an organization that will work with us, please write to me and let me know. We are still trying to find someone out there in the free world we can work with. We have about 100 active members in the club. We put on four (4) meets a year. Lastly, I also want to say thank you to everyone for coming out to this meet. I want to thank our Judges: Head Judge Jerry "P", "Red Light" Al, and Big Chuck, and "Old Head" Sal for doing a great job. Also, I want to thank Dave Mastaw for his help with running the meet. And lastly, I want to say thank you to Crain's Muscle World, "Rickey" Dale Crain, for working with all of us here at KCF. I wish we were allowed to spend more than \$50.00 on gear. One of these days. (Thank you to Michael Toler for results)

**WABDL Great Lakes Regional**  
21 JUL 07 - Lansing, MI

BENCH	FEMALE	J. Shell	—
Master (47-53)		308 lbs.	
123 lbs.		C. Cole	523
K. Denniston 93		D. Forstner	—
4th-99*		Submaster (33-39)	
Master (61-67)		181 lbs.	
132 lbs.		J. Brydon	374
M. Miller 115*		198 lbs.	
Master (75-79)		M. Ogurek	418
148 lbs.		275 lbs.	
F. Combost 71*		J. Shell	—
Teen (12-13)		308 lbs.	
114 lbs.		P. Cameron	418
A. Miskinis 55		D. Forstner	—
Teen (14-15)		Teen (12-13)	
148 lbs.		123 lbs.	
S. Biddle 137*		S. Baty	100
199+ lbs.		4th-104*	
181*		Teen (16-17)	
Teen (16-17)		148 lbs.	
199+ lbs.		D. Miskinis	187
H. Biddle 143*		Teen (18-19)	
Open		148 lbs.	
199+ lbs.		C. Cooper	192
L. Miller 402		DEADLIFT	
MALE		Master (47-53)	
Class I		148 lbs.	
198 lbs.		S. Sanaghan	281*
J. Jachim 391*		K. Waugh	209
259 lbs.		4th-214*	
D. Ewen 385*		Master (75-79)	
Elite Open		148 lbs.	
275 lbs.		F. Combost	181
T. HARRISO		4th-187*!	
Junior (20-25)		Submaster	
132 lbs.		148 lbs.	
N. Crago 242*		C. Bean	242
181 lbs.		4th-264*	
S. Herrmann 473*		165 lbs.	
242 lbs.		A. Lovely	187
G. Girard 363*		4th-192*	
259 lbs.		199+ lbs.	
D. Bergman 363		L. Mckindra	352
P. Blackmond 407		4th-363*	
Law/Fire		Teen (12-13)	
Master (48-55)		114 lbs.	
220 lbs.		A. Miskinis	155*!
W. Denniston 286*		Teen (14-15)	
Master (40-46)		148 lbs.	
S. Biddle 236*		Teen (16-17)	
C. Venturella 396*!		114 lbs.	
198 lbs.		A. Post	176
M. Hapbach 352		4th-181*!	
D. Horn 347		199+ lbs.	
J. Jachim 391		H. Biddle	325
220 lbs.		MALE	
J. Pfeiffer 341		Class I	
4th-342*		148 lbs.	
Master (47-53)		J. Gourley	374
181 lbs.		4th-400*	
Kruczewicz 352*		D. Miskinis	425*
220 lbs.		M. LeClair	479*
M. LeClair 479*		D. Rygh	468
259 lbs.		M. Sobczak	451*
T. Bennett 413		Junior (20-25)	
4th-419*		132 lbs.	
R. L'Huillier 413		N. Crago	451*
4th-418*		165 lbs.	
Master (54-60)		A. LeClair	424*
242 lbs.		181 lbs.	
L. Pokora 407		S. Herrmann	639
4th-424*		198 lbs.	
Master (68-74)		M. Marsiglia	578
181 lbs.		J. Mokma	462
R. Ringewold 231*		259 lbs.	
Master (75-79)		D. Bergman	567
181 lbs.		Law/Fire	
W. Smith 203*		Master (48-55)	
242 lbs.		220 lbs.	
R. Combost 283		W. Denniston 380*	
4th-284		Law/Fire	
Master (80-84)		Submaster	
181 lbs.		W. Guy 518*	
B. McClelland 192		Master (40-46)	
Open		220 lbs.	
148 lbs.		J. Pfeiffer	336
C. Venturella 396*		H. South	573
165 lbs.		T. Crampton	440*
E. Johnson 253		Master (47-53)	
198 lbs.		181 lbs.	
A. Carr 325		T. Eiseman	694
J. Decker 462*		259 lbs.	
M. Ogurek 418*		R. L'Huillier	591*
220 lbs.		Master (54-60)	
R. Lipinski 507		165 lbs.	
4th-518*		G. Kleyn 529*	
275 lbs.		Master (61-67)	
		165 lbs.	



**Team Champs:** front, left to right, Matt Marsiglia, Ron 'Papa Smurf' Ringewold, Mike Sopcak, Josh Decker; back row, John Mokma, Ron L'Huillier, Gus Rethwisch, John Hudson, Christine Bean, Ryan Klein. (Three photographs were provided by the courtesy of Ron L'Huillier)



**Ryan Klein pulled 755 in the 275 lb. class at the Lansing, MI WABDL meet.** (from Mrs. Klein)

ballroom is plush and spacious, a good atmosphere for good lifting. In the deadlift Class I/148, Justin Gourley of Illinois set a state record with 400 even, but Donnie Miskinis of Ohio beat him with a 425.3 Ohio state record. Donnie is only 16. At 198, Michael Sobczak set a Michigan record 451.7. In Junior men, Neal Crago was real large with a IL state record of 451.7 at 132. That's some good deadlifting and he had good form. At 165, Andrew LeClair set a Michigan record 424.2 and at 181 Steven Herrmann set a MI record with an easy 639 and a close try at 661, big time lifting. At 198, Matthew Marsiglia set a Michigan record 578.5. In Law/Fire Master 48-55, William Denniston set a Michigan record 380.2, and in Law/Fire Submaster, Will Guy set an Illinois record 518. In Master men 40-46/220, Harlan South pulled a nice 573. Thomas Crampton set a Michigan record 440.7 at 308. In Master men 47-53/259 Ron L'Huillier pulled an above average 591.7 Michigan record, a 30 lb. jump over his previous meet on April 6th. Ron Coaches High School wrestling and is an intenes competitor and his team won the team title at this meet. In Master 54-60/165, Gregory Kleyn of Illinois set a staet record 529. Very impressive considering age and weight. In Master 61-67/165, Martin Montgomery set an Indiana record 496 but couldn't quite get 507. His goal always has been 500. At 61-67/181, Robert Krowech got his world record back from Dennis Johnson with an incredible pull of 584. Dennis had beaten Robert head to head in Minneapolis May 27, 580.2 to 578. In Master 68-74/148, Richard Gidcumb set a MI record 352.5. Richard has won world championships in seven different federations. In 68-74/181 Ron Ringewold set a Michigan record 496. He's closing in on a

Montgomery 496*	181 lbs.	T. Eiseman 694
181 lbs.	T. Jakubczak 507	
R. Krowech 584*!	198 lbs.	J. Decker 694
Master (68-74)		4th-705*
148 lbs.		275 lbs.
R. Gidcumb 352*		R. Klein 755*
181 lbs.		308 lbs.
R. Ringewold 496*		C. Cole 727
Master (75-79)		Teen (16-17)
181 lbs.		148 lbs.
W. Smith 286		D. Miskinis 425*!
242 lbs.		181 lbs.
R. Combost 286		T. Jakubczak 507*!
Master (80-84)		Teen (18-19)
181 lbs.		148 lbs.
B. McClelland 275		J. Gourley 374
4th-304*		4th-400
Open		

\*=State Records. !=World Records. Venue: Holiday Inn South. The meet has grown from 40 lifters to 76 lifters since 2003. This



**Ron 'Papa Smurf' Ringewold with a 496 lb. deadlift in the 181 lb. class, at age 72, to win the "Best Deadlifter of the Day" trophy.**

world record that was set by the legendary Ross Phillips, 524 at 181 at age 70. In Master 80-84/181 Bladen McClelland set a Michigan record 304.1. In Master women 47-53/148, Susan Sanaghan set an Indiana record 281. She is trained by George Blue who has pulled 507 at age 76. Kathy Waugh, in her first deadlift competition, pulled a Michigan record 214.7. At 75-79, Florence Combost set a world record with 187.2 weighing a very trim 143. In Open 198 men, Josh Decker was really on his game with an explosive 705.2 Michigan record. Ryan Klein, who I think has the perfect build for a deadlifter, upped his best by 30 lbs. with a 755 Nevada record and was pretty close with 766 in the 275 class. At 308, Chris Cole pulled a nice and easy 727.5. In Submaster 148 women, Christine Bean set a Michigan record 264.5. At 165 Andrea Lovely set a Michigan record 192.7 in the deadlift and at 198+ Leilana Mckindra set an Indiana record 363.7. In Teen men, Donnie Miskinis set a world record 425.3 weighing only 144 at age 16. At 181/16-17, Taylor Jakubczak set a world record with 507. In Teen women, Ali Miskinis set a world record 155.3 in 12-13/114. Ali and Donna are only the second brother sister team in WABDL to set world records in the same meet. The first was Michael and Kelly Womack. In Teen 14-15/148 Sarah Biddle set an IN record 236.7 and in Teen 16-17/114 Aubrey Post set a world record 181.7. At 16-17/198+ Hannah Biddle set an Indiana record with a respectable 325. Hannah and Sarah are musical prodigies at the Indiana School of Music and are very talented in the harp and piano. Moving onto the bench Class I/198, John Jachim set a MI record 391.2, and Dave Ewen set an Indiana record at 259 with 385.7. In Juniors, Steven Herrmann set a Michigan record 385.7. In Law/Fire Master 48-55/220 class, William Denniston set a Michigan record 2 86.5. In Master 40-46/148, Chuck Venturrells set a world record 396.7. Chuck is the WABDL state chairman for Pennsylvania. Don Miskinis is the new Ohio state chairman. Brent Biddle is the new Michigan Co-state Chairman with Ted Feight. In Master 40-46/220, John Pfeiffer set an Ohio record 342.6 and at 308 Thomas Crampton set a MI record 275.5. In Master 47-53/181 Jim Krupiczewicz set a Michigan record 352.5. At 220, Mark LeClair set a Michigan record 479.5. At 259, Thomas Bennett and Ron L'Huillier exchanged Michigan state records three times before Bennett came out on top with 419.8 to Ron's 418.7. In Master 54-60/242 Leonard Polora set a Michigan record 424.2. In Master 68-74/181 Ron Ringewold set a Michigan record 231.2 to go along with his tremendous deadlifting of 496. In Master 75-79/181 Wendell Smith set a Michigan record 203.7, and at 242 lbs. 6'5" Russell Combost set an Ohio record 284.3. In Master women 61-67/132, Mary Miller set a world record 115.5 in her first meet. In Master 47-53/123, Karen Denniston set a Michigan record of 99 lbs. to go along with her husband's four state records. In Master 75-79/148 Florence Combost set an Ohio record 71.5. Her and her husband Russell make a very striking fit couple at age 76. That's the main reason we should all



**Josh Decker .. a sensational 705 pound deadlift in the 198 lb. class.**

remember about lifting weights. Health first, looks second, and then strength. In Open 148 men Charles Venturella set a Pennsylvania record 396.7. Chuck has a thriving trophy business and I highly recommend doing business with him. At 198, Josh Decker threw in a Michigan record bench of 462.7 to go along with his 705 deadlift. At 220 Robert Lipinski set a Michigan record 518. In Teen 12-13/123 Scott Baty set a Mln record 104.5. Scott is the son of Mike Baty who used to train with the great Wayne Bouvier. I saw Wayne at the Power Pit in Hawaii do three sets of five reps at 585 raw. I challenge Steve Wong, Tiny Meeker, Ryan Kennelly, or Scott Mendelson to have the power endurance to do that. I saw this in 1980, which was 27 years ago, with six 45s on each side. I was one impressed spectator. I was weighing 345 with 23.5" arms and a 66" chest that was mostly back and I could only do five plates on each side adn a 2.5 (500 lbs.) for three reps. My three sets of five were usually 460. I still can't believe I saw it! In Teen women 12-13/114, Ali Miskinis set a world record 55 lbs. The Biddle sisters, Sarah and Hannah, set Indiana record of 137.7 and 143.2 respectively and Samantha Baty set a Michigan record 181.7 at 198+. I want to thank Ted Feight, who was instrumental in making this meet happen. He loaded up all the warm-up weights and benches from Powerhouse Gym in Dewitt, about 30 miles from the meet site. Dave Forstner brought a bench and helped recruit lifters. Fred Stokes and Darrell Horn from the YMCA supplied a bench. Denise Welker and Teresa Rethwisch sold tickets. The judges were John Hudson, Brian Welker, Brent Biddle, and Ted Feight. The scorekeepers were Ted and Kathy Feight. Ted Feight completely set up the warm-up room and lifting stage with Leonard Cook. The sponsors were Chris Winters and AquaVibe, Brent Mikesell of Iron Gladiators, distributors of Inzer gear, Brian Welker of Competitive Edge Training Gym, Shawn Madere of GLC Direct, the makers of the best joint formula on the planet, Pete Alaniz and Ken Anderson of Titan, Mike Lambert of Powerlifting USA, Chet Groskreutz of Ivanko Barbell who supplied the competition weights, Dave Tate and Jim Wendler of Elite Fitness Systems, Distributors of the Metal Gear, Neal Spruce of Apex Fitness makers of the best creatine glutamine complex on the planet and Powerhouse Gym of Dewitt, Michigan. (Thank you to Gus Rethwisch for providing these results)

**USAPL Iron Eagle Powerlifting**  
7 JUL 07 - Hemet, CA

BENCH	SQ	BP	DL	TOT
198 lbs.				
D. Cummerow 303				
M. Murray 385				
Womelsdorf 253				
Powerlifting				
Open				
114 lbs.				
S. Slater 126	61	115	303	
MALE				
Open				
165 lbs.				
J. Merlino 132	132	132	396	
181 lbs.				
D. Olivarez 275	264	363	903	
220 lbs.				
J. Johnson 352	336	374	1063	
K. Jordan 363	—	—	—	
242 lbs.				
D. Lewandewski 402	231	451		
1085				
K. McQuown 270	203	374	848	
J. Hoffman 132	523	132	788	
B. Marum 440	314	—	—	
275 lbs.				
M. Melgar 540	391	462	1394	

275 lbs. class posted our highest total today with 1394 lbs. In our bench only division Dave Cummerow did a fine job with a 303 lbs. bench press. Mike Murray in the 220 lbs. class had a solid 385 lbs. bench press. Mike Womelsdorf did a 253 lbs. bench just for the fun of it. Ernie Delatorre and James Toland went toe to toe with Ernie finishing with a 468 lbs. bench and James a 457 lbs. bench. Both these men did a real fine job with their lifting. Frank Beeler in the 275+ lbs. class had a solid bench of 540 lbs., in the second flight of benchers Frank lifted as a guest lifter with a shirt and missed his second attempt with 265 kilos which we found out later it was a miss load at 295 kilos, despite the big mistake with the bar loading chart he almost got the lift anyway. A big thanks goes out to Philip Smith for opening up his fine gym for this event. Philip along with Chester Smith and Alan Sunpanilla did a fine job of spotting and loading. Also a big Thanks to our judges Bill Ennis, Ron Scott, Jim Merlino and a great gal Snow Baehr. Also a big thanks to Michael Womelsdorf for putting on the first sanctioned basic gear only contest. (Thanks to Michael Womelsdorf, USAPL California State Chairman and Meet Director, for the results)

**WDFPF/BDFPA W. Midl Qualifier**  
31 MAR 07 - Birmingham

BENCH	SQ	BP	DL	TOT
220 lbs.				
D. Percival 396				
Senior				
J. Stewinski 330				
D. Anderson 292				
Powerlifting				
Raw				
165 lbs.				
Master IV				
D. Freeman 292	203	341	837	
Senior				
G. Lyon 341	281	385	1008	
N. Mikosz 463	264	440	1168	
176 lbs.				
Senior				
M. Anderson 319	191	330	842	
198 lbs.				
Senior				
A. Wilson 396	264	485	1146	
V. Golding 485	385	507	1377	
N. Abery 507	308	434	1250	
J. Allonby 396	297	507	1201	
242 lbs.				
Senior				
P. Gillard 396	297	573	1267	
275 lbs.				
Venue: Alexander Stadium. (Sharon Clegg)				

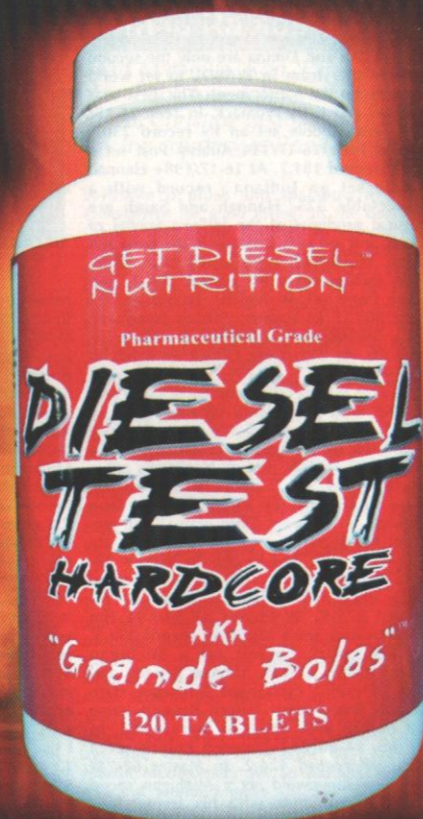
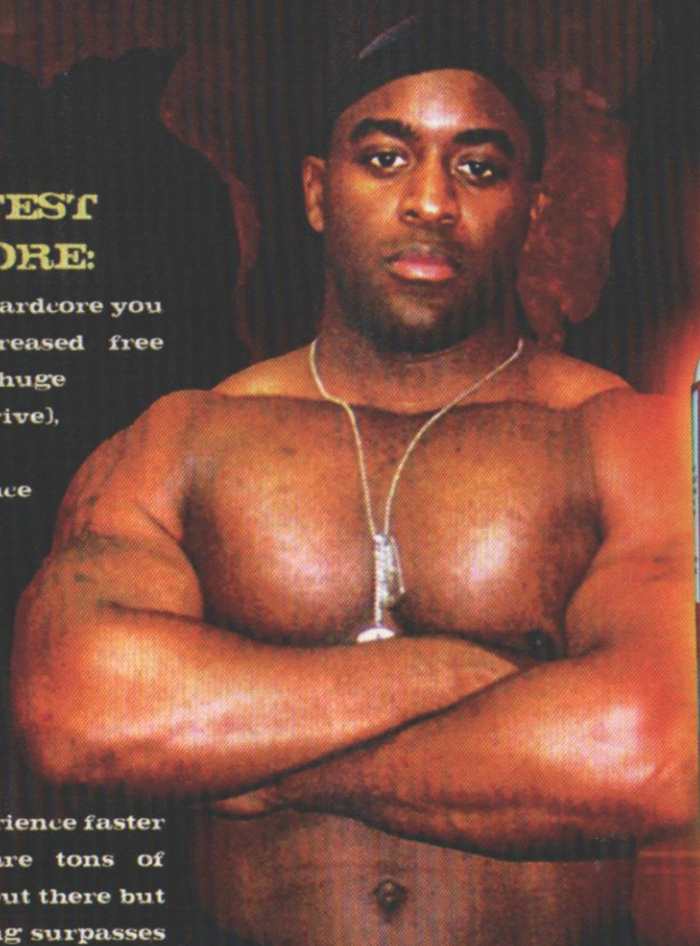


# DIESEL TEST HARDCORE

THE NEW DIESEL TEST HARDCORE IS THE GUARANTEED STRONGEST HERBAL TEST BOOSTER AVAILABLE!

## DIESEL TEST HARDCORE:

With DIESEL TEST Hardcore you will experience increased free testosterone levels, a huge jump in libido (sex drive), see increased semen volume and experience monster erections on demand BUT more importantly YOU WILL get strong as hell with increased muscle hardness, power gains, lean muscle mass gains and experience faster recovery! There are tons of herbal test boosters out there but we guarantee nothing surpasses DIESEL TEST Hardcore in effectiveness! DIESEL TEST Hardcore is GUARANTEED to be the best herbal test booster you will ever take for increased free testosterone levels, sex drive, erection hardness, strength, power and lean muscle mass! Its time to GET DIESEL OR DIE TRYING!



IS THE ONLY PRODUCT OF ITS KIND THAT WILL:

- ▶ INCREASE SEX DRIVE
- ▶ INCREASE TESTOSTERONE
- ▶ INCREASE STRENGTH
- ▶ INCREASE LEAN MUSCLE MASS
- ▶ ROCK HARD ERECTIONS ON DEMAND

\*These statements have not been evaluated by the FDA or Health Canada

BODY BUILDING.com  
1-877-991-3411  
www.bodybuilding.com

GET DIESEL NUTRITION  
www.getdiesel.com

retailers contact us at: 1-888-269-9610

DPS NUTRITION INC.  
1-800-697-4969  
www.dpsnutrition.com

WWW.NEWYORKBARBELLS.COM  
SERVING THE INDUSTRY FOR OVER 30 YEARS!

UNBEATABLE PRICES & QUALITY  
SINCE 1974

CL-95810  
BIO SEATED MILITARY PRESS



\$549

Bi Angular Arm Movement to Duplicate Natural Motion

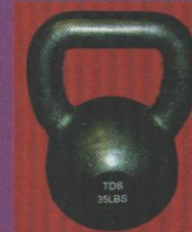
LEG CURL & EXTENSION



\$399

Rotary range-of-motion adjustment enables various start positions. Easy pull pin adjustment to switch from leg extension to leg curl exercises.

KETTLE BELLS  
SOLID OR ADJUSTABLE



SPECIAL POWER LIFTING BARS



(IM-0260-O) MEGA TRICEP CURL BAR - 86" LONG-\$149  
(IM-0250-O) MEGA BOW BAR - 92" LONG-\$199  
(IM-0240-O) MEGA SPL. OLYMPIC BAR - 92" LONG-\$169

C82626-WP  
GLUTE & HAM STRING MACHINE



\$449

Extra Wide Diamond Toe Plate for Foot Support  
Adjustable Horizontal & Vertical Slide  
Special Contoured Seat  
Front & Rear Hand Grips  
2" X 4" Base for Stability

GENUINE COWHIDE LEATHER  
MEDICINE BALLS

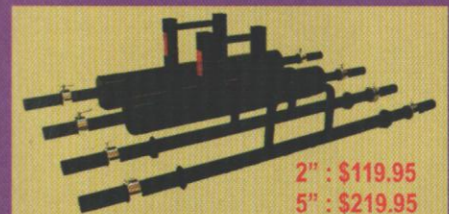


\$21.95

\$29.95

\$42.95

FARMER'S WALK - 2" & 5"  
BLACK FINISH WITH CHROME COLLARS



2" : \$119.95  
5" : \$219.95

C-PRO92580  
TITAN POWER RACK-96"  
(PLATE RACK INCLUDED)



\$699

3" X 3" X 11 Gauge Steel Tube Construction  
Self Locking Jumbo Steel Pins  
Self Locking Jumbo "J" Hooks  
Front Deep Knurled Chinning Bar  
33" Space between front & Rear Posts

MEGA SHRUG BAR



\$199

1000 lb. Capacity  
Deep Knurled for Better Grip  
1.25" Dia. Steel Bar - Knurled & Chrome Plated  
Plates, Stand & Collars are not included

BENCHES, CALF MACHINES  
DUMBBELL RACKS, LAT MACHINES  
PLATE HOLDERS, POWER RACKS  
SMITH MACHINES, PLATES  
HEX DUMBBELLS, BARS,  
WEIGHT SETS  
STRONGMAN EQUIPMENT  
AND MORE!!



\$1095

SUPER FOUR WAY  
HIP SLED #C-91663-W



WEIGHTED VEST-50 lb.

#IM-5634

ONE SIZE FITS ALL  
ADJ. 2LB - 50 LB.

\$129

(Free shipping in USA)

PLYO BOXES



Solid Non-Skid Ribbed Rubber Top

6, 12, 18, 24, 30, 36 & 42"H

6" - \$48.95; 12" - \$59.95  
18" - \$84.95; 24" - \$99.95  
30" - \$119.95; 36" - \$129.95 & 42" - \$149.95  
BUY A COMPLETE SET AND SAVE EVEN MORE!!

GSA Contract Holder

New York Barbell of Elmira, Inc.

10,000 Square Ft. Showroom Open to the Public

160 Home St., Elmira, NY 14904  
Tel: 800-446-1833  
Fax: 607-733-1010  
Email: info@newyorkbarbells.com

010107



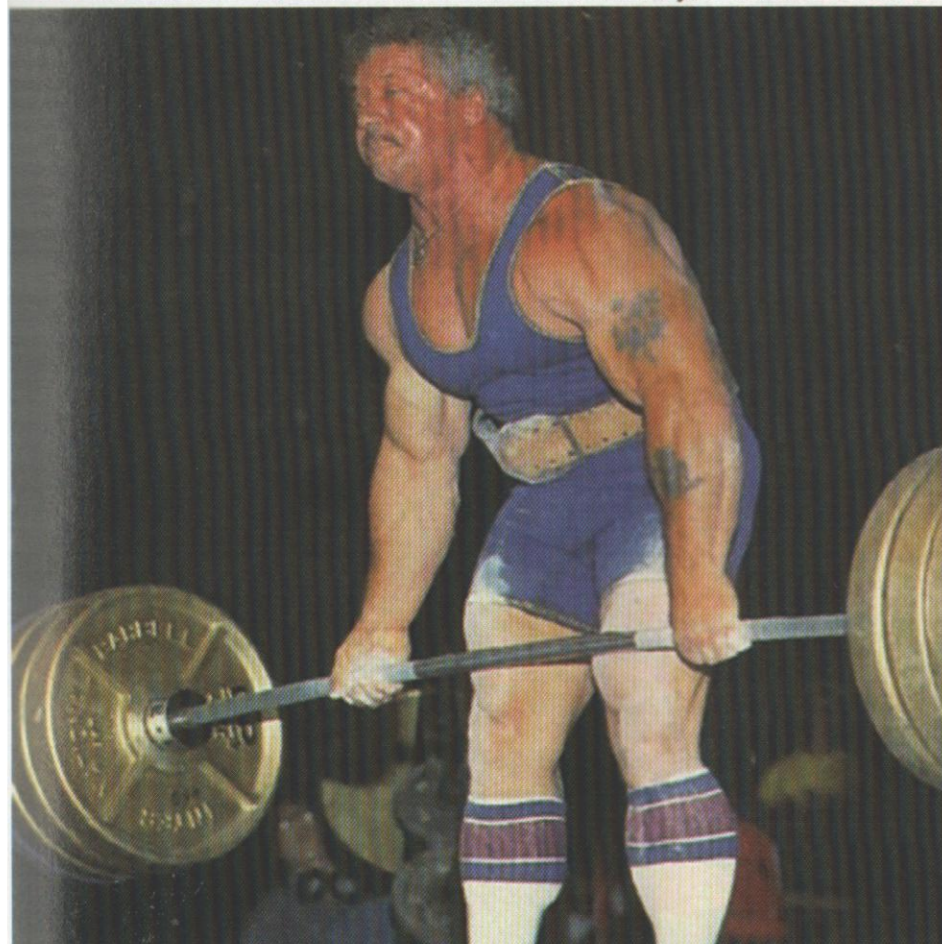
# FRANTZ

PowerGear

• All suits and shirts are custom fitted to your specs, so accurate measurements are very important. • Alteration and repair costs are based on time & difficulty, and require \$10.00 for shipping. • All suits and shirts can be made in any thickness and from any material you choose.

FrantzPowerGear.com

630-596-5989 630-892-1491 62 S. Broadway, Aurora IL 60505



Ernie Frantz, the Godfather of Powerlifting, is back! This legend now offers his official gear, right here.

Coming Soon:

Ernie Frantz's Personally Formulated Protein

### WORKOUT CLOTHES

Tee Shirts	\$15.00
2X Tee	\$17.00
3X Tee	\$19.00
Sweat Shirts small-xl	\$16.00
Sweat Shirt 2X	\$20.00
Sweat Shirt 3X	\$23.00
Sweat Shirt 4X	\$25.00
Sweat Pants small-xl	\$17.00



Choose a design.

### WRAPS

XL Frantz Knee Wraps	\$27.00
Frantz Knee Wraps	\$17.00
TP 5000 XL Knee Wraps	\$59.95
TP 5000 Knee Wraps	\$44.95
TP 5000 Wrist Wraps	\$27.95
Standard Wrist Wraps	\$18.00

Visit our regional distributor:

Pain Clinic 135 Pleasant Ave. Rochester NY 14622 877-294-7769 gopainclinic.com

### POWERLIFTING SUITS

Measurements needed: Height, Weight, Buttock, Upper Thigh, Mid Thigh, Center of Chest to Crotch.

Canvas Squat Suit	\$225.00
Double Polyester Squat Suit	\$85.00
Single Polyester Squat Suit	\$70.00
Double Polyester Briefs	\$65.00
Single Polyester Briefs	\$55.00
Deadlift Suit	\$70.00
Lycra Bench Suit	\$35.00

### BENCH SHIRTS

Measurements needed: Height, Weight, Chest, Shoulders & Bicep.

#### Canvas & Denim Bench Shirts

Triple Reinforcement with Velcro	\$175.00
Double with Velcro	\$150.00
Double without Velcro	\$110.00
Single with Velcro	\$110.00
Single without Velcro	\$85.00

#### Polyester Bench Shirts

Double Polyester	\$85.00
Single Polyester	\$65.00

### SUPPLIES

Frants Double-thick Nylon	
Extra Long Deadlift Straps	\$19.95
Deadlift Straps	\$9.00
Deadlift Slippers	\$8.00
Power Belt, USA Made	\$99.00
Power Belt	\$45.00
Belt Puller	\$29.95
Weightlifting Gloves	\$9.99
Elbow Protectors	\$14.00
Chalk, 1 lb. (\$2.50 block)	\$13.00
Stickum Spray	\$7.50
Magic Grip Spray	\$7.50
Ammonia Caps 10 pack	\$6.50
Nose Tork Smelling Salts	\$6.50
DMSO Liquid	\$11.99
China Gel Muscle Rub	\$13.99

### PROTEINS

Ernie Frantz 5lb. Protein	\$45.00
Ernie Frantz 1lb. Protein	\$14.50
Mega Max 16oz.	\$19.50
Whey Protein 5lb.	\$45.00

### LIFTING BARS

Frantz Excalibur Precision Made  
Squat - Bench - Deadlift  
\$675.00 - \$290.00 - \$425.00  
Call for wholesale price.

# House of Pain

MUERTE  
COLOR: black, charcoal  
PRICE: \$25.00

IRON CROSS  
COLOR: grey, black,  
brown, green, red  
PRICE: \$18.00

SHEILD  
COLOR: black, brown  
PRICE: \$25.00

CAMO FLEX FIT CAP  
COLORS: woodland, desert  
PRICE: \$17.00

DIABLO FLEX FIT  
TRUCKER CAP  
COLORS: white, black  
PRICE: \$17.00

CALL OR  
ORDER ONLINE  
1-888-463-7246  
houseofpain.com



Hayley Michaels  
GYM GIRL IRON CROSS / \$18.00  
CAMISOLE THONG / \$10.00  
photography by Michael M. Perez

houseofpain.com



## UNCLASSIFIEDADS

\$3.00 per line per insertion  
Figure 34 letters & spaces per line

**Ivanko Olympic Plates:** Black, Machined Gray, Calibrated Painted, and Calibrated Chromed. **Weightlifters Warehouse,** 1-800-621-9550

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

**Texas "Original" 28mm Power Bar \$195.00.** 27mm Deadlift Bar \$295.00. 30mm Squat Bar \$395.00 Shipping Additional. **Weightlifters Warehouse.** 1-800-621-9550

**IRON MAN MAGAZINE,** honest coverage of the Iron Game. \$29.95 for 1 year, (12 issues), Iron Man, 1701 Ives Ave., Oxnard, CA 93033

**Shrug & Log Bars, Talons, Farmer dumbbells & Handles,** thick grip barbells & dumbbells, vertical bars, reverse hyper or dip/parallel chin for the rack, adjustable grippers & plate loading grip machines, custom bars & hardware. Plain steel, polished, painted & stainless steel. Much more. From the same folks who have brought you affordable

**accurate machined steel fractional plates** since 1990. Customer oriented service, quality workmanship, made in USA, competitive prices, worldwide delivery, credit cards accepted, stock orders ship w/in 24 hrs. Order by phone, email, snail mail. Catalog w/free Sandow postcard \$5.85 US, 9.95 elsewhere **PDA 104 Bangor Street Mauldin SC 29662 864-963-5640 fractionalplates.com**

**National & World Championship Powerlifting Customized Rings** by Josten. C.W. Lee, 2813 Riverwalk Blvd., Lima, OH 45806, 419-229-5346

**Build Your Own Professional Metal Gym Equipment, 120 different plans available, only \$3.00 each shipped, complete catalog \$3.00; C. Miller, P.O. Box 1234, Ft. Laud, Florida 33302**

### \*\*PowerShack.net\*\*

For supplements, books, equipment and coming soon clothing, seek the Shack! PowerShack.net where discount prices, fast service and quality customer care are an everyday thing

People who train have the qualities we desire in business. Motivated, success-driven entrepreneurs needed now. 800-347-2198

### The Trap Bar is Back!

The Original Gerard Trap Bar, the unique training bar that builds leg and back strength like no other, is available again for strength athletes.

- The Gerard Trap Bar  
- Kelso's Shrug Book  
- Okie Grip Barbell Collars  
- Dinosaur Training by Brooks Kubik  
- More to come!

Visit us on the web to grab your own Trap Bar and we will include receive a free unpublished Trap Bar workout, courtesy of Dr. Ken Leistner. [www.trapbartraining.com](http://www.trapbartraining.com) Or contact us at 1-800-978-0206

**POWERLIFTING USA BACK ISSUES** are still available as far back as 1993. For the current inventory list call 800-448-7693

## GIFTOFSTRENGTH.com

Own your copy today of "The Best of the Chest with Kathy Roberts". Kathy's complete bench workout is now available on DVD. Back workout video, "Attack the Back with Kathy Roberts", is also available. Check out her website. Kathy Roberts, Lifetime Drug Free World Champion Powerlifter. Powerlifting and much, much more. Featuring Up and Coming Drug Free Powerlifters and Bodybuilders, professional tennis results and photos. Interesting publications and articles such as: Strengthening Your Lower Back and Knee Exercises, Building a Better You, Quote of the Month, and other great links. If you'd like to link to this site, it must be reciprocated. Drug free websites only. If you'd like to advertise on this site, send me an email with your site location and contents and it will be reviewed. Check it out for yourself today!

### West YMCA Open 2 JUN 07 - Omaha, NE

BENCH WOMEN		Master I		Master II		Frederickson	
148 lbs.		225		400			
S. Wysocki	160	275 lbs.					
198 lbs.		Master I		535			
M. Cole	415	G. Moore		DEADLIFT			
220 lbs.		220 lbs.		550			
Submaster		A. Zagurski		275 lbs.			
S. Peterson	335	T. Horton		720			
242 lbs.		BP		DL			
H. Stinson	235	TOT					
123 lbs.							
E. Mwaja	110	265		375			
181 lbs.							
H. Bloom	210	315		525			
181 lbs.							
J. Scott	300	425		725			
198 lbs.							
M. Mediros	265	465		730			
Full Meet	SQ	BP		DL			
WOMEN		TOT					
148 lbs.							
Frederickson	235	145		290			
220 lbs.							
J. Grasmick	350	225		440			
165 lbs.							
D. Szymanski	385	230		420			
D. Storm	---	220		410			
N. Myers	185	175		250			
198 lbs.							
G. Melnick	400	275		500			
Outstanding	Lifters:	Squat-M.		1175			
Frederickson, D. Szymanski.	Bench-H.						
Bloom, G. Moore.	Deadlift-E.	Mwaja, T.					
Horton.	(Thanks to John Jones for results)						

### USAPL Mississippi State 4 AUG 07 - Hattiesburg, MS

Powerlifting		SQ	BP	DL	TOT
FEMALE					
97 lbs.					
YOUTH (12)					
C. Lear	115	85		135	335
114 lbs.					
D. Bennett	295	120		270	685
Teen III					
A. Sikas	160	100		205	465
J. Hollier	125	145		145	415
123 lbs.					
Thibodeaux	235			240	475
148 lbs.					
K. Gibbs	150	100		145	395
MALE					
114 lbs.					
YOUTH (10)					
C. Shelton	65	55		150	270
A. Fletcher				165	165
B. Serio				165	165
Teen I					
G. Sullivan	275	195		315	785
J. Blalock	250	120		280	650
123 lbs.					
Teen III					
C. Tran	385	205		440	1030
132 lbs.					
Master IV					
M. Blaize	245	140		260	645
148 lbs.					
Teen III					
R. Saell	420	245		435	1100
165 lbs.					
J. Palliser	465	320		455	1240
Teen III					
S. Bennett	440	365		420	1225
Junior					
M. Favela	410	325		425	1160
181 lbs.					
Teen II					
K. Douglas	600	300		550	1450
Teen III					
J. Whitmore	320	210		370	900
Junior					
D. Salters	400	60		460	920
Master II					
W. Kergoslen	350	245		360	955
198 lbs.					
Master I					
A. Serlo	685	315		625	1625
Junior					
J. Walker	605	385		575	1565

### Master VII C. Francis 275 150 485 910

220 lbs.		Teen III		Junior		Master I		Master II	
C. Skinner	660	400		560		1620			
A. Stubbs	490	405		490		1385			
275 lbs.									
T. Rodman	505	405		565		1475			
Master I									
T. Longo	485	320		510		1315			
C. McMullin	300	470		355		1125			
R. Billot									
242 lbs.									
C. Parker	600	455		520		1575			
Junior									
C. White	525	455		530		1510			
R. Pfantz	525	345		480		1350			
275 lbs.									
J. Goussset	630	530		550		1710			
SHW									
Master II									
P. Fletcher	700	440		635		1775			
Master IV									
R. Smith	565	435		540		1540			
Thanks to John Micka and Peak Fitness for a great meet. We had national level judging provided by Wade, Jon, Kellie, and Jack, who drove over from south Louisiana to help out. There were three unofficial American records but due to having only two national refs the records will not stand. Adrian Serio squatted 685 in 198/Master I, Knute Douglas squatted 600 in 181/Teen II, and Killer Carl Francis deadlifted 485 in the 198s at the age of 71. The turn out was light at 36 lifters, but there was a lot of young lifters so the future is bright. Check out more info on Mississippi Powerlifting at <a href="http://usaplmississippi.com">usaplmississippi.com</a> . (by Jeff Douglas)									
Application for Additional Entry, Reentry, or Special Rate Request for Periodicals Publication. Part A. General, 1. Full Title of Publication: Powerlifting USA. 2. NA. 3. Publication Number: USPS 532-650, ISSN 0199-8536. 4. No. of Issues per Year: 12. 5. Frequency of Issuance (Current) Monthly. 6. Post Office serving known or new known office of publication, state, and zip+4. To: Postmaster, Oxnard, CA, Lebanon Junction, KY. 7. Publisher's Name and Address of Known Office of Publication (Street, apt./ste. no. city, state, and ZIP+4) (Must be within the delivery limits of the original entry office) Powerlifting USA, 2486 Ponderosa Dr. North #D-216, Camarillo, CA 93010. Part B. Reentry Application. 8. I am applying for reentry. I request the following changes to the conditions of entry for the above publication. a. Change frequency to: monthly. b. Change Number of Issues per Year to: 12. c. Change Title to: no change. d. Publishers Address (no change). e. Change Category of Authorization (no change). f. Change Rates To: (no change). g. Requested Effective Date: ASAP. Part C. Additional Entry Application (NA), Part D. Applicant Signature: 10. Michael R. Lambert, Owner, 11. Date: 9/18/07. 12. Telephone Number (including area code) 805-482-2378.									

# TOP 100

For standard 114 lb./52 Kg. USA lifters in results received from JUL/06 through JUL/07

SQUAT		BENCH		DEADLIFT		TOTAL	
1	479 Kirkland, M. 6/15/07	341 Chichon, D. 8/5/06	473 Gainer, E. 7/8/06	1179 Gainer, E. 7/8/06			
2	430 Guerrero, L. 3/23/07	297 Gainer, E. 7/8/06	442 Scheldrup, T. 5/26/07	1129 Kirkland, M. 6/15/07			
3	424 Sonnier, C. 4/13/07	275 Price, J. 10/14/06	440 Sonnier, C. 4/13/07	1100 Cohn, J. 4/14/07			
4	415 Zeolla, G. 9/2/06	275 Cohn, J. 4/14/07	425 Cohn, J. 4/14/07	1085 Nieto, R. 3/23/07			
5	413 Gainer, E. 11/5/06	270 Nieto, R. 3/23/07	424 Kirkland, M. 6/15/07	1085 Sonnier, C. 4/13/07			
6	405 Nieto, R. 3/23/07	259 Darling, J. 6/1/07	410 Nieto, R. 3/23/07	1045 Guerrero, L. 3/23/07			
7	402 Chichon, D. 9/24/06	253 Scheldrup, T. 5/26/07	400 Zeolla, G. 9/2/06	1030 Zeolla, G. 9/2/06			
8	400 Luna, M. 3/23/07	250 Holland, J. J. 3/23/07	400 Pierce, D. 3/23/07	980 Luna, M. 3/23/07			
9	400 Cohn, J. 4/14/07	242 Hinkel, J. 6/20/07	390 Luna, M. 3/23/07	965 Gomez, A. 3/23/07			
10	391 Pierce, D. 7/22/06	240 Gomez, A. 3/23/07	390 Lawrance, J. 3/23/07	960 Lawrance, J. 3/23/07			
11	375 Lawrance, J. 3/23/07	236 Guerrero, L. 3/30/07	385 Summers, D. 4/13/07	960 Holland, J. J. 3/23/07			
12	370 Gomez, A. 3/23/07	231 Summers, D. 4/13/07	380 Gonzales, J. 2/24/07	959 Summers, D. 4/13/07			
13	369 Hinkel, J. 6/20/07	230 Armagno, A. 11/10/06	380 Guerrero, L. 3/23/07	940 Salazar, R. 3/23/07			
14	365 Rodriguez, J. 3/23/07	230 Schoenaberg, B. 2/3/07	375 Rotar, P. 3/9/07	935 Rodriguez, J. 3/23/07			
15	363 Bachorz, R. 9/5/06	225 Hartwig, S. 11/5/06	375 Palubicki, C. 3/9/07	925 Chichon, D. 8/5/06			
16	363 Denmon, A. 4/13/07	225 Bahry, M. 4/21/07	375 Rodriguez, J. 3/23/07	920 Hartwig, S. 2/16/07			
17	360 Holland, J. J. 3/23/07	225 Kirkland, M. 6/15/07	375 Carpenter, T. 3/23/07	920 Rotar, P. 3/9/07			
18	358 Hartwig, S. 2/16/07	225 Patel, H. 6/16/07	375 McCall, R. 3/23/07	914 Pierce, D. 7/22/06			
19	358 Palubicki, C. 3/30/07	225 Putschio, T. 6/30/07	374 Fuller, E. 3/30/07	914 Palubicki, C. 3/30/07			
20	355 Salazar, R. 3/23/07	220 Logsdon, H. 10/21/06	370 Perez, R. 3/23/07	910 Garcia, M. 3/23/07			
21	355 Garcia, M. 3/23/07	220 Hunt, R. 12/9/06	365 Salazar, R. 3/23/07	909 Welch, J. 7/8/06			
22	352 Askew, M. 7/22/06	220 Salazar, R. 3/23/07	365 Garcia, M. 3/23/07	895 Carpenter, T. 3/23/07			
23	347 Welch, J. 7/8/06	220 Sonnier, C. 4/13/07	363 Welch, J. 7/8/06	885 Oliver, T. 3/23/07			
24	347 Bridges, J. 3/30/07	215 Turner, J. 7/15/06	360 Oliver, T. 3/23/07	875 Gonzales, J. 2/24/07			
25	345 Bell, J. 3/23/07	215 Zeolla, G. 9/2/06	358 Hartwig, S. 11/5/06	870 Messimer, C. 3/23/07			
26	341 Rotar, P. 3/30/07	214 Messimer, C. 3/30/07	358 Patel, H. 6/16/07	865 Berry, K. 3/23/07			
27	341 Summers, D. 4/13/07	209 Rotar, P. 6/9/07	355 Gomez, A. 3/23/07	865 Fuller, E. 3/30/07			
28	340 Oliver, T. 3/23/07	205 Campos, B. J. 3/23/07	355 Walker, N. 3/23/07	859 Bridges, J. 3/30/07			
29	340 Messimer, C. 3/23/07	203 Leblanc, J. 3/30/07	352 Bridges, J. 3/30/07	859 Bahry, M. 4/21/07			
30	340 Berry, K. 3/23/07	203 Tran, K. 7/14/07	352 Kapala, S. 3/30/07	855 Huerta, C. 3/23/07			
31	340 Huerta, C. 3/23/07	200 Pierce, M. 7/8/06	352 Bahry, M. 4/21/07	855 Martinez, S. 3/23/07			
32	340 Meredith, J. 3/23/07	200 Brown, R. 7/28/06	352 Ullman, J. 4/21/07	854 Askew, M. 7/22/06			
33	330 Lawson, C. 2/24/07	200 Shuttleworth, M. 8/5/06	352 vanderVoort, J. 6/23/07	850 Walker, N. 3/23/07			
34	330 Gonzales, J. 3/23/07	200 Carpenter, T. 3/23/07	350 Holland, J. J. 3/23/07	843 Ullman, J. 4/21/07			
35	330 Martinez, S. 3/23/07	200 Tafari, J. 6/23/07					



# Why Lift Through Excruciating Pain When You Don't Have To?

"Discover Ancient Indian Joint *Miracle* - That Completely 'Bullet-Proofs' Your Body - Eliminating Your Joint Pain - Even Old, Nagging Injuries - And Forging Your Tendons And Ligaments Stronger Than Steel Rods!"

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

Dear Friend,

As a powerlifter you put it on the line every day. You go to the gym, attempting to lift more weight to the bar every week. But in doing so, your joints take a *massive* beating. Your elbows, knees, back, shoulders and wrists are all *ailing* you. But you keep on lifting weight and setting PR's.

But you must be careful...

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

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

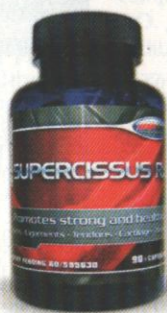
What if I told you this could be reversed? And that you can quickly, safely and effectively get rid of joint pain once and for all while strengthening the tendons, ligaments and connective tissue of your body...

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

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

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

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



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

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

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

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

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

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

You can also get SuperCissus RX at the following official retailers



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

Best,

*Jacob*  
Jacob Geissler

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

P.P.S. WARNING: If using SuperCissus RX™ to rid injury related pain, you may experience instant relief due to its analgesic (pain killing) and cellular restructuring effects. This does not mean the injury has completely healed! Please continue your training regimen with extra caution and SuperCissus

RX™ supplementation until your medical doctor announces that full recovery has been achieved. (It will be a lot faster than you could even possibly imagine!)

## The World's Strongest RAW Bencher Trusts SuperCissus RX - Shouldn't You?



"I have used USPLabs SuperCissus RX to treat every injury I have had for the past year and a half. Lifting heavy all the time tears up my joints and connective tissues, so SuperCissus RX has been a miracle for me. I have used it to come back from a pec and teres minor tear and am currently using it to help with a biceps tendon injury. I wouldn't trust anything else to get me back to where I need to be to compete!"

- Nick Winters  
NERB champion bencher - 650lb lift. Highest raw bench in world for the past two years. Best raw bench in competition 675lbs, 2 APA world records.

OFFICIAL WABDL SPONSOR



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

# INZER ADVANCE DESIGNS

THE BEST POWERLIFTING BELTS IN THE WORLD  
THE FOREVER GUARANTEE™ MANUFACTURED SO SECURELY WE BACK UP THE LASTING WEAR OF YOUR BELT FOREVER.



- 13mm lever belt \$68
- 13mm buckle belt \$70
- 10mm buckle or lever belt \$58
- Tapered buckle or lever belt \$52

Choice of stiff leather for the firmest support or soft leather for immediate comfort. Extra firm leather will conform over time for a permanent personal fit. Soft leather will conform to your shape more quickly. Available in any style. Most popular choices are double prong buckle, single prong buckle or lever belt. 13mm or 10mm thick, 10cm wide or 10cm tapered to 6cm body-building style suede both sides, suede inside only, or smooth leather both sides.

- ZINC PLATED STEEL BUCKLE.
- TONGUE LOOP RIVETED NOT SEWN.
- LOCKSTITCHED WITH CORROSION RESISTANT, HI-DENSITY NYLON.
- SAME RIVETS AS USED ON THE SPACE SHUTTLE.
- Highest quality suede provides non-slip surface.
- NOT BRADDED. HIGH COMPRESSION RIVETED. WILL NEVER COME LOOSE.
- New, closer prong holes for more choice in precise fitting.

**INZER**  
WE MAKE POWER GEAR A SCIENCE  
1-800-222-6897