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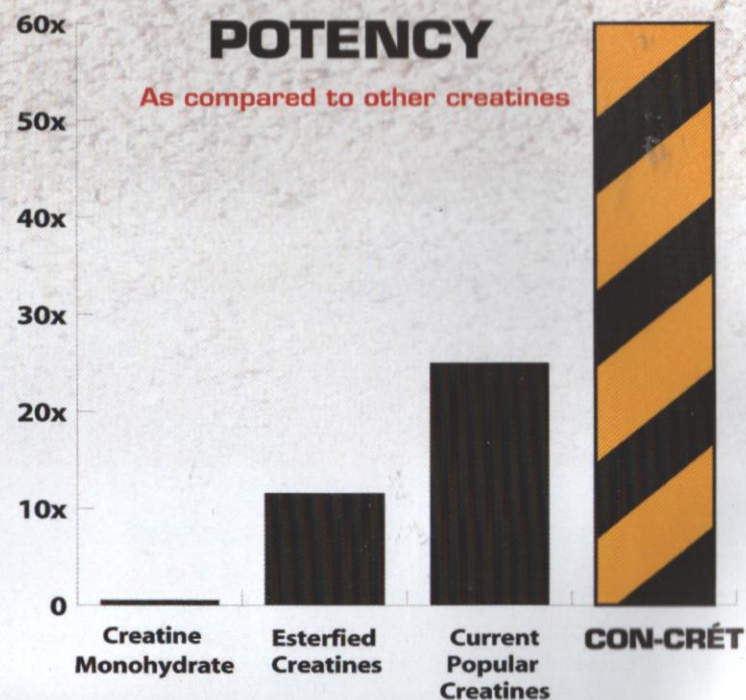
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"...the most important people in the production of this publication are the many hundreds of lifters, fans, meet directors, advertisers, and administrators who have made enormous contributions to its success, ... through their own love for the sport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

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ON THE COVER ... Chuck Vogelpohl got the best deadlift at the IPA Pro AM. (photo by Scott DePanfillis, BodyTechUSA)

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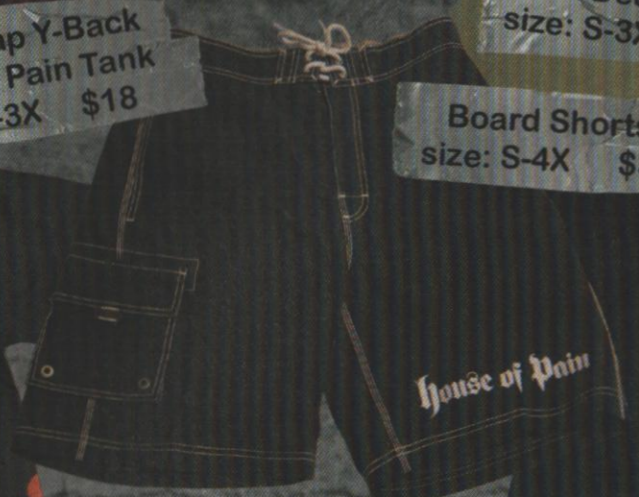
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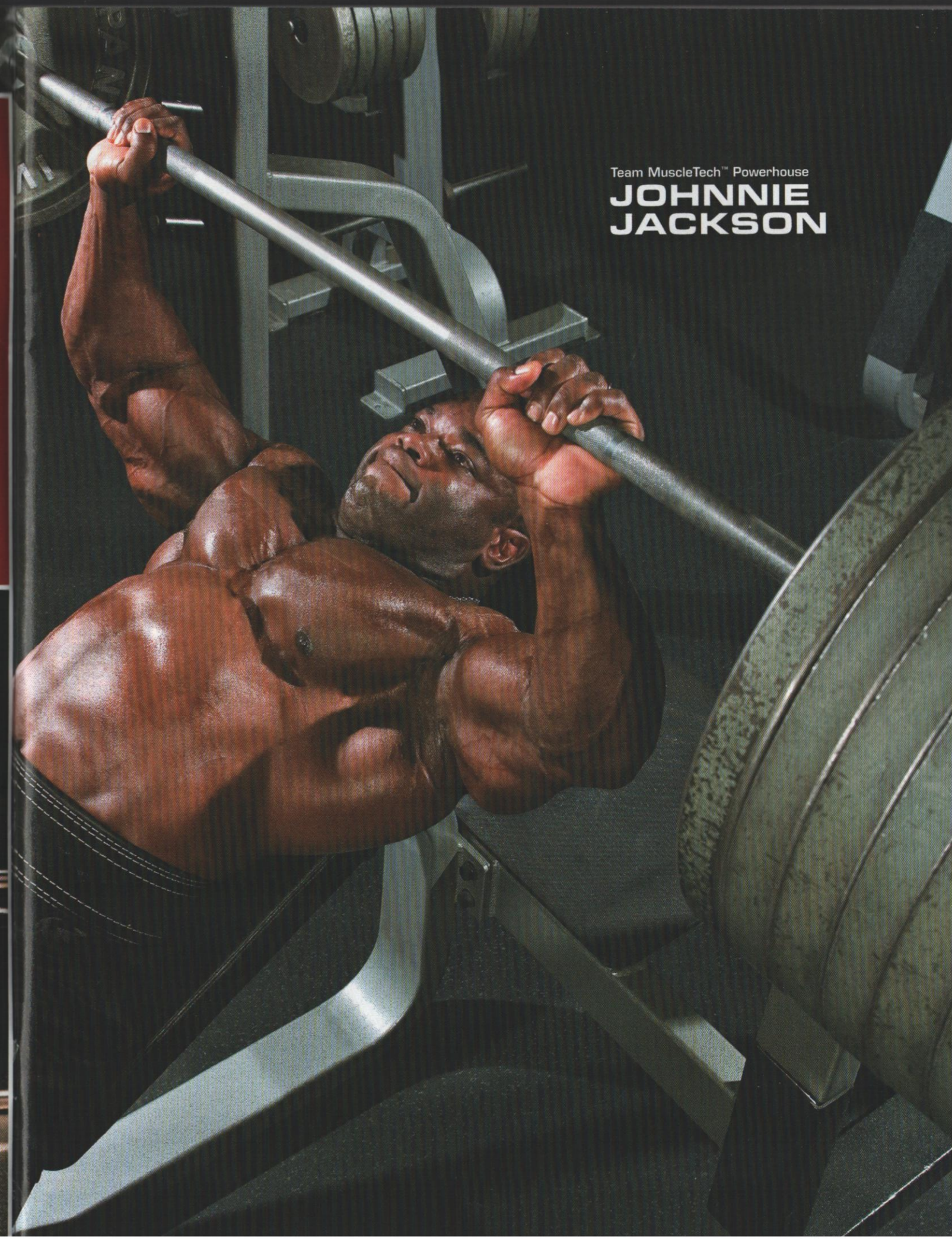
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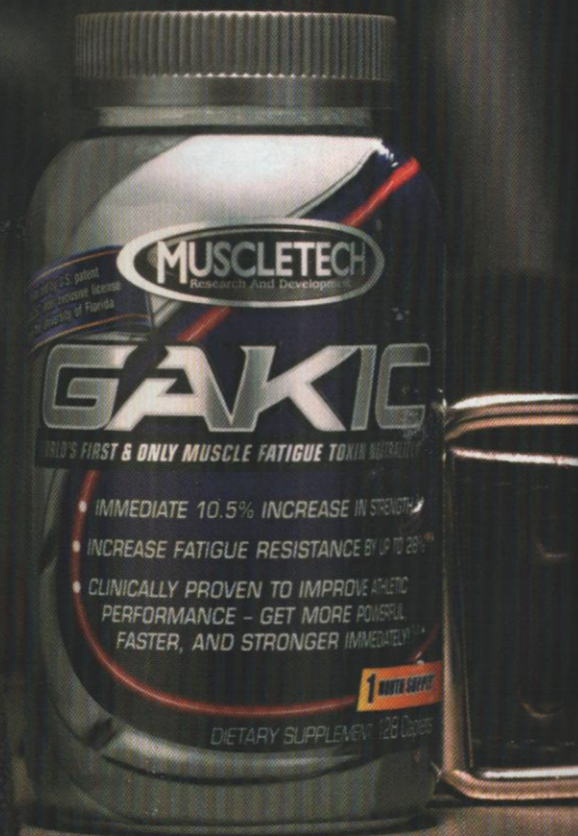
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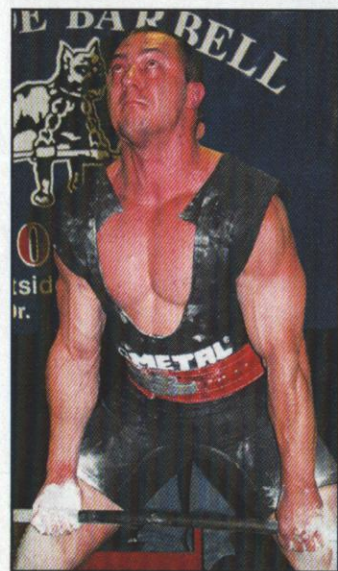


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Sunday's PowerStation Pro division was just that, Pros. The competition had cash awards for the best squatter, best bench, best deadlifter, and each received \$1,250.00. Best total received \$1,250. Best American lifter & Overall Lifter won \$9,250, and best foreign lifter won \$2,750. Total cash given was \$22,000.00. Let's get right to it! Best Squat went to SHW Matt Smith, with 1,160 pounds. Best Bench went to 275 lb. Scott Yard with 800 pounds. Best Deadlift went to Chuck Vogelpohl with 835 pounds. Best Total went to 242 Greg Panora with 2,600 pounds. Best Foreign Lifter went to Sergey Naleykin with 2,310 pounds. Best American & Overall Lifter went to 198 lb. Shawn Frankl with 2,400 pounds.

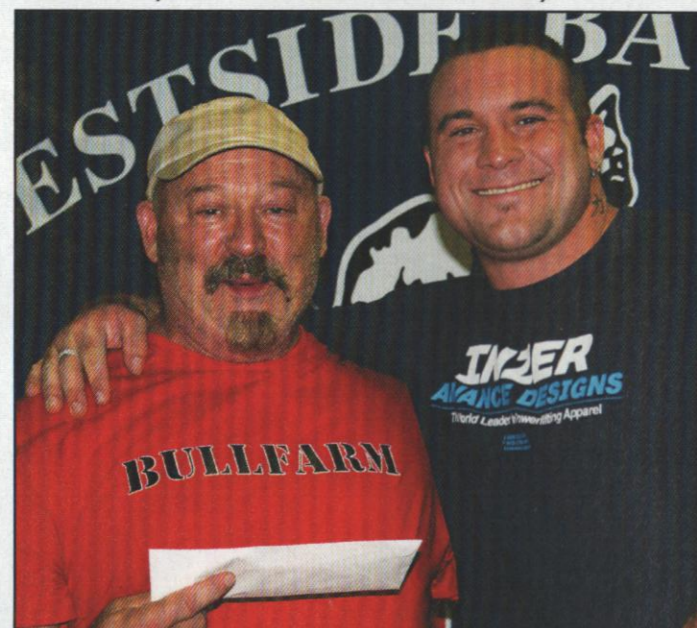
I want to mention the event sponsors, whose generous support made this event possible. Chad Norvell, Louie Simmons, Jump Stretch, Priority One Title, Flowers by Roger, Tampa Barbell, Lexen, Adam Cristo, Strength Beyond, Corevolution, American Fighter, Beverly International, Elite Fitness, McDonald Insurance, Mark Fayak, Swanger, Iron Woody, JMI, Recomp perf. Healthy Image, Met RX-Rexall, At Large Nutrition, Pamillo. Without sponsors, and fans, the sport of powerlifting will not continue to grow. Marketing and advertising alone for a powerlifting event can run into the \$1,000. Mike and Marcia Ferguson, and Lou Simmons are obviously passionate about the sport, and thanks to everyone who contributed to this event.

Sunday, the warm up area was a who's who of powerlifters. Packed in like a can of sardines, under 220, names like Schwab, Frankl, Byrd, Harrington, Berardinelli, to name but a few stars. For over 220 it was names like, Vogelpohl, Aichs, Smith, Panora, Thompson, Childress, Bartley, Mehan, Carroll, Kroczaleski,



The BEST FOREIGN LIFTER was Sergey Naleykin from the Ukraine.

IPA Power Station Pro Am Part 2, by Scott DePanfillis, BodyTechUSA



Success ... for Greg Panora (Best Total) and Louie Simmons of Westside

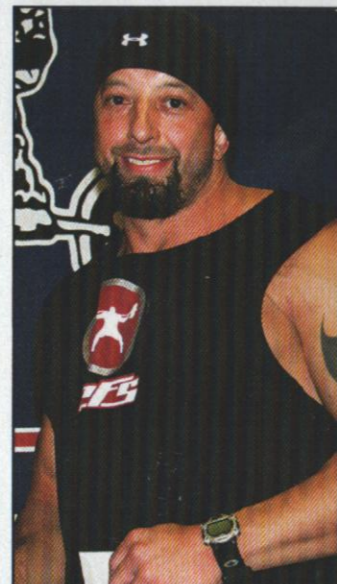
Barbell, Brown, and Avola. With talent like this, it's no wonder all eyes and ears were tuned to this epic cash paying event. Invites went out to Finland, and the Ukraine. Another Turtiainen was planning to be at the Pro, but fellow team mates were injured. The same goes for Ukraine's Alexander Kutcher - injured.

Forty seven pro powerlifters began, but only twenty nine finished the entire meet. The biggest upset was in flight three, which began with eighteen competitors, but seven bombed out during the squat event. Our friend at 308, Marc Bartley blew out his knee during a second 1,205 squat attempt. The audience was stunned by blood curdling screams from Marc, and from the audience. Marc later reported that he screamed because he thought he was going to feel a lot of pain, but it wasn't as bad as he thought. We wish Marc the best in his recovery.

The first wave to hit the platform was the 148, 165, 181, and 198's, all under the watchful eyes of judges, John Bott, Bob Youngs, and head Judge, Phil Couvillion. I almost forgot to mention that Louie Simmons, along with Mark Chaillet had judged on Saturday, but Lou sat this day out, and went back to what he likes doing most, coaching and watching his team become victorious.

Sixteen lifters survived, three did not. However, of the three that bombed, I believe everyone would agree, the most impressive display of strength came from 198 lb. Sam Byrd, who is clearly in a class of his own. Sam opened with a 1,015 squat, not deep enough, but made it on his second attempt, then went on to squat an astonishing 1,050

pounds. The audience went frantic. Unfortunately, Sam was not able to make any of his 635 bench attempts. I wonder what kind of a monstrous total he had planned. The other two competitors in the first flight who bombed were 181 lb. Brian Tincer, missing three squat attempts with 750, certainly not like Brian at all. Also at 181, Tony Ramos made a 725 squat, but sadly, bombed out in the bench. With Sam out of the picture, the door was open for another powerlifting phenom Shawn Frankl (198). Shawn's numbers were 930, a 760 WR Bench that obliterated the competition, and a huge 710 deadlift. He hit a 2,400



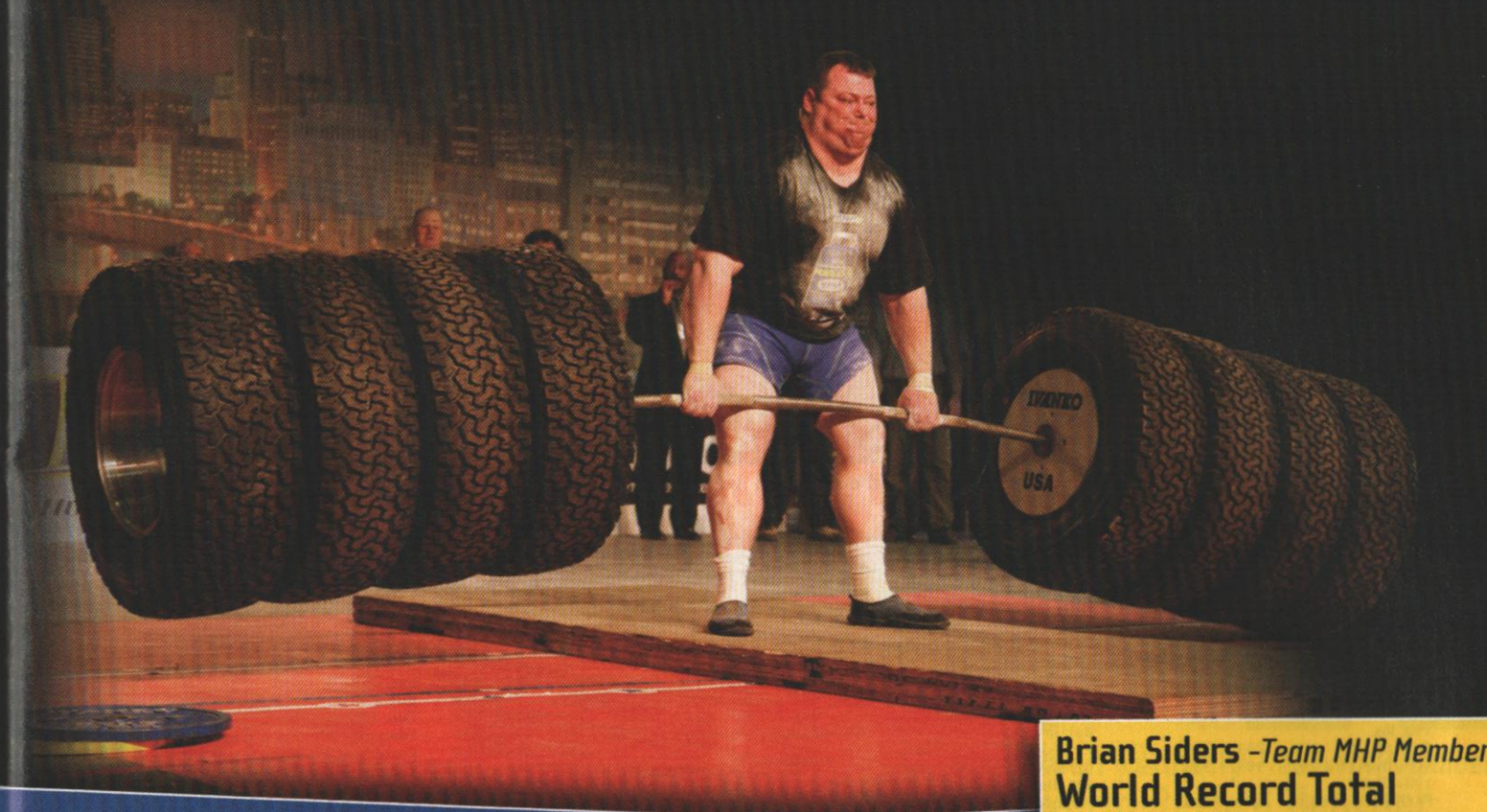
Brian Schwab ... 1855 at 148 lbs. (all photos are by Scott DePanfillis)

pound total, winning the overall champion of champions. The MC said it best, "Shawn was busting world record all day!" I know the entire "Big Iron" team out of Omaha, Nebraska is very excited about Shawn's accomplishments, especially coach Rick Hussey. During a phone call after the meet, Shawn mentioned that he was happy, but had more in him!

Ninety pounds behind Shawn in second place, from the Ukraine was 198 lb. Sergey Naleykin. Sergey won the best foreign lifter award with 2,310, going nine for nine. Sergey's numbers were a 945 squat "made it look easy", 640 bench, and, with a rebel yell, a 725 deadlift, the second heaviest pull of the flight. Now hold on to your weight belts, at 148, of out Florida, and lifting for the Orlando Barbell Powerlifting Team, Brian Schwab made a WR total of 1,855, which put him at a 1353 Schwartz total, matching Sergey. Brian's numbers were 725, 530, and 600. Very impressive and good for third place in this star studded flight. At these bodyweights, we were looking at true technicians. Even the heavier weight class competitors were shaking their heads, unbelievable!

Fourth at 181, Brad Vargason totaled 2,065, and was successful with 850 on his third attempt squat. He took it down slow and came up slow, pure power, no recoil off the support gear, awesome. After pressing 565 in the bench, Brad went to 585, and then 600, but no luck. At this point, Brad injured his left shoulder, a biceps tendon strain possibly. He opened with a 650 deadlift, obviously in pain. SHW Tony Barbaccio had to yell at Brad to push his hips forward and complete the lift. Brad then wisely called it a day. Fifth in this flight went to 181 lb. Angelo Berardinelli. It took Angelo three attempts to get that 760 squat passed, but that third attempt looked easy! He made three clean bench presses, ending with a solid 540. Angelo opened with a 600 pound deadlift, clean, but 645 ripped out of his hands twice. He totaled 1,900 pounds. Sixth place went to 165 lb. Al Caslow. His numbers were 745, 485, and 625 for an 1,855 total. Al had one of the deepest squats in the flight. Seventh was 198 Adam Driggers of out Florida. Adam had problems at the Senior Nationals earlier this year, and we were anxious to see him succeed here at the PowerStation. Adam totaled 2,095. His numbers were 835, 610, and 650. Eighth place went to 198 Phil Harrington. Phil was sporting a red Mohawk, and Indian-like war paint. He hit a second attempt 880 squat, while being back spotted by Bench Phenom, Mike Wolfe. Phil benched 565, and pulled a clean 640. Under perfect conditions, Phil is capable of mind-blowing numbers; still a 2,085

(article continued on page 96)



**Brian Siders -Team MHP Member
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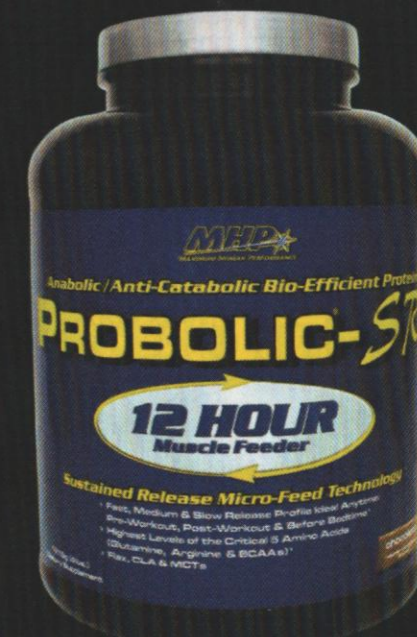
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WOMEN				
Master I				
104 lbs.				
Friedrich-GER	198	209	222	209
115 lbs.				
Hirner-GER	226	226	231	231
Masuyam-JPN	165	176	192	192
Dalling-CAN	181	187	192	187
Andreani-FRA	137	143	148	148
123 lbs.				
Margueri-FRA	159	170	170	159
Haines-USA	159	170	170	159
Felix-GER	132	143	143	132
Morita-JPN	165	165	165	—
132 lbs.				
Schnoltz-GER	220	226	231	226
Czachor-FRA	209	220	226	220
Villwock-GER	209	220	220	220
Uppala-FIN	181	192	192	181
Ip-HKG	154	165	170	165
Siveny-USA	159	192	192	159
Larsson-SWE	154	154	154	154
148 lbs.				
Kunkel-GER	242	248	259	248
Lange-GER	226	226	231	231
Maciej-FRA	209	220	226	226
Caslega-SWE	192	203	226	203
Marisal-FRA	192	203	209	203
Buckman-NZL	132	143	154	154
165 lbs.				
Glomstei-NOR	237	253	264	253
Haeuser-GER	237	248	259	248
181 lbs.				
Witt-FRA	253	270	275	275
Halvarss-SWE	220	231	242	231
Cardon-FRA	187	198	214	198
Bouvlana-USA	192	209	209	192
198 lbs.				
Oxford-USA	237	253	253	237
Mynttine-FIN	297	303	303	—
198+ lbs.				
Ferrell-USA	352	374	385	385
Calhoun-USA	203	203	214	214
Master II				
104 lbs.				
Suire-FRA	121	132	137	137
Vaulakor-FIN	137	148	148	137
Fukuyam-JPN	88	99	132	88
115 lbs.				
Engelbre-GER	181	187	192	192
Yoshida-JPN	187	198	198	187
Knutars-FIN	165	176	192	176
Hairston-USA	148	159	176	159
Roche-FRA	137	143	148	143
Heligon-FRA	132	132	132	—
123 lbs.				
Peron-FRA	159	165	170	170
Harms-USA	159	170	176	159
Hayashi-JPN	148	154	170	154
Parfait-FRA	132	143	154	143
132 lbs.				
Sawa-JPN	220	231	239	231
Sauer-USA	220	220	242	220
Strik-NED	176	187	187	176
Hykova-CZE	159	170	181	170
Lankau-GER	132	137	137	132
Nothnag-GER	121	126	132	126
148 lbs.				
Locatelli-ITA	198	198	203	203
Herbin-FRA	192	209	209	192
Thimm-GER	165	176	192	176
Nakazaw-JPN	137	143	148	143
Wimmer-GER	121	126	132	132
Calves-FRA	143	143	143	—
165 lbs.				
Spronk-NED	209	220	226	226
Sora-USA	203	214	226	214
Beninga-GER	176	187	192	192
Bruneau-FRA	176	187	192	176
Sakuma-JPN	165	176	187	165
181 lbs.				
Takacova-CZE	297	308	319	319
Eulenst-GER	176	187	198	187
Ouellet-CAN	132	143	154	143
198 lbs.				
Speth-GER	220	264	275	264
198+ lbs.				
Houston-USA	259	275	275	259
MEN				
Master I				
123 lbs.				
Fujii-JPN	297	297	297	297
Falke-GER	231	231	253	253
Helms-USA	253	253	253	—
132 lbs.				
Kraft-DEN	385	402	413	402
Ishiwatar-JPN	319	319	352	352
D'Alessan-ITA	292	303	308	303



Mike Ferrantelli won the M1 220s, with 551, representing the USA

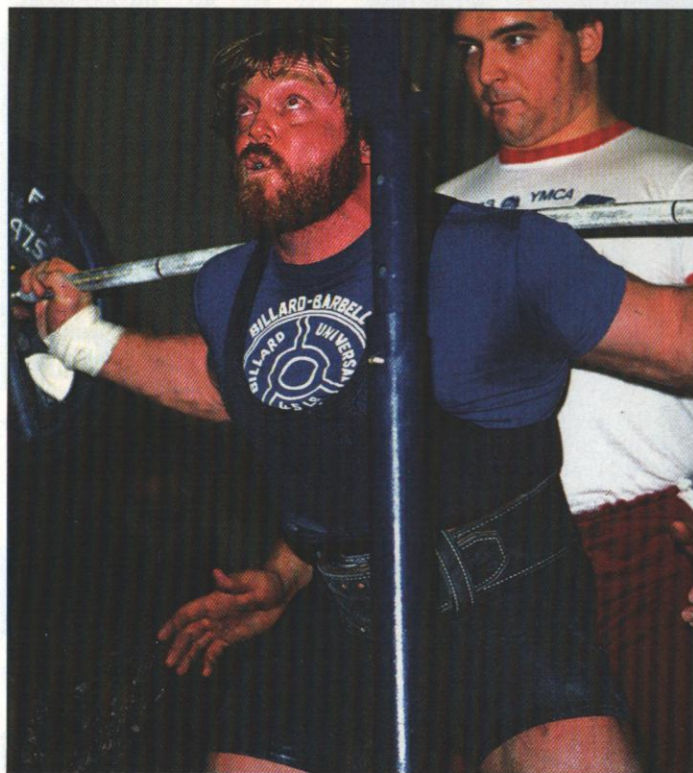
Dufour-FRA	507	529	540	529
Savonen-FIN	507	518	529	518
Homrich-GER	463	479	507	507
Sota-CZE	507	518	529	507
Beuch-USA	451	463	463	463
Massey-GBR	297	407	446	407
Nygaard-NOR	507	507	529	—
275+ lbs.				
Beeler-USA	562	578	600	578
Ujii-JPN	507	534	567	567
Schwank-GER	529	562	595	562
Macak-CZE	496	496	518	496
Lollo-FIN	463	490	507	490
Braun-GER	440	463	474	463
Master III				
123 lbs.				
Gallart-FRA	242	259	270	270
Imba-JPN	187	209	209	187
132 lbs.				
Shiraida-JPN	281	306	306	281
Iwakami-JPN	231	242	248	248
Diepold-GER	231	242	253	231
148 lbs.				
Magome-JPN	352	366	366	366
Zwick-USA	275	281	286	286
Inkinen-FIN	259	270	281	281
Geese-GER	275	275	275	—
Pfaus-GER	270	270	270	—
165 lbs.				
Eriksson-SWE	341	352	360	352
Sousek-CZE	319	330	330	330
Itoh-JPN	319	330	330	330
Peschl-GER	297	303	—	297
Stensga-DEN	154	165	176	165
181 lbs.				
Jorgense-DEN	341	352	384	352
Kallio-FIN	341	341	347	341
Lee-GBR	336	336	352	336
Kumakura-JPN	303	319	319	303
Olic-CZE	275	286	297	297
Edwards-GBR	264	270	275	270
Pasterna-GER	308	—	—	—
198 lbs.				
Lindsey-USA	358	374	391	391
Silvander-FIN	391	402	402	391
Kawabe-JPN	374	391	391	391
Phillips-USA	385	396	402	385
McFadyee-GBR	363	380	402	380
Fell-GER	341	352	358	358
Anderson-GBR	308	319	330	330
Demirel-GER	402	402	—	—
220 lbs.				
Knudsen-DEN	374	385	407	385
Reetz-GER	352	352	358	358
Boussery-FRA	330	341	352	352
Waldeck-SWE	308	325	347	325
Walker-GBR	242	253	253	253
White-USA	369	374	374	—
242 lbs.				
Tallman-USA	440	454	454	440
Nygaard-FIN	396	407	418	418
Jones-USA	385	396	424	396
Weber-GER	330	330	352	330
Smith-GBR	286	286	297	297
275 lbs.				
Malinie-SWE	512	529	545	529
Nylund-FIN	463	518	518	463
Rumbler-GER	363	385	396	396
275+ lbs.				
Kontto-FIN	352	374	407	407
Bostrom-SWE	198	231	—	231
Women's Master I Team: Germany 69, USA 54, France 50, Sweden 20, Norway 12, Japan 9, Canada 8, Finland 7, Hong Kong 6, New Zealand 5. Women's Master I Best lifters: Deborah Ferrell, Gabriela Hirner, Marion Friedrich.. Best lifters Women Master II: Hana Takacova, Chiyomi Sawa, Helen Sauer. Women's Master II Team: Germany 55, France 53, Japan 50, USA 46, Netherlands 20, Czechia 19, Finland 17, Italy 12, Canada 8s. Men's Master I Nation Team: Germany 62, USA 55, Japan 54, France 44, Finland 44, Poland 30, Denmark 23, Czechia 22, Great Britain 21, Norway 17, Sweden 13, Italy 8, Netherlands 7, South Africa, New Zealand 1., Spain 0. Men's Master I Best lifters: Anton Kraft, David Doan, Kristof Bozycko. Men's Master II Team: Germany 66, USA 63, Japan 52, Finland 46, France 41, Poland 33, Czechia 22, Great Britain 16, Netherlands 14, Norway 12, Austria 9, Italy 9, Denmark 5, Sweden 5, Canada 5, South Africa 0. Men's Master II Best lifters: Bradley Klinger, Fred Jahnke, Mike Bridges. Men's Master III Team: Japan 58, Finland 56, USA 48, Germany 44, Sweden 40, Great Britain 35, Denmark 30, France 20, Czechia 15. Men's Master III Best lifters: Niilo Maliniemi, Toru Magome, Christer Nylund.				

Oishi-JPN	248	275	292	275
148 lbs.				
Landeck-GER	352	358	363	363
Haynes-GBR	330	344	344	330
Hasegaw-JPN	303	319	325	325
Smith-NED	319	330	330	319
Prater-GBR	286	297	297	286
165 lbs.				
Cucuzell-FRA	446	457	468	468
Mishima-JPN	440	440	474	440
Berndt-GER	418	440	451	440
Rajala-FIN	418	435	468	435
Kozuki-JPN	396	418	418	418
Bertin-FRA	396	413	424	413
181 lbs.				
Heinrich-GER	457	457	463	463
Furnas-USA	457	474	474	457
Bougham-FRA	446	451	457	457
Amatsuji-JPN	429	429	463	429
Zabka-POL	418	418	429	418
Ishimoto-JPN	468	468	—	—
Romero-ESP	440	457	457	—
Rasmuss-DEN	407	407	—	—
198 lbs.				
Jacob-GER	468	474	490	474
Kitagawa-JPN	474	490	496	474
Lebleven-FRA	468	479	479	468
Pohl-GER	463	463	474	463
Paukert-CZE	440	451	463	451
Compain-FRA	440	474	474	440
Arkle-GBR	429	440	463	440
Salby-DEN	429	440	440	440
Kati-CZE	468	468	479	—
220 lbs.				
Ferrante-USA	512	534	551	551
Flett-GER	534	545	545	545
Farstad-NOR	507	529	534	534
Vuontisva-FIN	507	523	534	534
Encinas-FRA	529	540	540	529
Vuorisal-SWE	507	523	534	523
Szezepan-FRA	485	507	507	507
Lehto-FIN	507	534	540	507
Kinghorn-GBR	479	507	479	507
Farley-USA	418	440	446	446
Anderson-NZL	352	374	385	385
Edwards-GBR	479	479	479	—
Ito-JPN	512	512	540	—
242 lbs.				
Doan-USA	573	584	600	600
Bozycko-POL	573	573	595	595
Mikkels-DEN	529	556	578	556
Hadrysa-POL	551	551	551	551
Pohjonen-FIN	485	512	545	512
France-FRA	468	485	507	485
Delapille-FRA	479	490	490	479
Kondla-CZE	440	468	490	468
Hoer-GER	551	551	551	—
275 lbs.				
Jaatinen-FIN	584	595	600	584
Nichols-USA	562	562	589	562
Hulden-SWE	540	551	567	551
Mihaly-CZE	518	540	573	518
Kremar-CZE	479	496	507	496
Nahkuri-FIN	474	485	507	485
Rothman-RSA	396	418	418	418
Volkman-GER				

TRAINING

TURN YOUR STRENGTH INTO SPEED WITH POWERLIFTING

as told to PL USA by John Schaeffer



John Schaeffer at the YMCA Nationals in Columbus, OH in the 80s

Training starts before the sun comes up. Preparation begins 1 year before start time – literally to the second.

Olympic lifting is a predominantly limit strength sport and can be very effective for developing strength in other sports.

In preparation for the 2006 Winter Olympics, 2-time Olympian and multiple Gold Medalist Apolo Anton Ohno trained exactly like this for his speed skating events. Once the US Olympic Committee released Ohno's competition time for his first heat in the 5,000 meter short track event, Apolo and I, as his trainer, went to work.

Under my strength and conditioning advice, Apolo's mission was to train his body to be as fast as possible when that starting gun sounded at precisely 10:32 am, Italian time.

In order to turn strength into speed, there is always some work that needs to be done. A proper foundation needs to be set, and for that my athletes and I utilize some of

my favorite "old school" powerlifting techniques (a.k.a. Olympic lifts) such as bench press, squats, power cleans, and dead lifts.

Core exercises like these not only build strength and power, but depending upon factors such as the sport, nutrition, mental clarity and muscle fiber composition (determined by genetics), we can lay the foundation for exceptional functional movements, including agility, quickness, and speed. That is exactly what athletes today need.

A very important factor in turning strength to speed is to first understand the powerlifting movements as they relate to other sports. As an instructor for the International Sports Sciences Association (ISSA), when I teach personal training students during fitness seminars, I present powerlifting techniques as a limit strength foundation and then evolve that into a system of developing training for all sports. As the ISSA curriculum explains, powerlifting and Olympic lifting can be very

effective for developing limit strength in other sports as well. You must always remember, however, that limit strength is only one dimension of the many complex attributes that need to be developed in world class athletes. Although you can use powerlifting concepts to develop limit strength, training according to powerlifting contest rules presents biomechanical mistakes when you are training for many specific sports.

When training, sound biomechanics and segment alignments must be considered in relation to the movements required from specific sports. For example, going below parallel in a squat is a requirement according to the powerlifting rulebook, but can place tremendous stress on a speed athlete's knee joint. Imagine an athlete with a multi-million dollar contract injuring a knee or lower back because of an improper understanding of biomechanics and segment alignments.

Understanding the individual attributes of any given sport is the starting point of any training system. Comparing those attributes of the sport with the athlete's genetic make up is next. Only then can we structure the program to maximize the individual's performance. I always start with a profile of the sport or the position played. Obviously, many sports have several positions, with different attributes for each of those positions — such as a football lineman compared to a quarterback or running back. Here's an example of how I would profile a football running back.

CASE STUDY

FOOTBALL RUNNING BACK

Match Strength and Power to the Sport-Specific Requirement

Limit Strength: First Step - Acceleration;

Time to Top Speed: Anaerobic Endurance;

Ability to Hold Top Speed: Quickness

Misdirection Speed: Agility / Balance;

Maintain Body Control/Balance While Changing Directions in Flight: Dynamic Recovery

Ability to Perform Maximum Effort Play after Play (Heart Rate Training): Static Recovery General Recovery on a Day-to-Day Basis,

which relates to scientific training and nutrition: Make an Assessment of the Athlete's Current Attributes

After a thorough assessment of the individual athlete, we can develop the necessary program. Here are the main factors to consider, monitor, and optimize.

Football Running Back:

Current Weight - Ideal Weight.
Current Body Composition - Ideal Body Composition.

Predominant Muscle Type - Fiber

Type;
Focus / Adjustments: Current Speed; Adjustment to Increase Speed.

Current Acceleration: Adjustment to Improve Acceleration.

Current Anaerobic Endurance: Adjustment to Improve Endurance.

Current Quickness: Adjustment to Improve Quickness.

Current Agility / Balance: Adjustment to Improve Agility / Balance.

Main Diet: Development of Diet.

Pre / Post Workout Nutrition: Development of Pre / Post Workout Nutrition.

Game Day Menu: Development of Game Day Menu.

Application of other technology: Eight Discs, Massage, Chiropractic, etc.

Nutrition applications are the real key to tying everything together. Nutrition may be the most challenging skill to accomplish. My application of sports science nutrition is broken down into a number of categories:

1. Daily Nutritional Needs (from a base metabolic need);
2. Pre Workout Nutritional Needs (fulfilling the energy needs for the task at hand);
3. Post Workout Nutritional Needs (the main purpose is replenishment and recovery);
4. Nutritional Adjustments to Aid Recovery (this would be added to the base metabolic need, structured around strict timing);
5. Game Day Nutrition (this is to accomplish maximum performance and varies greatly from sport to sport);
6. Nutritional Modification to Ensure Proper Body Weight and Ideal Body Composition (this can also vary greatly from sport to sport and could effect all categories 1 through 5).

Psychological strategies are also key element in any training program. We truly do become what we think about most. Your mental training plays a critical role in the outcome of your physical training. My categories for psychological training are:

1. Focus (every technique or activity performed perfectly);
2. Visual Technique (constantly visualizing what you are going to accomplish);
3. Discipline / Motivation – to do all things necessary to accomplish your goals (minute by minute, hour by hour, day by day, week by week, etc.).

Once you understand the current ability and genetics of the athlete, it is now the time to structure the training system, which typically includes weights, drills, plyometrics, and anaerobic endurance work, as well as other forms of sport-specific

(continued on page 94)



Dennis Cieri - Team MHP Member
World Record Bench
591 at 198 lbs.

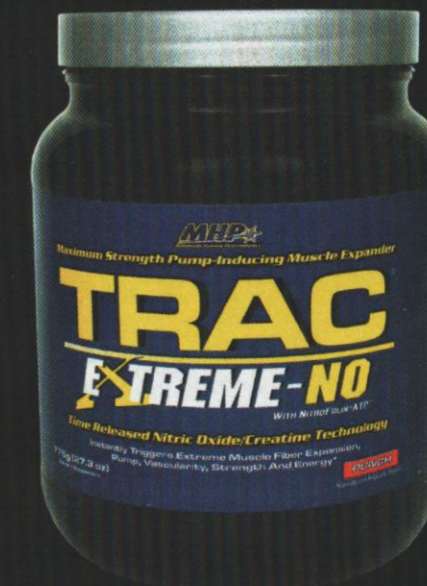
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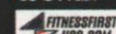
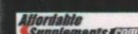
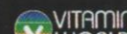
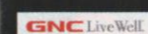
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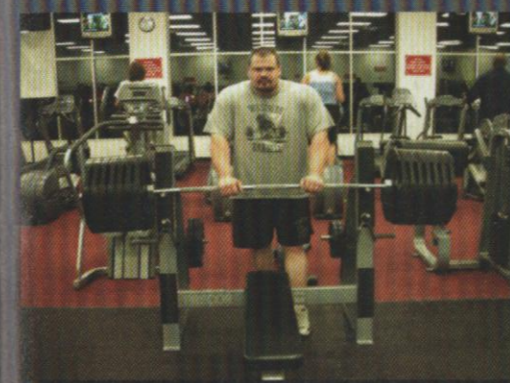
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The Strongest Raw Bench In The World Trusts USPLabs – Shouldn't You?

Nick Winters, the man responsible for the world's best raw bench (675 competition – 715 training) uses USPLabs supplements to help him lift heavy and pain free. Here's what he had to say...

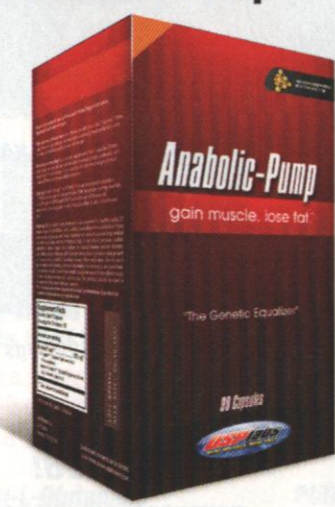


"I have gained about 10 solid pounds and a ton of strength since I started stacking three USPLabs products: Anabolic-Pump, PowerFULL and SuperCissus RX. With these supplements not only am I pushing more weight but my joints feel much better, not nearly as sore anymore. It's been a rare occurrence that my muscles have been sore, the recovery I get from these supplements is incredible."

"I went from having trouble deadlifting 675 to getting a solid 730 on deadlifts and I got a 750 but I took a step with it. My hack squat went from 785x10 to 965x5. Shoulder press went from 405x5 to 455x3. Bench is hard to tell due the bicep tendonitis hampering my lifting so much, but when the tendonitis was at its worst it hurt like hell to do a couple reps with 515. Now, after the USPLabs stack, I am back to doing 675 with a long pause, and it doesn't really hurt at all."

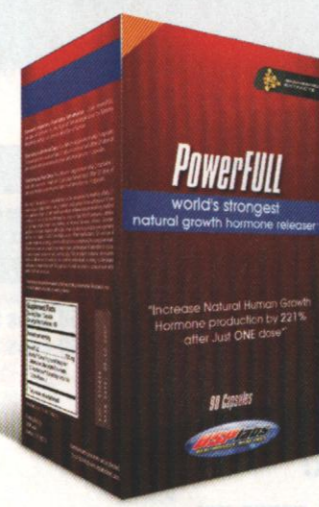
"I strongly recommend every powerlifter use these three effective products from USPLabs."
- Nick Winters
NERB champion bench - 650lb lift, Highest raw bench in world for the past two years, Best raw bench in competition 675lbs, 2 APA world records.

Anabolic-Pump™



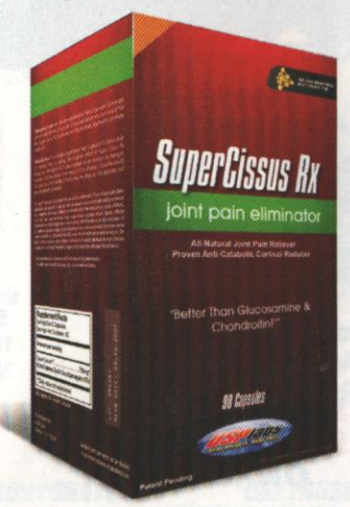
Anabolic-Pump is a proprietary blend of rare, exotic compounds in a pill that you take before a meal. "AP", as it's known on the streets, automatically "opens up" your muscle cells, forcing them to accept large amounts of proteins and carbohydrates. Effectively turning every single meal into an anabolic dream, creating a highly anabolic muscle building, fat burning environment. Even steroids do not work unless this occurs. Simply put, if you're currently eating (and I know you are or you wouldn't be reading this!) then you can gain muscle and lose fat by merely adding Anabolic-Pump before your meals. It's really that simple and it's backed by tons of research proving its safety and efficiency!

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WESTSIDE TRAINING

THE SQUAT as told by Louie Simmons



Louie Simmons with his new Zercher harness that allows him to perform a new variation of squatting.

The squat has always been referred to as the king of all lifts. If you don't have a big squat, you ain't squat. At Westside, we have three lifters who squat more than 1100 pounds and 12 who squat more than 1000.

Everyone knows that we box squat. It's the best and safest way to squat. If one wants to box jump higher, sit on a box and jump onto a second box, and you will achieve the highest jumps possible after eliminating the first box at a later date.

Many have opinions on which is the best method to squat, the Olympic style squat versus the power squat. I know this: the top Olympic lifters are normally 20 to 24 years old. The top powerlifters are around 40 years old. Chuck Vogelpohl has squatted 1150 at a body weight of 264 at over 40 years old. Amy Weisberger is 41 and just squatted 590 at 147 body weight. Chuck totaled over 2600, and Amy 1440. So give me the power squat.

You will gain body weight with the power squat, and a wide squat will build more muscle where it counts. But what about the other methods of squatting?

Belt squatting is not only a proven method of developing a strong lower body, but also very therapeutic for the spine because the belt is positioned around the waist. Belt squats will traction the spine and correct pelvic tilt. When your back is taxed too much, you can work the legs. They are great for static work or teaching one to jump.

The front squat is essential for leg strength and maintaining a correct back position for pulling. This was Eddy Coppin's favorite exercise for deadlifting, having pulled 826 at 186 body weight. It builds the spinal erectors as well as the legs. (We use a front squat harness.)

The Manta Ray device forces one to do a super-Olympic-style squat. The Manta Ray will cause the bar placement to be 2 or 3 inches above the top of the shoulder, causing the lifter to stay very upright. I suggest that Olympic lifters implement this into their training as well as the belt squat.

The rackable cambered bar is great to save the shoulders of large or simply tight lifters. Holding the hands 10 to 12 inches lower than normal lessens the stress on the pecs and delts. This will save a bench career. The Buffalo bar has roughly a 2-inch camber, but that is enough for some lifters to relieve stress on the upper body. A cambered bar will shift the weight somewhat forward while squatting. We also use the cambered

"The squat has always been referred to as the king of all lifts. If you don't have a big squat, you ain't squat."

bars with the front squat harness. The more combinations you use, the better you will squat.

We use many forms of reactive and contrast methods, meaning chains, bands, weight releasers, and the lightened method, or as Pavel Tsatsouline refers to it as the future method, i.e., lifting a weight now by lightening the bottom portion that is lifted in the future.

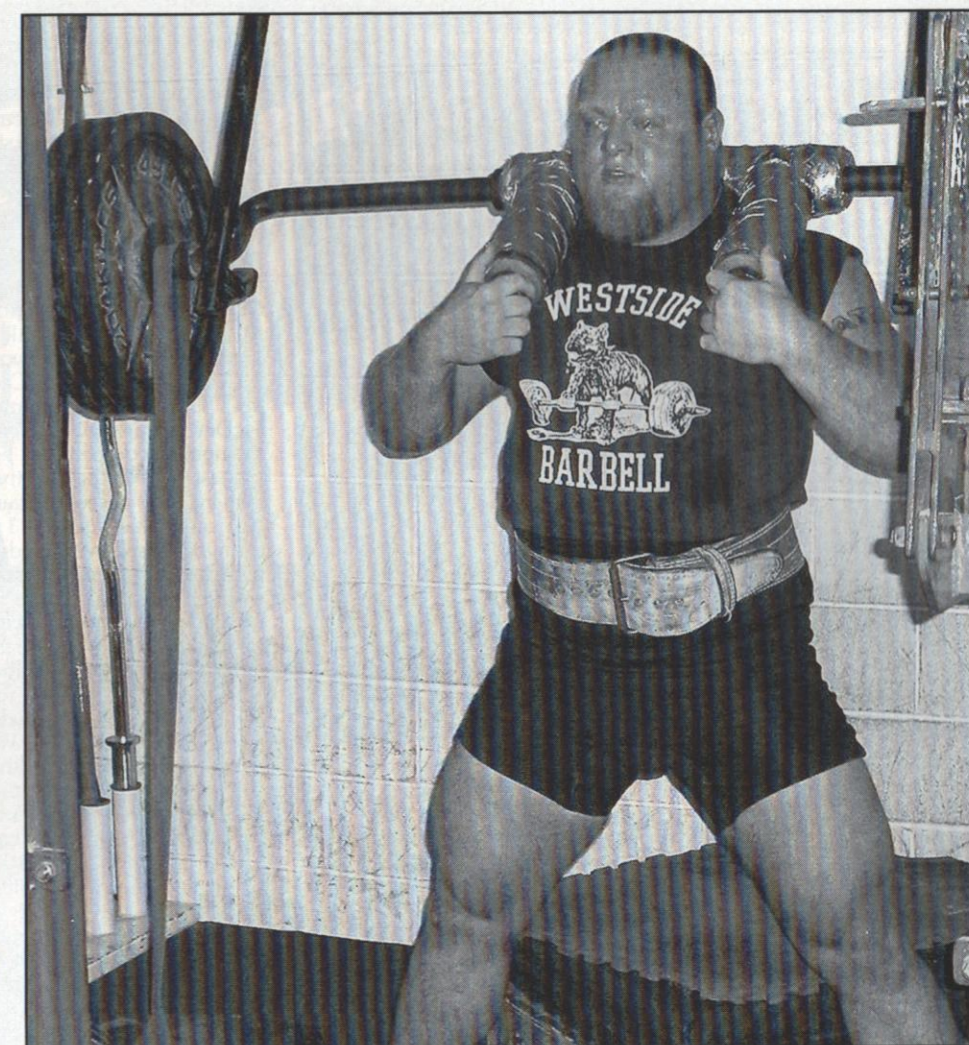
Westside has also found success by box squatting off a dense foam pad or by standing on foam pads, or both.

Are there other forms of squatting done at Westside? Yes. The Zercher squat. Ed Zercher invented this exercise years ago. I was first intrigued after reading about Robert Barnett doing the Zercher lift, where one squatted down and hooked the elbows under the bar and stood up. Mr. Barnett was capable of doing 5 reps off the floor with 395. His body weight was 165 and he could deadlift 675. He did this around 1966. After getting out of the Army in 1969, I started doing Zercher squats off the floor. My best was 320, and I made a 670 deadlift in 1973 at 181. When I moved up to 198, I couldn't lift the bar off the floor because I had become too thick around the waist. I started doing a Zercher squat. I would lift the bar, which was on a low rack pin, in my elbows and go as low as possible. I used two versions: One was to lower the bar until it sat on my knees. The second was to lower the bar out over my knees as low as possible, then drop my hips as low as I could to stretch the lower back and then stand up. With this method, I made 500 at an all-star wrestling convention. At the time I made an official 710 deadlift at 198. This was around 1978. I tore my right bicep almost completely off at the 1979 USPF Senior Nationals. After that, I could no longer hold the bar in my elbows with heavy weights.

I don't know what took so long, but I finally made a Zercher harness that allows one to use huge weights and to lift the bar off the floor. Amy Weisberger's best deadlift was 468 after a 21 year career at Westside, but after a 4-month cycle of adding the Zerchers, after squatting a 590 world record she then pulled a 485 personal record and then a 500 deadlift, all this at 41 years old. The only alteration to her training was the addition of the Zercher lifts off the floor, out of the rack, and in a bent-over good morning version.

Chuck Vogelpohl also made an 835 deadlift for an all-time personal record, then tried 875, but missed it at the knees. This Zercher harness is unreal. If you want to try it, look for it on the Westside Barbell web site.

Westside Barbell
www.westside-barbell.com
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Matt squats with a cambered bar that accommodates a more comfortable forward arm position.




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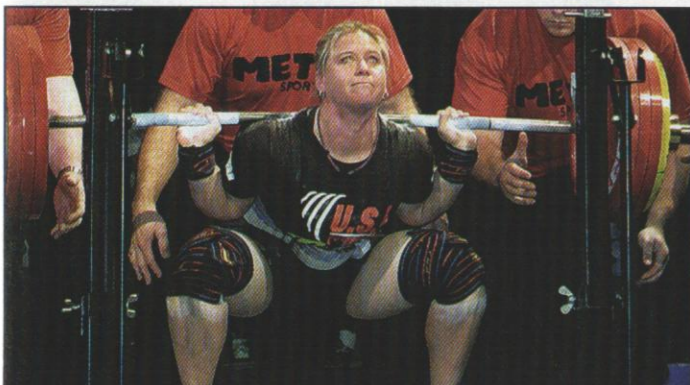
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LOUIE SIMMONS TRAINING SECRETS

INTERVIEW

LIANNE BLYNN interviewed by Bruce Citerman



Lianne Blynn has an enormous breadth of strength training experience, but reached her zenith of achievement in Powerlifting.

BACKGROUND INFORMATION: I am 34 and have been married for almost 7 years to Rich Blyn whom I met in Reno while working as a strength and conditioning coach at the University of Nevada-Reno. I did my undergraduate work at Endicott College and Miami University in Sports Medicine. I have been a strength and conditioning coach for 12 years and have had the opportunity to coach some great athletes and learn from some of the best coaches (Joe Kenn aka 'House' at ASU) in the field. I was an assistant strength coach at Nevada-Reno 1996-99, Boston College 1999-2003 and Arizona State University 2003-05. We currently live in Milford, MA, and I am the Director of Sports Performance at one80 Sports and Fitness in Wilmington, MA.

ATHLETIC BACKGROUND: I grew up in Southwick, MA, where I played field hockey and softball in high school. I also played two years at Endicott College. I first started lifting to enhance my athletic performance and help prevent injuries for sports. As soon as I could drive, I was off to the gym before school. While my teammates and roommates were sleeping I was the psycho, up at 4 am to lift.

WHY DID I GET INVOLVED WITH POWERLIFTING? I loved to lift and it was something that I did well. It took a lot of convincing to actually get me to compete, but I am glad I did. I truly believe that being a competitive powerlifter has helped set me apart in the strength and conditioning field. Over the years, I gained more respect from the athletes, male and

female, I have coached and those I worked for because I practiced what I preached (having close to a 500 lb. squat does not hurt).

WHEN DID I GET INVOLVED WITH POWERLIFTING? When I graduated from Miami Ohio, I decided to take a year off before I went to graduate school. I moved to Asheville, NC, got a job at a bar, and at a gym called Vision Sports and Fitness. Vision has promoted a yearly bench press competition and so I entered my first contest. I placed 3rd, with a whopping 145 pounds. I really got the bug to compete in 1996 when I was Graduate Assistant at Northern Arizona University, the other graduate assistant Trevor and his wife Michelle took me to my first full meet (NASA) in Yuma, AZ. I qualified for the NASA Nationals which were in Jean, Nevada, at the same time as the Las Vegas Bowl, the location of the Nevada-Reno football team. I won the Nationals and walking on the team plane with a gold medal and best lifter award was the greatest feeling - the guys thought it was the coolest thing. The 1997 IPF Women's World team was comprised of lifters from the ADFPA, NASA, and the USPF. At the Worlds, I met Robert Keller and from there I became involved with USAPL.

CONTESTS ENTERED: Too many to list (the rest are on my website at www.lianeblyn.com). Most notably: 2006 IPF World champion, 2006 & 2007 USAPL National Champion, 2006 North American Champion, 2005 Pan American Champion, 2005 USAPL Nationals 2nd Place, 2004 North American

Strongman Inc. Nationals 2nd place, 2003 ESPN Worlds Strongest Woman 5th Place, 2003 North American Strongman Inc. Nationals 3rd place, 2003 Northeast Pro Strongwoman Challenge 1st place, 2000 Pan American championships 1st place, 2000 USAPL Nationals 3rd place, 1997 IPF Women's Worlds.

BEST LIFTS: Squat 496, Bench 314, Deadlift 468, Total 1253.

STRONGWOMAN COMPETITIONS: In 2001, I took a break from powerlifting, due to my work and travel schedule at Boston College. I met Bruce Tessier and Art McDermott, local professional strongman competitors. For the longest time Bruce was trying to convince me to come train with him, and I finally gave in. I picked up my first stone and flipped my first tire, and I was hooked. I had a solid strength background from lifting, I just needed to work with the implements and get more familiar with them. I started with a few local contests and qualified for the Nationals. In 2003, I made it to ESPN's Worlds Strongest Woman contest, where I placed fifth.

CAR ACCIDENT: In the spring of 2005, I had just moved back to MA. I got into a nice welcome back car accident putting both my strongwoman and powerlifting on hold for six months. A fat woman dropped her donut and ended up in my back seat. I have been able to get back to powerlifting, but not so much strongwoman.

LIFTING ROUTINE: In the fall of 2005 I went to a training camp put on by Larry Maile and Priscilla Ribic. It was the best thing I did to get back into the powerlifting world. I am fortunate to be a part of the Iron Maiden crew and I follow their 5 day a week, high volume, gear based training. Following their training system has definitely brought my lifting to the next level. During my off-season, I am unstructured and use various means

of training. I love using boards, bands, and chains, and every Saturday I do some form of strongman training, with atlas stones and tire flips the usual staple.

SUPPLEMENTS USED: Multi vitamin, fish oil, bcaa's, B complex, creatine, glutamine, and post workout protein shakes.

PLANS IN POWERLIFTING: I will continue to lift and compete as long as it is still fun. My husband swears that I will still be on the platform at 90 years old. I also will continue to grow our powerlifting club here at one80. We have some great local lifters.

WORKOUT PARTNERS: I have never been able to keep one! I give my husband a lot of credit for the torture I put him through. We do train as a staff at work, but no one is psycho enough to do what I do. The longest partner I did keep was Tammy (DiAnda) Lopes in Reno. It was probably a good thing that I moved as we were the "oops" (accident-prone) twins, I really am sorry I dropped the 100 lb. plate on your shin.

COMMENTS & THANKS: I would like to thank my husband for putting up with me. (I promise - the next vacation we go on. I will not bring my gear bag or have to find a gym). Larry Maile, Priscilla Ribic, Ivan and the Iron Maiden crew - thanks for being such great coaches and teammates. Bob and Tammy, without you people I would have never had such a great base to be where I am today. Nico and the Bloody Lawn Gym crew. I miss those Saturday bench workouts. Sebastian Bums and Bill Crawford of Metal Militia - thank you for all your help with my bench; someday I will bench 400. Pete at Titan Support Systems - thanks for supplying me with the best gear. Finally to Art and the staff at one80 Sport and Fitness, thanks for the support while training for my camps and covering my ass while I am away.

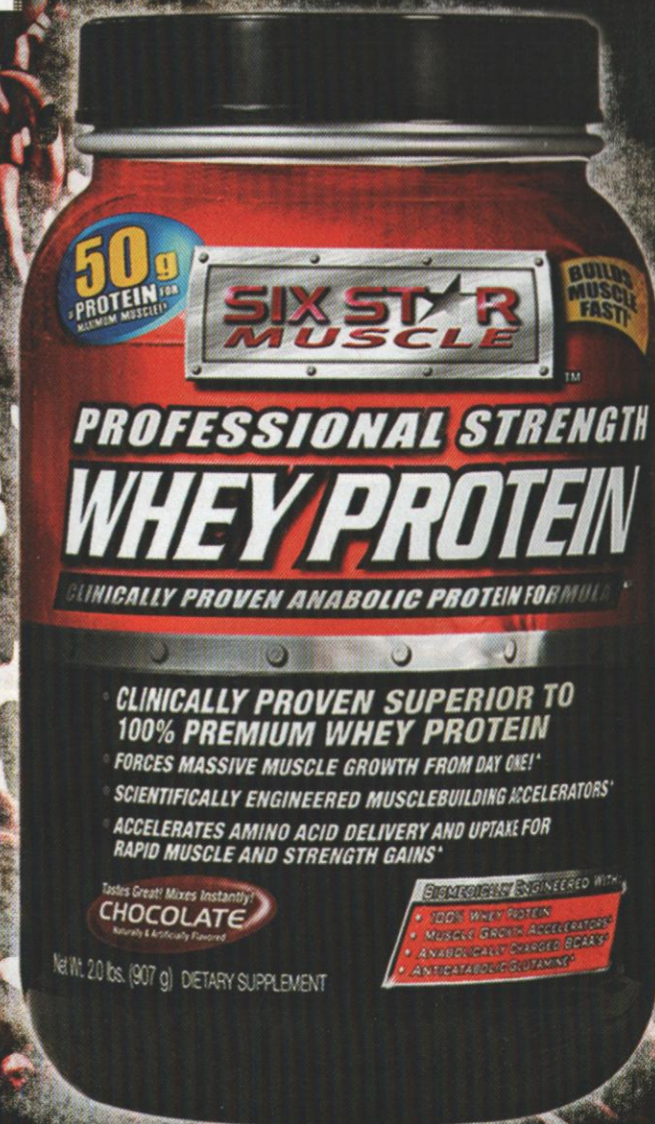
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OFF SEASON TRAINING

Monday	Sets	Weight
A1 Clean Pulls	5x5	220
B1 Squat	4x8	275
B2 Leg Curl	4x8	55
C1 Power Runner	4x30sec	135
C2 Lunges	4x20 yds	110
C3 Sled Drag combo	4x40 yds	135
Tuesday		
A1 Axle Clean & Press	6x3	154
B1 Grip 1 Bench Press	4x8	185
B2 Chin-ups	4x8	body wt
C1 Db Alt Arm Incline	4x10-12	45
C2 Trap 3 Raise	4x10-12	15
D1 Biceps	3x3x10	variable
O2 Triceps	3x3x10	variable
Thursday		
A1 Deadlift	4x8	315
B1 Chain Box Squat	8x2	225+double chain
B2 Band Glute Ham Raise	6x6	
C1 Log Rows	4x8	132

THE QUEST FOR STRENGTH

The quest for strength is one of man's basic instincts. After all, few things are more important in life than physical strength - with the exception of size. For those of us who are married to the iron and feel most at home pushing heavy-ass weights, it's our passion. The squat rack is our church and the deadlift platform, our temple. As powerlifters, we take great pride in blasting through our previous PB's and will stop at nothing until our lifts are clean. To combat the brutal assault we put our bodies through, Six Star® Muscle has created Professional Strength Whey Protein - a cutting-edge protein formula designed to repair and rebuild those war-torn muscles with biomedically engineered anabolic agents and muscle growth accelerators. And with 50 grams of high-powered, 100-percent whey protein per maximum serving, your strength and size gains will kick in from day one. With the advanced Six Star® Muscle formula surging through your veins, **the iron doesn't stand a chance.**



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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.

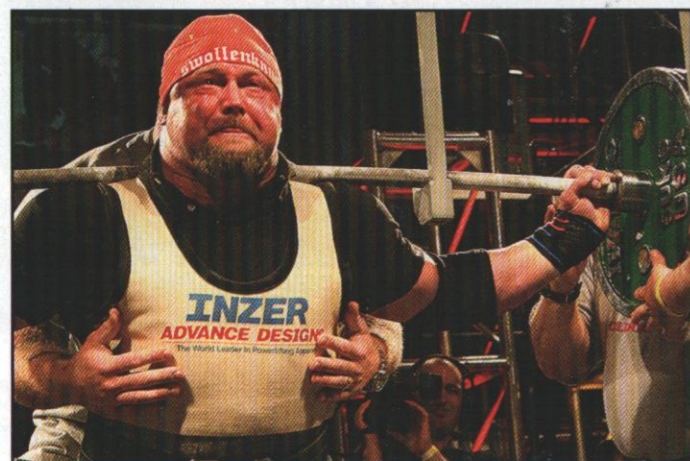
The current accepted norm for PWO nutrition is that one should consume a whey-only protein shake

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

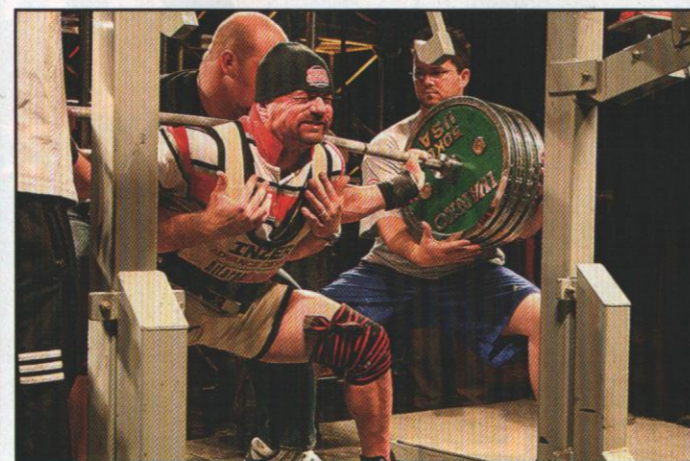
story" as Paul Harvey used to say. Immediately after an intense session in the gym our body is in a net negative state relative to skeletal muscle protein. Intense training accelerates the catabolism of muscular protein and blunts its

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

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Chuck Vogelpohl – raw power incarnate, a ferocious competitor!

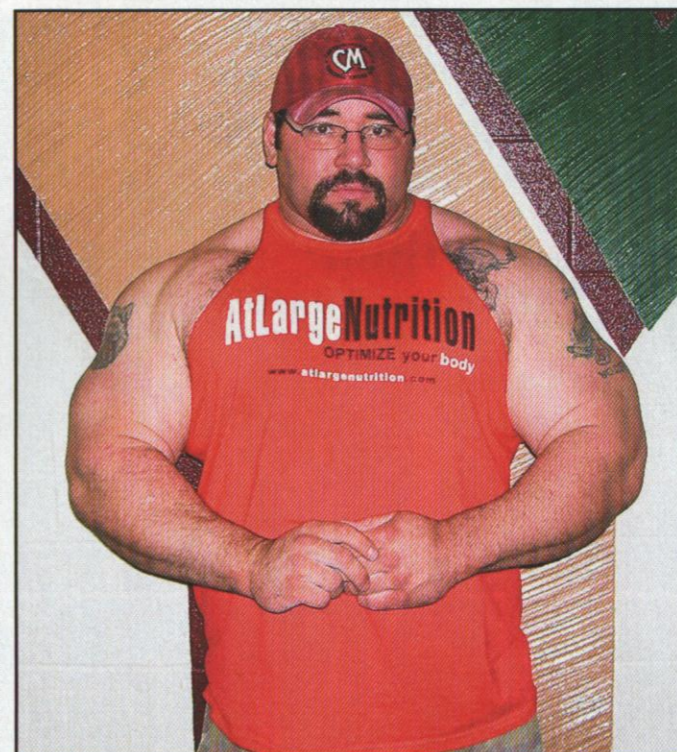


Phil Harrington – squats over 900 lbs at 181 lbs of body weight!

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 Vogelpohl, 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.

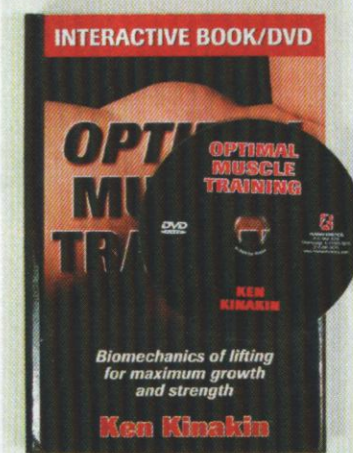
3) Amino acids from ingested

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

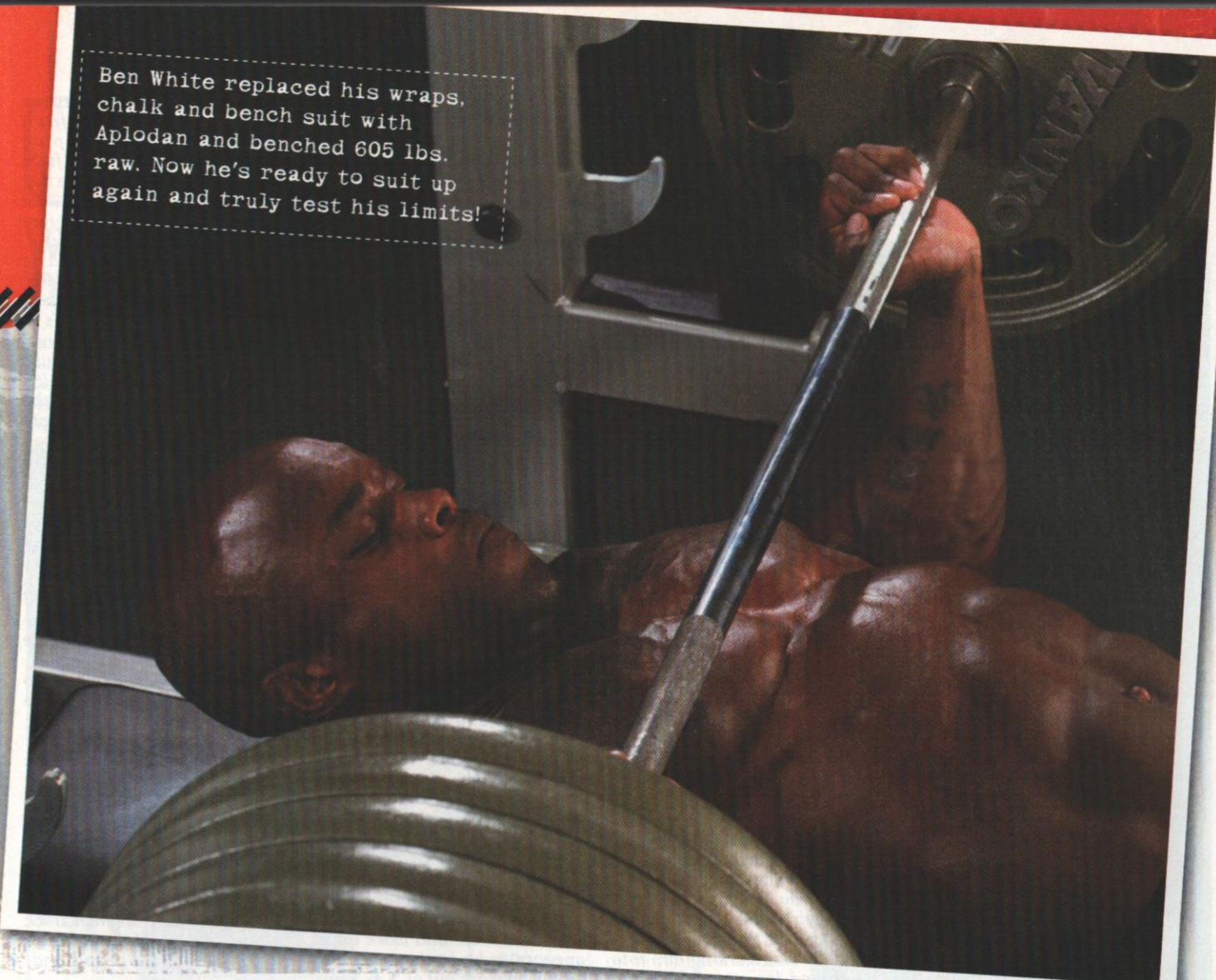
Now, for an additional fact that you may never have heard before (especially in an article like this): protein synthesis, assuming a normal level of nutrition, will be spiked within a few hours of training and a net positive protein state will be realized nearly irrespective of what is done nutritionally. 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) 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!

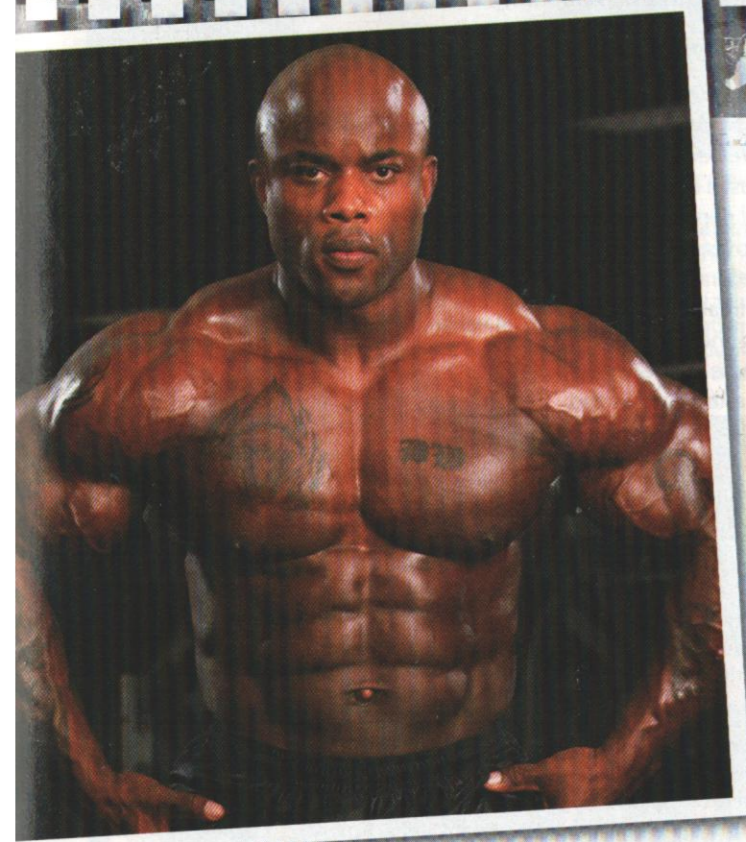
OPTIMAL MUSCLE TRAINING "The Biomechanics of lifting for maximum growth and strength" by Ken Kinakin is this just another training book? no way. First off, this is a book AND a companion DVD, which opens an entire new dimension in weight training instruction. Second, author Ken Kinakin is not just a 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



Ben White replaced his wraps, chalk and bench suit with Aplodan and benched 605 lbs. raw. Now he's ready to suit up again and truly test his limits!



Standing 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.

HARD CORE GYM #68

S & S Gym (Don't tell anyone, but S&S stands for Strong and Shapely) as told to Powerlifting USA by Rick Brewer



Rafael... works out amidst the myriad of S & S gym equipment. (Bob)

Last month we went to WI and visited a gym with a name that was hard to say, and we shortened it to Muscle Mill. This month we go to NJ to visit a gym with a name that's hard to say with a straight face, and we'll shorten it to **S & S**. There is only one letter in this gym name, so if you call and ask us how to spell it we'll say "kiss my S."

Tony Monchinski first contacted me about the S & S gym, so in just a second I'll let him talk for a bit. But first a note about pronouncing Monchinski. There's a reason so many Southern boys are named Bubba, and it's not just to save letters on the trailer-house mail-boxes. But the mailbox is a good reason, too. Down here, Tony Monchinski would simply be known as "Big T" and it would be painted on the tailgate of his truck in case we got drunk and forgot it. I digress; back to Big T's info: "In 1984

Bob Bonham

and Shapely was born. Like the powerlifters, bodybuilders, and strongmen that call it home—over the years Strong and Shapely has grown. Today **S&S** measures 25,000 square feet.

Most of Strong and Shapely's members are regular Joe and Jane Schmoes looking to get and stay in shape. But the gym also has its share of hardcore powerlifters, bodybuilders, and other strength athletes. Exactly who trains at Strong and Shapely? 800-pound bencher **Joel Toranzo** and his crew train there regularly. Contractor **Peter Ortolano** explains that since he started training with Joel his bench went from 215 to 375 in five months, adding that it's drug free, and important that people understand that. **Dave Reliford**, who has benched 440 in a single ply at 207, says his bench went up 100 pounds after he joined Joel's Friday night benching circle. 'They're always there, they're reliable, and they're helpful. They give you a boost. It's like a family'. Joel's cousin **Jose Cabrera** (510 bench at 198) concurs. I've learned a lot training with Joel, he says. 'For the last seven years we've been traveling this road together. I can't see myself training without him'.

opened **Strong and Shapely Gym** (www.strong-and-shapely.com) in East Rutherford, New Jersey. Bob was making a living with his own alarm security company at the time but his schedule was working him into the ground. Investing \$6000 in a 2,500 square foot space, Strong

Joel is a strict but kind hearted man', says forty-nine year old Peter Ortolano. 'He's very respectful with me and it's comfortable to be around him. Joel's kindness and work ethic appears to be contagious. The guys who work out at **S & S** are all focused on helping one

another,' notes Dave. 'Everyone helps everyone else, from bodybuilders helping powerlifters, to powerlifters helping strongmen.' (Notice that no one wants to help the bodybuilders. It's because they are so grumpy from dieting. **Rick**)

PL USA coverman and he of a **595 RAW bench at 198, Dennis Cieri**, often trains at Strong and Shapely. 'It's a hardcore environment,' Dennis, says who owns two health clubs himself. 'Plus what can I say? It's convenient as I live across the street.' Former New Jersey State Chairman of North American Strongman, Inc., **Cameron Gardner** has been working out at Bonham's gym since he was a high school freshman. 'A who's who of strength (athletes) in the area have flocked to this gym,' explains Cameron. 'There's a competitive attitude, but it's all good, sort of a healthy friendship-rivalry thing between everyone there.'

What brings powerlifters to Strong and Shapely? 'The atmosphere, the camaraderie, and the cleanliness,' cites Peter. 'The atmosphere helps a lot,' says Jose. 'When you go to a Bally's or a regular place the atmosphere is different. There aren't many people who compete; nobody's on your wavelength. When you go to Strong and Shapely all these powerlifters, bodybuilders, Olympic lifters, strongmen, track people, they're all there, a nice variety of different people and

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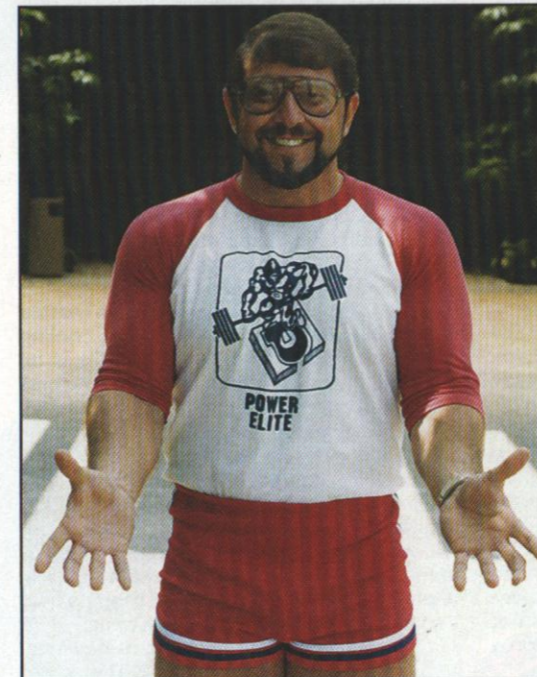


The **STRONG & SHAPELY 'Chain Gang'** ... that's Joel ("Big T") Toranzo (800 lb. bencher) in the upper left hand corner

OPINION

What's REALLY Going On In Powerlifting?

What is real today in Powerlifting? I've not been away from the sport; I'm just not as involved as I was twenty-three years ago. For the past nineteen years I have been busy raising my son, Jimmie, and involved with my personal training business. Mike still sends me a copy of Powerlifting USA every month and I am aware of the new



Larry Pacifico (above) came through Camarillo, California (home base of **POWERLIFTING USA Magazine**) over a 1/4 century ago to promote his fabulous 1979 IPF World Championship event, and now his son Jimmy (below, top shot putter in the nation his senior year in high school) is continuing his track and field career at nearby Moorpark College.



era of Powerlifting.

Last month I read *Optimal Training* by my old friend, Lou Simmons. I enjoy most of the articles about training and especially those from the Westside gang. I have used some of their ideas, incorporating the chains, bands, and boxes in training Jimmie, other athletes and client's. My son, Jimmie, graduated this year as the 7th best High School Shot Putter of all time (71' - 6"). He stands just 5' - 8". For him to have thrown that far at his height we had to engage some of these methods.

Jimmie's lifts are impressive. He hang-cleans 385 lbs for three reps, and has done 415 lbs for one (we don't catch the bar, because he throws). He has only deadlifted maybe ten times in his life (deadlifts are not good for throwers), but has pulled 640 pounds. His other lifts are high, but his numbers depend on how you choose to look at them.

His REAL squat is 805 lbs with only a pair of briefs and knee wraps. His REAL bench is 450 lbs with a t-shirt on. Hang cleans can't be improved with a shirt or a suit, at least not yet. They say there is a suit out there that improves the deadlifts, but I don't think so. Otherwise we would be seeing common 900 - 1200 pound deadlifts. If Lou would have written this article fifteen years ago the numbers would be different. Instead of twenty-three benchers over 700 pounds and eleven squatters over 1000 pounds what do you think the numbers would be?

The only REAL number in his article is fourteen guys deadlifting 800 pounds or more. Look at the totals from fifteen years ago, now add 100-300 pounds (depending on how many plys) to the bench and squat, you will clearly see that the numbers are about the same as now, especially the deadlifts.

As stated, I am aware of the new era of Powerlifting, meaning—the era of engineered clothing. Now I hear that someone has invented a new kneewrap with a coil built in behind the knee. That gives me an idea—why not do the same with the shirt? For about \$3500 (\$4500 for titanium springs) you can buy my new shirt that has built in springs in the chest and back. Don't laugh its coming! In ten years twenty-three guys will be benching 1500 pounds.

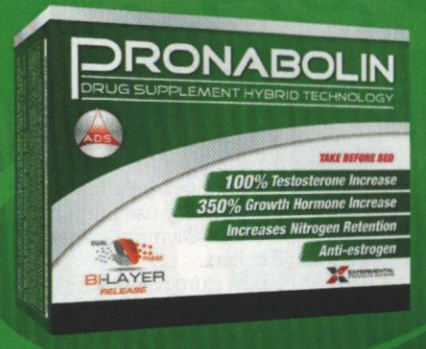
What is REAL: there is no new method of getting stronger except hard work. Yes, the chains & bands help and Lou Simmons teaches us all how to use them better than anyone else. In REALITY, hard work is the only way to get REAL strong. No bench-shirt. No re-engineering—just pure muscle and hard POWER lifting. Watch soon for our new **PACIFICO POWER RACK** that will revolutionize the way of training. For comments or questions send email to: Larry@pacificopower.com.

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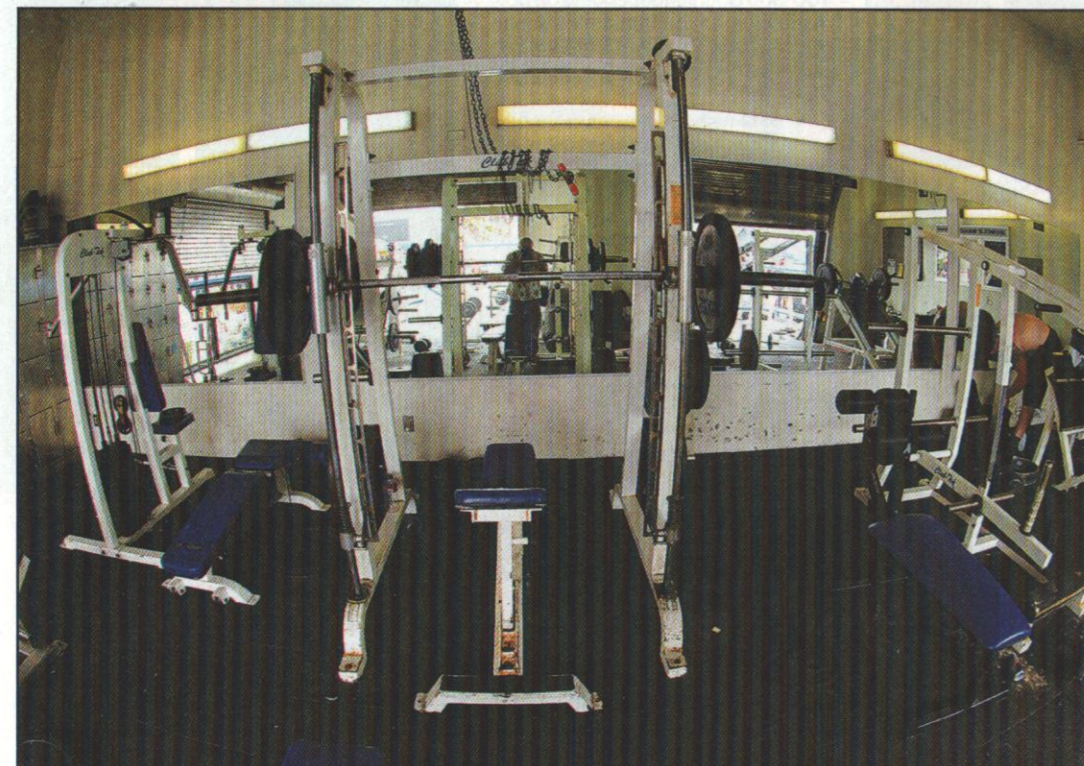
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When the average person looks to equip a home gym, they might look no further than to one of those cable-with-the-bending-bar contraptions we see on TV. Throw in a twisty seat thing for their abs and they are ready to go. But the powerlifter is not the average person. The powerlifter needs some real iron for their home gym; just what iron is the question. A well-equipped home power gym also should not cost a lot or require hundreds of square feet to house.

Listed below are the minimum requirements for a productive home power gym: 1) 400-1000 pounds of plates from 2 1/2 to 100 lb; 2) competition bench; 3) power bar and collars; 4) adjustable squat rack; 5) non-slippery lifting surface.

I suggest a minimum of 400 pounds of weights to load on the bar for squats and deadlifts. If you aren't presently capable of using 400 pounds in any lift, plan ahead, because you will need to have that much before you know it. Get at least 2-4 pairs of 45s, one pair of 35s and 25s, 3 pairs of 10s and 5s and one pair of 2-1/2s. Stronger lifters should invest in at least one pair of 100 pound plates. This should do it, unless you have won the Nationals. If you want to use these plates for dumbbells, purchase Olympic or power style dumbbells and collars.

A high quality, sturdy regulation flat bench is next. Some benches are adjustable for rack height to fit lifters of different sizes which can really come in handy. Benches also vary in height, width and cushioning, so try them out first. Forget benches you find at a local department store. They can't handle the weight and wear and tear they will be subjected to. Since most cheap benches have lower weight limits, keep in mind your bodyweight counts as part of the load to the bench in addition to the bar and weights. A 150 pound lifter and a 250-pound barbell run the total on the bench weight to 400 in a flash.



Inside the Famous Muscle Beach Venice training facility ... more gear than most home gyms will ever see.

STARTIN' OUT

HOME POWER GYM

as told to PL USA by Doug Daniels

A power bar is the cornerstone of any power gym. For that reason, buy the best one you can afford. Don't buy an Olympic bar, as it has more spring and a different feel than a regulation power bar. Critical for safety are a set of high quality collars that lock tight and loosen and tighten easily. Also available are quick on and off collars that can be useful for lighter lifts. For heavy lifts, especially squats, always use properly fitted regular collars.

Next are sturdy, adjustable squat stands. Again, sturdy is the key word. They should be well supported and hard to tip. Definitely purchase squat stands that are height adjustable. Many feature a car jack-like mechanism that allows easy height adjustment, up and down, without removing the bar from the rack. If you buy stands that have removable pins, you'll burn a lot of energy and time by lifting one side of the bar at a time and re-inserting the pins at the newly desired height for each lifter's attempt. Squat stands with height adjustability, also makes them useful for other exercises like overhead barbell presses.

No one wants a heavily loaded bar crashing down on their basement or garage floor. To help here, construct a safe lifting platform out of wood sheets that you can pick up at a home improvement store. A little carpentry expertise may be required here. Cover it with non-slick, rubber gym floor padding. I've seen indoor/outdoor carpet used, just make sure it's not slippery. Backing out of the squat rack on a

slippery surface can be dangerous. Think 'safety first' with all your equipment! Experiment until you find the right surface.

Now that the basics covered, we can look at some luxury accessories. First is a power rack. A power rack can enable a lifter to perform heavy squats in safety. Heavy partial movements such as deadlift lockouts can be done more safely as well. A chinning bar can also be attached to the power rack. Secure the rack to the floor or wall to increase safety.

As mentioned earlier, dumbbells can be useful for curls, etc. You may be able to pick up dumbbells that fit regular non-power bar plates that may already be cluttering up someone's basement at a garage sale.

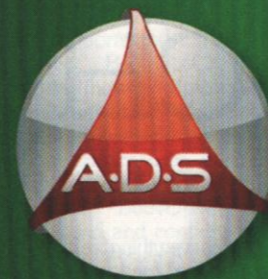
Weight racks to hold plates are highly desirable for safety and help keep everything orderly around your gym. Little things like a clock, chalk, baby powder, rugs, sound system, etc., come in handy and should be included.

We can't forget good lifting conditions. If your gym is located in a heated garage or basement, there's no problem. If your gym area is not heated, consider purchasing a space heater. Think safety again and get proper ventilation and always have a fire extinguisher handy and in working order if you use a heating source like a torpedo heater. For cooling purposes, a fan or air conditioner would be desirable. Ventilation is important. The best equipment in the world can't make up for a non-conductive gym environment.

Lastly, since you are the gym staff, it's your responsibility to insure that your home gym equipment is safe and in good working condition at all times. Keep your gym clean and uncluttered. Be sure to clear up any tripping hazards immediately. Lifting can cause injuries easily enough, let alone getting injured tripping over a stray barbell plate or loose gym mat.

Powerlifting does not require a wide variety of equipment. You may not need to go much further in equipping your home gym than my suggestions here. Generally, too much equipment makes it more likely you will overtrain. Keep it simple and your progress will be more consistent. If you can pool resources together with a few friends, you can equip a home gym for about the same price as a year at a health club. You can find ads for quality gym equipment in this magazine or visit a local supplier. If you only want to equip your home gym for bench training, you can skip the squat racks, lower the weight required, and you may only need rubber matting for a lifting platform.

If you are not looking to equip a home gym, make sure the gym you are joining can fulfill at least these minimum requirements. Success in powerlifting does not require a vast range of expensive or high tech equipment. Basic power movements revolving around a power bar are your best bets. Keep it simple.

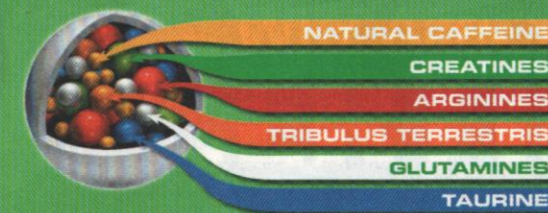


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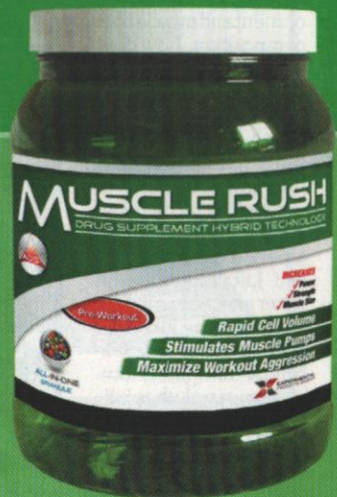


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POWER - RESEARCH

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

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

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

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

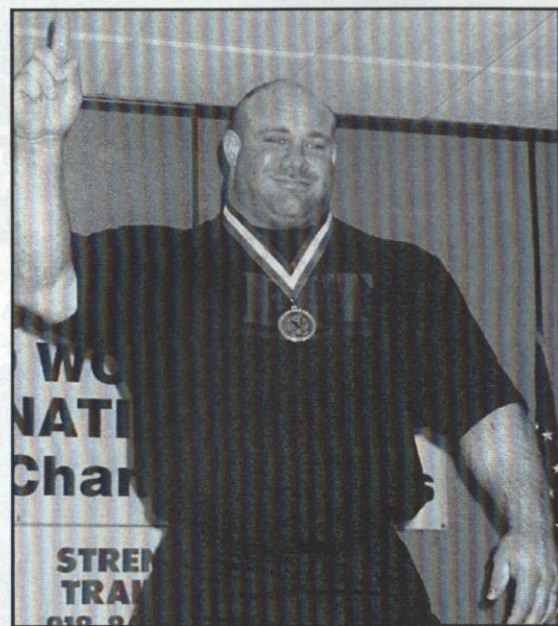
2) When the electrical impulse reaches the end of the motor neuron, the neurotransmitter acetylcholine is released and travels across the gap to the surface of the muscle membrane.

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 Ferriss, ACSM



Scott Mendelson is a big endorser of BodyQUICK

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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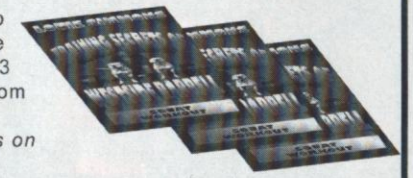
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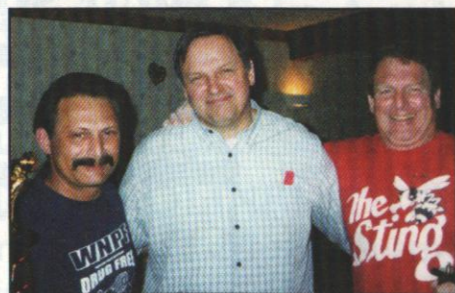
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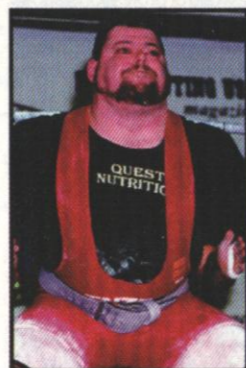


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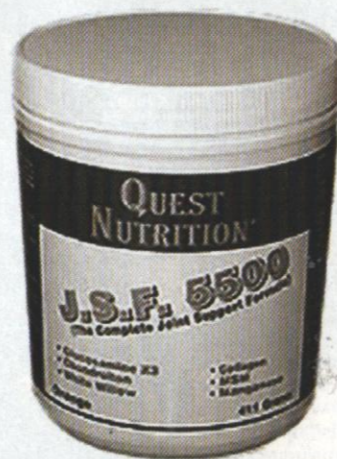
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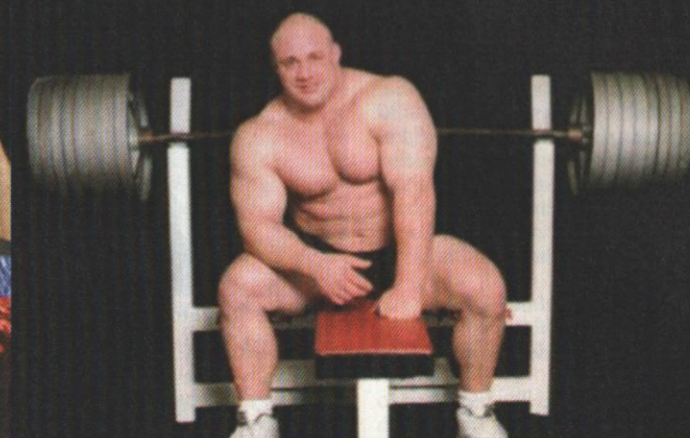
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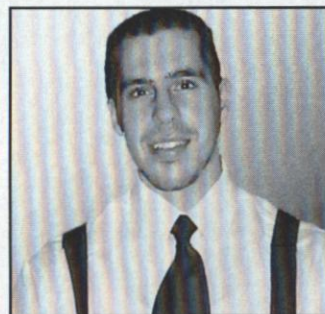


NUTRITION

Power Nutrition Q & A

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

Q: I am 18 and I have been lifting for about a year. I weigh about 156 pounds and am 6 foot 1 in height. I know I am a bean pole, which is what everyone calls me. I need to pack on at least 30 pounds. I was wondering if you could give me some eating tips that would help me do a better job at putting on some muscle. I see a lot of stuff about At Large Nutrition products in PL USA. Can you tell me if they be beneficial for what I am trying to accomplish. Thanks for all your help. Sincerely, William Mosley



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

A: It does sound like you need to pack on some muscle. You are an extreme ectomorph and combining that with the fact you are still in your teens makes it really hard to gain weight. You most likely have a fast metabolism, and unless you start eating a lot more it is unlikely you are going to increase your weight. I will do is lay out some tips to help you realize what you need to do.

IF YOU DON'T EAT, YOU WON'T GROW - it's that simple. I hear all the time from lifters trying to gain weight, "I already eat a ton of food." In reality, it's not even close to what they need. When I do an analysis with an athlete, I review what they have been eating and then punch it all into my database to see how many calories they are taking in, how many grams of carbs, protein and fat. Many lifters think they are eating enough, but when I analyze it, it's not as good as they

you overload it with three super heavy meals, then you will hinder the absorption of the nutrients you are taking in. Overloading your system like this puts strain on several different organs so for your health, long term, this is not an optimal move. I know you are not thinking long term since you are only 18, but thinking about your health before you get old is the best thing to do. Just ask some of our older lifters who wish they would have taken better care of their health in their earlier years.

YOU CAN DRINK MORE THAN YOU CAN EAT. I am not talking about drinking beer and Jack Daniels. The truth is you can drink more calories, protein, fat and carbs than you can eat. There are many lifters, especially extreme ectomorphs like you, who simply can not eat a lot of solid food, but you can get in your nutrients by drinking them. I won't have you suck down 3 raw eggs out of a glass like Rocky Balboa, but I will give you some ideas that can make this a lot more palatable so that you can get in at least 2-3 of these liquid "meals" each day. I have designed many different ways to optimize liquid nutrition so you can get bigger and stronger. The specialized protein shakes you drink will digest a lot faster than a meal of steak and potatoes. That is why packing in 6-8 solid food meals when you are trying to gain weight is not realistic, due to the fact that they should all contain a substantial amount of calories as well as protein, fats and carbohydrates.

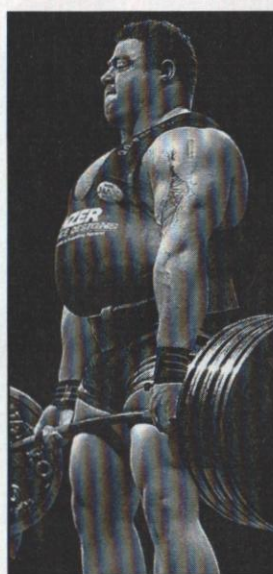
DON'T OVERLOAD ON JUNK FOOD. Another misconception among lifters trying to gain weight is that they need to eat a lot of junk. I understand that eating a chicken breast and a cup of brown rice isn't the answer when trying pack on muscle since you would get much too full without reaching your necessary nutrient intake. On the other side of the coin, you shouldn't be eating pies, candy bars, and ice cream as the main source of your calories. There are many calorie dense foods out there that won't fill you, like high fiber foods, yet they still have nutritional value. You don't want to load down your system with tons of sugars, trans fat and other garbage that is going to do nothing but hurt your performance and set you up for health problems down the road. Quality is the name of the game not quantity. Even if it takes you a little longer to pack on the weight you are looking for, you want it to increase your

total. If you pack on weight, but in reality it's just fat and does little to increase your lifts, then it's a waste. I know some powerlifters like to glorify that they eat a lot, but if you get sick you are the one who is going to have to deal with it and if, in the end, it hinders your powerlifting career then what good did it really do?

PACK IN THE PROTEIN. I have pushed this idea more than anything else for those trying to gain weight, lose weight, get stronger, or improve recovery and for one reason. It works like nothing else! Protein is the king of muscle so you must make sure that you are getting in enough, otherwise all your sweat, blood and tears in the gym will be wasted! You should be making sure that you consume protein with every meal you eat - a rule written in stone. You have to make sure that you feed your body quality sources of protein every 2-3 hours, so you are then keeping yourself in a positive nitrogen balance and fighting off the dreaded Catabolic Monster that will strip you of your gains. You should be eating lean cuts of beef, chicken, turkey, whole eggs, cottage cheese, yogurt, and fish among other sources that will help you stay in an anabolic state. Don't underestimate how truly important this one rule is for your gains because if you do you will be wasting a lot of time and your gains will come very slowly, if at all!

UNDERSTAND HOW TO IMPLEMENT FATS IN YOUR PLAN. Implementing fats in your nutrition plan is going to be of great importance. First, they are very calorie dense when compared to carbohydrates and protein. Carbs and protein contain 4 calories per gram while fat has 9 per gram. This gives you over double the caloric intake per gram so you can see that making sure you know which kinds to take in and when will be very important. Another reason why they are also beneficial is the fact that you can take many of them in oil form. This makes them much easier to get down without filling your stomach. I have all my athletes who are looking to gain weight use different oils in their protein shakes. I am a big fan of extra virgin olive oil, pharmaceutical grade fish oils, macadamia nut oil, and flaxseed oil, among others. It is very easy to add two to three tablespoons of oil to each of your 3-4 daily protein shakes. Just adding this amount can increase your intake by 1000-1400 calories every day. The fact that they won't make your stomach bloated is also a plus for those who don't have a large appetite. You should also be eating other sources of Omega 3 and monounsaturated fats as well, in solid form. For Omega 3's fatty cuts of fish are best. For Monounsaturated fats I love

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incorporating avocados, and nut butters like natural peanut and almond butters, as well as different nuts. Now that I have covered the good fats, I know you must be thinking about the bad ones. As for Trans fatty acids, these never have a place in anyone's diet. These are way too harmful for your heart health, among other things, to recommend them in any amount. In regards to saturated fat I know it can also be harmful in large amounts, but there is also a plus side to this fat as well. Trying to gain weight without including any saturated fat in your diet is not the best way to do things. You get saturated fats in animal sources: beef, whole eggs, whole dairy milk, cheeses, and yogurt. When trying to gain weight I recommend you take in some of these sources of saturated fats because they are anabolic. These foods are great for muscle growth. Old time powerlifters and even bodybuilders used to consume these foods heavily, sometimes too much of them. The fact remains they will help make you get stronger and pack on muscle. When you are trying to gain weight I recommend you take in saturated fats, but make sure you know how much you are taking in because too much can be bad.

SPIKE YOUR INSULIN. The

premise is twofold. The first is to help increase the shuttling of nutrients like amino acids and glucose into your muscle cells. This saturation of nutrients and water into the muscle is known as cell volumization. An increase in cell volume allows for a greater rate of protein synthesis. Because you are an extreme ectomorph, spiking your insulin levels several times throughout the day is valuable. This is not for everyone - too much of this for a mesomorph or even a little for an endomorph and we are talking major fat gain. Another benefit is that when you spike your insulin levels you will increase your hunger. This is ideal for those skinny lifters who eat like birds because they don't have an appetite. This isn't the case with heavier lifters, but does seem to be a problem with those 148 pounds or less. Doing this several times per day will allow you to become hungry again in a couple hours, which will make sure you want to get in at least 6 meals per day instead of only 2-3.

USE STAPLE SUPPLEMENTS IN YOUR PLAN. One of the biggest mistakes I see with younger lifters is that they take up to 10-15 supplements, at the same time they are not eating properly. This is a big mistake, especially for the less experienced lifter. The younger lifter should use supplements, but the key is to use those that are going to be the most effective for what you are trying to accomplish. Taking a testosterone booster as a teenager is a mistake because your body is being flooded with so much natural testosterone you simply won't need it. For a lifter who is 35 years old that is a different scenario. The point is to stick with a supplement stack that will be most conducive for your main goal. You wanted to know my thoughts about At Large Nutrition's supplements and I will tell you straight. They are not only high quality, but also very innovative in their product design. Many of my world class athletes use them, including John Stafford and Phil Harrington from Westside Barbell. This should speak volumes for you in regards to their quality and effectiveness. I will now discuss a few of their products that will be most beneficial for packing on mass.

MAXIMUS. There haven't been a lot of really high quality weight gain powders on the market. The majority in the past used inferior ingredients that were then passed off to unsuspecting consumers who didn't know any better. That is a thing of the past with Maximus on the scene.

Maximus contains ultra-filtrated whey protein concentrate, isolated casein peptides, total milk protein isolates, whey protein isolates, glutamine peptides, and instantized egg albumin to provide an optimal source of protein to

make sure that you are packing on quality weight not fat! Another thing that has impressed me about Maximus is that it contains a special protein which exerts powerful ergogenic effects on the human body. This ingredient is Microlactin. It has been shown that it will reduce delayed onset muscular soreness, dramatically improve recovery, and help with joint pain. Another ingredient that shows promise is called Inulin. Inulin is a fructan which has been demonstrated to produce numerous health benefits which include enhanced immune function and enhanced absorption of specific minerals. To top this off it has also been shown to help with the lowering of serum triglycerides, and in promoting a positive nitrogen balance. As you can see, adding Maximus into your nutritional plan is a good idea to help pack in quality calories and protein along with the other benefits it offers those trying to get big.

ETS. In regards to growing and packing on muscle one of the most important parts of that process is recovery. If you are not recovering from your workouts, then you are not getting stronger. If your recovery is poor, you can forget about packing on muscle. This is one of the biggest mistakes that beginner lifters face - since they are so overzealous - they actually do too much work and make less progress because of it. I have mentioned the benefits of ETS before in regards to how it really makes a difference when it comes to helping you recover from your training sessions. Recovery is too important for you to not have a game plan. Again, the main ingredient in ETS is Microlactin and once you give it a try you will see and feel what I am talking about in terms of how much quicker you will heal up from your training.

CREATINE 500. I have praised the benefits of creatine time and time again for one reason ... it works! First, it will help you gain weight. The primary cause of this is the increased cell volume we discussed earlier. Next it will replenish your ATP stores so that you stay strong set after set and recover between sets much faster. Next and the most important reason is that it will help increase your strength for a one rep max. Creatine should be part of everyone's plan to get bigger and stronger. It has been the number one supplement for well over a decade because it offers so much to athletes in all sports.

Multi Plus. Another important staple that you should not forget is the multivitamin. You have to make sure you are supplying your body with a proper spectrum of water and fat soluble vitamins as well as physiological processes that are

dependent on supplying your body with optimal levels. Hard training lifters will need an increased amount of specific vitamins and minerals due to the stresses that hard sessions place on the body. Multi Plus contains a full spectrum of what you need in a very effective and affordable multivitamin specifically made for Powerlifters.

GOING THE EXTRA MILE. What I will do for you now is set you up with a one day plan that will give you a sample of what you should be doing. It will be generic due to the fact that I have not done a thorough analysis. I will make this very basic in nature. I don't want to overwhelm you and I want to make this realistic for what I think a beginner lifter who is 18 year old can actually manage to implement into his eating plan. Let's take a look at what I have prepared for you.

WEIGHT GAIN MEAL PLAN

Meal 1: 4 whole eggs; 4 pieces of Ezekiel bread; 1 glass of whole milk; 1 tablet of Multi Plus Vitamins.

Meal 2: 1 serving of Maximus; 2 glasses of whole milk; 2 Tablespoons of Natural Peanut Butter; 1 banana; 4 capsules of ETS; 1 teaspoon of Creatine 500.

Meal 3: 8 ounces of Chicken Breast; 2 cups of whole wheat pasta; 1 cup of Broccoli; 1 tablet of Multi Plus Vitamins.

Meal 4: 1 serving of Maximus; 2 glasses of whole milk; 2 Tablespoons of Natural Peanut Butter; 1 banana; 1 teaspoon of Creatine 500.

Meal 5: 8 ounce lean flank steak; 1 large Baked Potato; 2 cups of Mixed Salad; 1 tablet of Multi Plus Vitamins.

Meal 6: 1 serving of Maximus; 2 glasses of whole milk; 2 Tablespoons of Natural Peanut Butter; 1 banana; 4 capsules of ETS; 1 teaspoon of Creatine 500.

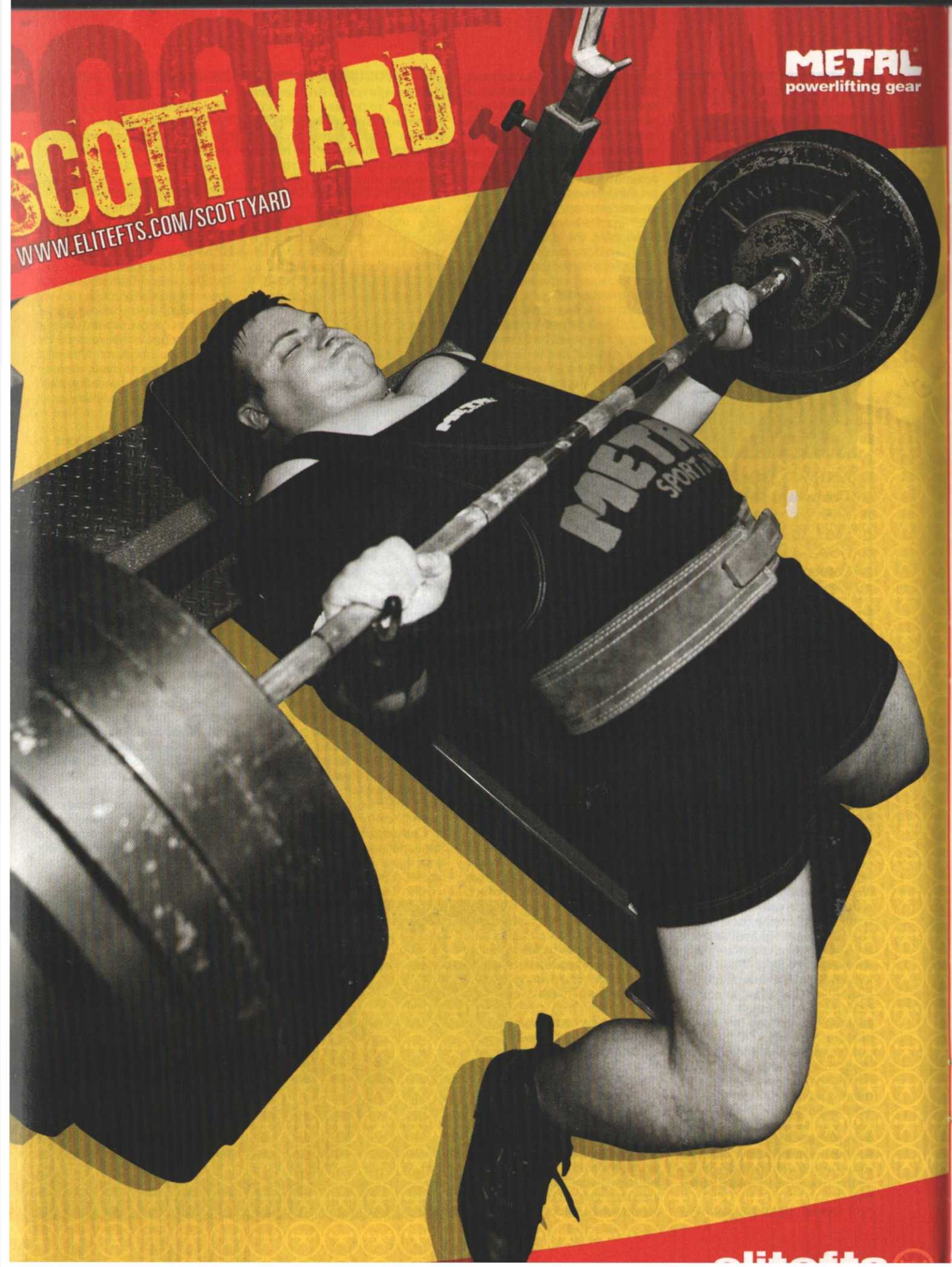
CONCLUSION. Not only did I give you some great nutrition and supplement tips that you will be able to apply to your current training plan, I also gave you a one day sample diet plan to help give you some ideas to help you get started. Gaining weight for some can be a real hassle, and if you are one of those people you need to learn how to apply all the tricks you can from your nutritional arsenal to make sure you come out on top of the game. Until next month, eat clean, and eat big, so that you can reach your powerlifting goals one step at a time!

If you have any questions and comments please feel free to contact me at:

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Or check out my website at:
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PASSING THE TORCH: SHARING THE SECRET OF CHIROPRACTIC as told by Tom Eiseman D.C.



Tom Eiseman, one of the world's best deadlifters, performing a chiropractic adjustment on a patient at his office in New Jersey. (Nicole House photograph)

When I was in my early teens, I read about Franco Columbo, one of the all-time bodybuilding greats. He spoke about the importance of getting your spine aligned on a weekly basis. I found the idea interesting, but I wasn't clear how you align your spine. All that mattered was that he was a champion and this was an important part of his success! I believe he brought chiropractic to thousands of people and helped improve their lives and now I am passing the torch. Many years after reading about chiropractic, I heard a chiropractor speak at my college. After he spoke I asked if he could help me with an elbow problem and he said yes. Shortly after that meeting, I went to his office and received my first adjustment. He adjusted my spine and my elbow. I was hooked! I felt instantly better and not just my elbow. My back and neck and attitude improved and they weren't even problems I was aware of! That was almost thirty years ago and I'm still regular with my chiropractic care. I enjoyed the benefits so much I went back to school to become a chiropractor. I graduated Summa Cum Laude, on September 18, 1995 from Life University. That was the 100 year anniversary, to the day, for chiropractic. Chiropractic is based on the principle that each cell in the body needs the proper nerve supply to allow the flow of energy and information. This energy and information can be blocked, especially at the many levels of the spine. These blocks are called subluxations. That means a misalignment less than a dislocation causing nerve interference. However, if you break down the word it represents a decreased flow of life. Sub means less than and lux means light, which represents life. The chiropractor helps remove and prevent blockages of energy, especially at the many levels of the spine. Some chiropractors adjust other joints in the body. Chiropractic, by removing and helping prevent subluxations, helps maintain proper joint stability and mobility. This optimizes your life experience by improving performance, helping prevent injury and illness, improving attitude and sleep. There is no aspect of your life that is not improved by better health and that is what chiropractic delivers. If it weren't for chiropractic, I would not still be competing at the level I am. On second thought, I don't think I'd be powerlifting at all if it weren't for chiropractic. Many of the top athletes, including Tiger Woods and Barry Bonds, depend on chiropractic to keep them on top of their game. You can't possibly be your best without it. Why not find out if it can help you? I'm sure it can! Pass the torch.

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- **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.

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The World Leader in Powerlifting Apparel

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ASK THE DOCTOR

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

Dr. Pasquale: I have one question at this point concerning the diet. I have heard that the liver has trouble eliminating fat with caffeine intake. I see that the LipoFlush has caffeine. Please elaborate. Thanks, **Neal**

Hi Neal: Information on caffeine is variable and confusing, and

especially so when determining and differentiating the effects of caffeine on hormone sensitive lipase, lipoprotein lipase and beta oxidation of fatty acids.

I've attached a recent review that puts the available information on caffeine and fat metabolism in perspective. Also keep in mind that caffeine in LipoFlush works synergistically with several other ingredients (for example the synephrine in citrus aurantium) to increase both lipolysis and beta oxidation of fatty acids throughout the body. Best regards, **Mauro**

MED HYPOTHESES. 2001 AUG;57(2):192-200. MODULATION OF ADIPOCYTE LIPOPROTEIN LIPASE EXPRESSION AS A STRATEGY FOR PREVENTING OR TREATING VISCERAL OBESITY. MCCARTY MF. PANTOX LABORATORIES, 4622 SANTA FE ST, SAN DIEGO, CA 92109, USA.

As compared to subcutaneous adipocytes, visceral adipocytes have high basal lipolysis, are highly sensitive to catecholamines, and are poorly sensitive to insulin; these traits are amplified when visceral adipocytes hypertrophy. As a result, enlarged visceral fat stores tend to flood the portal circulation with free fatty acids at metabolically inappropriate times when fatty acids are unlikely to be oxidized, thus exposing tissues to excessive free fatty acid levels and giving rise to the insulin resistance syndrome. A logical approach to preventing or correcting visceral obesity is to down-regulate the lipoprotein lipase (LPL) activity of visceral adipocytes relative to that expressed in subcutaneous adipocytes and skeletal muscle. IGF-I activity appears to be a primary determinant of visceral LPL activity in humans; systemic IGF-I activity is decreased when diurnal insulin secretion is low, when hepatocytes detect a relative paucity of certain essential amino acids, and when estrogens are administered orally. The ability of alpha-glucosidase inhibitor therapy to selectively reduce visceral adiposity suggests that down-regulation of diurnal insulin secretion and/or IGF-I activity may indeed have a greater impact on LPL activity in visceral fat than in subcutaneous fat. Thus, low-glycemic-index, vegan, high-protein, or hypocaloric diets can be expected to decrease visceral LPL activity, as can postmenopausal estrogen therapy. Furthermore, estrogen enhances the LPL activity of non-pathogenic gluteofemoral fat cells, whereas testosterone decreases visceral LPL activity in men; this may explain why sex hormone replacement in middle-aged people of both sexes has a favorable impact on visceral fat and insulin sensitivity. Beta-adrenergic activity suppresses

transcription of LPL in adipocytes; this phenomenon may contribute to the favorable impact of exercise training on visceral obesity; conceivably, preadministration of safe drugs that boost catecholamine activity (caffeine, yohimbine) could potentiate this beneficial effect of exercise. Glucocorticoids selectively increase the LPL activity of visceral adipocytes; while there is currently no convincing evidence that psychological stress is a major determinant of visceral adiposity, or that stress management techniques can help to correct visceral obesity, reports that anxiolytic therapy can improve glycemic control in type 2 diabetes should encourage further research along these lines.

Dear Mauro: I have bought your book (anabolic solution for powerlifters) which is great, I just have one question ... can you explain to me how I work out the fat, protein % in grams (I am about 175 pounds). Thank you for your time, **Justin**

Hi Justin: The easiest way is by using the formula: (% macronutrient divided by 100) * (number of calories divided by the calories per gram of the macronutrient)

First of all figure out what your total calorie intake will be (this depends on what phase you're in) and then figure out what percentage of your total calorie intake will be fat and protein and leave out 5% for the carbs. For example if you're total calorie intake is 2000 calories, with fats making up 50%, proteins will be 45% and carbs 5%.

$50/100 * 2000/9 = \text{grams of fat} = 111 \text{ grams of fat}$
 $45/100 * 2000/4 = \text{grams of protein} = 225 \text{ grams of protein}$
 $5/100 * 2000/4 = \text{grams of carbs} = 25 \text{ grams of carbs}$
 If you're on say 3000 calories with 60% fat, 35% protein and 5% carbs it would look like this:
 $60/100 * 3000/9 = \text{grams of fat} = 200 \text{ grams of fat}$
 $35/100 * 3000/4 = \text{grams of protein} = 262.5 \text{ grams of protein}$
 $5/100 * 3000/4 = \text{grams of carbs} = 37.5 \text{ grams of carbs}$

You can set this up on a spreadsheet and then just plug in the numbers. I'm in the process of making the formula available on my sites so that you don't have to do the calculation just enter your figures and it'll give you your answers. I hope that this helps. **Mauro**

Dear Mauro: I've been purchasing TestoBoost and GHboost and enjoying the

(continued on page 62)

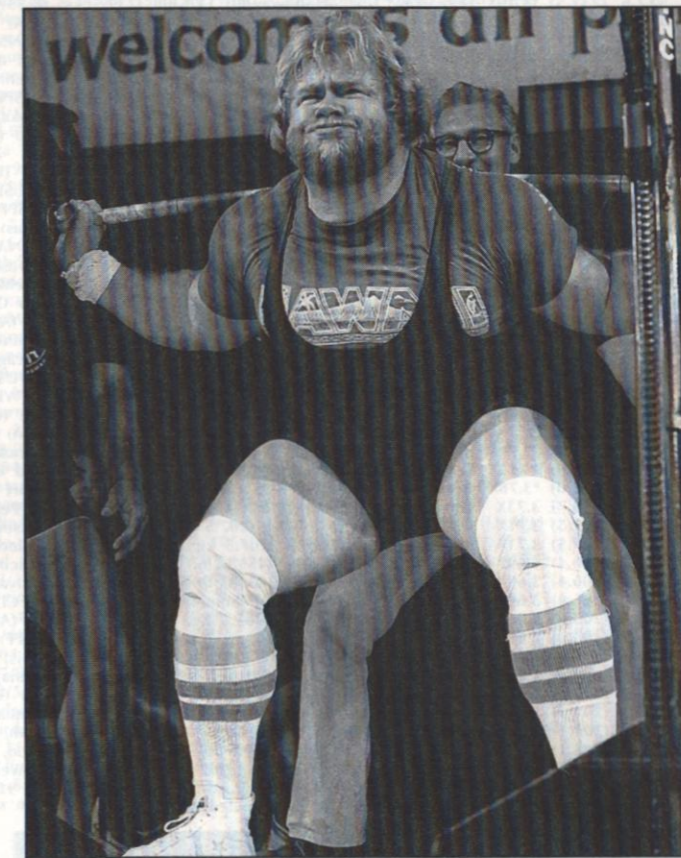
To quote Mike Lambert from *Powerlifting USA*, "The Hawaii meet keeps getting better, more refined on each occasion, until now it is nearly a perfect promotion." The weather was perfect, 85 and balmy. Twelve lifters received an all expense paid vacation with ocean front rooms, and three meals a day on the ocean terrace restaurant overlooking Waikiki beach. The Sheraton Waikiki Hotel was 32 stories, 2,000 rooms, and it's ballroom of 40,000 square feet was the biggest in the world, at the time.

There were no international lifters because the IPF President Vic Mercer and I had a small disagreement over a \$25,000 rights fee paid to me by CBS Sports in 1979. I paid for good old Vic's expenses from Birmingham, England, along with a buddy of his named Graha. When Vic asked for the money I said "Vic, I spent the whole amount on bringing over officials and lifters to the 1979 and 1980 World Record Breakers. Vic says, "you can't do that. It's against our by laws." I said, "..... your by laws". Well, that little stretch of diplomacy got all the international lifters banned from the Hawaii Record Breakers. USPF President Joe Zarella and Dr. Terry Todd, a great superheavyweight in the late Sixties and now the best chronicler of powerlifting, were also having a feud with Mercer.

Here's a brief refresher course on the history of powerlifting in the TV world, which would also have to include a history of how Gus Rethwisch got into powerlifting because if I don't get into powerlifting there is no TV. I started competing in 1972 in small gym meets at a YMCA in Van Nuys, California. My training partners were two future Mr. America's, Dale Adrian (1975) and Dave Johns (1977). I moved to Honolulu in January of 1973 after receiving an A.A. degree from Pierce College in political science. I had gotten out of the Navy in February of 1970 with the Navy Commendation Medal with Combat V for shore duty in and around Danang, Vietnam, from July 4, 1968 to July 4, 1969. I had gotten married December 29, 1967 and my wife and I moved to L.A. in February 1970 with one purpose in mind, major league baseball. I was 6 feet 4 inches, weighed 240, swung a 10 lb. sledge hammer every day for 30 minutes, and took batting practice against a pitching machine that threw over 90 miles an hour. For the first month, my hands were constantly bleeding and bandaged. I was 23, but lied about my age. I told scouts I was 19, and used my brother's

POWER LEGENDS

5th Hawaii World Record Breakers - 22 March 1981 - Waikiki, Hawaii as told by Meet Director Gus Rethwisch



Dave Waddington got the big squat in and won it all in the SHWs birth certificate. This is where, ironically, powerlifting and baseball crossed paths.

Joe Frenn was a bird dog scout for the Baltimore Orioles. The great George Frenn was his brother. I signed a contract with Baltimore, thanks to Joe Frenn, who discovered me at Casey Stengel Field in Glendale, California. Ray Peitvont and Al Kupsky, chief scouts for Baltimore, signed me to play in the Southern California Summer Collegiate League. In my first game at Casey Stengel Field, I hit an opposite field pop up that went 420 feet and hit a Safeway parking lot and bounced about 80 feet back up in the air. Casey Stengel was in the stands and came down to the dug out and shook my hand. He said, "Son, nobody has ever hit a pop up over 400 feet. You've got more power than Mantle, but you don't run worth a shit." then I hit three home runs, a double and a single in a double header and I decided

Gary Maddox, and Juan Marichal, among many others. I played winter ball with Kingman, Mathews, and Maddox all over L.A., San Diego, Long Beach, and Las Vegas. Then I got into a three car collision on Pacific Coast Highway by Will Rogers Beach in Malibu, and my left wrist was broken and, at the same time, the Giants found out my true age. In the meantime, I'd been working out in the Van Nuys YMCA and my deadlift started taking off after my wrist healed, but I had trouble hitting a baseball because the wrist couldn't handle the snap of hitting a baseball as hard as I hit it. The furthest I ever hit a ball was 575 feet on the fly with a couple of line drives that went 440 feet.

From May of 1972 to January of 1973 I was working in a gas station in Sherman Oaks, California. Numerous celebrities came there to get their gas. I had one encounter with John Derek and Linda Evans. They were driving a Stutz Bearcat. I took about 3 1/2 minutes to wash the windshield! Where I grew up there was only one gas station and nothing like that ever happened in Harpers Ferry, Iowa. I knew then it was going to be a long time before I ever lived in Iowa again. Numerous other personalities came into the gas station, such as Richard Crenna, Sandy Koufax, Gene Barry (who played Bat Masterson), Chuck Connors (who played the Rifleman). I played baseball with Chuck Connors' sons at Pierce College in Woodland Hills. Also, Diana Ross, Liberace (the piano player), Robert Wagner, Peter Sellers, and Wilt Chamberlain, who by the way attended the 1981 Hawaii Record Breakers. Now comes the TV connection for powerlifting.

Clark Gable's stepson, through Kay Spreckles, also came into that station. We got to know each other and eventually when I

(continued on page 64)

HOLIDAY GIFT IDEAS



Beef Builder Hand Grippers
11 strengths to choose from
\$19 each



Westside Barbell Club Hat
Black hat with white, red, or gold logo
\$19 each

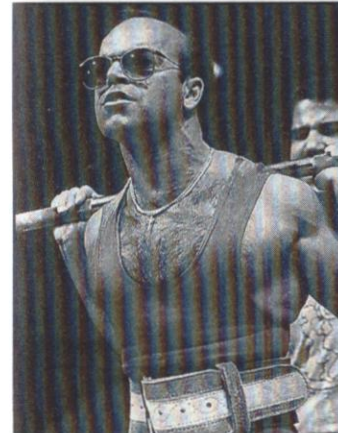


Ivanko Super Gripper
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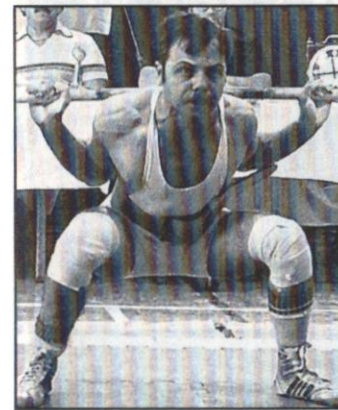
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Sinh Connolly out of Hawaii was the '96 AAU National Champion.



Dino Raposo used his squat credentials to earn a ticket to the Hawaii Record Breakers contest.

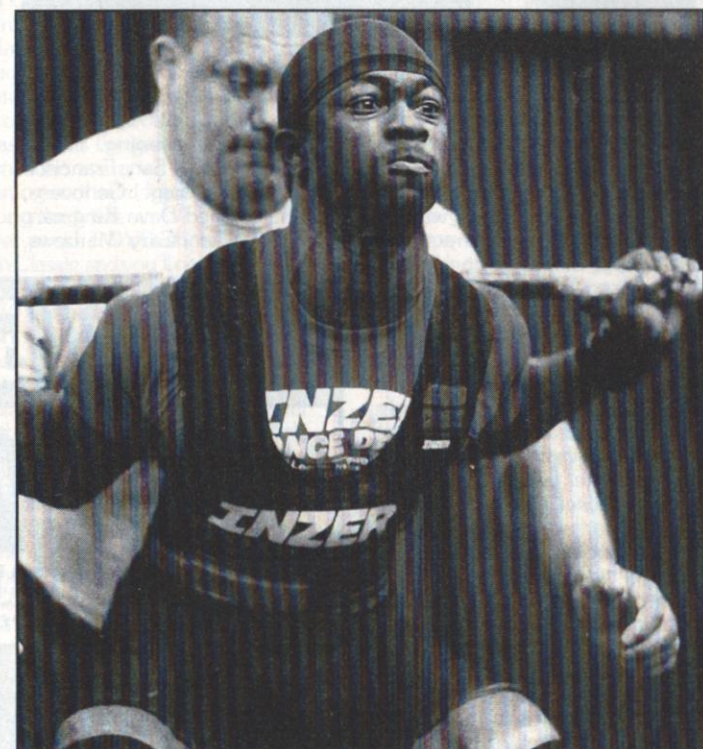


Bob Lech... one of the successful pioneers in the 123 lb. division.

ALL TIME HISTORICAL TOP 50 AMERICAN MEN'S 123 Pound (56 Kilogram) Weight Division -- SQUAT

Squat	X-Bwt	American Male Lifter/ YOB/ Date/ Actual Weight/ Exact Bodyweight/ Location/ Federation
1.	584.2 (265.0)	4.73X Richard Hawthorne/84 4/17/04 (265.0 kg.) (Baton Rouge, Louisiana) (APF)
2.	551.2 (250.0)	4.46X Dave Buterbaugh 8/10/96 (250.0 kg.) (Las Vegas, Nevada) (APF/WPC)
3.	551.2 (250.0)	*4.67X Mike Booker/81 3/9/02 (250.0 kg. @ 118.0 lb., without a squat suit) (Moreno Valley, CA) (AAU)
4.	540.1 (245.0)	4.38X Joe Cunha/59 5/5/84 (245.0 kg.) (Mission San Jose, California) (USPF/ADFPA)
5.	520.0 (235.9)	*4.44X Chuck Dunbar/57 3/26/83 (520.0 lb. @ 117.0 lb.) (Chamblee, Georgia) (USPF)
6.	518.1 (235.0)	*4.21X Lamar Gant/57 11/5/82 (235.0 kg. @ 55.85 kg.) (Munich, West Germany) (USPF/IPF)
7.	518.1 (235.0)	*4.21X Mike Ewoldsen/65 11/23/02 (235.0 kg. @ 123.2 lb.) (Wichita, Kansas) (NASA)
8.	515.0 (233.6)	*4.31X Dino Raposo 10/30/88 (515.0 lb. @ 119.5 lb.) (Lindenhurst, New York) (ANPPC)
9.	512.6 (232.5)	4.15X Dave Pattaway/59 7/11/87 (232.5 kg.) (Chicago, Illinois) (USPF/IPF)
10.	512.6 (232.5)	*4.16X Damarrio "Doc" Holloway/80 11/6/06 (232.5 kg. @ 55.9 kg.) (Stavanger, Norway) (USAPL/IPF)
11.	509.3 (231.0)	4.13X Lance Mays 4/25/92 (231.0 kg.) (Dallas, Texas) (NASA)
12.	505.0 (229.1)	4.09X Jim Morgan 12/1/84 (505.0 lb.) (Charleston, Illinois) (NSM)
13.	505.0 (229.1)	4.09X Mike Kuhns/86 3/20/04 (505.0 lb., without a squat suit or knee wraps) (Erie, PA) (ADAU)
14.	500.0 (226.8)	4.05X Bobby Kendricks 10/14/89 (500.0 lb.) (Huntingdon, Pennsylvania) (USPF)
15.	500.0 (226.8)	4.05X Herb Blake/58 12/9/89 (500.0 lb.) (Adel, Georgia) (USPF)
16.	500.0 (226.8)	4.05X Hien Nguyen/77 10/24/92 (500.0 lb.) (Omaha, Nebraska) (NASA)
17.	496.0 (225.0)	4.02X David Ramsey 2/17/88 (225.0 kg.) (El Tora, California) (USPF)
18.	490.5 (222.5)	3.97X M. Long 11/1/86 (222.5 kg.) (Topeka, Kansas) (USPF)
19.	490.5 (222.5)	3.97X Wil Taylor/69 3/29/98 (222.5 kg.) (Denver, Colorado) (USAPL)
20.	485.0 (220.0)	3.93X Bob Lech 7/12/80 (220.0 kg.) (Madison, Wisconsin) (USPF/IPF)
21.	485.0 (220.0)	3.93X Ralph Caputo 1/8/83 (220.0 kg.) (Columbus, Ohio) (USPF)
22.	485.0 (220.0)	3.93X Roman Garcia/84 12/4/04 (220.0 kg.) (Harlingen, Texas) (APF)
23.	485.0 (220.0)	3.93X Mike Nelson 5/22/93 (485.0 lb.) (Omaha, Nebraska) (NASA)
24.	485.0 (220.0)	*4.02X Ernesto Milian/47 11/21/97 (485.0 lb. @ 120.5 lb.) (Washington, D.C.) (IPA)
25.	485.0 (220.0)	*3.96X Erwin Gainer/66 10/15/07 (220.0 kg. @ 55.5 kg.) (Soelden, Austria) (USAPL/IPF)
26.	480.0 (217.7)	3.89X Ernest Mumford 1/27/79 (480.0 lb.) (Charleston, South Carolina) (AAU)
27.	479.5 (217.5)	3.88X Dave Moyer/34-06 11/28/70 (217.5 kg.) (New Jersey) (AAU)
28.	479.5 (217.5)	3.88X Mark Hartman/73 7/25/92 (217.5 kg.) (Pittsburgh, Pennsylvania) (APF/WPC)
29.	479.5 (217.5)	*3.89X Alan Whigham/75 7/8/00 (217.5 kg. @ 55.9 kg.) (Chicago, Illinois) (USAPL/IPF)
30.	474.0 (215.0)	3.84X Bobby Adams 3/11/89 (215.0 kg.) (Fort Hood, Texas) (USPF)
31.	468.5 (212.5)	3.79X Marcus Wynn 8/23/97 (212.5 kg.) (Alberta, Canada) (WDFPF)
32.	465.0 (210.9)	3.77X Sinh Connolly 11/8/92 (465.0 lb.) (Turtle Bay, Hawaii) (USPF)
33.	465.0 (210.9)	3.77X R. Perry 4/24/93 (465.0 lb.) (San Antonio, Texas) (NSM)
34.	465.0 (210.9)	*3.91X Henry Garcia/64 2/12/94 (465.0 lb. @ 119.0 lb.) (Moncks Corner, South Carolina) (ADFPA)
35.	463.0 (210.0)	*3.76X Ken Snell/59 11/11/00 (210.0 kg. @ 55.9 kg.) (Ormond Beach, Florida) (AAPF)
36.	463.0 (210.0)	*3.78X Jeremy Scruggs/83 9/11/05 (210.0 kg. @ 55.6 kg.) (Fort Wayne, Indiana) (USAPL/IPF)
37.	460.0 (208.7)	3.73X Keyne Washington 5/12/01 (460.0 lb.) (Concordville, Pennsylvania) (PSCPA)
38.	457.5 (207.5)	3.71X Kevin Clemens/58 4/1/89 (207.5 kg.) (Wentzville, Missouri) (ADFPA)
39.	457.5 (207.5)	3.71X Jay Sutherland 11/6/99 (207.5 kg.) (Daytona Beach, Florida) (AAPF)
40.	455.0 (206.4)	3.69X Joe Bradley/56 5/13/78 (455.0 lb.) (Port Edwards, Wisconsin) (USPF)
41.	455.0 (206.4)	3.69X Norb Paterniti 6/18/83 (455.0 lb.) (Clearfield, Pennsylvania) (USPF)
42.	455.0 (206.4)	3.69X Evin 11/15/97 (455.0 lb.) (Somerset, Pennsylvania) (FCI)
43.	451.9 (205.0)	3.66X Tim Miszewicz 5/17/86 (205.0 kg.) (Chicago, Illinois) (ADFPA)
44.	451.9 (205.0)	3.66X R. Hernandez 5/10/87 (205.0 kg.) (Dallas, Texas) (USPF)
45.	451.9 (205.0)	3.66X Terrence Winters 7/11/87 (205.0 kg.) (Chicago, Illinois) (USPF/IPF)
46.	451.9 (205.0)	3.66X Greg Young 7/22/95 (205.0 kg.) (Baton Rouge, Louisiana) (USPF/IPF)
47.	450.0 (204.1)	3.64X Bubba Whitley 3/28/87 (450.0 lb.) (Marietta, Georgia) (USPF)
48.	450.0 (204.1)	3.64X G. Henton 8/29/87 (450.0 lb.) (Huntingdon, Pennsylvania) (ADFPA)
49.	450.0 (204.1)	*3.75X Mark Lloyd 3/23/02 (450.0 lb. @ 119.9 lb.) (Fort Worth, Texas) (THSPA)
50.	450.0 (204.1)	*3.74X Chris Atkinson 3/25/06 (450.0 lb. @ 120.4 lb.) (Houston, Texas) (THSPA)

(*) 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.



Richard Hawthorne used the WPO stage to produce some epic lifts.

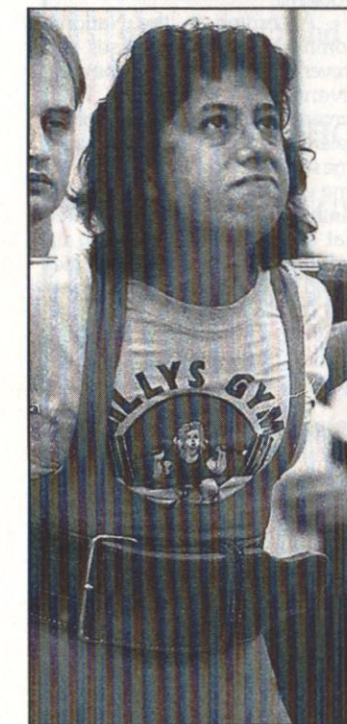


Wil Taylor... USAPL contender

ALL TIME HISTORICAL TOP 50 AMERICAN WOMEN'S 105 Pound (48 Kilogram) Weight Division -- SQUAT

Total	X-Bwt	Female American Athlete/ YOB/ Date/ Actual Weight/ Exact Bodyweight/ Location/ Federation
1.	463.0 (210.0)	*4.40X Margaret Kirkland/63 8/4/07 (210.0 kg. @ 47.7 kg.) (Rosemont, Illinois) (AAPF/AWPC)
2.	365.0 (165.6)	*3.48X Elaine "Scraps" Kunkle-Grimwood/70 7/23/06 (365.0 lb. @ 47.6 kg.) (York, Pennsylvania) (IPA)
3.	352.7 (160.0)	*3.34X Jennifer Maile/84 9/25/02 (160.0 kg. @ 47.9 kg.) (Chia I, Chinese Taipei) (IPF)
4.	342.8 (155.5)	*3.29X Lynne Fuller-Barlow/59 6/10/00 (155.5 kg. @ 47.3 kg.) (Warren, Michigan) (APF/WPC)
5.	341.7 (155.0)	*3.24X Doris Simmons/52 7/28/90 (155.0 kg. @ 47.9 kg.) (Pittsburgh, Pennsylvania) (APF/WPC)
6.	335.0 (152.0)	*3.22X Ashley Hudson-Robbins/77 7/14/01 (335.0 lb. @ 104.0 lb.) (Marietta, Georgia) (USPF)
7.	330.7 (150.0)	3.13X Majik Jones/53 2/11/84 (150.0 kg.) (Edina, Minnesota) (USPF)
8.	330.7 (150.0)	3.13X Peggy Box 7/16/88 (150.0 kg.) (Austin, Texas) (USPF)
9.	330.7 (150.0)	3.13X Claudia Valdiviez 3/4/93 (150.0 kg.) (Dallas, Texas) (NASA)
10.	330.7 (150.0)	*3.14X Amber Denmon/86 5/14/05 (150.0 kg. @ 47.7 kg.) (Round Rock, Texas) (APF)
11.	325.2 (147.5)	3.07X Beth Fisher-Street/65 7/21/95 (147.5 kg.) (Baton Rouge, Louisiana) (USPF/IPF)
12.	325.2 (147.5)	3.07X April Delmore/67 6/7/97 (147.5 kg.) (Savannah, Georgia) (USPF)
13.	325.2 (147.5)	3.07X Suzanne "Sioux-Z" Hartwig-Gary/68 2/27/99 (147.5 kg.) (Lincoln, Nebraska) (USAPL/IPF)
14.	321.9 (146.0)	3.04X Elizabeth "Ann" Leverett/54 6/22/02 (146.0 kg.) (Chester, West Virginia) (USPF)
15.	320.0 (145.1)	*3.12X Kate Washburn 11/20/99 (320.0 lb. @ 102.5 lb) (Whitman, Massachusetts) (USAPL)
16.	315.3 (143.0)	*2.99X Diana Rowell/57 5/7/83 (143.0 kg. @ 47.85 kg.) (Perth, Australia) (USPF/IPF)
17.	314.2 (142.5)	*3.03X Terry Dillard-Blanchard/53 2/20/82 (142.5 kg. @ 47.06 kg.) (Auburn, Alabama) (USPF)
18.	314.2 (142.5)	*2.97X Jeanna Pacyga 7/16/88 (142.5 kg. @ 105.75 lb.) (Columbus, Ohio) (APF/WPC)
19.	314.2 (142.5)	*2.97X Caitlin Miller/90 2/5/05 (142.5 kg. @ 47.9 kg.) (Saint Louis, Missouri) (USAPL/IPF)
20.	308.6 (140.0)	*3.03X Cheryl Jones/51 3/31/85 (140.0 kg. @ 102.0 lb.) (Lakeland, Florida) (USPF)
21.	308.6 (140.0)	*2.94X Kendra Miller/92 2/16/07 (140.0 kg. @ 47.6 kg.) (Baton Rouge, Louisiana) (USAPL/IPF)
22.	303.1 (137.5)	2.86X M. Canisbog 7/18/87 (137.5 kg.) (Austin, Texas) (USPF)
23.	303.1 (137.5)	2.86X Jill Harrison 6/19/92 (137.5 kg.) (Las Vegas, Nevada) (NASA)
24.	303.1 (137.5)	*2.89X Paula Kovalchik/53 10/4/97 (137.5 kg. @ ~47.5 kg.) (Wilkes-Barre, Pennsylvania) (USAPL)
25.	303.1 (137.5)	2.86X Christine Figola/69 5/2/99 (137.5 kg.) (Elmhurst, Illinois) (AAPF/AWPC)
26.	300.0 (136.1)	2.83X Glynis Ramirez-Bierria/63 12/88 (300.0 lb.) (Anchorage, Alaska) (USPF)
27.	300.0 (136.1)	*2.89X Stephanie McMillian/79 10/28/00 (300.0 lb. @ 103.75 lb.) (Baton Rouge, Louisiana) (USAPL)
28.	297.6 (135.0)	2.81X Shirley Gutierrez 7/19/86 (135.0 kg.) (San Francisco, California) (USPF)
29.	297.6 (135.0)	2.81X Linda Haugland 1/30/88 (135.0 kg.) (Austin, Texas) (USPF)
30.	297.6 (135.0)	2.81X Sue Strezze-Benford 12/2/89 (135.0 kg.) (Columbus, Ohio) (APF/WPC)
31.	297.6 (135.0)	*2.84X Robin Jewett 4/7/90 (135.0 kg. @ ~47.5 kg.) (Indianapolis, Indiana) (ADFPA)
32.	297.6 (135.0)	2.81X Ashley Matherne (US/83) 4/16/05 (135.0 kg.) (Baton Rouge, Louisiana) (USAPL)
33.	292.1 (132.5)	*2.76X Cheryl Finley 3/8/86 (132.5 kg. @ 48.0 kg.) (Canton, Ohio) (APF/WPC)
34.	292.1 (132.5)	*2.79X Judith Gedney/40 12/9/89 (132.5 kg. @ ~47.5 kg.) (Austin, Texas) (ADFPA)
35.	292.1 (132.5)	*2.79X J. Tripp 5/7/94 (132.5 kg. @ ~47.5 kg.) (Chicago, Illinois) (ADFPA)
36.	292.1 (132.5)	2.76X Christine Lastauskas 5/24/98 (132.5 kg.) (Aurora, Illinois) (AAPF/AWPC)
37.	292.1 (132.5)	2.76X Chelsea Richard/86 4/17/04 (132.5 kg.) (Baton Rouge, Louisiana) (APF)
38.	292.1 (132.5)	*2.79X Allison Sandlin/88 4/1/06 (132.5 kg. @ 47.5 kg.) (Omaha, Nebraska) (USAPL)
39.	286.6 (130.0)	*2.73X Laurie Greene 1/28/84 (130.0 kg. @ 105.0 lb.) (Monroe, Louisiana) (USPF)
40.	286.6 (130.0)	2.71X Marianne Del Castillo 1/27/89 (130.0 kg.) (Oklahoma City, Oklahoma) (USPF)
41.	286.6 (130.0)	2.71X Delcy Palk 7/14/89 (130.0 kg.) (Las Vegas, Nevada) (USPF/IPF)
42.	286.6 (130.0)	2.71X R. Benjamin 6/19/92 (130.0 kg.) (Las Vegas, Nevada) (NASA)
43.	286.6 (130.0)	2.71X Pat Boudreau 4/19/97 (130.0 kg.) (Bath, Maine) (USPF)
44.	286.6 (130.0)	*2.79X Linda Barnes/49 11/3/06 (130.0 kg. @ 46.65 kg.) (Lake George, New York) (APF/WPC)
45.	286.6 (130.0)	*2.80X Erin Dickey/84 2/16/07 (130.0 kg. @ 46.4 kg.) (Baton Rouge, Louisiana) (USAPL/IPF)
46.	285.0 (129.3)	2.69X R. Fish 10/17/98 (285.0 lb.) (Buena Vista, Florida) (AAU)
47.	281.1 (127.5)	2.66X Pam Booth 8/5/84 (127.5 kg.) (Chillicothe, Ohio) (USPF)
48.	281.1 (127.5)	*2.66X Nan Trowbridge 4/5/86 (127.5 kg. @ 105.5 lb.) (Boston, Massachusetts) (ADFPA)
49.	281.1 (127.5)	*2.68X Tracy Jo Beard 6/18/89 (127.5 kg. @ ~47.5 kg.) (Chicago, Illinois) (ADFPA/WDFPF)
50.	281.1 (127.5)	2.66X Laura Conti 11/21/91 (127.5 kg.) (Las Vegas, Nevada) (APF/WPC)

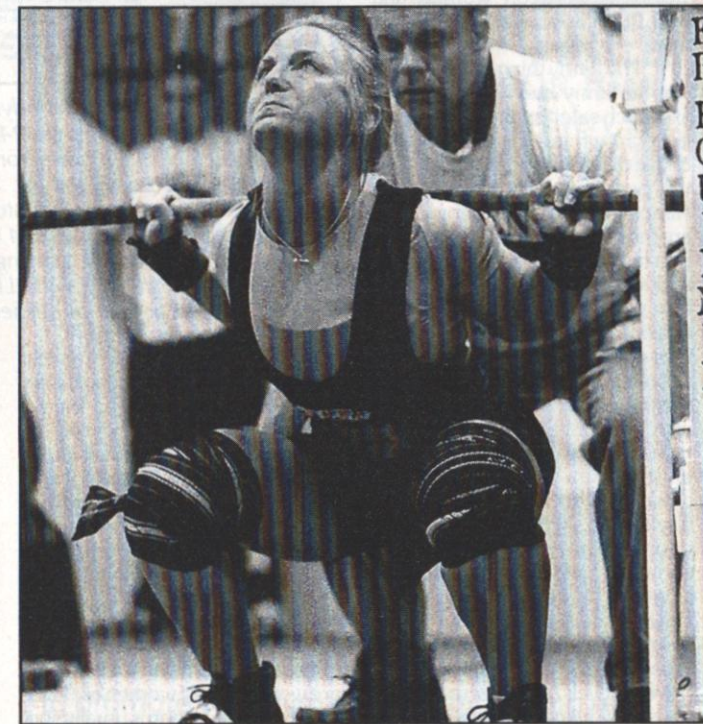
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Beth Street... a fierce competitor in the 105 lb. division from MA.



Shirley Gutierrez... a veteran contender from San Francisco.



Sioux-z Hartwig-Gary... is seen above, well on her way to winning an IPF World Championship title in 2003 at the Women's Worlds.



Peggy Box was on the cover of POWERLIFTING USA following her lifting at the 1984 Women's National Championship contest.

A man told his grandson: A terrible fight is going on inside me—a fight between two wolves. One is evil, and represents hate, anger, arrogance, intolerance, and superiority. The other is good, and represents joy, peace, love, tolerance, understanding, humility, kindness, empathy, generosity, and compassion. This same fight is going on inside you, inside every other person too.

The grandson then asked: Which wolf will win? The old man replied simply: The one you feed.
—Anon.

Perhaps the most terrifying form of violent behavior is murder. Bloody massacres such as the ones that occurred at the World Trade Center, Columbine High School and Virginia Tech University have caused many Americans constant worry of future attacks and ardent demands that law enforcement give us greater protection from such depraved lunatics. Interestingly though, the facts about murder, mayhem, and madness are significantly different than what most of us fear.

First of all, if you are one of those Americans who are worried about being a victim of violence and murder, you have good reason for such trepidation. To begin with, according to FBI statistics, over 20,000 Americans are murdered annually. In fact, more Americans were killed by other Americans in the last year than were killed in Iraq during the entire war. Also, according to the FBI, in any given year there are at least 30,000 rapes, over 500,000 cases of violent assaults on women and 300,000 cases of assault against men.

The funny thing is, if anything can be funny about murder, you are much safer on the streets than in your own home, and probably better off with strangers than with the people you know and love. Almost 90 percent of people who are murdered in America are killed by a family member or by a friend, and almost half of those murders take place in the victim's home or apartment. Women are 10 times more likely than men to be victimized by a loved one or intimate acquaintance. Every day four women die in this country as a result of domestic violence, the euphemism for murders and assaults by husbands and boyfriends. Women - who are young, low income, African-American, separated, divorced or single - are disproportionately victims of assault and rape. Domestic violence rates are five times higher among families below poverty levels, and severe spousal abuse is twice as likely to be committed by unemployed men as by those working full time. Also of

DR. JUDD

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

MURDER & JUSTICE

The DENNIS YAKLICH Story

In addition to his many accomplishments in bodybuilding, Dennis Yaklich was 1970 Jr. National Champion in Powerlifting in the 242 lb. class and later went on to become one of only a handful of men throughout history who have been able to bench press 600 pounds.

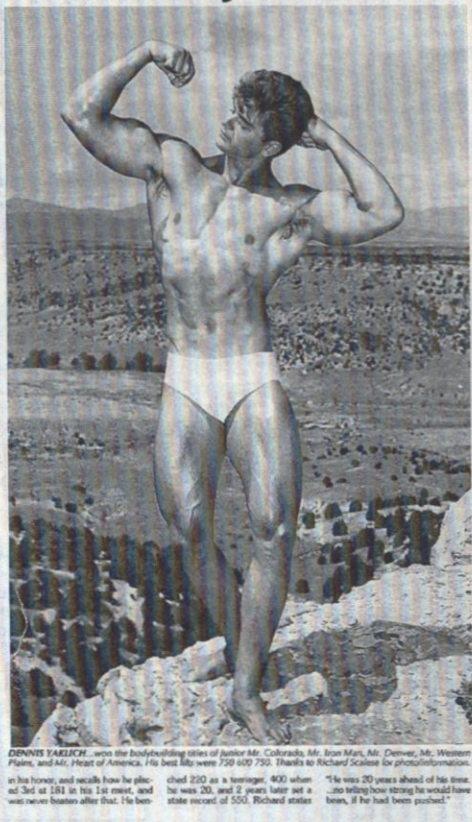
Dennis Yaklich, 38, an underwear salesman, was ambushed in the driveway of his home on the eve of his wife's birthday, December 12th, 1985, and shot before he could pull his own weapon to defend himself. Two local youths were convicted of the slaying, but as the investigation developed it became known that they had been hired by Yaklich's wife, Donna, to commit the crime.

The case drew national attention because of the unprecedented defense used by Mrs. Yaklich's attorney, that she was acting in self-defense against Dennis, whom she alleged was an abusive husband. While the jury believed that she had gunned Dennis to death, she was convicted of murder, and was in prison for 10 years, 20 and 30 years. Dennis was judged innocent of murder, but guilty of conspiracy. The controversy about this decision was the subject of numerous local television and newspaper commentaries.

Donna Yaklich was portrayed as being in line of her "typical" husband, though little was documented regarding physical abuse, and she admitted firing her husband's killers. Many in the community felt that Donna Yaklich had received a "sympathy" verdict and were outraged. It was pointed out on one local television station that Dennis, the murder victim, seemed to be the one on trial at various points in the proceedings.

The television program *Current Affairs* covered the case, and host Mervyn Franks began his commentary with the words that Dennis "was one of the strongest men in the world, and some say, one of the meanest." Reporter Rafael Alarcon wrote that Dennis was "a bodybuilder and a hard worker" in high school, but later he began lifting weights and taking steroids, and ended up being called "Mr. Macro" by his neighbors in Pueblo, Colorado. Various conflicting statements about Dennis from his children and step-children were included in the broadcast.

Public outrage about the jury's decision of innocent against Donna was eased when the sentencing on the conspiracy charge was handed down in prison, only 30 years short of the maximum possible. A friend of Dennis since 1965, Richard Scalese, has authored the Pueblo Bench Press Championships



DENNIS YAKLICH, was the bodybuilding title of Junior Mr. Colorado, Mr. Denver, Mr. Western Plains, and Mr. Head of America. His best lifts were 520 100% 750. Thanks to Richard Scalese for photo information in his home, and recalls how he placed 3rd at 181 in his 1st meet, and was never beaten after that. The best lift 220 as a teenager, 400 when he was 20, and 2 years later set a state record of 550. Richard states "He was 20 years ahead of his time...no telling how strong he would have been, if he had been pushed."

Dennis Yaklich, a Colorado bodybuilder and 1970 Junior National Powerlifting Champion in the 242 lb. class, was gunned down in his driveway in a 1985 murder for hire plot, which his wife and two others were later convicted for. Allegations of steroid abuse and violence led to coverage of the story on Maury Povich's CURRENT AFFAIR TV program and a 1994 CBS dramatization of the events, called CRIES UNHEARD, starring Jaclyn Smith and Brad Johnson. Above is a copy of the POWERLIFTING USA story on Dennis, by Richard Scalese, as was published in our November 1988 edition.

interest is the fact that violent attacks seem to be a behavior linked mostly with young people. Less than 1 victim in 10 is murdered by someone over 50. The average murderer is about 20 years of age. Most victims are also rather young...under 30 years of age.

You may be surprised to find that men don't have a monopoly on murder, but they certainly lead the way being three times as likely to kill someone as are women. As indicated, one-fifth of all victims are women. Most women are killed in their own bedrooms usually shot to death by husbands or lovers; men are more likely to be murdered

in the kitchen, usually stabbed to death or shot by wives or lovers.

Now here is something that may blow your mind. There is a very low correlation between murder and mental illness. Less than 4 percent of convicted murderers are considered criminally insane according to the judicial system. In fact, a patient released from a mental hospital is no more likely to commit a murder than is the average person. Just as startling murderers seldom repeat their crimes. In England, in a 50-year study of 7,000 convicted murderers, only two killed again after being released from jail.

All of this would seem to indicate that most acts of violence cannot be contributed to insanity or an individual's biochemistry. If we cannot blame most acts of violence on lunacy, or a person's biochemistry, what is it that causes people to violate and kill each other?

Your social environment may contain some of the answers. There is considerable evidence which suggests that the attitudes held within a given society have a marked influence on the level of violence found within that society. For instance, as mentioned there are at least 20,000 murders in America annually. The majority of these murders (over 70%) are committed with guns. By contrast, during the same year, there were fewer than 150 murders in all of Great Britain, a land of some 50 million people, where guns are illegal. Amazingly, your chances of getting murdered in America are 100 times greater than getting killed in Great Britain every year. Astonishingly, we have a number of cities in America such as Detroit, Miami and Los Angeles that have significantly more murders every year than they have in Great Britain. Gang killings in L.A. register approximately two killings every week.

Why is America so violent? Well, it has been suggested that Americans in general have a different attitude toward violence...a more accepting attitude. And why is that? According to the United States Senate, the impact of television violence on the personality development of young children could be one of the problems.

According to the National Commission on the Causes and Prevention of Violence, in the early seventies a staggering 74.3 percent of cartoon shows contained violent episodes. During that same time span 81.6 percent of all prime-time entertainment shows on TV contained violence. It is estimated that a normal child, growing up during the 1970's and early eighties would have watched at least 200,000 incidents of violence on television including 16,000 murders by the time he or she was 18.

Does violence on television affect youngsters or, for that matter, adults? The answer seems to be a resounding YES! Longitudinal studies tracking viewing habits and behavior patterns found that 8-year-old boys who viewed the most violent programs growing up were the most likely to engage in aggressive and delinquent behavior by age 18 and serious criminal behavior by age 30. According to Dr. Robert M. Liebert, one of the premier researchers on violent behavior, "The more violence and

(continued on page 65)

NEW PRODUCT ... Why a Powerlifting Timeline? as told to Powerlifting USA by Paul Kelso

Remember those history timelines on the classroom walls when you were growing up? Charting by year everything from Civil War battles to Great Inventions, they offered an orderly perspective about when things happened and their relation to other events.

THE POWERLIFTING TIMELINE © tries to do that for our sport. Many have sought to keep the history alive, whether in articles and books or just in gym and bar talk. Books by Todd, Fair and others helped, as do trivia contests on Crain's newsletter, Gaynor's recent work in PL USA, and of course Sanchez' *Evolution* labor of love.

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Internet forum posters often discuss the who, what, and when, sometimes having heated arguments. Far too many do not seem to have an overview of the game, an understanding of how it got where it is.

What we haven't had is a handy reference that could easily be checked to settle questions. Three years ago I started a list by year of often mentioned developments, great lifts and lifters, and whatever I thought interesting. And, I began sorting photos I took at Asian and World contests.

I'm not sure how the idea of THE POWERLIFTING TIMELINE © came to me. But most timelines are horizontal, reading left to right. To do a complete history of the game that way would take a chart as big as a tennis net. I decided to arrange it vertically, pick and choose, and lay the info over a background of rare or never seen photos of greats and near greats.

I culled down to 220-plus entries, ranging from 1920 to mid-2007. Examples:

1964 - 1st official AAU rulebook. "Arching" in Bench Press not allowed.

1974 - Inaba of Japan wins 1st of 17 IPF Open World titles.

1992 - IPF congress votes to allow bench press shirts over

load, desk-pounding opposition.

2007 - Andy Bolton breaks WPO Squat & total record. 3/03/07, 1213 and 2806 lbs.

Many years have 5-6 entries; many none. No doubt worthy lifters and events were overlooked. I included items from as many federations as possible, trying for balance. Readers may not agree with my all my picks, but in the end they are my choices alone. I apologize for any errors.

THE POWERLIFTING TIMELINE © is a laminated chart 35+ " x 23+ ". The background and photos are in sepia tones with text set in brilliant contrasting colors. There are so many photos and text entries that I filled both sides. Info and photos were also sent in by lifters or their families, with at least a dozen classic photos provided by Mike Lambert of POWERLIFTING USA.

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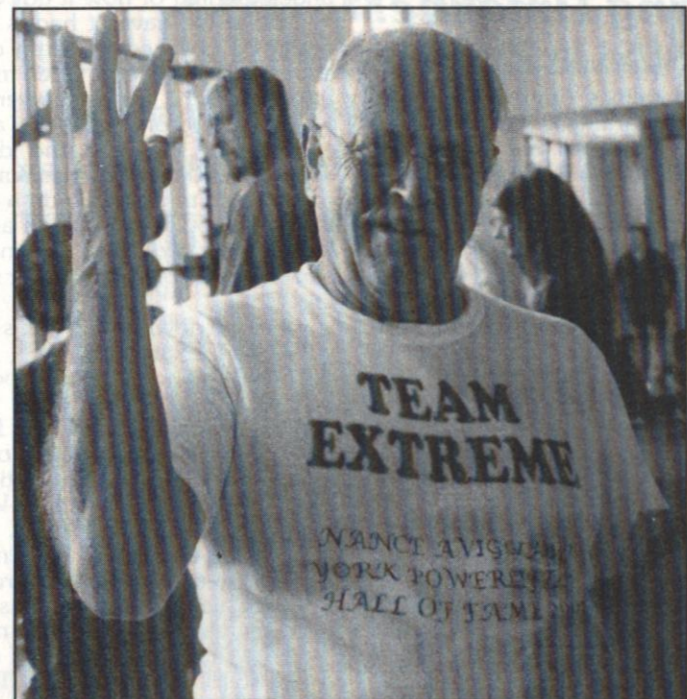
Herb Glossbrenner will be inducted into the York Barbell Hall of Fame, in November 2007. He was born on August 20, 1942, to Fred and Irene Glossbrenner in Indianapolis, Indiana. Herb got the iron bug earlier than most. When he was 9 years old he read an article in Readers Digest about a weightlifter named John Davis who had cleaned and jerked 402 lbs. in 1951. Impressed by his readings he asked his father to make him a barbell. In the garage, his father built Herb a barbell from a broomstick and two paint cans filled with cement, which weighed 20 lbs. Looking at his father's new barbell creation he asked, "How do you think this 20 lb. barbell would feel to John Davis?" His father replied, "Like a toothpick son, like a toothpick." Herb was hooked on lifting weights ever since. This fascination continued. In 1955, at age 13, he went to a movie 3 times just to see the newsreel showing Paul Anderson clean and jerking 436 1/2 lbs. Herb had found his idol in Paul Anderson.

Herb started lifting weights seriously in 1964 at National Health Studio in New Castle, Indiana. That's where he met lifter, Ron Hale, the man who got him started in Olympic Lifting. They became training partners who would travel 30 miles each way, 3 times a week, to the Titan Barbell Club in Rushville, Indiana. Later that year Herb entered his first meet, the Indiana State Championship. Herb placed 4th and his lifting career was launched. He continued to compete throughout the 60s in Olympic Weightlifting in the 123 lb. and 132 lb. weight classes. In 1968 he and Ron Hale formed the Central Indiana Weightlifting Club where they had a mix of Olympic Lifters, Powerlifters and Bodybuilders. After a short time the club grew to one of the strongest clubs in the country. Lifters such as Larry Pacifico, Jerry Jones, Terry Moneymaker and Ron Sappenfield, to name a few, were part of this formidable team. This team went on to win the Senior National Powerlifting Team Championship two years in a row. As the 1970s began Herb found himself shifting towards Powerlifting, which had been called the Odd Lifts previously. These lifts included (in this order), Bench Press, Strict Curl, Squat and Deadlift. Throughout the 70s Herb continued to compete in both strength disciplines.

In 1975, a young lifter names Jim McCarty wrote to Bob Hoffmann's Strength & Health Magazine looking for a coach in the Indiana area. Herb was recommended. Herb drove 140 miles to Terre Haute, Indiana to meet Jim, a very enthusiastic 102 lb. 15 year old, who could clean and jerk 150 lbs. at the time. Under

HERBERT GLOSSBRENNER

as told by Joe Avigliano of the Los Angeles Lifting Club



Herb Glossbrenner shows how many white lights he got on each of his lifts at the IPA World Championships in July of 2005, where his great friend and supporter Nance Avigliano was inducted in to the same YORK HALL OF FAME where Herb is headed. In addition to his many credits in Powerlifting, Herb won an IWF World Masters title in Olympic lifting as well. Those wishing to contact Herb can reach him at 1312 Talmadge St., Los Angeles, CA 90027.

Herb's coaching, Jim McCarty went on to become arguably one of the greatest combo Olympic/Power Lifters, pound for pound, ever. They are still in touch to this day.

In 1982, Herb moved to Los Angeles to take a job writing for International Olympic Lifter Magazine. He covered the sport of Olympic Lifting for 5 years before going to work as a writer and statistician for Powerlifting USA, where he worked until 2006.

In 1984 the Summer Olympic Games came to Los Angeles. Herb was assigned to cover all weight classes. His writing style was used by other countries to cover Olympic Weightlifting for their magazines and newspapers.

As a writer for PL USA, Herb traveled around the country and around the world to cover the sport. He became only statistician and historian for the sport.

The Los Angeles Lifting Club opened in 1998 and Mike Lambert sent Herb to write about the new powerlifting gym. Living nearby, Herb decided to get back into lifting competitively. He became a valuable member of our team. His resurrected lifting career took off slowly and built momentum. Herb set Masters World Records and won Master Nationals and World Championships.

much, he would bleed Powerlifting. I have always found it amazing how he knew most lifters best lifts even if it was 20 years since they did them. If you were a lifter, he cared about you no matter how heavy or light your lift was. In an article in PL USA, Herb was considered one of the 5 most influential men in Powerlifting history. As far as I'm concerned, nothing could be truer. His contributions are many and his dedication second to none. As a teammate he was always there for everyone on the team, no matter how long or late the workout went. You could always count on Herb. He was a huge part of The Los Angeles Lifting Club.

In October 2005 Herb suffered a stroke and lost his ability to do what he loved most in life, to cover the sport of Powerlifting. For over 30 years he gave endlessly to Olympic Lifting and Powerlifting. In November 2007 the two sports will give back to Herb with his induction into the York Barbell Hall of Fame. His love and dedication will be rewarded. A young 9 year old boy, who a long time ago had a dream, will now be among the best ever and, of course, along side his idol, Paul Anderson.

Herb would like to thank everyone who has been supportive during his stroke. There were many and he is grateful to all of you. He loves the sport of Powerlifting and says he has been lucky to have formed friendships with so many lifters in the US and abroad. I have been lucky to be able to witness a lot the greatness all of you have contributed to this sport. Thank you, Herb Glossbrenner.

THE GLOSSBRENNER PROFILE

Olympic Weightlifting and Powerlifting's main statistician for 30 years; Powerlifting's only historian up to his retirement; Created one of the ranking list for Olympic Weightlifting and Powerlifting; Created the "Glossbrenner Formula", used in the APF to distinguish Best Lifter; International Referee's Card - Category 1 for Olympic Weightlifting; USWF 5 time World Master Olympic Weightlifting Champion; 16 Powerlifting World Records as a Master Lifter; 4 time World and National Champion in the IPA & APF; Lifted in over 200 meets Olympic & Powerlifting combined.

BEST LIFTS - POWERLIFTING:
Open Division: 123 lbs: Squat - 250 lbs; BP - 180 lbs; DL - 345 lbs. 132 lbs: Squat - 305 lbs; BP - 200 lbs; DL - 430 lbs. 148 lbs: Squat - 455 lbs; BP - 295 lbs; DL - 508.5 lbs.
Master (60-64) Division
Age 62 @ 165 lbs: Squat -

400 lbs; BP - 286 lbs; DL - 391 lbs; Total - 1077 lbs.

BEST LIFTS - OLYMPIC WEIGHTLIFTING: 123 lbs: Snatch - 150 lbs; Clean & Jerk - 180 lbs; Olympic Press - 150 lbs. 132 lbs: Snatch - 180 lbs; Clean & Jerk - 230 lbs; Olympic Press - 170 lbs. 148 lbs: Snatch - 215 lbs; Clean & Jerk - 275 lbs; Olympic Press - 215 lbs.

OTHER LIFTS OF NOTE: Strict Curl - 150 lbs @ body weight of 148 lbs; Snatch - 225 lbs @ body weight of 165 lbs.

FAVORITE LIFTERS: Olympic Weightlifters: Jim McCarty; Mike Karchut. Joe Duge, Bob Bednarshi, Tommy Kono, Ken Patera, and Bruce Wilhelm.

Powerlifting - Women: Nance Avigliano, Amy Weisberger, Mary Jerumbo, Beca Swanson, Diane Frantz, and Kara Bohigian.

Men: Louie Simmons, Ernie Frantz, Larry Pacifico, Ed Coan, Mike McDonald, Ryan Kennelly, and Onn Basson.

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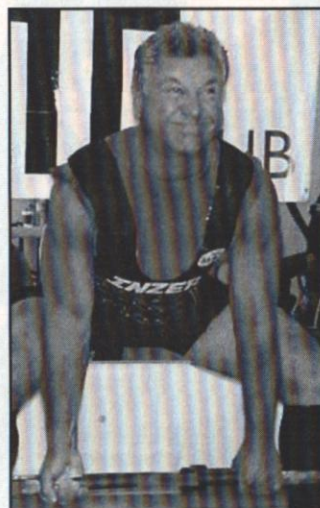
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APA Oregon Open Championships
18 AUG 07 - Lake Oswego, OR

BENCH	K. Barker	540
FEMALE	275 lbs.	
114 lbs.	Master I DT	
Master I DT	J. Tovey	
B. Aerts	308 lbs.	
Raw DT	Master I DT	
B. Aerts	80	422
Master II Raw DT	A. Aerts	422
R. Nelson	100	4th-427
Open DT	Master II Raw DT	
B. Aerts	95	375
123 lbs.	Open DT	
Master I Raw DT	A. Aerts	422
J. Dunlap	100	4th-427
Master III DT	DEADLIFT	
G. Camp	110	FEMALE
132 lbs.	114 lbs.	
Master I DT	Open DT	
D. Sutton	—	B. Aerts
MALE	Master I DT	204
105 lbs.	B. Aerts	204
Teen (13-15)	4th-211	
Raw DT	Master I Raw DT	
G. Dunlap	90	B. Aerts
123 lbs.	MALE	
Teen (13-15) DT	165 lbs.	
B. Tovey	195	Master V Raw DT
181 lbs.	W. Church	186
Master III Raw DT	181 lbs.	
T. Camp	280	Master I DT
Open DT	P. Cook	376
E. Rivera	405	Master IV DT
198 lbs.	O. VanBuskirk	361
Teen (18-19) DT	198 lbs.	
S. Dykes	—	Master II DT
Master II DT	J. Wolbers	606
J. Wolbers	370	Submaster DT
Open DT	C. Jackson	551
B. Brizendine	—	308 lbs.
Submaster DT	Master II DT	
B. Brizendine	—	308 lbs.
220 lbs.	T. Robinson	321
Master I Raw DT	308 lbs.	422
J. Noblit	355	4th-BP-427
Master II DT	A. Aerts	511
T. Robinson	305	4th-521
242 lbs.	Raw DT	
Master II DT	A. Aerts	450
S. Mathis	550	Open DT
Open DT	A. Aerts	511
S. Mathis	550	4th-521
Push Pull	BP	DL
FEMALE	TOT	
114 lbs.	B. Aerts	136
Master I	95	201
Raw DT	4th-DL-211	432
B. Aerts	80	146
DT	226	
B. Aerts	95	201
MALE	296	
148 lbs.	4th-DL-211	
Teen (16-17) DT		



Rudy Kadlub age 58 pulled 501 in the 198s Master II at the APA Oregon Open (by Scott Taylor)

MALE	148 lbs.	
Teen (18-19) Raw DT	M. Church	165
198 lbs.	201	366
Master II DT	J. Wolbers	606
Submaster DT	C. Jackson	551
Open DT	308 lbs.	
B. Brizendine	Master II DT	
Submaster DT	T. Robinson	321
220 lbs.	308 lbs.	422
Master I Raw DT	4th-BP-427	DL-521
J. Noblit	355	4th-521
Master II DT	A. Aerts	511
T. Robinson	305	4th-521
242 lbs.	Raw DT	
Master II DT	A. Aerts	450
S. Mathis	550	Open DT
Open DT	A. Aerts	511
S. Mathis	550	4th-521
Push Pull	BP	DL
FEMALE	TOT	
114 lbs.	B. Aerts	136
Master I	95	201
Raw DT	4th-DL-211	432
B. Aerts	80	146
DT	226	
B. Aerts	95	201
MALE	296	
148 lbs.	4th-DL-211	
Teen (16-17) DT		

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NASA Grand Nationals
14 JUL 07 - Sheboygan, WI

N. Erwin	251	165	341	757
198 lbs.				
Teen (18-19) DT	B. McCabe	551	320	540
1412	Junior DT			
K. Swan	351	280	—	631
220 lbs.	4th-SQ-376			
Master II DT	R. Kadlub	451	350	501
1302	Open Raw DT			
C. Thompson	441	240	531	1212
220 lbs.	Teen (18-19) DT			
C. Roth	631	—	—	631
Master II DT	C. McFarland	456	305	531
1292	4th-SQ-476			
242 lbs.	Open DT			
C. Duffin	756	360	631	1747
4th-SQ-806	275 lbs.			
Master I DT	R. Fisher	646	440	541
1627	308 lbs.			
Teen (18-19)	A. Whitaker	506	260	500
1267	Master II DT			
A. Aerts	351	422	511	1284
4th-BP-427	DL-521			
Master II Raw DT	A. Aerts	326	375	450
1152	Open			
A. Whitaker	506	260	500	1267
DT	A. Aerts	351	422	511
1284	4th-BP-427	DL-521		
340 lbs.	Junior DT			
W. Rogers	636	305	586	1527
Open DT	D. O'Neil	236	235	586
1057	DT=Drug Tested. Powerlifting Best Lifter: Chris Duffin. Push-Pull Best Lifter: Allan Aerts. Bench Press Best Lifter: Steadman Mathis. Deadlift Best Lifter: Jon Wolbers. Venue: The Trainers Club. Special thanks to the friendly staff of the Trainers Club, the referee's, spotters, and loaders who did a great job throughout the day. I would especially like to thank Rudy Kadlub who made this event possible and invested a lot to make sure things were done the right way. Lifters came from several states from California all the way up to Canada to compete in the event. Several state records were set for Washington, Oregon, and California as well as several National and World records which are now being updated on the APA website. Another event is now being planned for Lake Oswego and will be posted soon. (Thanks to Scott Taylor for these results)			

NASA Grand Nationals
14 JUL 07 - Sheboygan, WI

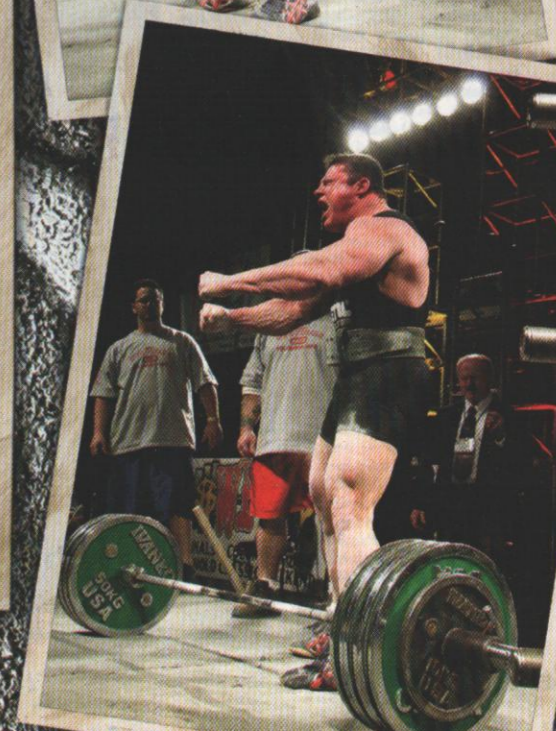
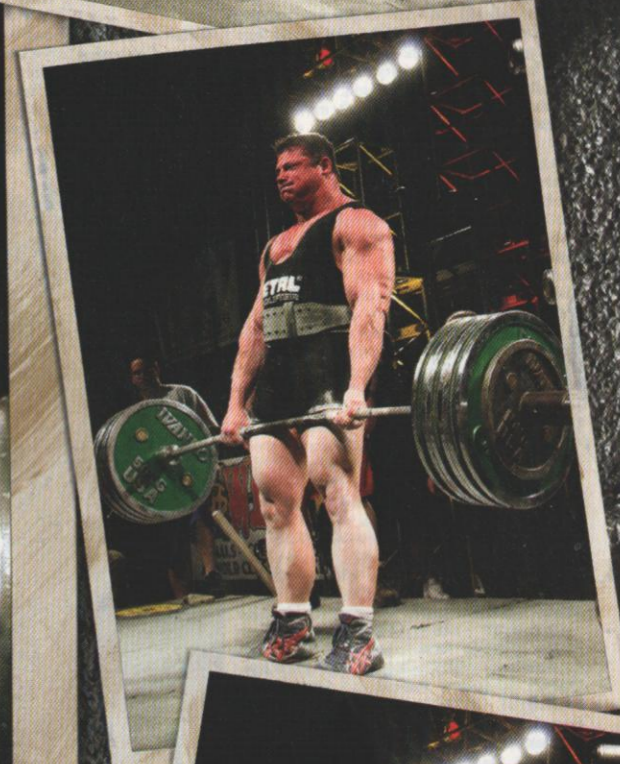
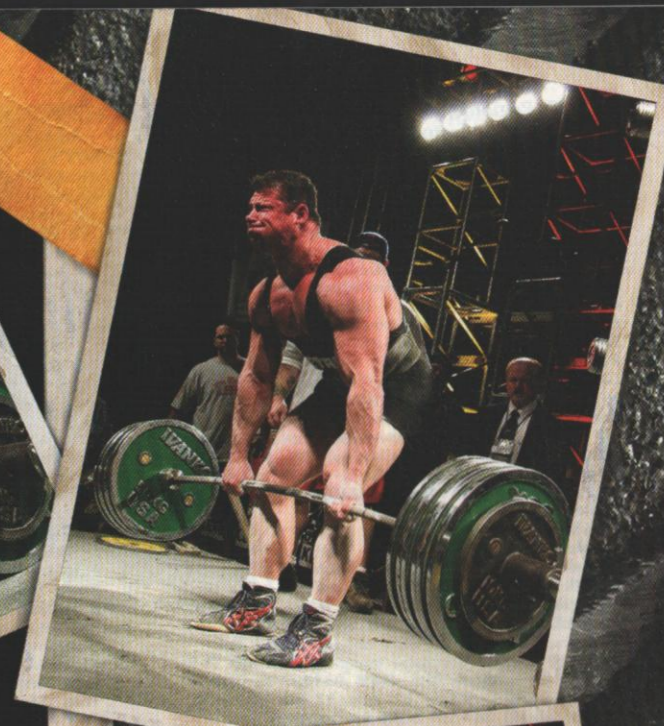
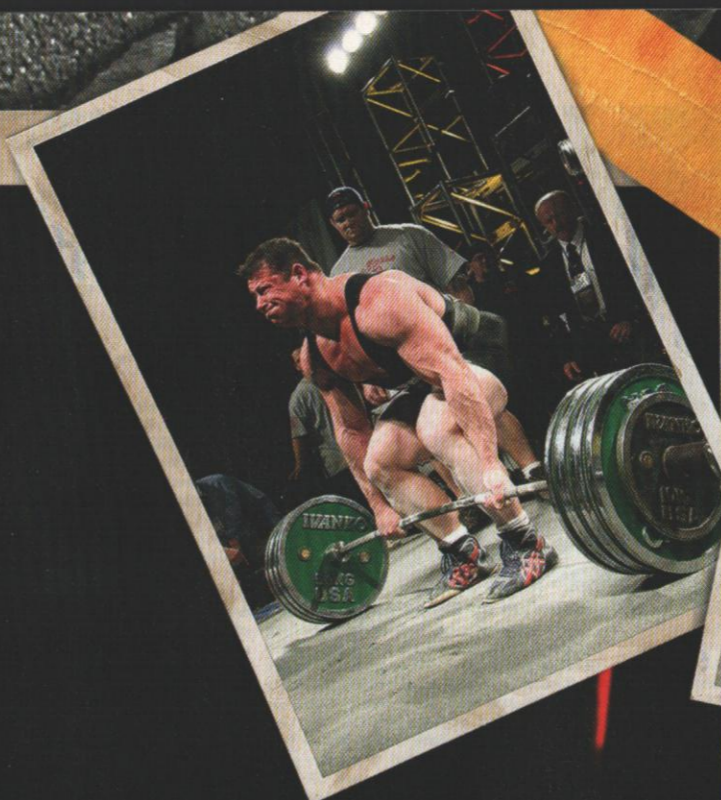
BENCH	J. Keiser	292
FEMALE	220 lbs.	
Raw	Master III	
123 lbs.	T. Mollan	
Submaster Pure	275 lbs.	
B. Brown	115	Master II
MALE	A. Dunne	407
114 lbs.	T. Turner	391
Open	308 lbs.	
S. Hou-Sey	44	Police/Fire
148 lbs.	S. Keiser	418
Int	SHW	
J. Beaudry	319	Open
Junior	D. Patrick	501
M. Thompson	358	PS BENCH
Master I	MALE	
T. Aldag	270	132 lbs.
165 lbs.	Master IV	
Master II	S. Smith	165
D. Constantineau	148 lbs.	
303	Teen	
J. Phillips	159	
181 lbs.	Master III	
Master III	R. Corey	286
R. Corey	4th-292	
Master Pure	D. Klopp	253
D. Klopp	220 lbs.	
Master I	Master I	
T. Depner	429	
242 lbs.	Master III	
Master III	J. Hou-Sey	275
J. Jones	407	SHW
Master Pure	Master I	
J. Jones	407	J. Phillips
418	PS CURL	
Open	J. Jones	407
MALE	132 lbs.	
Junior	J. Davis	126
G. Carlson	407	
Master II	R. Brodt	325
148 lbs.	Master Pure	
Teen	G. Carlson	407
J. Phillips	88	Open
198 lbs.	Submaster II	
Submaster II	J. Keiser	159
J. Keiser	275 lbs.	
Submaster II	A. Dunne	203
W. Mohn	341	
308 lbs.	G. Carlson	154
Junior	Master Pure	
M. Repp	—	
Master I	B. Eder	—
B. Buckley	374	Master I
374	S. Keiser	209
Master Pure	Open	
B. Buckley	374	S. Keiser
374	Police/Fire	209
Novice	S. Keiser	209
B. Buckley	374	SHW
Submaster Pure	J. Langer	468
J. Langer	468	SHW
Master I	J. Phillips	198
198	PS DEADLIFT	
J. Ray	578	MALE
Open	J. Ray	578
J. Ray	578	132 lbs.
Raw	Master IV	
132 lbs.	S. Smith	253
Junior	4th-259	
J. Davis	272	165 lbs.
198 lbs.	High School	
Submaster II	K. Gray	292
Push Pull	BP	DL
FEMALE	TOT	
132 lbs.	B. Cable	154
Master I	264	418
B. Cable	154	264
Master Pure	418	
B. Cable	154	264
MALE	418	
148 lbs.	Teen	
D. Zellmer	358	165
341	865	
Raw	M. Pell	170
FEMALE	330	501
165 lbs.	Master II/Open	
D. Constantineau	303	407
711	198 lbs.	
Master IV	P. Jensen	198
308	507	
Master Pure	J. Klopp	325
S. Korff	407	187
545	953	
220 lbs.	Master II	
Master I	D. Anderson	507
J. Broadhurst	363	518
881	242 lbs.	
Master Pure	Master Pure	
M. Jacobs	352	523
876	Submaster Pure	
M. Segermark	275	463
738	275 lbs.	
Open	Open	

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G. Powell	474	545	1019
Submaster II	G. Powell	474	545
1019	Teen		
W. Mohn	341	413	755
308 lbs.	Int		
H. Thomason	463	617	1080
Powerlifting	SQ	BP	DL
FEMALE	TOT		
132 lbs.	Teen		
S. Sitkowitz	231	115	264
611	198 lbs.		
Master II	D. Zellmer	358	165
865	Raw		
M. Pell	170	330	501
165 lbs.	Master II/Open		
D. Constantineau	303	407	711
198 lbs.	Master IV		
P. Jensen	198	308	507
Master Pure	J. Klopp	325	187
S. Korff	407	545	953
220 lbs.	Master II		
Master I	D. Anderson	507	248
512	1267		
181 lbs.	Master I		
D. Felton	440	270	562
1273	Master Pure		
M. Jacobs	352	523	876
Submaster Pure	M. Segermark	275	463
738	275 lbs.		
Open	Open		

J. Figg	540	424	512	1477	
308 lbs.	Master II				
G. Kachar	159	297	424	881	
(Thanks to Rich Peters for these results)					
NASA New Mexico Regional					
8 SEP 07 - Rio Rancho, NM					
BENCH	Master I				
FEMALE	J. Berlin	—			
123 lbs.	275 lbs.				
Pure/Open	Master I				
T. Adelmann	259	M. Butkovich	391		
308 lbs.	308 lbs.				
Submaster II	T. Adelmann	259	Master I		
T. Adelmann	259	Master I	J. Jeter	551	
Raw	J. Jeter	551	J. Berlin	—	
165 lbs.	Pure		D. Rino	567	
Master II	R. Kahle	584	Open		
E. Keen	121	Raw	D. Rino	567	
198+ lbs.	181 lbs.		275 lbs.		
Junior	Master IV		Novice/Junior/Open		
M. Keen	170	B. Hudson	132	M. Allen	—
170	Int				
MALE	C. Mace	192	Open		
220 lbs.	220 lbs.		H. Thomason	744	
Master II	G. Schuster	347	369	600	
G. Schuster	347	Submaster II	600	1714	
Open	K. Parker	418	Raw		
A. Wolf	540	148 lbs.	High School		
Push Pull	BP	DL	A. Ramsey	325	
FEMALE	TOT		325	220	
148 lbs.	198 lbs.		369	914	
Master III	Open				
J. Wood	93	203	297		
181 lbs.	4th-BP-418				
Master II	A. Pickrell	479	308	545	
B. Gill	148	248	396	1333	
Master Pure	A. Pickrell	479	308	545	
B. Gill	—	—	—	1333	
220 lbs.	Master II				
Master II	B. Richardson	253	192	363	
G. Schuster	347	501	848	810	
Submaster II	B. Richardson	253	192	363	
K. Parker	446	534	981	810	
275 lbs.	Master I				
Submaster II	G. Whitlow	402	341	468	
M. Butkovich	391	584	975	1212	
Powerlifting	SQ	BP	DL	TOT	
FEMALE	242 lbs.				
Raw	Submaster Pure				
132 lbs.	B. Koski	413	303	435	
Master I	308 lbs.				
S. Ellington	187	110	242	540	
148 lbs.	Open				
Master III	H. Thomason	744	369	600	
J. Wood	176	93	203	474	
474	4th-DL-214				
165 lbs.	Master I				
Master II	W. Ramsey	518	391	512	
E. Keen	192	121	259	573	
198+ lbs.	Power Sports CR	BP	DL	TOT	
Junior	148 lbs.				
M. Keen	259	170	308	738	
Raw	MALE				
132 lbs.	198 lbs.				
Master I	Master II				
S. Ellington	187	110	242	540	
148 lbs.	Open				
Master III	M. Schuecker	—	352	—	
J. Wood	176	93	203	474	
474	4th-DL-214				
165 lbs.	242 lbs.				
Master II	Submaster Pure				
E. Keen	B. Koski	165	303	435	
198+ lbs.	Master I				
Junior	N. Eddins	192	402	622	
M. Keen	259	170	308	738	

MATT KROCZALESKI



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IBP Regional Powerlifting
22 SEP 07 - Winston, Salem, NC

BENCH	275 lbs.		
148 lbs.	Novice Raw		
181 lbs.	YOUTH (12-13)	Raw	375
165 lbs.	G. Dale Jr.	145	4th-385
181 lbs.	E. Clark	315	4th-182
220 lbs.	Open Raw		
250 lbs.	R. Granko	340	B. Jones 530
275 lbs.	Police/Fire/Military		
290 lbs.	4th-115		
315 lbs.	Master (40-44)		
330 lbs.	B. Steffan	175	4th-182
345 lbs.	Raw		
360 lbs.	DEALIFT		
375 lbs.	181 lbs.		
390 lbs.	Master (40-44)		
405 lbs.	M. Puckett	500	4th-182
420 lbs.	Raw		
435 lbs.	M. Rodgers	230	B. Walker 550
450 lbs.	220 lbs.		
465 lbs.	Master (45-49)		
480 lbs.	D. Faulk	265	Master (45-49)
495 lbs.	Master (50-54)	Raw	435
510 lbs.	S. Whitted	310	4th-165
525 lbs.	Submaster (35-39)		
540 lbs.	Open		
555 lbs.	A. Smith	360	G. Staley 650
	4th-370		B. Shaw 570
	Powerlifting	SQ	BP
	DL	TOT	
	77 lbs.		
	114 lbs.		
	123 lbs.		
	148 lbs.		
	165 lbs.		
	181 lbs.		
	200 lbs.		
	220 lbs.		
	240 lbs.		
	260 lbs.		
	275 lbs.		
	290 lbs.		
	310 lbs.		
	325 lbs.		
	345 lbs.		
	360 lbs.		
	375 lbs.		
	390 lbs.		
	405 lbs.		
	420 lbs.		
	435 lbs.		
	450 lbs.		
	465 lbs.		
	480 lbs.		
	495 lbs.		
	510 lbs.		
	525 lbs.		
	540 lbs.		
	555 lbs.		
	570 lbs.		
	585 lbs.		
	600 lbs.		
	615 lbs.		
	630 lbs.		
	645 lbs.		
	660 lbs.		
	675 lbs.		
	690 lbs.		
	705 lbs.		
	720 lbs.		
	735 lbs.		
	750 lbs.		
	765 lbs.		
	780 lbs.		
	795 lbs.		
	810 lbs.		
	825 lbs.		
	840 lbs.		
	855 lbs.		
	870 lbs.		
	885 lbs.		
	900 lbs.		
	915 lbs.		
	930 lbs.		
	945 lbs.		
	960 lbs.		
	975 lbs.		
	990 lbs.		
	1005 lbs.		
	1020 lbs.		
	1035 lbs.		
	1050 lbs.		
	1065 lbs.		
	1080 lbs.		
	1095 lbs.		
	1110 lbs.		
	1125 lbs.		
	1140 lbs.		
	1155 lbs.		
	1170 lbs.		
	1185 lbs.		
	1200 lbs.		
	1215 lbs.		
	1230 lbs.		
	1245 lbs.		
	1260 lbs.		
	1275 lbs.		
	1290 lbs.		
	1305 lbs.		
	1320 lbs.		
	1335 lbs.		
	1350 lbs.		
	1365 lbs.		
	1380 lbs.		
	1395 lbs.		
	1410 lbs.		
	1425 lbs.		
	1440 lbs.		
	1455 lbs.		
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	1500 lbs.		
	1515 lbs.		
	1530 lbs.		
	1545 lbs.		
	1560 lbs.		
	1575 lbs.		
	1590 lbs.		
	1605 lbs.		
	1620 lbs.		
	1635 lbs.		
	1650 lbs.		
	1665 lbs.		
	1680 lbs.		
	1695 lbs.		
	1710 lbs.		
	1725 lbs.		
	1740 lbs.		
	1755 lbs.		
	1770 lbs.		
	1785 lbs.		
	1800 lbs.		
	1815 lbs.		
	1830 lbs.		
	1845 lbs.		
	1860 lbs.		
	1875 lbs.		
	1890 lbs.		
	1905 lbs.		
	1920 lbs.		
	1935 lbs.		
	1950 lbs.		
	1965 lbs.		
	1980 lbs.		
	1995 lbs.		
	2010 lbs.		
	2025 lbs.		
	2040 lbs.		
	2055 lbs.		
	2070 lbs.		
	2085 lbs.		
	2100 lbs.		
	2115 lbs.		
	2130 lbs.		
	2145 lbs.		
	2160 lbs.		
	2175 lbs.		
	2190 lbs.		
	2205 lbs.		
	2220 lbs.		
	2235 lbs.		
	2250 lbs.		

Julius Meekin squatting at the IBP Regionals (photo Keith Payne)

ADAU Squat Nationals
4 AUG 07 - Erie, PA

SQUAT	132 lbs.		
FEMALE	123 lbs.		
181 lbs.	B. Steffan	175	4th-155
165 lbs.	Teen (16-17)		
390 lbs.	G. James	390	4th-182
380 lbs.	B. Stoner	380	4th-182
355 lbs.	Teen (18-19)		
350 lbs.	J. Jurkiewicz	355	4th-115
385 lbs.	Master (40-44)		
350 lbs.	B. Steffan	175	4th-182
350 lbs.	Raw		
315 lbs.	132 lbs.		
315 lbs.	T. Power	—	4th-160
315 lbs.	Master (45-49)		
315 lbs.	T. Power	—	4th-160
315 lbs.	148 lbs.		
315 lbs.	K. Barrett	115	4th-80
400 lbs.	Master (50-54)		
350 lbs.	D. Grimm	155	4th-165
350 lbs.	T. Bozich	350	4th-80
395 lbs.	J. Neenan	395	4th-80
365 lbs.	A. Barrett	365	4th-80
395 lbs.	Junior (20-23)		
455 lbs.	J. Neenan	395	4th-80
455 lbs.	Grandinetti	455	4th-80
450 lbs.	Teen (8-9)		
450 lbs.	A. Barrett	75	4th-80
450 lbs.	S. Green	450	4th-80
450 lbs.	Teen (16-17)		
450 lbs.	T. Watson	—	4th-80
450 lbs.	Champion of Champions Female: Benita Steffan. Champion of Champions Male: George James. Champion of Champions Teen: Jake Jurkiewicz. Champion of Champions Master: Benita Steffan. Champion of Champions Team: Joe's Gym of Erie, PA. The 2007 ADAU Squat Nationals started		

Julius Meekin squatting at the IBP Regionals (photo Keith Payne)

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off with little fireball Benita Steffan in the women's open and master 123 class. She succeeded in breaking the masters American record four times and the open record twice. Benita ended up with a fourth attempt of 182.5. Her success won the open and masters and the masters female Champion of Champions. Also at 123/teen 16-17, Chloe Runninger set the teen American record with 115 for her Championship title. At 132 pounds, Theresa Power-Natale, just back from her win at the ADAU powerlifting nationals, couldn't get deep enough to please the great ADAU officials and missed her opportunity to set a masters record. Karen Barrett didn't miss a lift and won the women's 148 title with her third attempt of 115. In 165 master, Debbie Grimm competed in her first national contest and won the gold with an American master record of 165. Linda Yannington, also in her first national contest, missed her first two attempts on depth. She completed two successful lifts to end with the masters

record of 160. The men started out with nine year old Allen Barrett. He successfully completed four lifts with his final lift of 80 being the youth America record. At 132, eleven year old Devin Liszewski had an awesome day, going four for four, and ending with 155 for the youth American record. It was a close battle at 165 with George James and Brian Stoner going first and second respectfully. George won the gold with his raw 390 pounds, rock bottom and no belt, which won him the Champion of Champions trophy. Brian Stoner took silver with 380. Also at 165, teenage Jake Jurkiewicz in teen gold and teen Champion of Champions with his American record of 355 pounds. We really proud of Jake. He's the first person, from his training facility to ever pass an ADAU drug test. Way to go, Jake. Rob Spaniel won gold at 181 with his fine 385 lift while Gene Natale took silver. In the teen 181 class, Mike Wernicki took gold and Sam Contakos set a masters record in the 70-74 year division. Ed Betza was the lone 198 open lifter almost blew it. He missed his first two attempts on depth, but buried his third for three whites. Ed lifted last year at 242. This year he weighed in at 192. Tony Bozich won in junior 198 with a 350 attempt. Jon Neenan missed his shot at the Junior American record but still managed to win the 220 open and junior divisions with 395, while A.J. Barrett took silver in the open. At 242, Dave Grandinetti had a great by not missing a lift and winning this class. Sean Green won gold at 319 with 58 teen year old Tim Watson missing all his attempts in the teen division. Joe's Gym of Erie, PA, defended their title by winning the team championships. A huge thanks to the ADAU for all their help to make this another great contest. A special thanks to my dear friends Leroy Burton, Steve Asher, Dave Heintzel and my incredible wife, Sondralee for sticking with me from set up to break down. I love you guys. Thank you to all the officials, spotter, loaders, and score table people. I couldn't do it without you. I am blessed to know each and everyone of you. Optimum health and happiness to all. Yours Strongly, Joe Oregia (Joe Oregia)

AAU Marsh Monster Bench
8 SEP 07 - MA

BENCH	Raw	
FEMALE	J. Balmer	137
132 lbs.	165 lbs.	
Master (40-44)		
C. Crawford	M. Sidoti	110
Open/Raw	181 lbs.	
C. Crawford	Raw	
181 lbs.	M. Dee	358
Submaster	198 lbs.	
B. Newgard	Raw	
4th-231	B. Weiss	314
198+ lbs.	E. Harvilla	170
Raw Teen	220 lbs.	
L. Zippin	Raw	
110	R. Wisner	143
Raw	275 lbs.	
A. Mellen	Raw	
126	C. Vaughn	330
MALE	Master Open	
114 lbs.	J. Buckles	341
Raw	Master Raw	
D. Greeley	R. C ross	303
104	308 lbs.	
132 lbs.	Raw	
Open	C. Gerter	264
C. Nelson	308 lbs.	
264	Raw	
148 lbs.	C. Gerter	264
	Raw	

I would like to thank Baystate Athletic Club for their ongoing support, my spotter loaders, the referees and table help, and most of all the lifters. (from Larry Larsen)

NPA Nationals
15 SEP 07 - Freeport, IL

BENCH	R. Lee	245
Masters	181 lbs.	
198 lbs.	S. Hubert	540
G. Koch	275	220 lbs.
242 lbs.	S. Coogan	500
Raw	242 lbs.	
J. Dean	255	J. Dean 380
Submaster	259 lbs.	Submaster
308 lbs.	308 lbs.	
P. Mercado	455	J. Miller 455
308 lbs.	SHW	
J. Miller	425	A. Miller 560
DEADLIFT	Open	
Master	165 lbs.	
165 lbs.	K. Koch	335
The 2007 NPA Nationals had lifters from three states. We had a few lifters back out the week of the meet for various reasons. The bench press started with Jerry Dean putting up 270 for the win. This was only his second meet and he lifts without gear. He's doing real well for a guy that trains at home and one day just decided to see how he would do at an event. Gary Koch got a PR of 275 to win the 198 masters. Gary had a great day going 3 for 3. Paul "Brother Bear" Mercado hit a personal record which got him best lifter and class winner in the 259 submasters, putting up 455. Joel Miller completed the bench flight with an easy 425 on his second attempt. Joel went for a huge 495 but came up short on this day. He and Brother Bear should both hit 500 in 2008. The deadlift event started with 70 years young Richard Lee pulling an easy 245 for the win. Very impressive pulling at 165 bwt. Keith Koch took the 165 open title with 335, after the traditional tossing of the Cubs hat. Jon Miller had to settle for his second attempt of 455 winning the 308 submasters. Adam Miller won the submasters SHW with his second lift of 560. Both Jon and Adam went for PRs on their third attempts. Good strategy, just had an off day. Stuart Coogan came from Wisconsin to claim the 220 class win with his opener of 500, which went up easy. Scott Hubert, another lifter from Wisconsin, took the 181 masters with a strong 540 pull, winning best lifter. Thanks to all that helped. Till next time, please do something to help make the world a better place for our children. (courtesy of Duane Burlingame)		



Competitors at the NPA Nationals (left to right) front row - Jerry Dean, Keith Koch, Richard Lee, Jon Miller, Joel Miller; back row - Gary Koch, Stuart Coogan, Paul Mercado, Scott Hubert, Adam Miller (photograph provided by the courtesy of Duane Burlingame)

Summer Bench Press Classic
21 JUL 07- Brentwood, MD

BENCH	198 lbs.	
(20-23)		
WOMEN	165 lbs.	
165 lbs.	A. Cohn	275
M. Butler	165*	Open
181 lbs.	A. Harris	330
181 lbs.	198 lbs.	
(50-54)	H. Sturman	380
Washington	242 lbs.	
137*	T. Gill	—
MEN	275 lbs.	
123 lbs.	C. Felix	474
(18-19)	Masters	
N. Hutson	248*	Masters
(20-23) Raw	132 lbs.	
J. Hovey	231*	132 lbs.
165 lbs.	(60-64) Raw	
(18-19)	I. Burgess	
J. Sturman	253	170*
170*	A. Lebrun	242
A. Lebrun	242	181 lbs.
165 lbs.	(45-49)	
(20-23)	A. Harris	330
C. Workman	176	181 lbs.

(80+) L. Harrod 264*
L. Atkinson 132* 275 lbs.
198 lbs. (40-44)
C. Felix 474*

*=State Bench Only Records. Venue: N. Brentwood Community Center. On behalf of John Mogavero and Skip Gormely (meet directors), I would like to thank the following: The members and staff of the North Brentwood Community Center for allowing us to "take over" their gym to hold this competition. Especially, Eunice McCullough, Kevin Beale, Jerome Shipp and Stephen Parks, from the commission. The following referees and officials: Caryn Daniel, Marsha Serre, Sioux-x Gary (who also lifted!), Brian Washington and Eugene Julien. And those who lifted the most: Jim Bardsley, James Bardsley and Joe Russo. You guys are great! We especially would like to thank the lifters who came and put it on the line on the platform. And then some, including Matt Gary, Lloyd Harrod and Chris Felix pitched in and helped load the truck and clean up the site! I wasn't able to see much of the meet. It was exciting to meet Disa Hatfield and Jen Perry and along with our own Sioux-x Hartwig-Gary, see them lift in what will likely be their final tune-up before heading to Austria and IPF World Championships in October. For some like me, it isn't often when you have the opportunity to see the number of national/world level lifters on one platform as we did on Saturday, unless you travel to see them lift in the various national championships. And, it was an excellent opportunity for those both running and officiating this meet to showcase our talents to those who traveled to our state for this meet & exhibition. Despite issues with communication leading up to this event, I think each who played a role in making this meet a success rose to the occasion. For this meet, the location and venue, though hard to find for some, was excellent. We had a great crowd come and watch the meet! (results courtesy of Jim Roberts)

ADAU National Deadlift
4 AUG 07 - Erie, PA

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15-20 NOV, WABDL Worlds (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 (one80sports) 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, 304-376-7538, mccasie@yahoo.com

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

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

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

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

17-18 NOV, USAPL Bench Press Nationals, Dan

COMING EVENTS

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, echaillet@aol.com, www.ipapower.com

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

18 NOV, ADAU Connecticut State Open (Brookfield, CT) Rob Delavega, 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 Regionals (BP, PL - Miami, FL) Robert Keller, 954-790-2249, rhk@verizon.net, www.geocities.com/floridausapl

NOV, USAPL Police & Firefighter Nationals (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 (men, women, all divs./wt. classes) Powerhouse Gym, 1030 Baltimore Blvd., Westminster, MD 21157, Glenn 410-634-9195

1 DEC, NASA New Mexico (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 (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, APF/AAPF Southern States PL/BP (Jacksonville, FL)

APF/AAPF WPO Schedule

- 1 DEC, APF Record Breakers
- 1 DEC, APF Texas Gulf Coast
- 8 DEC, APF Rio Grande Valley
- 1-2 DEC, APF/AAPF Southern States
- 15 DEC, APF/AAPF SC Old Man Winter
- 15 DEC, APF/AAPF Memorial Meet
- 2 FEB, APF Colorado State Push Pull
- 9 FEB, APF Open State PL/BP/DL & Raw
- 15-16 MAR, APF/AAPF Illinois State Meeet
- 15-16 MAR, APF/AAPF Alabama State
- MAR, APF/AAPF Snake River PL/BP/DL
- 11-13 APR, AAPF Nationals
- 12 APR, APF Gulf Coast Open
- 3-4 MAY, APF Master, Teen & Junior Nationals
- 5 MAY, APF Bench Press Meet
- 30-31 MAY, APF Senior Nationals
- JUN, APF/AAPF Chicago Summer Bash 5
- 16 AUG, APF Push Pull Meet
- OCT, APF/AAPF Snake River
- OCT, APF Halloween Monster Bench Bash
- 8 NOV, APF Bench Press
- NOV, WPO World PL/BP

Dates subject to change Call 886-389-4744 for info.

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Amy Jackson, 505 Westgate Dr., Aurora, IL 60506, 866-389-4744
1,2 DEC, 100% RAW Teenage Worlds (Entry deadline November 3, All lifters and teams receive awards - location??) Spero Tshontikidis, 4353 Collinwood Dr., Melbourne, FL 32901, 3 2 1 - 5 0 5 - 1 1 9 4 , tshontis@brevard.k12.fl.us
1,2 DEC, 100% RAW Open & Masters Worlds (Entry deadline November 3, All lifters and teams receive awards) Spero Tshontikidis, 4353 Collinwood Dr., Melbourne, FL 32901, 3 2 1 - 5 0 5 - 1 1 9 4 , 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, pwrfltrs@msn.com, www.powerliftingCA.com
8 DEC, APF Rio Grande Valley (men, women, below 1, masters, juniors, submasters - McAllen, TX) Flexion Strength Systems, Seguin Fitness, 114 E. Mountain, Seguin, TX 78155, 800-378-6460, www.seguinfitness.com, seguinfitness@satx.rr.com
8 DEC, 54th APC Ironman Open, Bob & Kim Packer 559-322-6805, 559-323-3892
8 DEC, Paxton Power Gym Strongman III (Paxton, MA) 508-9 9 1 - 3 2 9 1 , 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, wnfp@aol.com, http://members.aol.com/wnpf
8 DEC, USAPL Virginia State PL/BP/DL/Ironman, John Shifflett, 186 Happy Hollow Rd., Ruckersville, VA 22968, 434-985-3932
8 DEC, 3rd Annual IPA Christmas Carnage & IPA Qualifier (Full power, BP - Leesport, PA) Gene Rychlak Jr., 143 2nd Ave., Royersford, PA, 610-948-7823, bench_a_grand@yahoo.com
8 DEC, Northern California Open PL, BP, DL (Yuba City, CA) Steve Denison, 661-333-9800, pwrfltrs@msn.com
8 DEC, SLP Arkansas Christmas for Kids BP/DL (Glenwood, AR) Dr. Darrell Latch, 122 W. Sale, Tuscola, IL 61953, 217-253-5429, sonlight@netcare-il.com, www.sonlightpower.com
8 DEC, NASA West Texas Regional (Un/Equipped, PL, PS, PP, BP Only - Hereford, TX) Rich Peters, PO Box 735, Noble, OK,

73068, 405-527-8513, SQBPDL@aol.com
8 DEC, USA Power Open BP/DL (B&R Family Fitness Club, 1040 Mill Creek Dr., Feasterville, PA 19053) Dave West, 215-355-2700 X130.
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, wnfp@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@pikilup.com
9 DEC, SLP Oklahoma Christmas for Kids BP/DL (Sallisaw, OK) Dr. Darrell Latch, 122 W. Sale, Tuscola, IL 61953, 217-253-5429, sonlight@netcare-il.com, www.sonlightpower.com
15 DEC, Iron Open PL/BP/DL (Booneville, IN) Dustin Minks, 812-306-3586
15 DEC, APF/AAPF South Carolina Old Man Winter Push Pull (Greenville, SC) Amy Jackson, 505 Westgate Dr., Aurora, IL 60506, 866-389-4744
15 DEC, APF/AAPF Memorial Meet (Lake George, NY) Amy Jackson, 505 Westgate Dr., Aurora, IL 60506, 866-389-4744
15 DEC, 5th BP/DL Classic (Lehigh, PA) Robert Eckhart 610-377-5852, eckhart1@ptd.net
15 DEC, Christmas & Hannukah BP (Tucson, AZ) Balance Fitness 5 2 0 - 2 9 2 - 2 1 0 0 , 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, 4 0 5 - 5 2 7 - 8 5 1 3 , SQBPDL@aol.com
15 DEC, 20th Elkhart BP Classic (Elkhart, IN) Jon Smoker, jjrcsmoker@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

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

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, 2 1 7 - 2 5 3 - 5 4 2 9 , 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, South Carolina UPA Inaugural BP/PP (Greenville, SC) Bart Kelley, UPA SC Chair, 864-7 0 4 - 7 1 5 2 , kfield@unitedpowerliftingassociation.com
12 JAN, Thunderbird Gym's New Year's Bench Meet (Somerset, PA)

David Lhota 814-921-5182, lhotamf@netzero.net
12 JAN, Chippewa Classic Open Powerlifting Meet (Chippewa Falls, WI) Job Hou-Seye, 1-888-JOB-H O U S E Y E , statechaiman@wisconsinpowerlifting.com, aandz.insurance@sbcglobal.net
19 JAN, USPF Push 'em Pull 'em Pardner, Cold Iron Gym, Box 814, Tombstone, AZ, 86538, 520-457-3955, coldirongym@aol.com
19,20 JAN, IPA Columbus Pro-Am (cash awards - Columbus, OH) Dan Dague 614-554-8824, lexenxtreme@aol.com, www.lexenxtreme.com
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 Meskew, 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
2 FEB, AAU Sooner State Winter Games, Crain's Muscle World, 3803 N. Bryan Rd., Shawnee, OK 74804, 405-275-3689
2 FEB, APF Colorado State Push Pull (Pueblo, CO) Amy Jackson, 505 Westgate Dr., Aurora, IL 60506, 866-389-4744
9 FEB, APF Open State PL/BP/DL & Raw (Phoenix, AZ) Amy Jackson, 505 Westgate Dr., Aurora, IL 60506, 866-389-4744
16 FEB, AAU Wisconsin State & Midwestern Regional BP/DL/PP, Wisconsin Health & Fitness, N112 W15800 West Mequon Rd., Germantown, WI 53022, Dave Constantineau, 262-253-1278, Guy Powell, 920-988-5161
16 FEB, West Coast Open & Novice BP, John Ford 650-303-7518
16 FEB, Red Brick Meet (Assist, Raw, all weight & age divisions - Lewiston Red Brick School, Lewiston, NY) Dennis Brochey, Meet Director, 205 N. 5th St., Lewiston, NY 14092, 716-200-3 5 3 3 , 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, 518-8 5 8 - 7 0 0 2 , 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, ADAU Emmanuel Single Lift Open, Sam Contakos, Box 1084, Johnstown, PA 15907, paworkout@aim.com
23 FEB, 2nd Annual Barno/Newman Classic & IPA Qualifier (Full power, BP - Ashton, PA) Gene Rychlak Jr., 143 2nd Ave., Royersford, PA, 610-948-7823, bench_a_grand@yahoo.com
29 FEB - 2 MAR, 20th Anniversary Arnold Classic, www.arnoldsportsfestival.com, 614-431-3600
1 MAR, Police & Fire Nationals (Kansas City, KS) JDuree@aol.com
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

19,20 January 2007
 IPA Columbus Pro-Am
 DAN DAGUE
 614-554-8824
 lexenxtreme@aol.com
 www.lexenxtreme.com
 for entry form
 Cash Awards on Pro Day

Oklahoma City, OK) Rich Peters, PO Box 735, Noble, OK, 73068, 405-527-8513, SQBPDL@aol.com
15-16 MAR, APF/AAPF Illinois State Meet (Willowbrook, IL) Amy Jackson, 505 Westgate Dr., Aurora, IL 60506, 866-389-4744
15-16 MAR, APF/AAPF Alabama State Meet (Gadsden, AL) Amy Jackson, 505 Westgate Dr., Aurora, IL 60506, 866-389-4744
16 MAR 08, NASA 1st Annual Pro Power Sports (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 32901, 3 2 1 - 5 0 5 - 1 1 9 4 , 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.northernvirginiarawpower.com
29 MAR, USAPL Police/Fire Nationals (Scranton, PA) Steve

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

8 DEC, WNPf Sarge McCray BP/DL/SC
 9 DEC, WNPf Delaware BP, DL, C

WNPF, PO Box 142347,
 Fayetteville, GA 30214

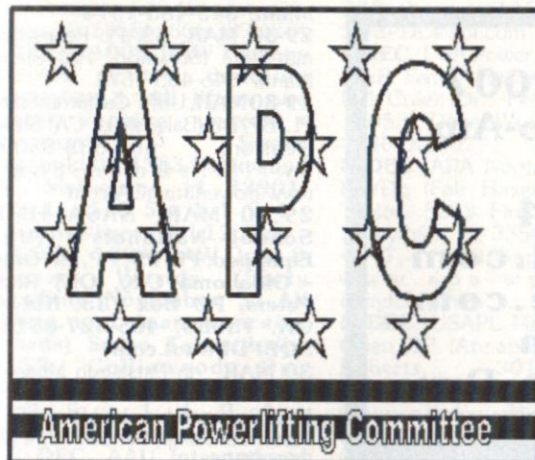
678-817-4743 or wnfp@aol.com
 website - members.aol.com/wnpf

UPCOMING SLP COMPETITIONS

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)
 9 DEC, SLP Oklahoma Christmas for Kids BP/DL (Sallisaw)

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

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, pwrfltrs@msn.com, www.powerliftingCA.com
29,30 MAR, NASA High School Nationals (Un/Equipped, PL, PS, PP, BP Only - Oklahoma City, OK) Rich Peters, PO Box 735, Noble, OK, 73068, 405-527-8513, SQBPDL@aol.com
30 MAR, 9th Pittsburgh Monster BP/DL (men/women, all classes) Mike Barravecchio, 152 Dover Dr., Moon Township, PA 15108, 412-264-9996
MAR, NASA Kentucky (PL, PS, PP, BP Only -) Greg & Susan Van Hoose, Rt. 1 Box 166, Ravenswood, WV 26164, 304-273-2283, gvhl@wirefire.com
MAR, APF/AAPF Snake River PL/BP/DL & Special Olympics (Idaho Falls, ID) Amy Jackson, 505 Westgate Dr., Aurora, IL 60506, 866-389-4744
5 APR, USAPL Richmond Open PL/BP (sculptured awards - Mechanicsville, VA) Phillip Battle 8 0 4 - 3 0 1 - 2 1 9 6 , p_battle@hotmail.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
11-13 APR, AAPF Nationals (Lake George, NY) Amy Jackson, 505 Westgate Dr., Aurora, IL 60506, 866-389-4744
12 APR, APF Gulf Coast Open (New Port Richey, FL) Amy Jackson, 505 Westgate Dr., Aurora, IL 60506, 866-3889-4744
12 APR, APC Georgia State Open PL/BP, L.B. Baker, 770-713-3080
19 APR, Bartlesville Classic (Bartlesville, OK) JDuree@aol.com
19 APR, Kern County High School Meet (Bakersfield, CA) Steve Denison, 661-333-9800, pwrfltrs@msn.com, 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
26 APR, 100% Raw Virginia State BP/DL/CR, John Shifflett, 186 Happy Hollow Rd., Ruckersville, VA 22968, valifting@aol.com, 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
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



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
 IronDawg Power, www.irondawg.com

3 MAY, Central California Open & Novice PL/BP

3 MAY, USPF San Diego Open PL/BP/DL, Steve Denison, 661-333-9800, pwrlftrs@msn.com, www.powerliftingCA.com

3-4 MAY, APF Master, Teen & Junior Nationals & WPC World Qualifier (Baton Rouge, LA) Amy Jackson, 505 Westgate Dr., Aurora, IL 60506, 866-389-4744

5 MAY, APF Bench Press Meet (Phoenix, AZ) Amy Jackson, 505 Westgate Dr., Aurora, IL 60506, 866-389-4744

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

10 MAY, Mr. T's Freak Show II (strongman, powerlifting-New London, WI) Tom Theama 920-359-0432, theama@charter.net

16-17 MAY, USAPL Texas State, Hector Munoz, 108S. 18th, Carrizo Springs, TX 78834, 361-813-9691

17 MAY, San Jose Open PL/BP/DL, Steve Denison, 661-333-9800, pwrlftrs@msn.com, 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, 3 2 1 - 5 0 5 - 1 1 9 4 , tshontis@brevard.k12.fl.us
 30-31 MAY, APF Senior Nationals (1-3 qualifies for WPC Worlds - Omaha, NE) Amy Jackson, 505 Westgate Dr., Aurora, IL 60506, 866-389-4744

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

MAY '08, WDFPF European Single Event (Como, Italy) www.wdfpf.org

13-14 JUN, 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, pwrlftrs@msn.com, www.powerliftingCA.com

21 JUN, USAPL SC State (Brickhouse Gym) Dan Austin, 215 Windsorcrest 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.adpf.org

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

JUN, APF/AAPF Chicago Summer Bash 5 (Willowbrook, IL) Amy Jackson, 505 Westgate Dr., Aurora, IL 60506, 866-389-4744

JUN, APC National PL/BP (Las Vegas)

12 JUL, Nebraska Strongest Man Strongman Competition (American Legion, 230 W. Lincoln Rd., Papillion, NE 68046) DJ Satterfield 4 0 2 - 5 9 2 - 1 2 4 3 , 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

12 JUL, USPF Fresno Open PL/BP/DL, Steve Denison, 661-333-9800, pwrlftrs@msn.com, www.powerliftingCA.com

26 JUL, APC Northern California PP/BP/DL

26 JUL, 4th Vermont State Open Raw BP, All American Fitness, 1881 Williston Rd., S. Burlington, VT 05403, 802-865-3068, 802-9 9 9 - 7 8 4 5 , 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,

3 2 1 - 5 0 5 - 1 1 9 4 ,

tshontis@brevard.k12.fl.us
 2 AUG, USPF Muscle Beach Push Pull BP/DL (Venice Beach, CA) Steve Denison, 661-333-9800, pwrlftrs@msn.com, 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

9 AUG, N. Virginia Raw PL/BP (VA) John James 703-475-9885, www.northernvirginiarawpower.com

9 AUG, Fall Classic (Bartlesville, OK) JDuree@aol.com

16 AUG, APF Push Pull Meet (Phoenix, AZ) Amy Jackson 505 Westgate Dr., Aurora, IL 60506, 866-389-4744

23 AUG, 100% Raw Eastern USA Open BP/CR, John Shifflett, 186 Happy Hollow Rd., Ruckersville, VA 22968, valifting@aol.com, www.rawpowerlifting.com

AUG, AWPC World PL/BP (Chicago, IL) Amy Jackson, 505 Westgate Dr., Aurora, IL 60506, 866-389-4744

13 SEP, USPF Muscle Beach PL/BP/DL (Venice Beach, CA) Steve Denison, 661-333-9800, pwrlftrs@msn.com, 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, 3 2 1 - 5 0 5 - 1 1 9 4 , tshontis@brevard.k12.fl.us

4 OCT, USPF Central California Open PL/BP/DL (Modesto, CA) Steve Denison, 661-333-9800, pwrlftrs@msn.com, 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.adpf.org

11 OCT, SSA Full Power/Ironman/Single Lift (Iron Asylum Gym, Tribes Hill, NY) Sandi McCaslin, 518-858-7002,

www.ironasylumgym.com

18 OCT, USPF Monster Beach & Night of the Living Deadlift (Chatsworth, CA) Kevin Meskew, 8 1 8 - 8 9 9 - 7 5 5 5 , warrrior01@earthlink.net, www.powerliftingCA.com

18 OCT, APC Northern California Open PL/BP, John Ford 650-303-7518

OCT, APF/AAPF Snake River PL/BP/DL & Special Olympics (Idaho Falls, ID) Amy Jackson, 505 Westgate Dr., Aurora, IL 60506, 866-389-4744

OCT, APF Halloween Monster Bench Bash (Eagle Nest, NM) Amy Jackson, 505 Westgate Dr., Aurora, IL 60506, 866-389-4744

NOV, APF Bench Press (Phoenix, AZ) Amy Jackson 505 Westgate Dr., Aurora, IL 60506, 866-389-4744

NOV, Regionals (Kansas City, KS) JDuree@aol.com

15 NOV, N. Virginia Raw PL/BP, John James 703-475-9885, www.northernvirginiarawpower.com

NOV, WPO World PL/BP (Canada) Amy Jackson, 505 Westgate Dr., Aurora, IL 60506, 866-389-4744

5-7 DEC, RAW United Worlds (all current membership cards honored, all lifters & teams receive awards, entry deadline Saturday, November 8) Spero Tshontikidis, 4353 Collinwood Dr., Melbourne, FL 32901, 3 2 1 - 5 0 5 - 1 1 9 4 , tshontis@brevard.k12.fl.us

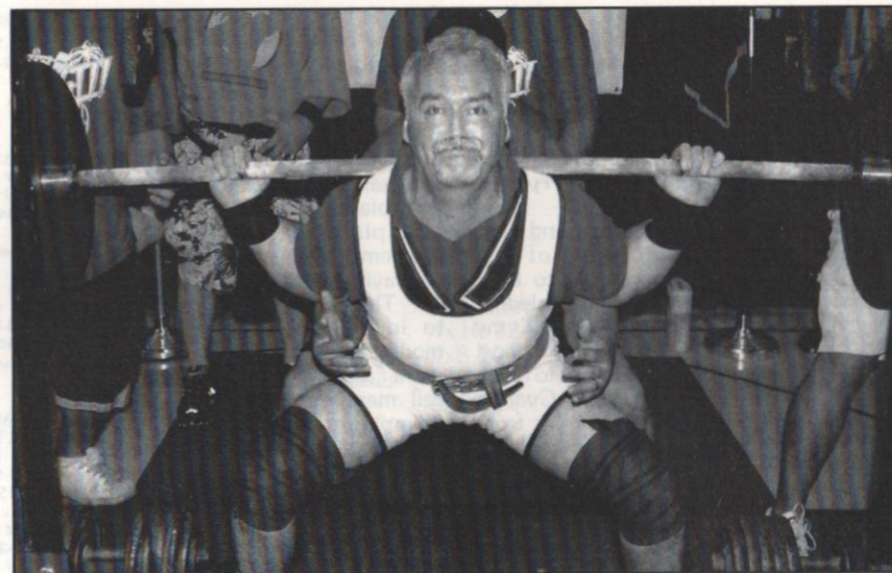
6 DEC, USPF NorCal Open PL, BP, DL (Sacramento, CA) Steve Denison, 661-333-9800, pwrlftrs@msn.com, www.powerliftingCA.com

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

MEET DIRECTORS ... there are literally hundreds of meets for the readers of PLUSA to choose from each month. Put a display ad in PL 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 ... TOTALLY FREE!!

(article continued from page 91)

A third attempt, this time with 245 kgs. (540 lbs.) was no good with red lights. Good try. Again opening easy with a 60 kgs. deadlift, he moved up to 272.5 kgs. (600.75 lbs.) for his second attempt, and good again! A great lift giving him exactly what he wanted, a 2000 lbs. total! He set a new American Record of 397.5 kgs. in MM 40-44 at 110 kgs., three new SC State records, first place in MM 242 and "Best APF Lifter" Congratulations "Officer". The last powerlifter was Mike Johnson lifting in MO 242. He has been the SC State APF record holder since he first lifted with us in 2004. His main focus is "Strongman". He is a champion competitor and the head of the "American Strongman Co.". He currently trains at SC Strength in Rock Hill. He came today looking for a "Grander" (the 1000 lbs. squat). With lots of safety spotters nearby he opened with 430 kgs. (947.7 lbs.)! But he couldn't control it, so no lift. Back for his second attempt, this time with "it" (1003 lbs.) on his back, down but not low enough, so no good. A third attempt at the squat with 1014 lbs. still not low enough, he grimaces in pain as a persistent shoulder injury rears its ugly head and no lift. Great try for a great warrior. He will be back and he will get it. He never quits! The first of our push/pull competitors was 21 year old Matt Palmer of Rock Hill, lifting in his first meet, in MO 220. Matt is a Winthrop student and trains at the University gym. His first benchpress attempt with 92.5 kgs. was nice and smooth, and he racked it! Good lift! Same for his next with 97.5 kgs. (214.75 lbs.) done! Moving up to 107.5 kgs. to take a shot at a new PR, not today. A great effort with 236.75 lbs. but he can't lock it out, so no lift. He deadlifted 142.5, 155 and 167.5 kgs. (369.25 lbs.) looking strong and confident. He totaled 265 kgs. (584.2 lbs.) and first place in his AAFP division. Good job for his first meet. Eddie Bailey from Cambridge, SC was our next lifter. This is the first meet for this 41 year old MM at 198. He has only been training for one year and he was ready to lift. He made his first bench press look easy with 117.5 kgs. Up to 135 kgs. (297.5 lbs.) for his next try, he has to fight it, but he wins. Good lift! Moving up to 140 kgs. (over 300 lbs.) he gives it a push, but, no way. Good try. Moving on to the deadlift he does great three solid lifts of 117.5, 147.5, and 170 kgs. (374.75 lbs.). Nice! Totaling 305 kgs. (672.25 lbs.) he gets first place in MM 198 and "Best Push/Pull" AAFP lifter. I'm sure that we will see him again. Good job! Another first timer, William Delongis, 19 years old, was next. He is also a student at Winthrop and lives in Rock Hill. He competes in J/T 220. His opening bench with 117.5 kgs. was good with three white lights! A second attempt with 135 kgs. (297.5 lbs.) was also good, and a nice job! A try at 155 kgs. was just too heavy. It looks like he loves to deadlift! Three smooth lifts with 135, 152.5, and 162.5 kgs. (358 lbs.) looked real good. Totaling 297.5 kgs. (655.75 lbs.) he earned first place J/T 220 AAFP. First meet Kudos! Josh Bunn is a 22 year old student from Clayton, NC and has been working out at "Kyles" for only one year. He had three good bench presses with 125, 142.5, and then 155 kgs. (341.5 lbs.) nice! His opening deadlift with 175 kgs. was good and strong three white lights. Moving up to 185 kgs. (407.75 lbs.) for his next attempt, pull and good! He hitched his last attempt with 440.75 lbs., but no lift. He totaled 340 kgs. (749.5 lbs.) for first place in MO 198 APF. Next up was Brad Johnson, another Clayton lifter, training for only two years, in MO 242. He opens with a 185 kgs. bench



Best AAFP Powerlifter was Buddy Nichols with a 589 SQ at Men's Master 198 division.

attempt and makes it easily. Up to 195 kgs. (429.7 lbs.) for his next also a good rack! A real good try with 205 kgs., but no go. He's a good deadlifter. Making 267.5, 277.5 and 290 kgs. (639.2 lbs.) strong and solid for a good job! He totals 485 kgs. (1069 lbs.) for first place in MO 242. Joe Standley from Clayton is a big 24 year old and lifts in MO275. He has been lifting only one year and has already won second place in MO 275 at SC APF 2/2007. He trains and lifts with the big guys. His first bench attempt with 210 kgs. (462.7 lbs.) was real strong and on the money for a good lift and a new PR for him. Another big push with 501.5 lbs. was also good. Wow, another new PR! A try with 233.5 kgs. was a little too heavy and no good. He's a big deadlifter who has a 700 lbs. PR that he wants to break. His first pull was awesome and a good lift! That looks heavy, it is, 295 kgs. (650 lbs.)! His next attempt, this time with 320 kgs. (705.2 lbs.) for a new PR, bam! Good, great lift! Pushing the edge a little bit more, but, not today as it was too heavy. He had a great day of lifting with a 1207 lbs. total, first place in MO 275 and "Best Push/Pull" lifter of the meet. Big John Pinder is one of our guest lifters from Clayton Fitness. "Pinder" is an experienced lifter who holds many NC State records and lifts in MM 275. He has lifted with us before and we all enjoy seeing this 48 year old lift with the young guys. His opening bench attempt with 227.5 kgs. (501.5 lbs.) was smooth and easy for a good lift! 250 kgs. for his next attempt gave him a little trouble and he couldn't quite get it

no lift. Back again with 250 kgs. (551 lbs.) for his third. He got it this time and it was good! He made his first deadlift with 327.5 kgs. (722 lbs.) look easy for three white lights. Up to 350 kgs. (771.5 lbs.) for his second was also a good awesome lift! A crack at 793.5 lbs. was a little too much, so no go. He totaled 1322.75 lbs, the highest of the APF push/pullers. Next up was Brian Kornegay from Clayton, NC. "Biggie" lifts in MO 308 and is only 22 years old. An opening bench press with 217.5 kgs. looked easy for him and it was a good lift. A second attempt with 235 kgs. was also good, nice lift! Up to 250 kgs. (551 lbs.) for his final bench push, push, for a good lift! His first deadlift with 250 kgs. (551 lbs.) was strong and solid, for a good lift. He couldn't get his next two attempts with 600 lbs. but not for lack of trying. Perhaps next time! Totaling 500 kgs. (1102.2 lbs.). He was first in MO 308 APF. Grant "Granite" Austin, the head "Executioner" from Charlotte, NC was up next. He has lifted with us before and has earned many PL trophies. He started with a big 272.5 kgs. (600.75 lbs.) opener on the bench but was a little short and no lift. His next two attempts needed the help of the spotters, too much for him. He was officially out of the meet but we let him deadlift. He really attacked his first deadlift, and made that 600 lbs. pull, nice and solid. Good lift! Two attempts with 300 kgs. (661 lbs.) were too heavy today. "He'll be back"! Here comes our next guest lifter, Kyle Robertson from Clayton, NC the NC APF/AAPF Chairman and WPO semi-finalist. He has a 1000 lbs.

257.5 kgs. was strong and solid for a good lift! His next attempt, this time with 277.5 kgs. was also real strong Wow! Going for a new PR, he calls for 282.5 kgs. (622.75 lbs.) and blasts it up for three white lights for a great lift. The local guys are going wild! Great job, J. Next up is Curtis Rabon from Salisbury, NC and is the one to beat. He is the NC State bench press record holder. An opening attempt with 305 kgs. (672.25 lbs.) needed the help of the spotters, so no lift. For his next attempt he moved up to 345 kgs. but needed the help of the spotters again settle down, big guy. And that he does. His last attempt with 345 (760.5 lbs.) is not getting away from him. He has complete control of the bar but just cannot lock it out, but good try! What an effort! And now, "big" (and getting bigger every time we see him) A.J. Coleman. He works out with Granite in Charlotte, NC, and comes here ready to bench. An opening attempt with 322.5 kgs. (710.7 lbs.) was awesome, up, strong and a solid good lift! His next two attempts with another "ton" on the bar, was just too much and needed the help of all of our spotters. That 710.7 lbs. bench press was the biggest of the meet. Good going! He earned first place in MO SHW and "Best Bench presser" of the meet. Many thanks to the nice folks at the American Legion Hall, and to all of our sponsors. Thanks as always to "our team" and all of those who volunteered to help us. A special thanks to Eddie of the "Rum Punch Bandits" for keeping the meet "rockin'" at what was probably an illegal decibel level. All are photos courtesy from Britt Humphries.

To: APF/AAPF State Chairman, Meet Promoters, and Members

The APF Board of Directors voted in a new president for the APF/AAPF. The term will run for 2 years, taking effect immediately. It was voted that Garry Frank serve as APF/AAPF President and Mike McDaniel as Vice-President.

I feel confident that both of these gentlemen will serve the organization well and provided many contributions. Both are very dedicated and their work and loyalty are appreciated. Congratulations to you both!

Amy Jackson, APF/WPC/WPO Office Manager, 505 Westgate Drive, Aurora, IL 60506, (630) 896-7309, www.worldpowerliftingcongress.com, www.worldpowerlifting.org

USAPL North Carolina State
11 AUG 07 - Bunn, NC

WOMEN	181 lbs.	220 lbs.	275 lbs.	315 lbs.
BENCH	181 lbs.	220 lbs.	275 lbs.	315 lbs.
Henderson	331*			
Open	198 lbs.	220 lbs.	275 lbs.	315 lbs.
105 lbs.	M. Sunter	364		
C. Stevenson	72*	220 lbs.		
165 lbs.	D. Abbott	342		
T. Walker	187*	Master (50-54)		
UNL	132 lbs.			
C. Allen	176*	G. Raisin		
Raw	198 lbs.			
105 lbs.	A. Davis	342*		
C. Stevenson	112*	220 lbs.		
165 lbs.	S. Whitted	314		
T. Walker	84*	Master (60-64)		
UNL	275 lbs.			
C. Allen	55*	J. McCann	336*	
MEN				
Open	Open			
123 lbs.	123 lbs.			
B. Etringer	171	B. Etringer	31*	
132 lbs.	132 lbs.			
G. Raisin	—	G. Raisin	110	
181 lbs.	181 lbs.			
D. Thompson	336	D. Thompson	90*	
Henderson	331	Henderson	104	
A. Yezer	—	198 lbs.		
N. Miceli	—	T. Daye	88	
198 lbs.	J. Wyatt	46		
T. Daye	375	A. Davis	115	
M. Sunter	364	L. Schirloff	93	
J. Wyatt	347	220 lbs.		
A. Davis	342	B. Schmidt	104*	
L. Schirloff	336	D. Abbott	106	
220 lbs.	S. Whitted	117		
J. McDermott	386	F. Champion	90*	
B. Schmidt	353	Teen (14-15)		
D. Abbott	342	123 lbs.		
S. Whitted	314	B. Etringer	31*	
242 lbs.	B. Etringer	Junior (20-23)		
F. Champion	364	198 lbs.		
275 lbs.	J. Wyatt	46*		
J. McCann	336	Master (40-44)		
Teen (14-15)	198 lbs.			
B. Etringer	171*	T. Daye	88*	
Teen (16-17)	L. Schirloff	93		
220 lbs.	242 lbs.			
J. McDermott	386*	F. Champion	90*	
Junior (20-23)	Master (45-49)			
198 lbs.	181 lbs.			
J. Wyatt	347*	Henderson	104*	
Master (40-44)	220 lbs.			
181 lbs.	D. Abbott	106		
A. Yezer	—	Master (50-54)		
198 lbs.	132 lbs.			
T. Daye	375*	G. Raisin	110	
L. Schirloff	336	198 lbs.		
242 lbs.	A. Davis	115*		
F. Champion	364	220 lbs.		
Master (45-49)	S. Whitted	117		
WOMEN	SQ	BP	DL	TOT
Open				
105 lbs.				
C. Stevenson	105*	72*	160*	336*
123 lbs.				
J. Denman	105	94	154	353
148 lbs.				
J. Wiersma	121	99	237	457
165 lbs.				
T. Walker	226	187*	292*	705*
Raw				
105 lbs.				
C. Stevenson	105*	72*	160*	336*
123 lbs.				
J. Denman	105*	94*	154*	353*
148 lbs.				
J. Wiersma	121*	99*	237*	457*
165 lbs.				
T. Walker	226*	187*	292*	705*
MEN				
Open				
123 lbs.				
B. Etringer	220	171	303	694
148 lbs.				
K. Farmer	375	220	320	915
165 lbs.				
A. Gatewood	380	237	342	959
181 lbs.				
D. Thompson	452	336	457	1246
J. Caliri	325	237	397	959
N. Miceli	55	—	408	—
198 lbs.				
J. Wyatt	435	347	491	1273
D. Reagan	364	303	369	1036
220 lbs.				
T. Shelton	573	424*	667*	1664*
B. Schmidt	452	353	546	1350
J. McDermott	480	386	463	1328
B. Kirchhoff	408	314	452	1174

(continued from page 42)

product. I decided to step up to once a day with Tboost, but take GHboost twice a day. I'd like to know if there is an optimal way to take this, including cycling on and off. Thank you. Terry

Hi Terry: I recommend that people cycle most of my supplements according to their training and lifestyle, including TestoBoost and GHboost. It's my belief that the body adjusts to most things over time as it tries to reach a homeostatic state. Cycling supplements prevents this from happening and thus in the long term is more effective than taking them all the time. How you cycle them depends on your circumstances and goals. If you periodize your training I would suggest that you increase the dosages of one or both during the time you're training the hardest and take less when you're not and none when you're training the least. You can also take them in two four week cycles with two to two weeks off in between. During the first four weeks you would use both once a day and the second take one or both before training and before bed. There are a number of ways you can cycle supplements and by experimenting with different dosages and times of day under various circumstances you can find out what works best for you. I hope that this helps. Best regards, Mauro

Dear Dr. Mauro: I feel like I am drinking tons of water and that I am pissing it out just as fast. I am currently taking NO2, creatine monohydrate, and Animal Paks. I am 5'8" tall and 238lb. powerlifter. I am using the start phase from the Anabolic Solution for Powerlifters. I admit that I like my coffee in the morning but otherwise I have been staying away from caffeine. So why am I cramping? Also my wife wants to know why I get brain dead 3-4 weeks into the program is it because I have my carbohydrates too low? Thank you for your help. Aaron

Hi Aaron: You're likely going

S. Morrison	375	276	474	1124
D. Kozlik	435	121	551	1108
M. Best	353	220	463	1036
T. Simon	364	276	397	1036
242 lbs.				
T. Arrington	507	342*	507*	1356*
275 lbs.				
C. Dennis	568	358	562	1488
C. Graham	524	386	562	1472
J. McCann	402	336	424	1163
SHW				
M. Neal	733	540	656	1929
Teen (14-15)				
123 lbs.				
B. Etringer	220*	171*	303*	694*
Teen (16-17)				

through a diuresis secondary to the low carbs and your copious water intake - increasing your water intake increases urination but also increases the loss of electrolytes. The end result in a hyponatremia and likely a hypokalemia (low levels of sodium and potassium in your system) and cramping. Some of the supplements you're using may also be playing a part.

The cure for the cramping is to increase your salt intake moderately, and to take some extra calcium (this helps stabilize cell membranes and decreases cramping) and potassium. Low potassium levels can also cause problems down the line, such as fatigue and some mental cloudiness. Again I'd take some potassium supplements while you're on the diet to keep levels within the normal range. The loss of electrolytes, and other possible problems with the initial part of my phase shift diets is one of the reasons I formulated and recommend MVM. It contains healthy doses of calcium, magnesium and potassium, and well as several other ingredients that help keeps things on an even keel. Mauro

Dear Mauro: Do you recommend flies to help build up the bench press? Jerry

Hi Jerry: In my experience flies never really translated into strength gains in the bench press. Variations on the bench press always worked best for me with a 30% incline bench press being my favorite. Others have found other exercises useful including partial benches, boards on the chest, chains, dumbbell benches, and the parallel bar dip with weights.

No matter what accessory exercises you do keep in mind that they are just accessory exercises. You still have to work your bread and butter bench presses to realize real strength gains. Don't get disillusioned if you don't make gains as quickly as you'd like. It takes years to build up to decent poundages and if you periodize your training and do it right you'll minimize over training and injuries so you can make steady progress. Mauro

220 lbs.				
J. McDermott	480	386	463	1328
Teen (18-19)				
148 lbs.				
K. Farmer	375*	220	320	915*
Junior (20-23)				
198 lbs.				
J. Wyatt	435	347	491	1273
D. Reagan	364	303	369	1036
220 lbs.				
S. Morrison	375	276	474	1124
D. Kozlik	435	121	551	1108
Master (40-44)				
220 lbs.				
T. Simon	364	276	397	1036
Master (50-54)				

220 lbs.				
M. Best	353	220	463	1036
Master (60-64)				
275 lbs.				
J. McCann	402	336*	424	1163
Raw				
Open				
123 lbs.				
B. Etringer	220	171*	303*	694
181 lbs.				
D. Thompson	452*	336*	457*	1246*
J. Caliri	325*	237*	397*	959*
198 lbs.				
J. Wyatt	435	347	491	1273
D. Reagan	364	303	369	1036
220 lbs.				
B. Schmidt	452*	353*	546*	1350*
S. Morrison	375	276	474	1124
D. Kozlik	435	121	551	1108
M. Best	353	220	463	1036
T. Simon	364	276	397	1036
275 lbs.				
C. Dennis	568	358	562	1488
SHW				
M. Neal	733*	540*	656*	1929*
Teen (14-15)				
123 lbs.				
B. Etringer	220*	171*	303*	694*
Junior (20-23)				
198 lbs.				
J. Wyatt	435*	347*	491*	1273*
D. Reagan	364	303	369	1036
220 lbs.				
S. Morrison	375	276	474	1124
D. Kozlik	435	121	551	1108
Master (40-44)				
220 lbs.				
T. Simon	364*	276*	397*	1036*
Master (50-54)				
220 lbs.				
M. Best	353*	220*	463*	1036*

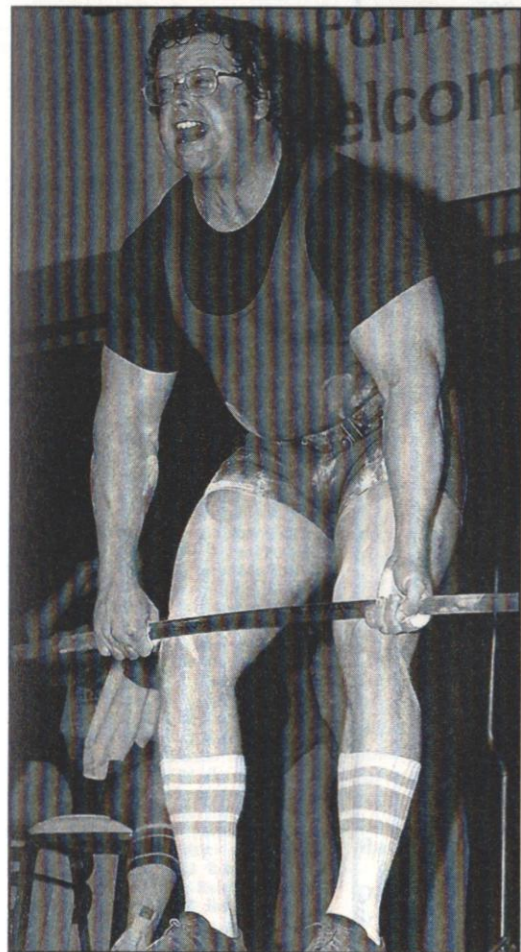
*=Records. Best Equipped Bench: John McDermott. Best Raw Bench: Tyrre Xavier Daye. Best Equipped Lifter: Todd Shelton. Best Raw Lifter: Michael Neal. The 2007 USAPL North Carolina State Powerlifting Championships were held at Bunn High School near Raleigh, and were a big success! This is the first time since the mid 1980's in Princeton, NC that a USAPL/ADFP meet was held near the Raleigh area. Nearly 40 lifters competed for the bragging rights of State Champion in Equipped Full Power & Bench Press and Raw Full Power & Bench Press. Best Lifters were Michael Neal in the Raw Powerlifting Division with a huge 1929 lb. total (SHW), and Todd Shelton in the Equipped Powerlifting Division with a 1664 lb., total (220). Michael and Todd displayed great sportsmanship and class through the entire contest, and were inspirational for all spectators and lifters that were present. Both the Equipped and Raw divisions were populated with lifters of all levels of experience and ability. Many lifters of all ages were there to compete in their first contest, while other USAPL veterans of up to 25 years competed. There were also current and past USAPL National Champions on the platform. We would like to thank Pete Alaniz of Titan Support Systems for contributing two very cool looking Katana swords and gift certificates for our Best Lifter awards. We would also like to thank everyone who volunteered their valuable weekend time to spot and load, which kept the meet running very smoothly and safely. Jennifer and Donovan Thompson were vital in the success of the meet by providing the equipment and guidance before, during and after the event. The scoring table crew was nearly flawless and the judges were as consistent as you will find. Everyone did a great job! The Bunn High School Football team provided plenty of food and refreshments throughout the day and was very helpful in coordinating the use of their facilities. We would like to thank the following sponsors of this event: Food Lion, Dillon Supply, Winstead's Grocery, Clay's Power Equipment, About Skin Care with Jan Rogan, Van Products, CC&I Refurbishing, Powerhouse Fitness Center, Four Brothers Auto, Osbourne Chiropractic, Lake Royale, PPS CPAs, and Waste Industries. Sponsor contributions kept entry fees as low as you will see in any powerlifting organization. Meet Directors: Bill Schmidt, Nick Miceli, and Kent Walton. (results courtesy Donovan and Jennifer Thompson)

WABDL Southern Regional BP/DL
14 JUL 07 - Humble, TX

BENCH	M. Stern	187*
WOMEN	181 lbs.	
Teen (12-13)	C. Lee	292*
132 lbs.	M. Scott	303*
M. Banaszak	66*!	198 lbs.
Teen (16-17)	T. Banaszak	—
181 lbs.	259 lbs.	
S. Espinoza	181*!	A. Melartin
Teen (18-19)	Teen (16-17)	369*
181 lbs.	198 lbs.	
C. Gathright	303	C. Mathis
4th-319*!	275 lbs.	242*
MEN	T. Hall	385*!
Class I	D. Mena	407
181 lbs.	Teen (18-19)	
D. Sullivan	369	181 lbs.
198 lbs.	A. Mangum	281
J. Mayeux	501	220 lbs.
220 lbs.	H. Beall	352
H. Beall	551	4th-369*
D. Simmons	451	DEADLIFT
A. Whitaker	573	WOMEN
242 lbs.	Teen (12-13)	
C. McCartney	325	132 lbs.
308 lbs.	M. Banaszak	159
E. Stevens	473	4th-176*
309+ lbs.	Teen (18-19)	
K. Sayles	297	181 lbs.
Junior (20-25)	C. Gathright	369
198 lbs.	MEN	
J. Mayeux	374	Class I
220 lbs.	181 lbs.	
A. Whitaker	447	D. Sullivan
Law/Fire	198 lbs.	369
Master (48-55)	J. Mayeux	501
259 lbs.	220 lbs.	
J. Kaunowski	374*	H. Beall
L. Prince	341*	D. Spencer
Master (40-46)	A. Whitaker	573
198 lbs.	275 lbs.	
M. Arrendell	429	B. Bankston
J. Frickey	462	Junior (20-25)
242 lbs.	198 lbs.	
M. Gibson	424	J. Mayeux
M. LeBlanc	402	220 lbs.
259 lbs.	A. Whitaker	573*!
P. Parnell	600	Law/Fire
275 lbs.	Master (40-46)	
E. Dublin	611	181 lbs.
K. Shadid	424	J. Chaney
J. Stewart	755	275 lbs.
308 lbs.	K. Shadid	644
S. Mata	—	Master (47-53)
309+ lbs.	165 lbs.	
T. McKinney	—	M. Mosley
L. Polk	545	Master (54-60)
Master (47-53)	165 lbs.	
165 lbs.	K. Mannchen	363
M. Mosley	308	181 lbs.
259 lbs.	Klostergaard	446
D. Prevatt	402	M. Mauldon
309+ lbs.	198 lbs.	462
K. Sayles	297	B. Kline
Master (54-60)	Master (61-67)	503*
181 lbs.	181 lbs.	
Klostergaard	—	J. Christian
R. Roberts	352	4th-473*
198 lbs.	220 lbs.	
B. Kline	—	V. Breaux
220 lbs.	4th-472*!	562
V. Breaux	435	Open
Master (68-74)	220 lbs.	
181 lbs.	J. Ash</	

(continued from page 43)

was working at the Kulima hotel on the North Shore of Oahu from 1975-1977 we met again. He introduced me to Larry Lindberg, the independent TV producer who did the Smirnoff Surfing Classics from Sunset Beach



Terry McCormick ... a world class powerlifting personality with world class powerlifting ability.

and that Banzai Pipeline which was about eight miles from the Kulima Hotel, which is now called the Turtle Bay Hilton.

The meeting with Lindberg took place in November of 1976. My first Record Breakers meet was March 11, 1977. We agreed on a \$5,000 rights fee that NBC would pay me. Unfortunately, I told the IPF about it, so the World Records would be official, and they told NBC they wanted \$50,000. The deal was over, but the contact that I had was used by the IPF and Clay Patterson to televise the IPF World Championships from Perth, Australia, in November of 1977, for, you guessed it, \$5,000.

Then the World Championships were going to be televised from Turku, Finland, in November of 1978, but even though NBC had paid \$7500 for that event they decided not to televise it. I came through again. I met Les Keiter, who was the voice of Philadelphia Phillies in the Fifties and the man who broadcast the Clay-Liston fight on radio. He was a CBS sportscaster in Honolulu and a very good friend of Eddie Einhorn, the President of CBS Sports. Anyway, I got Dick Auerbach, the president of NBC Sports, and Einhorn to talk and CBS ended up televising

the World Championships from Turku, Finland, in November of 1978 and the Hawaii Record Breakers in May of 1979. Needless to say, the IPF and Gus Rethwisch have been at odds ever since. I also had an IPF executive from Canada tell me back about 1980 that "we are going to teach the United States a lesson. They have one vote like everybody else." Terry Todd and myself laid the groundwork to get the TV in the USA but the BBC, which is a major international network, never covered powerlifting nor paid a comparable rights fee as did CBS. The USA used to win every World Championship team title and held 37 of the possible 44 world records. Now the US team is a mere blip on the radar screen. In 1981, NBC and CBS both got tired of the feuding between the IPF and USPF. When the USPF was a USA affiliate the USA teams got their way paid to the IPF World Championships. Is that the case now? Hell, no. As I said in an earlier article, 1977-1981 was the golden era of powerlifting, the apex of the sport.

Now on to the meet. The attendance was 3,107 and we were now using only three of the four sections of the Sheraton ballroom. Still, it was huge, 28,000 square feet. Keep in mind we drew that many spectators with only 20 lifters! We had a women's physique show and a men's physique show. Dave Johns was the guest poser as well as local physique star Ernie Santiago, who had won Mr. USA.

In the lifting, Jim Rouse of Chicago bombed at 578 in the squat, but made a 451 bench raw at 165. Bench shirts weren't going to come along until 1984. He tried an unofficial world record bench of 485 and just missed it. Steve Baldwin, whom I just saw on August 13, 2007, after 25 years, squatted 540, benched 363, and deadlifted 573

(all raw) to win the 165s with a 1477 total. He is now a personal trainer in Memphis.

At 198, Mike Navares squatted 644, benched 396, and deadlifted 606 for a 1647 total. Francis Silva was second with a 1576 total. Francis benched 556 in an Inzer Blast Shirt at the 1985 Seniors in Chicago.

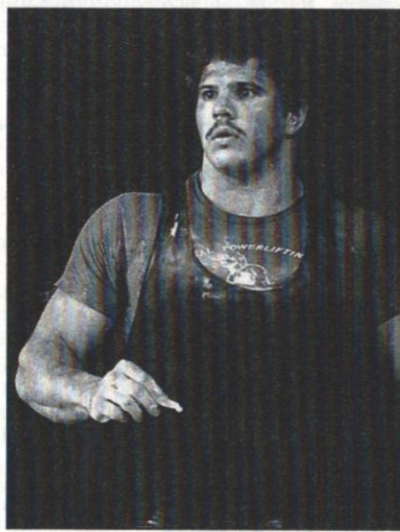
At 220 we had three legends. Dr. Squat Fred Hatfield, the best squatter of all time, Mark Dimiduk from Maryland and Chip McCain from Texas. Dimiduk went 793-473-771 for 2039. Put him in the IPF gear of today and he goes 2350. In the APF or WPO he goes 2475-2500. Fred Hatfield set a world record squat of 843 and also went 468 and 727 for 2039, but he was the heavier man. Chip McCain went 771-402-733-1906. He

tried an 821 squat and proceeded to back up uncontrollably out of the racks like a runaway freight train picking up momentum. He meant to take one step with each foot but backed all the way into the wall and then back into the racks, a trek of about 45 feet. That was one hell of a ride. I use that as my example #1 of why the Monolift never should have been approved. It helped make the squat boring ... that and canvas squat suits and about eight spotters made the squat into an assisted lift, not a competition lift. What TV executives told me over and over was "the Olympic lifter stands on the platform by himself. That's what we want in the squat." I had torn a back muscle at the 1980 Senior Nationals in Madison, Wisconsin, on an 837 opener in the squat. Ray Verdonck, Chip McCain, and I went in the bathroom to get a shot of pain medicine. I said, "is there going to be any complications from this shot?" Chip McCain, who was giving the shot said, "yes, possibly death." Needless to say, I didn't get the shot. Some time after this meet, Chip McCain disappeared. His body was never found. There was a lot of speculation. He had an 821 deadlift over his knees but had to settle for 733.

At 242, Steve Miller, whom I met in Shreveport, Louisiana, in March of 1975 went 705 518 710. I taught Steve a few things in the deadlift, mainly speed off the floor, and he got his first 600 deadlift at the Shreveport meet after missing 573 badly. He went on to do a 771 before his career was over. Marv Phillips was injured and could only get a 799 squat after doing 843 in 1980.

At 275, there was some impressive Record Breakers-like lifts: Terry McCormick, a true gentleman of the sport, pulled a huge 843 world record deadlift to go with a 799 squat and 523 bench for a 2166 total. Larry Kidney was second with 810 562 749 for a 2121 total. Dave Shaw, with legitimate 24 inch bodybuilder biceps, pulled 799 and was close with 816. He squatted 788 and benched 518 for a 2099 total.

At Superheavy, Dave Waddington went 943 567 727 for a 2238. Waddington had tripled 930 in training but couldn't get down with 914 on his first two attempts. So after 914 he literally set on the bottom for 2-1/2 seconds to get 943 passed in a single ply squat suit with no groove briefs, one of the greatest squatters of all time. He would eventually do 1000. Doyle Kenady had an off day with 903 and 937 in the squat and had to settle for 821 518 826 for a 2166 total. He just missed a world record 887 deadlift after doing 913 in training. Duane Feely, who was only 20, squatted 903, benched 540, and deadlifted 672 for a 2116 total. In 1982 Feely was going to blow minds. Mike Scott was the MC and Dick Gooch and Pan American Airlines was the main sponsor.



A young, lean Mark Dimiduk won the 220s in a close battle with Hatfield.

Mike Scott was the MC and Dick Gooch and Pan American Airlines was the main sponsor.

(continued from page 46)

aggression a youngster sees on television, regardless of his age, sex or social background, the more aggressive he is likely to be in his own attitudes and behaviors. The effects are not limited to youngsters who are in some way abnormal, but rather were found for large numbers of perfectly normal American children." Dr. Liebert further reports that, "It was not a boy's home life, not his school performance, not his family background, but the amount of TV violence he viewed at age 9 which was the single most important determinant of how aggressive he was 10 years later, at age 19." Although television networks have in recent years attempted to cut back on violent programming, the most recent Surgeon General's report revealed that violence still occurred in over 70 percent of all TV programs. Add to that the fact that children now watch television almost twice as much (4 and a half hours a day) as children did in the seventies and eighties, you could easily conclude that children are seeing more violence on the tube even though networks are cutting back on it. Still, it is not just television that creates "children gone wild." To begin with, violence appears in movies, novels, music, magazines, and the daily newspapers as well as on television. There is also the Internet and video games to consider. The incidence of violence on the Internet is difficult to quantify because the technology has moved faster than our capability to monitor it. Although there is little research designed to ascertain the effects that these mediums have on violent behavior, there is little reason to doubt that findings from other media studies will apply here too. Young children instinctively

imitate behavior they observe. In general, they do not possess the intellect or maturity to determine if the actions they witness are appropriate. Consequently, due to a child's role-modeling capacity to imitate violence, there is major concern that violent video games, with their real-life digitalized images, will cause children to exhibit more aggressive behavior and become more tolerant of real-life violence. Just as significant is the fact that children tend to imitate the adults around them. In actual fact, adults in many cases are the ones who shape cultural concepts of masculinity. Unfortunately, adults many times are role models for violent and aggressive behavior in our culture. For instance, many adults in America glorify smash mouth sports like boxing, ultimate fighting and professional wrestling. They also tend to be heirs of the "Street Justice" concept of righteousness in which arguments are settled on the street with calm disregard of the law. Actually, justification of using violence is affected by many cultural factors, including religious beliefs, poverty and racial prejudice. The poorer sections of any large American town usually experience many times more violent crimes than do the wealthy suburbs. Another vital statistic is that violent juvenile offenders are four times more likely to have grown up in homes where they saw violence. Worse yet, children who have witnessed violence at home are also five times more likely to commit or suffer violence when they become adults. Religion can also be a problem in perpetuating violence...yes, religion. The history of religion is perhaps a history of violence. Certainly, the two share a close relationship. It is no secret that religions advocate violence against other religions or unbelievers. In fact, all major religions - Catholicism, Protestantism, Judaism, Islam,

Hinduism, Sikhism and Buddhism - are tainted with violence. In truth, more people have died in the name of God than any other disaster the world has ever known. Just consider the Crusades, and what is happening today in the Middle East with Jihads spring up all over the place.

Considering the aforementioned, it should not surprise you that most social psychologists and social psychiatrists believe that "attitudes are likely to be reflected by behaviors," or that what people do is largely determined by the attitudes that their cultures have rewarded them for learning. In a society that approves of aggression, why would you expect people to be anything but aggressive?

So what have we learned over the past four months? Basically, that violence is usually multi-determined. That is, aggressive behavior almost always has biological, intra-psychic, and social /behavioral causes. Social factors are probably the most salient factor, but it goes without saying that human behavior is so complex you can't separate one factor from the other. We are not just biological animals....we also have a social and psychological side. In short, all of these factors are involved in our behavior.

And now to come full circle, did anabolic steroids cause Chris Benoit to kill his wife, children, and himself? In the words of Bill Cosby, "I don't know" and neither does anyone else. Drugs may have (and most likely did) contributed to his behavior, but no one can really say that steroids or any other drugs were the absolute reason for his behavior.

In short, it took me four months to tell you that there is no clear cut answer as to what it is that causes people to violate or kill each other? Still, I hope you enjoyed the journey.

Judd Biasiotto Ph.D.

SLP Platinum Fitness Open		(Raw)	
19 MAY 07 - Tulsa, OK		DEADLIFT	
WOMEN		WOMEN	
Teen (13-15)	T. Warner 330*	Teen (16-17)	220 lbs.
123 lbs.	Master (40-44)	132 lbs.	A. Marquez 385*
L. Sanchez 140*	181 lbs.	242 lbs.	4th-405*
Master (40-44)	S. Penfield 330*	242 lbs.	460*
181 lbs.	198 lbs.	Z. Henley 550*	
C. Crossland 350	S. Smith 375*	Master (40-44)	
181 lbs.	(Raw)	P. Daniels 505*	
MEN	P. Daniels 320	Master (50-54)	
Special Olympic	242 lbs.	220 lbs.	
220 lbs.	F. Powell 400*	M. Nagele 560*	
D. Thurston 315*	Master (45-49)	Open	
148 lbs.	198 lbs.	198 lbs.	
(Raw)	Radmilovich 290	C. Reinert 365	
D. Keirse 310*	4th-305	308 lbs.	
165 lbs.	242 lbs.	S. Springer 405	
(Raw)	T. Ward 500*	(GL)	
K. Bullock 215*	Master (50-54)	S. Trotman 525	
181 lbs.	198 lbs.	2-Man	
(Raw)	(Raw)	198 lbs.	
J. Hogan 410*	M. Lowry 325*	Marquez/Crapse	
4th-420*	4th-335*	805*	
198 lbs.	220 lbs.		
(Raw)	N. Dwinell 470		
J. Spangler 325*	Master (55-59)		
275 lbs.	198 lbs.		
S. Bickett 280	J. Guardado 275*		
Teen (13-15)	4th-285*		
148 lbs.	Master (65-69)		
S. Douglass 180	275 lbs.		
Teen (18-19)	J. Duckett 385		
148 lbs.	Police/Fire		
T. Worden 155	(50-54)		
165 lbs.	198 lbs.		
A. Marquez 240	R. Weaver 400*		
198 lbs.	Open		
(Raw)	220 lbs.		
A. Eller 285*	W. Trentham —		
Junior	242 lbs.		
220 lbs.	D. Gragg 475*		
F. Crapse 380	275 lbs.		
Submaster	(Raw)		
198 lbs.	K. Harris 415*		
(Raw)	308 lbs.		
G. Batterson 365*	S. Trotman 560*		

Kirk Bullock broke the raw state record at 165 with 215. Jerrad Hogan finished with four individual state records for the 181 class with 420. It was Jeremy Spangler at 198 with a new raw state record of 325 while Seth Bickett took top honors at 275 with 280, making just his opener there. Moving to the Teenage men's division it was Shane Douglas at 13-15/148 with 180. Tyler Worden won at 18-19/148 with 155 while Anthony Marquez grabbed the title at 165 with 240. Andrew Eller broke the state raw record at 198 with 285, making all three of his attempts with ease. Fred Crapse won at Junior 220 with 380. For the Submaster division Gregg Batterson broke the raw 198 record with 365 while Tommy Warner broke the record at 220 with 330. In the Master's division Steve Penfield set the state record for the 40-44/181 class with 330 while Sammy Smith captured the title at 198 with a new state mark of 375. Paul Daniels won the raw 198 class with 320. For the 242 class it was Frank Powell with a new state record of 400. Paul Radmilovich won at 45-49/198 with 305 while Tracy Ward took the 242's with a new state record of 500. Maurice Lowry set the state record at 50-54/198 raw with 335 as Nick Dwinell won at 220 with 470. Jorge Guardado broke the 55-59/198 class record with 285 while "The Great One" Jimmy Duckett tied his own state record at 65-69/275 with 385. Roy Weaver set the state record at Police & Fire 50-54/198 with his 400 final attempt. In the Open division our only bombout was 220 Open lifter William Trentham. William failed with this opener of 385 in a struggle with his new shirt. At 242 Donnie Gragg broke the state record with a solid 475. In the raw division Kenneth Harris broke the state record at 275 with 415. Steve Trotman broke the state record for the 308 class with a personal best 560, capturing also his first ever best lifter award. Scott Springer won the raw 308

class with his 315 opener. In the deadlift competition Emily Meadors set the state record for the 16-17/132 with 245. Also finishing with 245 and another state record was 40-44/148 winner Julie Sluss. Stephanie White pulled a personal best and new state record at Open 123 with 210. Joel Dougherty set the record for the Novice 132 class with 300 while Charlie King did the same at 165 with 405. Tyler Worden won his second title of the day at 18-19/148 with 275 while Anthony Marquez did the same at 165 with 405. Both were state records as well. Fred Crapse broke the state record for the Junior 220 with 460 along with Zach Henley, who did the same at 242 with 550. Paul Daniels broke the record at 40-44/198 with 505, as did Marc Nagele at 50-54/220. Marc finished with a state record 560, earning him best lifter honors as well. In the Open division Cully Reinert won at 198 with 365. Scott Springer won his second title of the day at 308 with 405 while Steve Trotman pulled 525 at 308 as a guest lifter. In the two man event it was Anthony Marquez and Fred Crapse with a state record pull of 805. Thanks again to all who helped out, the spectators and the lifters. See you all again this fall. (Thanks to Dr. Darrell Latch for results)

Blue Ridge Classic	
15 SEP 07 - Stanardsville, VA	
BENCH	
FEMALE	
Open	C. Riggelman 235
105 lbs.	220 lbs.
(40-44)	(40-44)
K. Ryman 135	G. Ferrell 505
148 lbs.	242 lbs.
(14-15)	Raw
T. Rudecille 145	K. Spittler 340
(40-44)	275 lbs.
S. Zerbe 385	(18-19)
198 lbs.	S. Murden 350

(Thanks to John Shifflett for these results)

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

WISDOM

vent wear and tear and to keep stability and warmth in the knees, I used the TK Knee Bands. The pounding affects the lower back and spine as well so I wore the TK Waist Band that kept my back warm and gave good support to the lower back.

The one thing that helped me lose inches around my waist was the TK Waist Band. It is common to lose 3 pounds or so in exercising

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



In my high school days as a champion 200-pound wrestler. I was never able to wear 36" size pants. Now I can fit into size 34". This shows the effectiveness of the TK waist band along with exercise and diet.

was thinking I meant 20-30 pounds but I was thinking in terms of losing 100 pounds. I left his office with the blood pressure medicine in hand but with a definite goal in mind -- that of losing 100 pounds of body fat by following a sound diet and an exercise program geared to lose body fat.

My background as an athlete in Power Lifting helped me set definite goals so my plan included following a good nutritional program I picked up from (Power Nutrition) articles in Powerlifting USA. Cardiovascular exercise was included too so the increased circulation prevents loose skin from forming as fat would disappear.

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

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 you cardiovascular exercises and the high metabolic rate!

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!

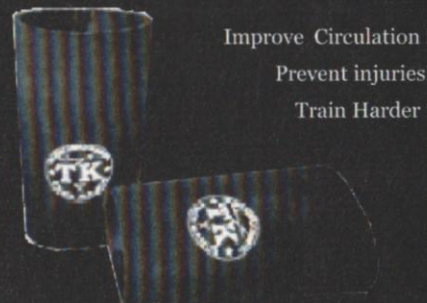
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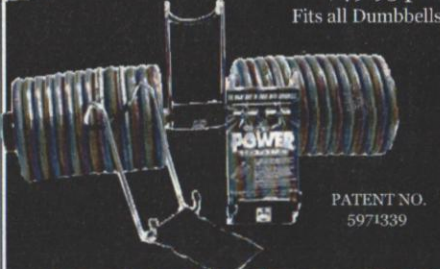
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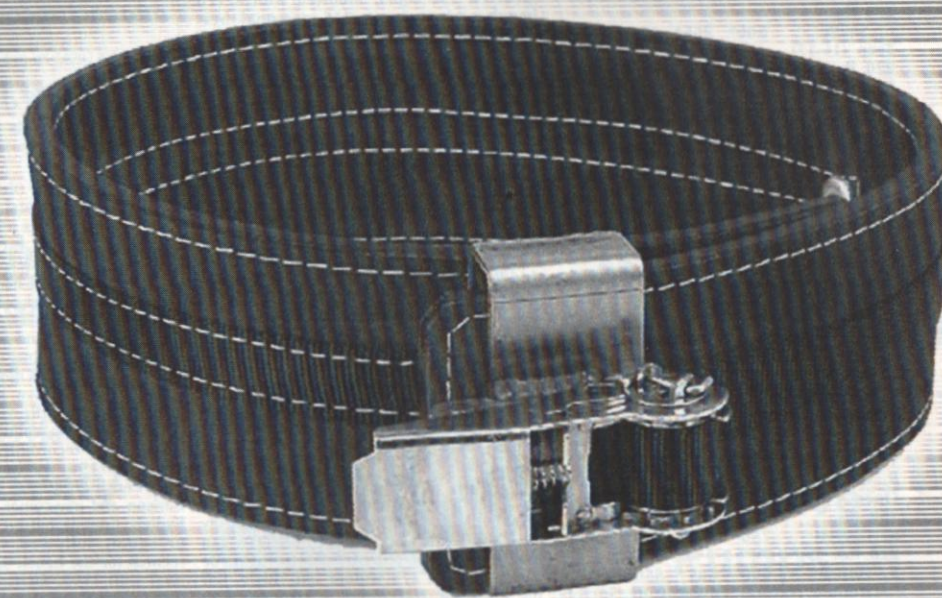
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**Lifetime Natural PL Nationals
12 MAY 07 - Tuscola, IL**

BENCH	DEADLIFT			
D. Williams 340*				
Junior	MEN			
198 lbs.	Master (55-59)			
S. Borrego 360*	198 lbs.			
Master (55-59)	R. Carlson 430*			
198 lbs.				
Powerlifting	SQ	BP	DL	TOT
MEN				
Teen (13-15)				
165 lbs.				
D. Ferguson	245*	160*	300*	705*
	4ths-250*	170*	315*	
275 lbs.				
C. Smith	500*	265*	460*	1225*
Teen (16-17)				
220 lbs.				
R. Owen	450	215	435*	1100
			4th-DL-475*	
242 lbs.				
C. Barbre	465	250	425	1140
275 lbs.				
B. Lee	600*	325*	515*	1440*
Junior				
242 lbs.				
Richardson	635*	505*	585*	1725*
275 lbs.				
J. Thiele	700*	450*	585*	1735*
Master (45-49)				
220 lbs.				
M. Maxwell	445*	350*	420*	1215*
Master (50-54)				
198 lbs.				
D. Newman	560*	420*	520*	1500*
Master (55-59)				
198 lbs.				
R. Kadlub	400	330*	465*	1195*
198 lbs.				
R. Carlson	430*	300	430	1160
Open				
198 lbs.				
K. Garrett	750*	410*	640*	1800*
220 lbs.				
B. Turner	600	365	550	1515
*=Lifetime Natural Powerlifting Society national records. Best Lifter: Kenny				

Garrett. The Lifetime Natural Powerlifting Society Nationals were held at Son Light Power Gym. Thanks to Phil Halverson and the gang from Main Street Gym in Fairfield, Illinois for all their help loading and spotting. In the full meet we had a great bunch of strong kids, most of which came from Ed Clark's Main Street Gym in Fairfield, Illinois. But first up was a new kid from Rochester, Illinois by the name of Dennis Ferguson. This being Dennis' first competition, he had a great day, breaking all the national records for the 13-15/165 class! Dennis finished with a great PR 250 squat, followed with a 170 bench and a strong 315 personal best deadlift for a 735 total! Also at 13-15 was 275 winner Caleb Smith. Caleb also destroyed the existing national records for his class with a 500 squat, 265 bench and a 460 pull for a 1225 total! In the 16-17 age group Ryan Owen won at 220 with a 1140 total. His 475 fourth attempt pull set the national record there, which went nicely with his 450 squat and 215 bench. Corey Barbre went 465-250-425-1140 as well on his way to victory at 242. Up next was Brandon Lee who finished with the biggest total of the day for the teenagers, 1440! Brandon posted all new national marks at 275 with a big 600 squat, 325 bench and 515 deadlift to make his total. Turning next to the junior division it was Craig Richardson for the win at 242. Even though Craig finished with a great 1725 total, his potential is closer to 900! Craig settled with a 635 squat after missing with his 655 final attempt. Take away the fact that he was lifting with a new suit, and hadn't competed for a while, Craig could have easily went over 700. Making just his 505 opening bench, Craig only got credit for his 585 opener deadlift. Easily could have been another 100 lbs. between the two. Lots of potential here! The same can be said of 275 winner Jeff Thiele. Jeff hit a strong 700 squat, a stronger 450 bench (just missing a 500 second attempt)

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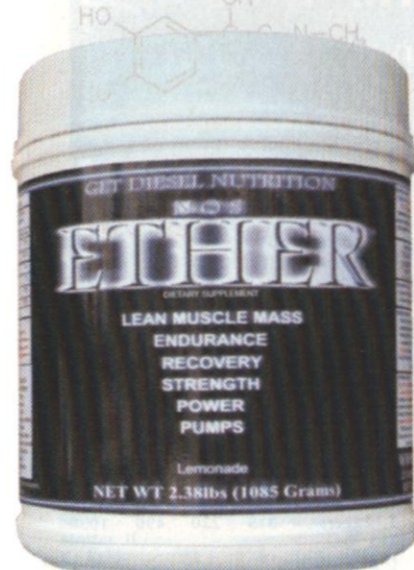
"Before, I was often too sore from wrestling to workout. Now, I'm always ready to go heavy. **ADAPTOGEN N** has helped me reach record gains on both the squat and bench press!"

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and a 585 misload (that should have been 600) for a 1735 total. Jeff's final attempt with a 650 pull was also close. So, he too, could have easily hit over 1900. All of Jeff's lifts were new national marks as well. Mike Maxwell had a good day, taking the 45-49/220 class with all new national records! Mike finished the day with a 445 squat, 350 bench and a 420 pull for a 1215 total. Training partner Dave Newman also did well, posting all new marks for his class at 50-54/198. Dave hit all three of his squats, ending with 560, followed with a 420 bench and a solid 520 pull. This gave Dave a new record-breaking total of 1500. At 55-59/198 we had our first battle, between defending champion Richard Carlson and newcomer from Oregon, Rudy Kadlub. Coming out on top, Rudy hit a 400 pr squat, followed with new national records for the bench 330, deadlift 465 and total with 1195. Richard Carlson broke his own national squat record with 430, then finished with a 300 bench and 430 pull for

a close 1160 total. In the open division best lifter Kenny Garrett got a personal best and national record 750 squat at 198! Finishing with a 410 bench and a 640 deadlift, Kenny totaled 1800 for the first time ever! All were new national records for Kenny, who certainly deserved the title. Taking the win at 220 was Brian Turner. Brian finished with a big 600 squat, 365 bench and a 550 pull for a personal best 1515 total! In the bench press division Sam Borrego got a new personal and national record at junior men/198 with his 360 effort. Also breaking the national record for his class was 55-59/198 winner Dave Williams, who finished with 340. For the deadlift competition Richard Carlson won at 55-59/198 with a new national mark of 430. Thanks to all the lifters and helpers at the meet, especially Ed Clark for all his work with these fine young lifters. Also a special thanks to Patty Garrett for helping me with the pictures and the awards. See you all again next year! (results courtesy Dr. Darrell Latch)

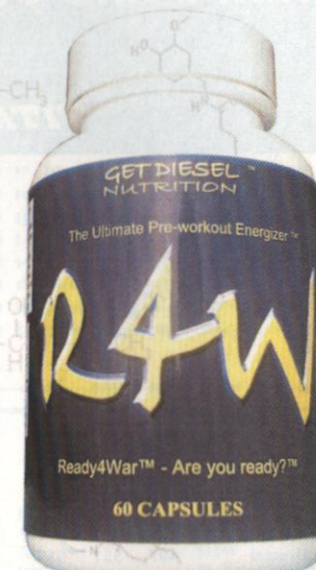
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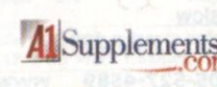
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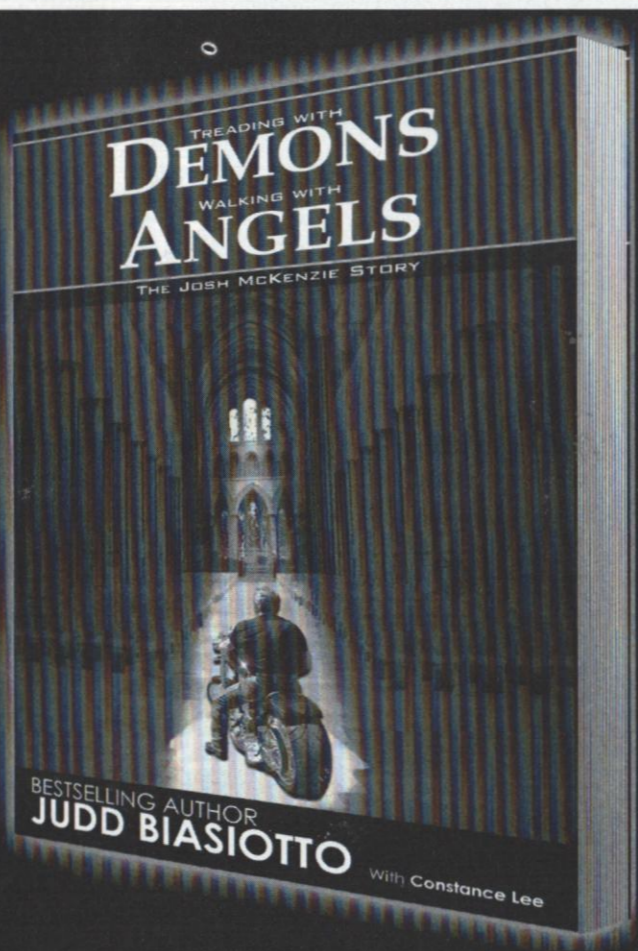
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Application for Registration WORLD ASSOCIATION OF BENCH PRESSERS AND DEADLIFTERS (WABDL)

Last Name	First Name	Initial	Renewal	Current Club Affiliation
			Y N	
Street Address				Club Name
City	State	Zip	Area Code/Telephone	
Current WABDL Classification	Reference Station	U.S. Citizen	Date of Birth	Sex
Elite Master I II III IV	World National State	Y N		MF
Card Issued By				

Registration Fee:
Adults \$30.00
Teens \$20.00

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PRESSERS AND DEADLIFTERS
P.O. Box 27499
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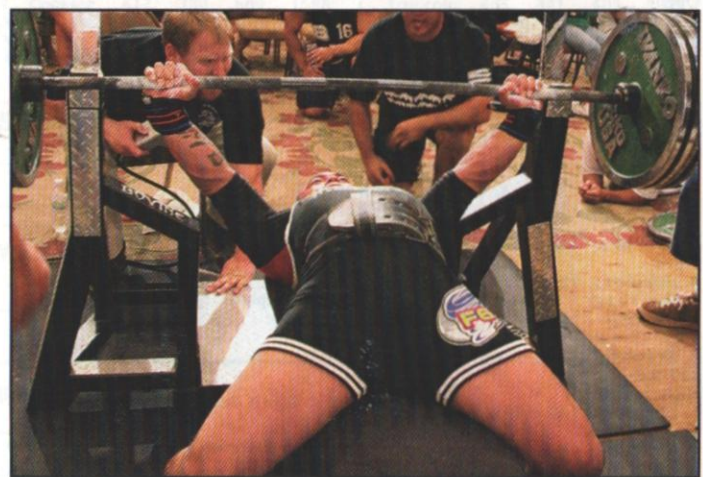
In recognizing the need for drug usage detection, I agree to submit to any testing procedures deemed appropriate by WABDL or its agents and shall accept the results and consequences of such tests.

If under 18, have parent initial _____

Signature _____

WABDL Sonny Ronolo's Push Pull 14 JUL 07 - Honolulu, HI

BENCH	148 lbs.	C. Vause	214	309+ lbs.	Crawford III	688	132 lbs.	D. Kaneshiro	558*
JUNIOR	198 lbs.	S. Lamb	110	242 lbs.	Teen (14-15)	473*	198 lbs.	G. Ferstler	600
132 lbs.	Warrington	601	4th-115*	165 lbs.	Teen (16-17)	586*	242 lbs.	R. Green	501
E. Ansberry	159	Open	114 lbs.	264*	148 lbs.	551	4th-518*	J. Mersberg	501*
198 lbs.	S. Wong	832	114 lbs.	242 lbs.	242 lbs.	661	309+ lbs.	Master (54-60)	451
M. Oba	165	Junior (20-25)	148 lbs.	391*!	220 lbs.	545	181 lbs.	E. Ansberry	451
4th-170*	132 lbs.	J. Bareng	380*!	391*!	220 lbs.	429	181 lbs.	R. Dela Cruz	429
Master (47-53)	148 lbs.	A. Edralin	402	391*!	220 lbs.	479*	181 lbs.	Master (61-67)	165 lbs.
148 lbs.	E. Silva	336	520*	391*!	220 lbs.	479*	181 lbs.	Gandeza Sr.	418
Open	Law/Fire	181 lbs.	507	391*!	220 lbs.	479*	181 lbs.	M. Timbal	473*
M. Howard	121	Master (40-47)	507	391*!	220 lbs.	479*	181 lbs.	S. Bloom	352
199+ lbs.	N. Nip	473*	507	391*!	220 lbs.	479*	181 lbs.	Master (85+)	181 lbs.
R. Nohara	330	275 lbs.	198 lbs.	270*	242 lbs.	479*	236	K. Ah Quin III	608*
Special Olympian	330	G. Shibao	462*	270*	242 lbs.	479*	236	L. Soekardi	661
114 lbs.	Law/Fire	Morishma Jr.	523	270*	242 lbs.	479*	236	Master (47-53)	181 lbs.
Chong-Galari	110	C. Bertelmann	529	270*	242 lbs.	479*	236		
4th-121*	275 lbs.	L. Chong	413	270*	242 lbs.	479*	236		
Teen (16-17)	132 lbs.	J. Kelly	650	270*	242 lbs.	479*	236		
P. Thomas	73*!	Master (40-46)	473	270*	242 lbs.	479*	236		
199+ lbs.	R. Oshiro	253	473	270*	242 lbs.	479*	236		
R. Nohara	330	148 lbs.	380*	270*	242 lbs.	479*	236		
MALE	330	275 lbs.	606*	270*	242 lbs.	479*	236		
Class I	330	B. Young	606*	270*	242 lbs.	479*	236		
114 lbs.	D. Agaran	336	600	270*	242 lbs.	479*	236		
K. Tran	203	B. Biroan	330	270*	242 lbs.	479*	236		
148 lbs.	203	V. Afoa	600	270*	242 lbs.	479*	236		
A. Ernest	325	J. McPherson	529	270*	242 lbs.	479*	236		
E. Silva	336	309+ lbs.	688	270*	242 lbs.	479*	236		
165 lbs.	B. Young	606*	804*	270*	242 lbs.	479*	236		
D. Agaran	336	A. Edralin	402	270*	242 lbs.	479*	236		
B. Biroan	330	D. Suzuki	507	270*	242 lbs.	479*	236		
198 lbs.	330	4th-518*	507	270*	242 lbs.	479*	236		
S. Cabasag	358	G. Shibao	462	270*	242 lbs.	479*	236		
S. Lee III	479*	309+ lbs.	529	270*	242 lbs.	479*	236		
E. Solidum	424	Cabatangan	529	270*	242 lbs.	479*	236		
C. Bertelmann	529*	Master (47-53)	529	270*	242 lbs.	479*	236		
K. Dacuycuy	374	308 lbs.	529	270*	242 lbs.	479*	236		
D. Ideue	485	W. Kaaloa	501	270*	242 lbs.	479*	236		
S. Nariykiyo	490*	L. Kamaka	512*	270*	242 lbs.	479*	236		
259 lbs.	490*	309+ lbs.	512*	270*	242 lbs.	479*	236		
K. Moniz	485	J. Mersberg	473	270*	242 lbs.	479*	236		
M. Nishida	490	Master (61-67)	473	270*	242 lbs.	479*	236		
275 lbs.	490	181 lbs.	523	270*	242 lbs.	479*	236		
V. Afoa	600*	M. Timbal	286*	270*	242 lbs.	479*	236		
M. Mamac	584*	198 lbs.	286*	270*	242 lbs.	479*	236		
Elite Open	584*	S. Bloom	292	270*	242 lbs.	479*	236		
		Master (68-74)	407	270*	242 lbs.	479*	236		



Kerwin Unten drove up 507 in the 148s at the WABDL Sonny Ronolo Push-Pull meet in Honolulu, Hawaii. (photo from Namea Designs)

S. Lamb	286	C. Grantano	738
4th-310*!		Submaster (33-39)	242 lbs.
Open	148 lbs.	M. Ako	562*
D. Kaneshiro	558	309+ lbs.	
165 lbs.		C. Grantano	738*
E. Manmano	586*	Teen (14-15)	242 lbs.
198 lbs.		D. Nohara	374
G. Ferstler	600	4th-396*	
220 lbs.		181 lbs.	
D. Silva	66*	J. Sato III	424*
242 lbs.		220 lbs.	
M. Ako	562	K. Biroan	319*
275 lbs.		J. Jagers	551
V. Afoa	683*	4th-556*	

*=State Records. !=World Records. Venue: Sheraton Waikiki Hotel. Meet Directors: Jocelyn Ronolo, Jonny's daughter, along with Miek Saito. This was a big time meet with big time excitement. Music, 500 fans, a 10,000 square foot ballroom with a 40 foot ceiling, on the beach in Waikiki. There were 110 lifters at this meet, and it really brought back memories of the old Hawaii Record Breakers that were held in the same ballroom from 1978-1995. The only difference was all four 10,000 square foot sections were used, which made the ballroom 40,000 square feet. And, the attendance from 1978-1988 was between 3,000 and 4,000 with only 25 of the best local lifters and lifters from around the world. Nevertheless, what Jocelyn and Mike accomplished was incredible. How many meets have you gone to with 500 fans? In the bench press, Steve Wong locked out 903 lbs. in a single ply shirt but go it turned down 2-1 because his butt came off the bench. In Class I/198 Solomon Lee III set a Hawaii record of 479.5 lbs. In the 220 division, Chad Bertelman set a Hawaii record of 529 lbs. At 275 Vinny Afoa, who had set two deadlift records, benched 600.7 lbs. for a Hawaii record. Michael Mamac got the record on the previous attempt with 584 lbs. but Vinny came along and walked off with the record for now. In Elite Open, Kerwin Unten was the most impressive bencher of the meet with a world record of 507 lbs. in the 148 class, and 529 lbs. on the way up before his wrist snapped back. In a single ply shirt, Kerwin is the best lightweight bencher in the world. He beat Greg Warrs best lifts at 132 and at 148, and when he moves up to 165 he will bench 575 lbs. in a single ply shirt drug free. He passed his second drug test. The only lifters that have beat him are wearing open back double and triple ply monstrosities that the IPF and WABDL don't allow. Steve Wong opened with 832 lbs., and as I said earlier, locked out 903 lbs. but his butt came off the bench. On a given day, Steve can beat anybody in a single ply shirt. In the Junior 132 lbs. men division, Jonathan Bareng set a world record 380.2 lbs. At 165, Gary Renticado set a Hawaii record 424.2 lbs. Gary was a very good teenage lifter in the late 1990s and won three WABDL world champion-

ships in Portland, in 1997-1999. In Junior 198 lbs. women, Mona Oba set a Hawaii record 170.7 lbs. In the Law/Fire Submaster 275 lbs. men division, John McPherson set a Hawaii record 529 lbs. In Law/Fire Master 40-47/198, Nolan Nip set a Hawaii record 473.7 lbs. and at 275 in the same category, Gilbert Shibao set a Hawaii record 462.7 lbs. In Master 40-46/181 men, Keith Daniels set a Hawaii record 501.5 lbs. as well as a world record. It was Keith's first world record. At 259, Bruce Young set a Hawaii record 606.2 lbs. and passed the drug test. At 275, Boyd Hurley set a Hawaii record 518 lbs. In Master 47-53/308, Lyle Kamaka set a Hawaii record 512.5 lbs. Lyle used to train at the old Power Pit in Pearl City from about 1980-1986. In Master 61-67/181, Moses Timbal added to his trophy collection from the deadlift with a Hawaii record 286.5 in the bench. In Master 85+/181 Stephen Lamb set a Hawaii record 115.5 at age 87. He is the oldest lifter in WABDL. In Master 47-53/148 women, Yasuko Hacking set a Hawaii record 143.2. In Open 165 men, Taylor Tom set a world record 520.2, and at 181 Daniel Suzuki set a Hawaii record 514.7. At 242, James Kelly, who is up and coming big time, and set a Hawaii record 661.2. At super 390 lbs. Doug Gerona set a Hawaii record 804.5 and passed the drug test. Taylor Tom keeps on making dramatic progress! In Submaster/181 Daniel Suzuki set a Hawaii record 514.7 lbs., and at 220 Aaron Iramina was large with a Hawaii record 584. James Kelly put up 661 for a Hawaii record at 242. Michael Mamac set a Hawaii record 584 lbs. at 275. I've always said Hawaii has the best benchers. There were 24 lifters that benched over 500 lbs., seven benched over 600 lbs., and one benched over 800 lbs. In Teen bench three world records were set. In Teen 16-17/181 Judd Sato III pushed 325. In Teen 16-17/220 Joshua Jagers pushed 391.2, and in Teen 16-17/132 women Pohai Thomas benched 73.7. In the deadlift, Class I/259, Colin Keohuloo set a Hawaii record 606.2 beating Raymond Pactol wo haulin in 564.2. At 275 Vinny Afoa set a Hawaii record 683.2 lbs. In Junior 132 men, Jonathan Bareng set a Hawaii record 473.7. At 165 lbs., Edwin Manmano was huge with a 586.2 Hawaii record. In Master 40-46/220 men, Rosson Kawamoto set a Hawaii record 562. Rosson has been pulling good weight for at least ten years. At 242, Kimo Ah Quin III set a Hawaii record 608.4. In Master 47-53/148 Dean Kaneshiro was incredible with 558.7 at age 49 and a world record. Dean has broken his own world record six times and he is only 20 lbs. off the open world record. At 198 Gary Ferstler had a hard time getting calls on his 655 and was turned down twice. Gary is a four time IPF world masters champion. At 242, Robert Green set a Hawaii record 518, and at super Jim Merseberg, who has squatted 940 drug free, set a Hawaii record 501.5. In Master 61-67/181 men Moses Timbal set a Hawaii record 473.7. In Master (85+), 87 year old Stephen Lamb set a world record 310.7, a fantastic lift for Stephen who only weighed 178. In Master 40-46/148 women Darnell Christie set a Hawaii record with a large 380.2 and was ably coached by Craig DeSoto, who had set numerous master Hawaii records in the past with many pulls over 600 lbs. up to 661. In Open 165 men, Edwin Manmano set his second record of the day with 586.2 lbs. At 220, Davey Silva set a Hawaii record 646.9 lbs. and Vinny Afoa also set his second record of the day with 683.2 at 275. In Submaster 242 men, Matthew Ako set a Hawaii record 562 lbs., and at super Chris Grantano set a California record 738.5 lbs. for the biggest deadlift of the meet. Chris is also a great strongman competitor. In Teen 14-15/242 men, David Nohara set a Hawaii record 396.7. In Teen 16-17/181, Judd Sato III set a Hawaii record 424.2, and at 220 Joshua Jagers washuge with a 556.5 Hawaii record and lots of confidence to go with that record. In Teen 14-15/198+ women, Jessica Hurley pulled a Hawaii record 374.7, which is very impressive for a 15 year old girl! I want to thank Kim Saito who did an excellent job on the computer. Jocelyn's daughter Levana Furtao was the

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scorekeeper. The MCs were Brandon Akamine, Quincy Guzman, Ata Edralin, and Gehanne Placide. Matt Lamarque's meets came in from Monterey and did an excellent job. Levana is also the treasurer of the meet. The judges were Craig DeSoto, Mike Sato, Chris Erhardt, Larry Akiyama, and Ray Verdonck. Ray finished second in the IPF world championships in 1978. He had a 534 squat at 132 without the monolift and triple ply squat suits. Leona Perez was in charge of the hospitality room and was up all night before the meet cooking some fantastic local food. Her husband Arnold Perez, Kaleo Perez, Kaipo Perez, Kenny Raines, and Robert Miyahawa loaded up the warm-up weights and benches and the competition weights and benches, and they transported them to the meet site. Twenty Four Hour Fitness was a sponsor as well as Gold's Gym. The weigh-ins were held at Gold's Gym. Mike Saito was the platform manager. Lisa Leong sold tickets. Again, Jocelyn Ronolo, Mike Saito, and Levana Furtado pulled off a big time meet.

The ballroom cost \$10,000. Sheraton Waikiki, Waikiki Beach, 500 fans, some big lifts, 10,000 square foot ballroom, 40' high ceiling, it doesn't get any better. In conclusion, I want to thank Arnold and Leona Perez who allowed my wife and I to stay in their house for six days and were excellent hosts. I saw first hand how hard they and their two sons, Kaleo and Kaipo, worked to make the meet successful. So, if you're a lifter and are planning a trip or vacation, the Sonny Ronolo Push Pull is the ticket. (results courtesy of Gus Rethwisch)

WABDL Monster Muscle BP/DL 28 JUL 07 - Coeur d'Alene, ID

BENCH	A. Cook	180
FEMALE	148 lbs.	
Teen (14-15)	105 lbs.	
Open	J. Coelho	165 lbs.
M. Davenport	140	
MALE	123 lbs.	
Teen (16-19)	S. Mills	250

Submaster (34-39)	259 lbs.
D. Humphrey	275
Open	
D. Humphrey	275
D. Linerud	500
4th-505	
198 lbs.	
Submaster (34-39)	308 lbs.
D. Million	260
Master (40-46)	340
T. Deberg	295
220 lbs.	
Submaster (34-39)	148 lbs.
M. Martin	280
J. Pablo Jr.	340
Master (40-46)	165 lbs.
D. Stevens	335
Master (54-60)	345
J. Pablo	320
242 lbs.	
Master (61-67)	395
S. Numni	365
Master (61-67)	395
Master (47-53)	500
T. Baldwin	500
(Thanks you to Judy Sverchek for results)	

USPF Rhode Island PL/BP
25 MAR 07 - Cranston, RI

BENCH	Masters	Open	165 lbs.	220 lbs.	300*
123 lbs.	J. Onderdonk 265				
Hernandez 255	L. Stravato 300*				
148 lbs.	308 lbs.				
B. Ciecioska 270*	B. Tucker 500				
165 lbs.	Teen				
T. Roselli 340	165 lbs.				
181 lbs.	E. Valerio 240				
C. Worsley 350	220 lbs.				
G. Longo 295	C. Fugee 400				
H. Suarez 260	Submasters				
198 lbs.	Hernandez 255				
E. Dunn 385	181 lbs.				
H. Duran 350	G. Longo 295				
220 lbs.	275 lbs.				
B. Connell Jr. 485	C. Debartolo 555				
D. Reliford 435	Masters				
D. Alua-rioux 410	165 lbs.				
L. Stravato 300*	C. Tabulina 350*				
242 lbs.	J. Onderdonk 265				
C. Fugee 400	220 lbs.				
275 lbs.	B. Connell Jr. 485*				
C. Debartolo 555	242 lbs.				
Bourgault Sr. 450	S. Pappas 425				
B. LaPila 450	275 lbs.				
308 lbs.	Bourgault Sr. 450				
I. Bezverkhnny 440	B. Sitko 410				
Police/Fire	BP				
WOMEN	SQ	BP	DL	TOT	
198 lbs.					
S. Cook 245*	150	275*	670*		
114 lbs.					
N. Perez 175	75	190	440		
MEN					
Teen					
220 lbs.					
R. Pizzuti 500*	330	570	1400		
181 lbs.					
A. Pappas 430	250	480	1160		
275 lbs.					
A. Mangan 475*	325*	535*	1335*		
165 lbs.					
A. Vavosa 370	175	385	930		
148 lbs.					
J. Mora 285	145	290	720		
114 lbs.					
R. Onderdonk 145	85	150	380		
123 lbs.					
L. Shalski 180*	145*	280*	605*		
242 lbs.					
C. Martinez 415	210				
Submasters					
275 lbs.					
D. Monty 480	340	560	1380		

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181 lbs.	L. Ouellette 320	220	380	920
B. Destefano 300	365	405	1070	
242 lbs.	T. Roselli 535	340	500	1375
M. D'orio 145	A. Silva 365	235	440	1040
Masters	220 lbs.			
165 lbs.	J. Poulos 480	345	605	1430
C. Tabulina 350	F. Perry Jr. 485	330	510	1325
Open	D. Micheal 350	300	400	1050
123 lbs.	L. Stravato 325*	300*	450*	1075*
L. Shalski 180*	308 lbs.			
148 lbs.	I. Bezverkhnny 650	440	610	1700

High School				
148 lbs.	R. Langlios 280	185	340	805
K. Smith 185	145	305	635	
K. Macreuga 185	160	285	630	
A. Gaudreau 155	135	225	515	
165 lbs.				
T. Pavia 250	245	320	815	
M. Vieira 225	205	385	815	
E. Cruz 225	205	335	765	
181 lbs.				
A. Pappas 430*	250*	480*	1160*	
220 lbs.				
J. Cox 275	205	300	780	
Police/Fire Master				
220 lbs.				

L. Stravato 325* 300* 450* 1075*
*RI State Records. Best Lifter High School: Alexander Pappas. I would like to thank all my sponsors, Spine Tech aka Dr. Robert A. L'Europa, Ocean State Gym, Performance Nutrition, Coventry Physical Therapy & Sports Medical, Inc., Elmwood Countertop, Allendale Auto Body & Sales, Reeves Nutrition, R.T. Nunes & Sons Construction, MetLife Insurance and DeCesare Landscaping & Concrete. With the continued support of my sponsors, the state championship is a great meet to lift and compete in each year. I also thank all the judges, spotters, loaders, scorekeepers and my announcers for their help in making this contest a successful one. And for my training partner, friend and co-meet director, Bob Connell Jr., I would like to thank him for his continued help each year and for his great design and help maintaining our website www.ripl.org. High School: This was my third year trying to run the High School meet in conjunction with the RI State Championships. We had a few new lifters, along with lifters from previous years, which helped move this contest forward. However, I am disappointed that we are not getting the competitor turnout I would like to see. Hopefully the meet will grow and our competitors will be back next year so we can make it bigger and better. Have a great year of lifting. RI State: We had number of new lifters, along with lifters from previous years, which made this year contest a great time for all. Again we had a number of state records challenged and broken. We had a few women competitors along with a large contin-

gency of teenage competitors this year, which help grow our number of competitors, again this. I hope this trend continues into next year. In our women's division we had a few rookies lifter for us. Shannon Cook, joined our rank this year and in the process setting records with a 245 lb. squat, 275 deadlift and a 670 lb. total in the 198 lb class. She placed first overall for the women. Our next female competitor, Nancy Perez, came up from New Jersey to lift with us. She had a strong person day of lifting, hitting a 440 total in the 114 lb. class. I hope both ladies return next years contest. In our teenage division, we had a few impressive rookies. Robert Pizzuti, who is 17 and weigh-in at 207 lbs., hit some incredible raw numbers for his first RI competition. He squatted an impressive 500 lbs. raw to break the existing record, along with a 330 lb. raw bench and 570 lb. deadlift, which gave him a 1400 lb. total, just five from breaking the record. With this numbers, he walked away first place in the Teenage division. Great job. Another newcomer was Ryan Onderdonk. Ryan is 14 years and he weigh-in at 89 lbs., hitting a strong 145 lb. squat, 85 lb. bench with a 150 lb. pull. Not to bad for a lightweight competitor in his first contest. In the Submaster divisions I had my old friend Damon Monty competing with us again. He started out great in the squat with almost hitting his best with a missed 500 lb. Third attempt. He had a strong performance in the bench finishing with his best of 340 lbs., which lead him into a 560 lb. pull to finish the day with a 1380 total, 140 lbs. over his total from last year. This gave him the win in the submasters division. Great job. In the Master division, Cris Tabulina was back with us again, at age 52, to hit some strong numbers. He went raw in the squat, but did it up right in the bench, 350 lbs., and deadlift, 505 lbs., setting records in both. This gave him a records setting total, 1205 lbs., to end the day. In the open divisions, we did not have that many competitors this years, but we did have a few standouts. Lee Skalski was back after taking a year off, to compete in a new weight class, 123s, and again looking to set some records like he did in 2005. After a short training period, Lee came in pumped and ready to go. He set first time records in the teenage and open divisions of the 123 lb. class, going 9 for 11, taking two fourth attempts in the process. Not to bad for a kid who took almost two years off from lifting. Tom Roselli was back again and he finally let his body move up a weight class. Weigh-in at 159 lbs. and competing in the 165s for the first time, he finally broke the 500 lb. squat barrier with a successful 535 lb. opener. He had a few problems with his second and third attempts, but he did not let that interfere with his solid 350 lb. bench. He capped off his day with a 500 lb. deadlift, finishing with a 1375 total, which was 115 lb. more than last year. Again, not to bad. In our bench press portion, we had a larger number of competitors this year, with a few of them chasing after some state records. In the Teenage division, Chris Fugee (242) was back and he to moved up a class from last year. At 19 years of age and lifting raw, he hit an extremely impressive 400 lb. bench, improving his bench by 65 lbs. over last year's performance winning the Teenage division. Again this year we had a large of Master lifters. Bob Connell Jr. (220), was back again looking for that 500 lb. bench he playfully took a shot at last year. This year was a little different. Not being able to get the right bench shirt size in time, he had to wear one a size bigger. However, with a strong training cycle under his belt and even with the wrong shirt, he was still able to hit a strong 485 lb. second attempt, breaking his own record, and just missing 505 lbs. third attempt. With the right shirt, it won't be a problem next year. Bob finished the day with a first place in the Masters and the Open class 220 bench. James Bourgault Sr. (275) was back this year, but just as a bench. He to was looking for that 500 lb. barrier in the state meet. However, even with a strong 450 lb. opener, the 500 lb. barrier was just out of Jimmy's reached with two missed attempts after that. I have

no doubt that he will be back at it next year. This gave Jimmy a 3rd place finish in the Masters and a second in the open. Bill Sitko (275) was back from a very long break from competing. Bill use to be one of my training partners back in the late 80's and had a 500 bench back in the day. That was also the last time Bill competed was back in the 80's. It was nice to see back at it and hitting a solid 410 lb. opener with two strong attempts at 460 lbs. Bill finished fifth in the Master division. Not to bad for a guy who has not competed in about 20 years. In the Open divisions, Ed Dunn (198) hit a nice 385 lb. bench and a first place with that. James Moore (242) benching raw hit a strong 450 lb. opener with just missing his second and third attempts with 500 lbs. A little more tricep work and I think James will not have any problems with that weight. Craig DeBartolo (275) was back again looking to improve his bench and still chasing that open record of 575 lbs. set in 1998. Craig too had some fit issues with his bench shirt during training, which made things interesting. His opener was an easy 555 lbs. attempt. He then made the jump to 580 lb. second attempt and the record, but again with some shirt and strength issues, it was just out of his reach. His third attempt gave him the same results. However he still came away with a first place in the Submasters and open division, along with best lifter in the heavyweight division. As always, I just want to thank all my competitors for coming out and putting on another great performance for all the spectators that came to watch. As always, we had great contest with some really great lifts. Hopefully we will see all my competitors back next year, bigger and better and chasing more records. Have a great year. Police/Fire: This was my third year trying to run the Police & Fireman meet in conjunction with the RI State Championships. We had few new lifters, along with lifters from previous years, which helped move this contest forward. However, I am still disappointed that we are not getting the competitor turnout that I would like to see. Hopefully the meet will still grow and our competitors will be back next year so we can make it bigger and better. Have a great year of lifting. (results from Ted J. Isabella)

ADAU Steel City Challenge 25 AUG 07 - Pittsburgh, PA

BENCH	198 lbs.
FEMALE	D. Chew 264
Open	220 lbs.
165 lbs.	B. Moore 352
M. Patterson 126	Master (40-44)
Submaster (35-39)	165 lbs.
220 lbs.	T. Wright 341
J. Krantz 115	198 lbs.
MALE	T. Plaitano 363
Junior (20-23)	SHW

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:

ANTI-DRUG ATHLETES UNITED, INC.

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

I agree to submit to any drug testing procedure, either in meet, or out of meet without any prior notice, deemed appropriate by the A.D.A.U. rule book.

NOTE: Parent/Guardian signature required if member under 18 years old.

Member's Signature _____
Parent/Guardian Signature _____

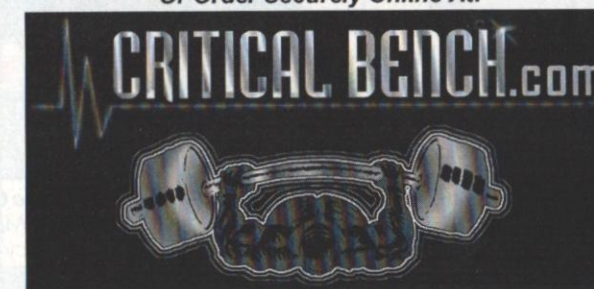
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- Military Press 405 x 5, 455 x 3
- DB Military Presses 100's x 50
- Hangcleans with press 315 x 8
- Bent-over rows 495 x 5, 545 x 5

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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.

Signature _____

If Under 18 have Parent Initial _____

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

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

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

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

SIGNATURE: _____ If under 21 yrs., Parent Initial: _____ Date: _____ Prior Reg. # _____

Name: _____ Phone: (____) _____ E-Mail: _____

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

Date Of Birth: _____ Age: _____ Sex: _____ U.S. Citizen? _____ USAPL Registered Club Represented: _____

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

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

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

Check/Money Order # _____
Credit Card: Visa-Mastercard-Discover Exp. Date: _____
Card # _____
Cardholder Signature: _____



Membership Price: \$ _____
Merchandise Total: \$ _____
Merchandise Shipping: \$5.85
Total Purchased: \$ _____

All memberships expire 12 months from date of purchase.

(White Original - National Office • Yellow - Seller's Copy • Pink - Lifter's Copy)

USAPL 4th Southern Ohio 18 AUG 07 - Dayton, OH

BENCH	114 lbs.	Raw	Y. Hao	125	123 lbs.	Master	N. Proctor	145	165 lbs.	Master	B. Centers	110	181 lbs.	Teen I	A. Centers	185	148 lbs.	Raw	S. Petrencak	325	198 lbs.	Powerlifting	SQ	BP	DL	TOT
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114 lbs.	Raw	Y. Hao	125																							

100% Raw Brute Strength Gym
14 JUL 07 - Norfolk, VA

Push Pull	BP	DL	TOT
FEMALE			
Open			
L. Reames	187*!	300!	487
Master (45-49)			
SHW			
S. Zabawa	187*!	336!	523
MALE			
Teen			
181 lbs.			
R. McClure	242	402	644
242 lbs.			
(16-17)			
J. Muir	225*	424	649
275 lbs.			
(16-17)			
B. Kerns	187*	—	187
Open			
308 lbs.			
A. Davie	473	—	473
Master (44)			
242 lbs.			
M. Roberts	402	—	402
Master (46)			
275 lbs.			
E. Stein	297*!	99	396
SHW			
T. Dillard	451*	193	644!

*=State Records. !=National Records.
(Thank you to Gayle Schroeder for results)

USA Raw BP Summer Nationals
23 JUN 07 - Tuscola, IL

BENCH	D. George	300
MEN		
4th-310		
Novice		
275 lbs.	M. Huckstep	350
4th-405		
I. Robie	405	Master (50-59)
242 lbs.		
Teen	B. Bean	420*
148 lbs.	4th-430*	
R. Despres	285	Master (60-69)
242 lbs.		
G. Hines	400*	181 lbs.
Junior		
181 lbs.	R. Peterson	200
Master (70-79)		
T. Hague	360	220 lbs.
E. Burks	320	G. Good
270*		
Open		
J. Ridings	520*	181 lbs.
J. Hines	500	T. Hague
360		
Master (40-49)		
220 lbs.	A. Burk	300

*=USA Raw Bench Press Federation National records. Best Lifter: John Ridings. The USA Raw Bench Press Federation Summer Nationals was held at Son Light Power Gym. Thanks to my son D.C. and grandson Daniel Cordes for doing a great job loading and spotting. In the Novice division it was Ian Robie for the win in the

American Powerlifting Committee (APC)
www.americanpowerliftingcommittee.com
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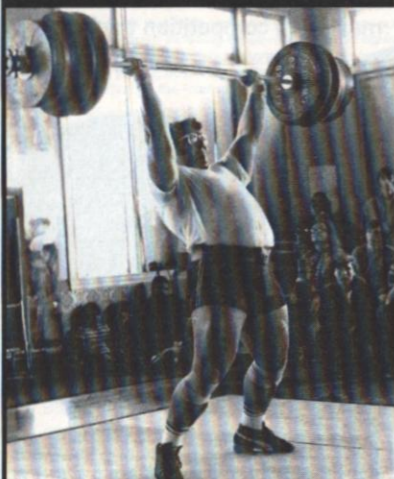
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HOPE Raw Bench & Deadlift
27 APR 07 Frackville, PA

Powerlifting	BP	DL	TOT
All Lifters			
132 lbs.			
Meyer	45	45	90
148 lbs.			
Robertson	230	425	655
Nguyen	220	390	610
Gullion	185	300	485
165 lbs.			
Tharrett	310	475	785
Harvard	270	475	745
Congleton	260	485	745
D'Agostino	295	425	720
Scott	255	425	680
Danysz	200	350	550
Taylor	185	355	540
Hoskins	205	315	520
Whitney	100	400	500
Galarza	185	300	485
181 lbs.			
Rollins	415*	555	970
Hodges	315	475	790
Short	215	535	750
Hughes	340	450	790
198 lbs.			
Cruz	375	550	925
Dwyer	325	545	870
Colfer	325	440	765
Shepley	240	435	675
Ballek	300	315	615
Morrison	185	365	550
Scott	150	325	475
220 lbs.			
Draper	350	575	925
Adams	310	590	900
Real	375	500	875
Hartnett	285	565	850
Guzman	325	520	845
Velykis	285	560	845
Dale	240	475	715
Manahan	285	420	705
Larnard	285	385	670
242 lbs.			
Woods	450*	405	855
Green	250	580	830
Martz	280	545	825
Merced	295	475	770
Rowe	315	455	770
Davenport	280	400	680
275 lbs.			
Walker	405	570	975
Coulbourne	355	555	910
Holloway	340	560	900
Macomber	275	450	725

*=SCIF Records. Well, another year has passed. Every spring Frackville has a power meet. I was quite disappointed this year. The lifters I expected to see throw down did not. For one reason or another

they were a no show. Don't get me wrong, it was still a good meet. It just could have been a monster meet. Between inclement weather, transfers, and going under (the hole), the big boys were non-existent. Oh, but don't get it twisted, we still had three Frackville records fall and a beast was born. Yeah right, Butch Rollins laid the smack down. But later for that. We had lifters in the 132-275 divisions. The 132 division lifters were a joke. A 90 lb. total? He must have just wanted a t-shirt and a free lunch. My table partner, Q-Ball (Quentin) Hummel and myself thought he was kidding. But no, the dude was as serious as cancer. Needless to say, he was the lone 132 lifter. Robertson won the 148 class with a 655 total. The 148 class caught a break. "The King" Carl King was transferred to the Fort. There was a real loud mouth in the 165s. Affectionately known as "Heady Murphy" or the "Head Detective" because of the vast amount of real estate from the neck up, (Tharrett) Heady said he gained weight when he found out King had bounced. Yea right, all that. Still "Heady" totaled 780 and was outstanding lightweight. Nguyen was second with a 610 total and Gullion totaled 485. Now, back to the "Head Detective", Heady, just for the record King totaled 805 at 148 last year. You need to stop fat mouting. You don't want to see the king, dawg. I feel you too. Also in the 165 division was Hawk Harvard. He took second place with a 745. He tied Outlaw (Congleton) also with a 745. Hawk was one pound lighter. Outlaw trained "Baby Face" (Scott) and went home. He came back for a violation and Baby Face blew up. He put 15-20 lbs. and nobody is laughing now. He was at Outlaw. E.S. (Baby Face) and his trainers shut down when the meet date came out. They said they missed too many workouts through in climate weather and gym closure to put even a short cycle together. As everyone knows, or should know, a power cycle is 12 weeks long. Now you can cut that up if you must, but a 12 ball is what you need. It was suggested that we have the meet next year in early or mid-May. That way the fellows would have an additional four to five weeks to prepare, weather permitting. Now here comes the Phat part. As much as Butch busts on me I shouldn't give him his props. But... I can't do that. Butch has been lifting for years. But as I watched him train, seeing his strength, I knew with a proper program he would really walk the dog. Enter Izzy. No one can dispute his gangster. He is now retired thank god. He's torn his body up enough to now only body build. On paper, he has totaled 2300. He doesn't need to prove nothing to no one. Butch probably wouldn't listen to anyone but Izzy. Izzy laid out a 12 week cycle I could only compare to the Holy Grail. And look what happened: Butch went 6 for 6, twice broke the record (which was his to start with), won his weight class by almost 200 pounds, 970 total. He was outstanding heavyweight lifter and he was outstanding overall lifter of the meet. He probably missed 3 to 4 workweeks. Wow! Scared of you Butch! You dat boy. Smash's nephew, Bee Hodges took second with a 790 total. Smash is a retired elite lifter. This was once his weight class. BHal Short, my neighbor, was third with a 750. Good deadlift Bilal, must be the chee-chee's. The 198s. This is where the drama was going to be. Hasan and Budda waged a vicious war last year. They were both on course to far exceed what they totaled last year. But, as fate would have it, they both went under like Red October. Budda came out first, but it was too late to mount a serious cycle. Salam (Cruz) was waiting in the bushes for Budda. He told me so. I said, "no way Jose, you want beat Budda". I was wrong. Budda (Dwyer) was off and came in second to Salam. Salam 925, Budda 870, Colfer 765. Budda is sick. I know it. There's always next year, dawg. New to the game Nick Morrison, our new clerk in activities, took a shot. He got a 550. Had he called his lifts different, he could have added 50 to 70 pounds to his total. Now you know Nick. Mighty Mark Draper won the 220s with a 925. He was a very good friend to

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Fill out card completely, make check payable to AFPF/AAPFF and mail to: Are you a previous AFPF or AAPFF Member? <input type="checkbox"/> YES <input type="checkbox"/> NO		AFPF/AAPFF - West 3010 N. Torrey Pines Drive Las Vegas, NV 89108 702-656-6762 630-546-3769		AFPF/AAPFF - East 62 So. Broadway Aurora, IL 60543 603-546-3769
Ernie Frantz, Chairman/Founder Email: ErnieFrantz@aol.com				
If under 13, have parent initial here	I certify that the above answers are correct and that I am eligible in accordance with the rules of the AFPF or AAPFF		Signature X _____	

my best friend, "The General", the late and great Preston Ryan. Probably the most knowledgeable power lifter I ever met. He died at the Ford a few years ago. Rest in peace, big man. I called his name when Mark got down, and we kicked his favorite line. "Work Time"! Animal Adams was second with 900 lbs. Third was so-for-Real. Real had first place locked up with a 555 lbs. deadlift. Would you believe after making the lift, he dropped it on purpose? He went from first to third because of that move. Smash calls him Killer Klown, because he sure earned that handle with that stupid move. That's what clowning around will get you. In the 242 division we had a new Frackville bench record. Jahadd Woods hit a 450 bench, 855 total and first place. You go Jahadd! Lamont Green was second with an 830. Fellow gym worker, Goldielox, Wes Martz, was right on Greenie. Goldielox had an 825. Five more pounds. And you would have had Greenie. Goldielox was way lighter then you. Finally the 275's my homie, Darnell Walker (Muhammad) won the 275s with a 975. I came up with his father, bubble Dixon. I am getting old, too old. Big Mark Coulbourne was second with a 910. He blew his back out in the process too. Aziz Holloway opened up way too high. He blew both his first and second lifts on the bench with a 340. He must have had a heck of a prayer, he made the third lift. Third place was his with a 900 total. Talk about pressure! On top or that, Aziz was selling Wolf tickets in the barbershop to Muhammad (Walker), the eventual winner, about what he was going to do and when only a few days ago. You pulled a rabbit out of your hat brother! They would have dogged you if you had bombed out. I'd first like to thank the H.O.P.E. Organization for sponsorship. They pay for the first, second and third place finishers. H.O.P.E. had their fingerprints all over this meet. Board President Izzy, Secretary Mikal Slade and the X-man spotted, loaded and counted weight the entire meet with no relief. Good job fellows, thank you! Thanks to the entire activities dept. All played a part in one way or another. Thanks to Ron Dermo head judge. Dermo flipped the script this year and suggested we run the round system. It was as smooth as silk. Side judge and activities top honcho Dave Wilson was on top of his game as the third judge Pete Damiter. Thank you for a job well done. You played fair! I looked up towards the end of the bench competition and Smash was the judge in place of Pete. What's up with that? I wondered. Oh yea, Will sent Pete on a money run to the kitchen to pick up the grub. He took Chris "Crick"

Singletary, and Big Premo with him in the event, you feel me? Those boys cleaned up almost everything during and after the meet. Chris also kept Q-Ball and myself watered down, as we could not move once the meet started. Thanks Chris. You too Premo. Krazy Eric Muldowney and Nick did the weigh-in. Markey Mark was once

again the video man. 'Ne thank you all. Last, but not least, my table partner, Q-Ball Hummel (Quentin), thanks for the fine job of M.C., among other things. Watch out Eminem. And for me! I ain't doing nothing. I was in the way. Train Hard and We'll see you next spring. Color me gone. (report by Sheldon Blair courtesy Quentin Hummel)

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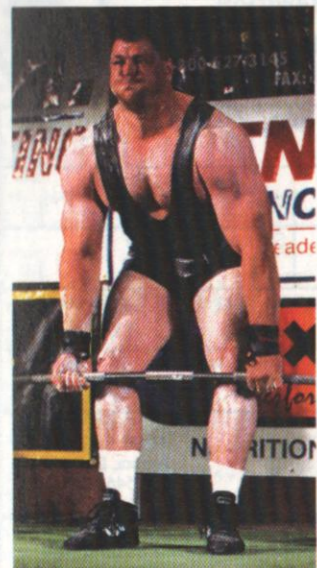
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SLP Primitime Fitness BP/DL 7 APR 07 - Crestwood, KY

BENCH		Open	
MALE	165 lbs.		
Teen (13-15)	K. Hoback	275*	
220 lbs.	DEADLIFT		
H. Allen III	270*	MALE	
Submaster	Novice		
275 lbs.	123 lbs.		
J. Kathman	500	C. Adler	175*
Raw	Teen (13-15)	220 lbs.	
Teen (13-15)	123 lbs.	H. Allen III	435*
T. Wolz	180*	Submaster	
Submaster	308 lbs.	W. Beach	625*
198 lbs.	Open	220 lbs.	
L. Wolz	350*	S. Hudgens	520
4th-355*	148 lbs.	242 lbs.	
Master (50-54)	M. Evans	230*	585
148 lbs.	4th-235*		

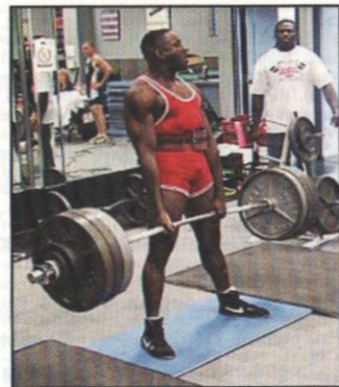
*=Son Light Power Kentucky state records. Best Lifter Bench Press: Joe Kathman. Best Lifter Deadlift: William Beach. The Son Light Power Primitime Fitness Bench Press & Deadlift Championship was held at Primitime Fitness. Many thanks to owner Lewis Oliveros for hosting this event, and for all the meets he has sponsored over the years. In the raw bench division, Tyler Wolz set the Kentucky state record at 13-15/123 with 180. Tyler's dad, Lenny Wolz broke the state record at submaster 198 with 350, then returned with a successful fourth personal best 355 for the win. Mark Evans looked strong at 50-54/148 with two new state records, making a 230 third and 235 fourth attempts. Kevin Hoback got both a new personal best and tied the existing state record at open 165 with 275. In the assisted division, Hunter Allen III broke the state record at 13-15/220 with a strong personal best 270. Joe Kathman got his first official 500 bench at submaster 275. Joe also won his first best lifter award! Congratulations, Joe! In the deadlift competition Cody Adler broke the existing state record at novice 123 with a solid 175 pull. Hunter Allen III, set his second state record of the day at 13-15/220 with a strong 435! This kid is only 15! Best lifter William Beach tied the Kentucky state record at submaster 308 with 625, just missing a final attempt with 650. In the open division it was Scott Hudgens with a personal best 520 at 220 and Mike Cox at 242 with his opener of

585. Mike did go on to lock out a pr 625, but was called for hitching. Thanks to everyone who helped with the meet, loading, spotting and cleanup. Our next meet in Kentucky is May 5, 2008 at Somerset. (Dr. Darrell Latch results)

NASA Bartlesville Classic 22 SEP 07 - Bartlesville, OK

BENCH		Master II		
MEN	N. Dwinell	485		
Pro Sport	242 lbs.			
165 lbs.	Open			
Master Pure	J. Harland	440		
G. Baker	363	Submaster I		
Power	J. Harland	440		
165 lbs.	275 lbs.			
Master Pure	Master I			
G. Baker	485	J. McKay	407	
198 lbs.	Raw			
Master Pure	220 lbs.			
J. Gaurdado	275	Pure		
220 lbs.	J. Fairchild	330		
Push Pull	BP	DL	TOT	
MEN				
242 lbs.				
Master I				
M. Bean	352	534	887	
Powerlifting	SQ	BP	DL	TOT
114 lbs.				
Teen/High School				
R. Bean	104	66	1379	
242 lbs.				
Master I				
M. Hearing	534	—	501	
275 lbs.				
Master II				
J. McKay	540	407	4575	
308 lbs.				
Open				
H. Thomason	749	440	6005	
148 lbs.				
Raw				
165 lbs.				
Submaster I				
N. Hosler	286	253	352	
308 lbs.				
Open				
H. Thomason	749	—	600	
165 lbs.				
Power Sports	CR	BP	DL	TOT
308 lbs.				
Open				
H. Thomason	142	—	600	
317 lbs.				
Inter				
S. Mitchell	142	363	463	
Pure				
S. Mitchell	142	363	463	
968				

(Thanks to Jim Duree for these results)



Robert Herring did a Raw and Drug Tested Clean world record 700 lb. deadlift in the 198 lb. class, at the Jacksonville Open. (thanks to Paul Bossi for photo)

100% Raw Jacksonville Open 15 SEP 07 - Jacksonville, NC

BENCH		275 lbs.	
FEMALE	Open		
165 lbs.	D. Owens	1036	
Submaster	SHW		
T. Walker	418	Open/Submaster	
132 lbs.	H. Canada	1047	
Open	CURLS		
Master (50-54)	FEMALE		
G. Raisin	165 lbs.		
4th-330	Submaster		
148 lbs.	T. Walker	187	
Teen (16-17)	MALE		
J. Smith	286	Teen (16-17)	
166 lbs.	J. Smith	198	
Open/Junior	4th-209		
P/F/L	166 lbs.		
C. Balance	540	Open/Junior	
M. Binkley	727	P/F/L	
181 lbs.	C. Balance	297	
Master (40-44)	181 lbs.		
J. Smith	595	Master (40-44)	
Master (40-44)	J. Smith	253	
P/F/L	Open		
R. Sarmento	661	A. Bannerman	341
4th-716	198 lbs.		
Open/Submaster	Junior		
A. Bannerman	837	R. Sowinski	330
198 lbs.	Submaster		
R. Sowinski	694	K. Webber	330
Master (45-49)	242 lbs.		
D. Yates	606	Master (40-44)	
Open	S. Deuel	242	
C. Powell	782	4th-264	
Open (30-34)	DEADLIFT		
J. Trueblood	694	MALE	
Submaster P/F/L	165 lbs.		
J. Jackson	738	P/F/L	
220 lbs.	C. Balance	959	
Open	181 lbs.		
S. Perez	914	Open	
Submaster	A. Bannerman	914	
K. Webber	749	198 lbs.	
242 lbs.	Open/Submaster		
Master (40-44)	P/F/L		
S. Deuel	716	R. Herring	1543
(Thank you to Paul Bossi for these results)			

G. Andreasen 345* 4th-440* 275 lbs.
M. Guthery 375 STRICT CURL
T. Carlisle 240 MASTERS (45-49)
Master (45-49) 181 lbs.
T. Carlisle 95
S. Baechle 345* 4th-365*
Master (50-54) 198 lbs.
Novice
S. Ross 335* (8)
A. Brown 150*
Teen (13-15) 220 lbs.
D. Horn 415*
Submaster
Meyerford 520*
G. Andreasen 445
Master (45-49) 242 lbs.
S. Baechle 545*
Master (60-64) 165 lbs.
J. Murphy 150*
Police/Fire
J. Paulik 305
Open
J. Chan 335*
181 lbs.
B. Robertson 300
Open
G. Niksch 285*
S. Welch 350
4th-375
242 lbs.
Marquez/Crapse
Underwood 415* 815*
*Son Light Power Missouri state records.
Best Lifter Bench Press: Richard Brown.
Best Lifter Deadlift: Geoff Meyerford.
The Son Light Power Missouri Open Bench Press & Deadlift Championship was held at West County Family YMCA. Many thanks to Steve Baechle and YMCA Fitness Director Joy Jones for all their help

SLP Missouri Open Championship 16 JUN 07 - Chesterfield, MO

BENCH		220 lbs.	
WOMEN	D. Horn	315*	
(45-49)	Teen (18-19)		
132 lbs.	165 lbs.		
(Raw)			
S. Gadley	135*	A. Marquez	225*
4th-140*	198 lbs.		
Open	A. Burton	370	
165 lbs.	Junior		
(Raw)	242 lbs.		
C. Gee	225*	(Raw)	
MEN	F. Crapse	345*	
Novice	Submaster		
220 lbs.	198 lbs.		
D. Black	375	Meyerford	285
Teen (13-15)	220 lbs.		
148 lbs.	R. Brown	440	
L. Hobeck	215*	(Raw)	



World Bench Press Championships Nov. 17 - Currituck, NC

Director: Paul Bossi
252-339-5025
pres@rawpowerlifting.com

World Powerlifting Championships Dec. 1 & 2 - West Melbourne, FL

Director: Spero Tshontikidis
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promoting this first-time event. In the bench press competition we had two great lady lifters, both of which broke existing Missouri state records for their respective classes. Sharon Gadley, lifting in the 45-49/132 class, set the record there with her 140 fourth attempt. Cheryl Gee, who is undoubtedly one of the strongest raw master lifters in the country, won at open 165 with 225! That's raw, without a bench shirt! Great job, girls! Taking the win at novice 220 with a new state record 375 was Dan Black. For the men's 13-15 teenage division, state record holder at 132, Levi Hobeck, moved up to 148 and captured the record there as well, finishing with 215. Dillon Horn, with his Mother's approval, set the record at 220 with 315. Coming all the way from Oklahoma was 18-19/165 winner, Anthony Marquez, who broke the raw state record with 225. Andrew Burton won at 18-19/198 with 370. This was Andrew's first competition. Junior winner at 242 was Fred Crapse, who broke the raw state record at 242 with 345. In the Submaster division Geoff Meyerford won at 198 with 285 while Richard Brown got the biggest lift of the meet at 220 with 440. Garret Andreasen set the state record at 220 with his 350 final attempt. Terry Carlisle won at 45-49/181 with 240 while Steve Baechle won at 45-49/242 with 365, setting the state record there. Steven Ross captured the title at 50-54/198 with a new state record of 335 raw. Newcomer John Murphy set the state record at 60-64/165 with 145. For the Police & Fire division, Master 40-44/220 winner Dan Bequette broke the record with 390 while Open Police and fire competitor Brad Robertson did the same at 165 with 230. In the Open division Jim Paulik won at 165 with 305 while Joe Chan set the record at 165 raw with 335. Pete Bequette took the 181's with 280. Garret Niksch set the state record at 198 raw with 285 while Steve Welch won at 220 with 375. Ed Underwood broke the raw record at 242

with 440 while Mike Guthery won at 275 with 375. The best lifter award went to Richard Brown, who finished with 440 at a 217 bodyweight. We had a strict curl competition with one entry, Terry Carlisle. Lifting in the 45-49/181 class, Terry finished with 95, using perfect form. In the deadlift event first time competitor eight year old Austin Brown set the state record at Novice 97 with 150. Dillon Horn won his second title of the day along with his second state record at 13-15/220 with 415. Best lifter Geoff Meyerford pulled a strong 520 state record at Submaster 198. Garret Andreasen won at 220 with 445. Steve Beachle rounded out a great day of lifting with his second state record of the day at 45-49/242, finishing with 545. At 60-64/165 it was John Murphy, again with a new state record of 150. For the Open Police and Fire division 165 winner Brad Robertson finished with 300. Steve Welch won at 220 Open with 515 while Mike Guthery took the 275 clas with 540. The two man team of Anthony Marquez and Fred Crapse pulled a state record 815 at 198. Thanks to Matt Maccigrosso and Putt Houston for serving as all day spotters and loaders. They did a fantastic job! Also a big thank you to Nancy Baechle who helped at the scorer's table. See you all again next year! (from Dr. Darrell Latch)

Kentuckiana Championships
14 JUL 07 - Mt. Washington, KY

BENCH	L. Wolz	355	
MALE	Open		
Raw	Master (40-44)		
181 lbs.	242 lbs.		
J. Cummins	340	J. Barbagallo	370
Police/Fire/Military	DEADLIFT		
259 lbs.	MALE		
M. Tallent	300	Master (45-49)	
Submaster	220 lbs.		
R. Deppen	315	N. Benefield	475
220 lbs.	CURL		

Open	220 lbs.		
D. Minor	242 lbs.		
N. Peppers	170	Lbs.	Reps
BENCH for Reps			
181 lbs.			
L. Fedenko		85	26
MALE			
Junior			
198 lbs.			
J. Benefield		200	27
220 lbs.			
J. Stover		215	16
Submaster			
198 lbs.			
R. Deppen		185	26
Push Pull			
BP	DL	TOT	
FEMALE			
181 lbs.			
L. Fedenko		155	275
4th-BP-300			430
Master (45-49)			
181 lbs.			
L. Fedenko		155	275
4th-BP-300			430
MALE			
Junior			
242 lbs.			
E. Roberts		325	525
Open			
242 lbs.			
J. Abnee		385	643
Raw			
Teen			
165 lbs.			
J. Scholar		195	375
A. Kelly		210	315
Junior			
220 lbs.			
J. Stover		300	405
4th-BP-480			705
Master (40-44)			
242 lbs.			
J. Fedenko		340	405
Best Lifter Raw Push Pull: John Stover. Best Lifter Open Push Pull: Justin Abnee. Venue: Club Fitness. (results from Jesse Rodgers)			

100% RAW Powerlifting Federation

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Beast of Chrome & Steel
14 JUL 07 - Bradford, PA

BENCH	Open		
MALE	J. Ochoa	360	
181 lbs.	132 lbs.		
Teen	Teen		
E. Beimel	245	M. Melo	325
Junior	MEN		
D. Miller	275	181 lbs.	
220 lbs.	Open		
Submaster	D. Delaney	400	
L. Rutecki	405	Teen	
B. Shafer	380	M. Coulter Jr.	400
242 lbs.	242 lbs.		
Open	Open		
J. Hendryx	505	M. Ladewski	685
R. Wellner	425	M. Coulter	655
DEADLIFT		B. Autieri	400
WOMEN		275 lbs.	
123 lbs.	Open		
	T. Degolier	470	
Ironman	BP	DL	TOT
MALE			
148 lbs.			
Open			
A. McKissick	365	410	775
165 lbs.			
Open			
J. Gelnett	360	400	760
181 lbs.			
Open			
C. Lambert	400	530	930
Junior			
K. Long	225	385	610
242 lbs.			
Open			
T. Bumgardner	435	605	1040
G. Kildin	385	555	840
Submaster			
B. Jones	335	475	810
308 lbs.			
Open			
S. Manning	605	700	1305
Master			
B. Carmack	365	425	790
SHW			
Open			
B. Vonker	450	650	1100
(Thank you to Sandi McCaslin for results)			



Shannon Manning won both the biggest bench and the biggest deadlift at the Beast of Chrome and Steel meet. (courtesy McCaslin)

SLP Superman Classic BP/DL
9 JUN 07 - Metropolis, IL

BENCH	Police/Fire		
MEN	Submaster		
Wheel Chair	242 lbs.		
123 lbs.	L. Edwards	510	
H. Logsdon	210*	Police/Fire	
198 lbs.	(40-44)		
L. Morgan	225*	275 lbs.	
Novice	B. Gardner	520*	
SHW	Open		
S. Baker	405*	181 lbs.	
4th-425*	M. Hathy	295	
Teen (13-15)	220 lbs.		
123 lbs.	P. Hester	365	
C. Shelby	130	242 lbs.	
Teen (16-17)	J. Lawson	585	
148 lbs.	275 lbs.		
T. Crain	260*	P. Little	605
181 lbs.	4th-625		
(Raw)	DEADLIFT		
A. Lewis	260	MEN	
4th-270*	Novice		
275 lbs.	198 lbs.		
(Raw)	C. Erber	400	
W. Wedeking	265*	4th-420	
Submaster	Teen (13-15)		
242 lbs.	165 lbs.		
J. Hall	475	P. Shields	285
Master (40-44)	242 lbs.	Teen (16-17)	
242 lbs.		275 lbs.	
J. Stafford	585*	W. Wedeking	350
4th-605*	4th-370		
Master (50-54)	Junior		
148 lbs.	165 lbs.		
(Raw)	K. Kessler	425	
M. Evans	230*	Master (50-54)	
Master (55-59)	148 lbs.		
181 lbs.	M. Evans	450*	
J. King	260	Master (55-59)	
4th-270	181 lbs.		
Master (60-64)	J. King	365	
165 lbs.	Police/Fire		
L. Greer	225	Open	
181 lbs.	SHW		
J. Wood	385*	S. Baker	585*
Master (65-69)	Open		
220 lbs.	148 lbs.		
(Raw)	M. Evans	450*	
C. Green	270*	181 lbs.	

S. Nevels 510 C. Karnes 515 Illinois. Thanks to the local Chamber of Commerce for hosting this event and to all those who helped with the competition. In the bench press event we had two great athletes in the wheel chair division, both of which set new state records for their respective classes. At 123 it was Heath Logsdon making just his opener of 210. Lee Morgan won at 198 with 225. First time competitor Scott Baker set the state record at novice SHW with 405, followed

by a great 425 personal best fourth! For the Teenage men's 13-15 age group Cody Shelby won at 123 with 130. At 16-17 it was Travis Crain at 148 with a new personal and state record of 260. In the raw division Allen Lewis broke the state record at 16-17/181 with his fourth attempt 270 while Wade Wedeking set the record at 275 with 265 raw. In the Submaster division it was Junior Hall with a solid 475 at 242, just missing a final attempt with a new personal best 500! Jerry Stafford, who had the sloppiest lift of the meet, won at 40-44/242 with a personal best 585, came back with a great 605 fourth attempt! Mark Evans came over from Louisville, Kentucky to take the title at 50-54/148, breaking both the assisted and raw record there with 230. Jerry King continues to improve with a personal best 270 and the win at 55-59/181. At 60-64/165 Larry Greer won with 225 while Jerry Wood won at 60-64/181 with a new state record lift of 385. Jerry also set the mark for the Police & Fire division as well. Chuck Green broke the state record at 65-69/220 with 270 raw! Some truly great master lifters! Lloyd Edwards won at Police & Fire Submaster 242, where he holds the state record, with his opener of 510. Lloyd finished with the highest attempt of the day, 645! Brian Gardner took the Police & Fire 40-44/275 class with a new state record of 520. In the Teenage division Parker Shields won at 13-15/165 with 285 while Wade Wedeking took the 16-17/275 class with 370. Kip Kessler won at Junior 165 with 425, while Mark Evans broke the 50-54/148 state record with 450. Jerry King won at 55-59/181 with 365 while Scott Baker captured his second deadlift title and state record with his win at Open SHW Police & Fire. In the Open division Mark Evans won his second title while also setting his second state record of the day at 148. Shawn Nevels took the title at 181 over Mark Hathy 510 to 420. Shawn came back with a successful fourth of 525; a great pull! Chase Karnes won at 198 with 515 while

best lifter Joe Carter pulled a personal record 750 at 275. This was also a new Illinois state record for Joe, fulfilling a long fought after goal of several years. Congratulations, Joe! Rounding out the field of pullers was Scott Baker with another state record at SHW. Thanks to my grandson, Daniel Cordes, and so many others who helped with the spotting and loading duties. See you all again next year. (results courtesy Dr. Darrell Latch)

SLP One Way Mission Classic
June 30 JUN 07 - Aurora, IL

BENCH	220 lbs.		
WOMEN	(Raw)		
Master (40-44)	J. Bishop	370*	
148 lbs.	4th-380*		
(Raw)	Master (45-49)		
T. Farner	105*	242 lbs.	
MEN	M. Chellino	545	
Novice	Master (50-54)		
97 lbs.	242 lbs.		
A. Hedrich	35*	(Raw)	
198 lbs.	C. Jordan	270	
C. Fosdick	310	Police/Fire	
220 lbs.	242 lbs.		
E. Rollins	300	P. Rodriguez	580
242 lbs.	Open		
T. Scott	300	165 lbs.	
Teen (18-19)	(Raw)		
165 lbs.	V. Robbins	350*	
B. Hsu	255	242 lbs.	
198 lbs.	B. Hall	—	
B. Waldvogel	420	275 lbs.	
Junior	C. Kozeluh	405	
198 lbs.	DEADLIFT		
(Raw)	MEN		
S. Borrego	375*	Novice	
242 lbs.	97 lbs.		
T. Hatten	485	A. Hedrich	75
Submaster	Teen (18-19)		
165 lbs.	165 lbs.		
(Raw)	B. Hsu	405	
K. Hedrich	350*	Submaster	
4th-360*	220 lbs.		
198 lbs.	T. Bruckner	495	
(Raw)	Open		
L. Elster	350	198 lbs.	
Master (40-44)	J. Carwile	325	



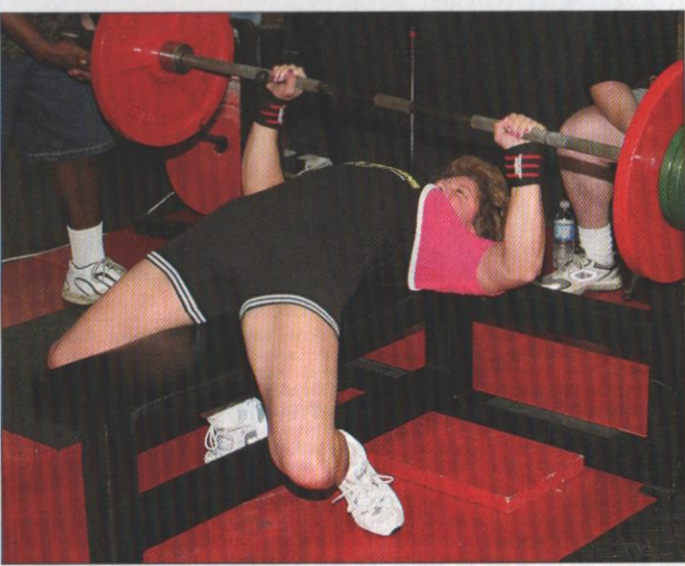
though he jumped to 640 with a shirt. Joe Marsala, who usually competes in the 70-74/242 class, had some problems with his blood pressure and decided to forgo the competition at the last moment. In the deadlift event little Andrew Hedrich won again at novice 97, finishing with 75 at a 40 bwt. Bernard Hsu won at 18-19/165 with 405 while best lifter Tim Bruckner took the submaster 220 class with a fine raw lift of 495. Josh Carwile got a new personal best at open 198 with 325, lifting in his first competition. A special thanks to Tim Bruckner and Bill Centano for doing a great job loading and spotting. See you all next year! (Thanks to Dr. Darrell Latch for providing these results)

N. Duncan 60 145 205 Thanks to Mexico High School, Bill Duncan, and the University of Missouri Strength and Conditioning department, as well as the lifters and their families. Despite more promotion, there were fewer lifters for this meet than in March. The important thing was this was a fun meet for those who came. Five of the University of Missouri's strength and conditioning staff, affectionately known as the Strength Staff Mafia, came and lifted (some for the first time). These guys are modeling what they are teaching the MU athletes. Josh Stoner, Keith Caton, and Pat Ivey brought their families. We had met one week earlier at

the Show-Me State Games powerlifting event. While the big dogs were Keith Caton, 525 bench, and Pat Ivey, 705 deadlift, the stars of the show were the kids. After the big kids were done, the little kids got on the platform and deadlifted dumbbells. I can't tell you how much fun it is to lift with your kids. My oldest, Daniel, was away at FCA camp, but everyone else lifted except my wife, Liti. The next meet in Mexico will be March 1, when we will host the AAU sanctioned 2nd Annual Dawg Pound Dog Fight. (Bill Duncan)

Dawg Days Deadlift and Bench
28 JUL 07 - Mexico, MO

Push Pull	BP	DL	TOT
Youth (5-6)			
R. Duncan	20	40	60
Youth (9-10)			



Outstanding Woman Lifter - at the IPB Mountain Bench Bash in Asheville, NC was Shannon Culbertson. (photo courtesy Keith Payne)

IBP Mountain Bench Bash
25 AUG 07 - Asheville, NC

BENCH	Master (50-54)		
FEMALE	Raw		
123 lbs.	P. DeMarchis	275	
Teen (16-17)	Teen (16-17)		
Raw	Raw		
T. Hawkins	95	R. Seals	260
148 lbs.	Intermediate (24-34)		
Submaster (35-39)	J. McCoury	—	
Raw	198 lbs.		
S. Culbertson	180	Master (50-54)	
MALE	S. Durham	385	
148 lbs.	220 lbs.		
Teen (16-17)	Master (45-49)		
C. Edwards	300	G. Penlard	460
Open	Open		
S. Warren	285	G. Penlard	460
Intermediate (24-34)	Police/Fire/Military		
Raw	B. Ronie	405	
Patton-Gooch	275	242 lbs.	
Open Raw	Master (40-44)		
Patton-Gooch	275	R. McMillan	365
165 lbs.	Junior (20-23)		
Open Raw	Raw		
R. Tyree	315	B. Sampson	315
J. Wortman	305	275 lbs.	
Intermediate (24-34)	Police/Fire/Military		
Raw	Raw		
C. Cummings	290	K. Mackey	525
Novice Raw	Submaster (35-39)		
D. Passmore	220	Raw	
181 lbs.	K. Machey	525	
Teen (18-19)	Master (45-49)		
J. Reagan	345	J. Reno	405
Intermediate (24-34)	Master (45-49)		
Raw	Raw		
W. Brothers	310	K. Leary	—
Intermediate (24-34)	308+ lbs.		
S. Durham	305	Open	
	C. Cline	520	

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SLP Mason-Dixon Open BP/DL
5 MAY 07 - Somerset, KY

BENCH	J. Wilson	250
Novice	4th-255	
181 lbs.	DEADLIFT	
J. Sato	315	Novice
275 lbs.	181 lbs.	
J. Mounce	425	J. Sato
Submaster	275 lbs.	565*
181 lbs.	J. Mounce	505*

*=Son Light Power Kentucky state records. The Son Light Power Mason-Dixon Bench Press & Deadlift Championship was held at the Blakley Family YMCA. Thanks to Joe Mounce and fitness director Charlie Bailey for all their help in promoting this event locally. First time competitor Josh Sato had a great day of lifting, beginning with the bench press event, where he won at raw novice 181 with 315. Just missing a fourth attempt with 325, which would have tied the Kentucky state raw record, Josh went on to destroy the current state deadlift record for that same class. Josh finished with 565, just missing a 580 final attempt, to break the state record by 115 pounds! Joe Mounce won the bench at novice 275 with 425, lifting with a new RageX shirt. Once he gets it broke in, he'll hit 500. In the deadlift event Joe pulled a 505 final attempt to break the state record there. Our only other lifter was Jerry Wilson, who at submaster 181, was in just his second competition. Coming back from an injury, Jerry finished with a new personal best 255! Thanks to our spotters and loaders, Lance Burton and Chris Doss and to Charlie Bailey, who took some great pictures. (from Dr. Darrell Latch)

SLP WI Rocky Rauch Memorial
21 APR 07 - Delavan, WI

BENCH	N. Porter	340*
WOMEN	D. Black	340*
Raw	242 lbs.	
Novice	D. Mangseth	370*
132 lbs.	Submaster	
J. Rasmussen	155*	165 lbs.
Submaster	E. Ynocencio	300
132 lbs.	Master (45-49)	
J. Rasmussen	155*	220 lbs.
Open	S. Lamathe	470
123 lbs.	Master (50-54)	
B. Brown	105*	198 lbs.
132 lbs.	G. Koch	240
J. Rasmussen	155*	308 lbs.
148 lbs.	M. Kuehni	450*
P. Miller	150*	Open
MEN	K. Simplot	450*
Novice	165 lbs.	
165 lbs.	E. Ynocencio	300
E. Ynocencio	300*	198 lbs.

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S. Barton	365	H. Gomez	250*	242 lbs.	D. Wubben	440
275 lbs.	SHW	E. Silva	240*	T. Purcell	C. Rodberg	350
P. Harris	765*	Submaster	220 lbs.	Master (60-64)	308 lbs.	
Raw		T. Mollan	340*	J. Hanson	400	
Novice		D. Manuel	350	DEADLIFT		
148 lbs.		4th-365*	148 lbs.	WOMEN		
B. Jones	95*	198 lbs.	J. Klopp	205*	132 lbs.	
Teen (13-15)		Schumacher	275*	Open	J. Rasmussen	220*
148 lbs.		Master (40-44)	198 lbs.	Submaster	132 lbs.	
M. Kuehni	145*	198 lbs.	D. Herrig	315	J. Rasmussen	220
Teen (16-17)		S. Scott	375*	220 lbs.	Open	132 lbs.
148 lbs.		Master (45-49)	T. Davidson	440		
L. Jones	145	198 lbs.	4th-455*	220 lbs.	J. Rasmussen	220*
Junior		D. Klopp	250*	220 lbs.		
148 lbs.						

148 lbs.	K. Koch	325
P. Miller	285	198 lbs.
MEN	R. Gripenrog	475
Novice	4th-500	
148 lbs.	Submaster	
B. Jones	220*	165 lbs.
165 lbs.	E. Ynocencio	335
E. Ynocencio	335*	Master (45-49)
181 lbs.	198 lbs.	
T. Miller	505*	J. Grap
198 lbs.	H. Perone	465
J. Montez	530*	220 lbs.
220 lbs.	B. Vivier	485
N. Porter	500*	242 lbs.
242 lbs.	T. Purcell	360
L. Ritzert	530	Master (50-54)
242 lbs.	220 lbs.	
D. Mangseth	525	S. Coogan
4th-535*	308 lbs.	500
Teen (13-15)	K. Simplot	600*
97 lbs.	Police/Fire	
J. Sykes	180*	148 lbs.
148 lbs.	J. Klopp	330*
M. Kuehni	295	Open
Teen (18-19)	148 lbs.	
181 lbs.	M. Valadez	360*
M. Ritzert	430	165 lbs.
Junior	B. Andrews	540
165 lbs.	E. Ynocencio	335

*=Son Light Power Wisconsin state records. Best Lifter Bench Press Men: Paul Harris. Best Lifter Bench Press Women: Jennifer Rasmussen. Best Lifter Deadlift Men: Bryan Andrews. Best Lifter Deadlift Women: Peggy Sue Miller. The Son Light Power Wisconsin State Bench Press/Deadlift Championship was a huge success. Held at Delavan Fitness Center & Rocky's, this event was a memorial to Norman "Rocky" Rauch, who passed away ten days before on April 11. At the beginning of the competition Rocky's wife Trudy and Rocky's family were presented with a plaque in honor of the event. Rocky had looked so forward to this event and had even talked about lifting in the competition with his grandchildren, who lived in Colorado. His grandchildren, Blake and Larry Jones, did get to lift in the event and I'm sure Rocky was right there watching over them all the way. In the raw bench press event Jennifer Rasmussen put on quite a show, taking the novice, submaster and open 132 class, setting state records in each event with her 155 final attempt. Jennifer also captured the best lifter award for the women! Billie Jo Brown broke the state record at open 123 with 105 while Peggy Sue Miller did the same at 148 with 150. In the novice men's 148 class Blake Jones broke the state record with 95. Matt Kuehni set the state record for the 13-15/148 class with 145 while Larry Jones took the 16-17/148 class with 145. For the juniors it was Hector Gomez at 148 with 250 and Edvardo Silva with 240 at shw. Both lifters posted new Wisconsin state records. One of the greatest lifts of the day came from 140 pound Dwayne Manuel. The state record-holder at submaster 148, Dwyane broke both the assisted and raw state records with his fantastic 365 fourth attempt. That's eighty-five pounds over double-bodyweight "raw"! Joseph Schumacher, lifting in his first competition, won at submaster 198 with a state record 275. Steve Scott won the 40-44/198 title with his 375 state record opener. Dan Klopp broke the state record at 45-49/198 with 250 while another first-timer, Terry Purcell won at 45-49/242 with 270. One of the great master lifters from Wisconsin, Tom Mollan, broke the 60-64/220 record with his 340 final attempt. Justin Klopp set the state record at police & fire/148 with 205. In the open division it was Dan Herrig at 198 with 315, making just his opener. Tschombe Davidson, continues to edge toward that magical '500', with his win at 220 with a new personal and state record 455. Dean Wubben was second at 220 with 440, followed by Charles Rodberg's 350. Jim Hanson, taking the title at 308, finished with 400. In the assisted division Evodio Ynocencio broke the state record at novice men/165 with 300. Evodio also won at submaster and open 165. Nate Porter won at novice 220 over Dan Black, by bodyweight, both finishing with a state

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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.

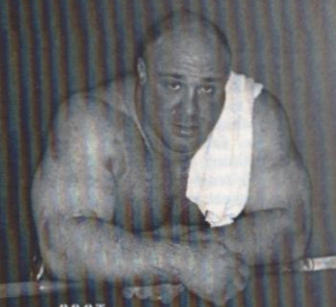
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record 340. Derek Mangseth finished at 242 with a personal best and state record 370. Steve Lamathe got a new personal best 470 with his win at 45-49/220. Gary Koch finished with 240 at 50-54/220 while Kerry Simplot set the state record at 308 with 450. In the open division Steve Barton won at 198 with 365, but it was Paul Harris who really stole the show. Paul, who weighed in at 272, only got in one good lift, but it was a good one! Missing with his opener of 700, Paul change shirts and went right to 765! Lockout good! State record! Best lifter! In the deadlift event Jennifer Rasmussen did it again, taking all three of her classes here as well. Finishing with 220, Jennifer set the state records for the novice and open 132 classes. She also won at submaster 132. Best lady lifter, Peggy Sue Miller, won at open 148 with 285. For the novice men's division, state records were set in each weight class from 148-242! At 148 it was Blake Jones with 220. Evodio Ynocencio won at 165 with 335 while Todd Miller took the 181 class with 505! Jason Montez pulled a personal best 530 at 198 while Nathan Porter won his second title of the day at 220 with 500. In the 242 class it was a close one with Luke Ritzert edging out Derek Mangseth 530 to 525. Derek did, however, come back with a successful fourth of 535 to steal the state record back from Luke! Justin Sykes broke the state record at 13-15/97 with 180 while Matt Kuehni won his second title of the day at 13-15/148 with 295. Taking the win at 18-19/181 was Matt Ritzert with a big 430. Keith Koch got a personal best 325 at junior 165. Rob Gripenrog pulled 475 at junior 198 before his first official 500, which he got on his fourth attempt. Evodio Ynocencio won again at submaster/165 with 335. In the master men's 45-49 age group James Grap won over Hugh Perone 505 to 465. Bob Vivier took the 220 class with 485 and Terry Purcell pulled 360 for the win at 242. Stuart Coogan won at 50-54/220 making just his opener of 500. But the biggest lift of the day came from Kerry Simplot, who won at 308 with a new state record of 600. Justin Klopp set his second state record of the day at police & fire/148, finishing with 330. Moises Valadez broke the state record for the open 148 class with a personal best 360 while best lifter Bryan Andrews won at 165 over Evodio Ynocencio 540 to 335. A very special thanks to Josh Horton and Sam Alvey who did a great job spotting and loading all day! Thanks also to the staff at Delavan Fitness Center & Rocky's for hosting this event. See you all again next year! (results courtesy Dr. Darrell Latch)

World Natural Powerlifting Federation (WNPF)
Membership Registration

LAST NAME _____ FIRST NAME _____ INT. _____
STREET ADDRESS _____
CITY, STATE, ZIP _____
AREA CODE, TELEPHONE: _____ DATE OF BIRTH _____
AGE _____ SEX _____ CHECK ONE: LIFETIME DRUGFREE _____ 5 YRS. MIN. _____

REGISTRATION FEE
\$10.00 SPECIAL OLYMPICS
\$20.00 HIGH SCHOOL
\$40.00 ADULTS

FILL OUT ENTIRE APPLICATION AND MAIL WITH FEE TO:
WNPF, PO BOX 142347, FAYETTEVILLE, GA 30214

SIGNATURE / PARENTS SIGNATURE IF UNDER 18 _____
DATE _____ (memberships are valid for one year)
I agree to submit to any testing procedures in or out of contest by WNPF officials and shall accept the results and will not challenge them in any way. I also agree not to sue the WNPF for injuries that may occur during competition, traveling to or away from competition. I realize that powerlifting is a dangerous sport and I choose to compete at my own risk.

APF/AAPF Summer Heat III
8 SEP 07 - Rockhill, SC

APF BENCH	BP	DL	TOT
MEN			
Open			
SHW			
A. Coleman	711		
J. Robinson	622		
Push Pull			
AAPF			
MEM			
Masters			
198 lbs.			
E. Bailey	297	374	672
Open			
220 lbs.			
M. Palmer	214	369	584
Junior/Teen			
220 lbs.			
W. Delongis	297	358	655
APF Push Pull			
MEN			
Masters			
275 lbs.			
(Guest)			
J. Pinder	551	771	1322
Open			
198 lbs.			
J. Bunn	341	407	749
242 lbs.			
B. Johnson	429	639	1069
G. Austin	—	—	—
275 lbs.			
(Guest)			
K. Robertson	—	—	—
J. Standley	501	705	1207
308 lbs.			
B. Cornegie	551	551	1102
Full Power	SQ	BP	DL
AAPF			
MEN			
Masters			
198 lbs.			
M. Steck	584	380	463
L. Nichols	700	451	589
242 lbs.			
M. Ferris	711	512	628
Open			
220 lbs.			
S. Maxson	562	352	551
275 lbs.			
J. Elkins	336	253	336
K. Malchow	804	501	595
SHW			
B. Sneed	—	—	—
Junior/Teen			
165 lbs.			
R. Lee	705	—	705
308 lbs.			



Best AAPF Push/Pull Lifter was Eddie Bailey, in the Men's Master 198 lbs. division, with APF/AAPF official Will Millman as the head judge. (the photographs were provided by the courtesy from Will Millman)

J. Meyers 259 242 352 854
APF
MEN
Masters
220 lbs.
B. Pittman 275 374 314 964
B. Jordan 402 237 474 1113
J. Landon 628 385 551 1565
242 lbs.
J. Culliton 529 352 540 1422
B. Warren 876 523 600 2000
Open
165 lbs.
D. Wilcox — — — —
181 lbs.
B. Spayd 650 314 573 1537
198 lbs.
G. Crook 821 545 501 1868
W. Flattery 556 380 501 1438
220 lbs.
C. Smith 573 501 600 1675
W. Kuenzel — — — —
242 lbs.
T. Wright 799 540 633 1973
(Guest)
M. Johnston — — — —
B. Fields 529 369 540 1438
275 lbs.
D. Lemmel 711 562 628 1901
N. Case 496 330 451 1278
APF Best Lifter Full Power: Billy Warren.
APF Best Lifter Push Pull: Joe Standley.
AAPF Best Lifter Full Power: Lloyd "Buddy" Nichols.
AAPF Best Bench: AJ Coleman. (results by Will Millman, SC State Chair)
This years Summer Heat III was another great meet thanks to the efforts of Eric Hubbs, Killer Williams and a staff of local volunteers. We've made a change this year in the way we keep SC State records. Eric is the SC AAPF Chairman and will be drug testing and keeping separate records for AAPF lifters. I will continue to keep APF records. This meet was full power or push/pull or bench only to give all lifters the opportunity to "do their thing". The lifters were from SC, NC, and VA. With lots of first time competitors and a group of Special Olympians who are always the audience favorites. After weighing in the lifters on Friday at Rock Hill's SC Strength gym, we moved over to the American Legion Post for the meet on Saturday. I was in the head referee chair with Todd Shook and Kate Tailion in the side seats. Jason and Phyllis were at the scoring computer and Eric was working his new loading program. Lauren, with Chris nearby, kept the lifter's cards for our announcer Darrell Duggins (a.k.a.

International Heart Throb.) Amanda Steck was our able expeditor again and she has got it down pat. A great team of spotters and loaders rounded out the platform crew. Marge was in the front row taking the notes that make this write-up possible. We had the rules meeting at 9:30 followed by the Pledge of Allegiance. We started the meet at 10:00 with the first squat flight. Richard Lee, a 16 year old student from Rock Hill lifting in his first meet after just two years of training was our first full power lifter. He opened with a 100 kgs. squat and made that easily and in perfect form! His next attempt with 110 kgs. was just as smooth and easy as his first. He finished with 117.5 kgs. (259 lbs.), a perfect lift and a cheer from the crowd and his coaches. What a great start for this new lifter. He made his first two bench presses up to 110 kgs. (242.5 lbs.) and was looking good. His third attempt with 116 kgs. was too heavy so no lift. The deadlift was his best. Three solid lifts of 142.5, 156 and 160 kgs. (352.5 lbs.) brought his total to 854.25 lbs. Going 8x9 he earned first place in J/T 165 AAPF and set three new SC State records. Good job! It appears that Eric, Mike and the guys at SC Strength have trained this young man well. Next up was Brian Pittman, the first of our Special Olympic lifters. Brian is 40 years old and lifts in MM 220. Opening with a 110 kgs. squat, down and up quickly for a good lift. His next attempt with 125 kgs. was also good. It looked like he felt that he could handle any lift but his third attempt with 137.5 kgs. (303 lbs.) was a little too much today, so no lift. But this guy is a bench presser currently holding the SC APF State Record in MM 220 (40-44) with a 405 lbs. lift. His first attempt with 170 kgs. (375 lbs.) was a good lift, but it was the best that he could do today. He just couldn't get back into his groove. He'll be back! Deadlifting 125 kgs. for his opener he moved up to 142.5 kgs. on his second and had to work hard but got three white lights for a good lift. His attempt with 155, looking for a new PR, was not going to go today. He ended up with a total of 437.5 kgs. (964.5 lbs.) and second place in MM 220. Our next lifter was 19 year old Special Olympian Josh Meyers. Lifting only one year, this was his first AAPF meet. Weighing in at a trim 308 lbs. this 6'8" guy was ready to lift. He appeared to be real comfortable in front of the crowd, flashing a big smile and blasting up three squats of 120, 135, and then up to 145 kgs. (319.5 lbs.). Great start! He benched 87.5 kgs. for his first attempt, had trouble with his next at 95 kgs. but came back to make it on his last try (209 lbs.). He was an imposing figure with his big smile as he easily pulled 152.5, 166 and then 182.5 kgs. (402.2 lbs.) For a great day of lifting going 8x9, totaling 422.5 kgs. (931.2 lbs.) and first place in J/T 308 AAPF. The next powerlifter was Jason Elkins, a 29 year old Special Olympics National Champion, "Mr. Personality". Always a crowd favorite, he lifts with focus and determination and fun. He had three solid squats of 125, 140, and 152.5 kgs. (336 lbs.). All with a big smile. His bench pressing was equally exciting. Lifts of 102.5, 108.5 and 115 kgs. (235.5 lbs.) went up easily. He pulled 142.5 and then 152.5 kgs. He pulled and pulled on his third attempt with 170 kgs. (374.75 lbs.) but just could not control it. Good try! He'll get it next time. Totaling 420 kgs. (925.75 lbs.) he finished in second place in AAPF MO 275. Bill Jordan, one of our favorite Master lifters is from Grafton, VA and has made the trip to lift with us many times. At 64 years young he lifts in MM 220. He has been lifting for five years and competing for four, and he keeps getting better and stronger at every meet. Every time we see him he's setting new PR's. His squatting was awesome! Opening with 147.5 kgs., then to 160 kgs., and both were good! His third attempt with 182.5 kgs. (402 lbs.) was tough, but not as tough as he is BAM! Good lift! His first bench attempt with 90 kgs. was just a warm-up. 102 kgs. on his second attempt was also too easy. Up to 107.5 kgs. (237.7 lbs.) for his final bench and it was also good. He approached the deadlift with a scowl of determination, making all three attempts up to a big 215 kgs. (437.7 lbs.)

strong and solid. What a great day, 9x9 and first place in MM 220 with a total of 1113.25 lbs. Nick Case was our next lifter. From Monroe, NC he is a member of Team Torture from Iron County Fitness. This is his first meet. At 18 years old he lifted in J/T 181. He attacked the bar for his first squat attempt with 210 kgs. (462.7 lbs.) down and up, just as easy as that. His second with 225 kgs. was lots of work but he muscled it up, for a good lift. A last attempt with 250 kgs. (551 lbs.) a big lift for a rookie, was too heavy and needed the help of the spotters good try. He easily blasted up 142.5 kgs. on his first bench attempt. Moving up to 150 kgs. for his second attempt, which was also good. His last attempt with 157.5 kgs. (347 lbs.) was too heavy, take it, but no lift. Remember, he weighs just 176 lbs. What a try! He opened with 185 kgs. for his first DL and made it easy. Up to 205 kgs. for his second, which was also good. He had trouble with his last attempt with 227.5 kgs. (505.5 lbs.) and got three red lights. Have no fear, he will be back. This 18 year old has the potential to be a great lifter. He totaled 580 kgs. (1278.5 lbs.) for first place J/T 181. Our next lifter, from Charlotte NC was Will Flattery competing for his first time in MO 198. He is just 20 years old and has been working out at Iron Country Fitness for just one year. Starting out big with a 227.5 kgs. (501.5 lb.) opening attempt at the squat bar, he makes it. Good lift. Up to 250 kgs. for his second, not this time, and good job spotters! One more try at 250, and it's good! Three white lights! Great start for this young man. He opened with a 160 kgs. bench press, smooth and solid. Good lift! Next attempt, this time with 172.5 kgs. was also good. Pushing 182.5 kgs. (402 lbs.) was just too much for him, but no lift. He pulled 182.5, 205 and 227.5 kgs. (501.5 lbs.) for three very strong deadlifts. Totaling 1438.5 lbs. he earned second place in his division behind the unbeatable Greg Crook. Jeff Culliton was up next. Lifting in MM 242 he is another Virginian who makes the long trip down with Bill to compete in our meets. He recently won first place in the Submasters 242 at the APF Nationals, and he was ready to lift! He squatted 240 kgs. (530 lbs.) but was unable to get 245 kgs. He had three solid bench presses of 145, 150, and 160 kgs. (352.5 lbs.) just a little shy of his PR, but not by much. He'll get it next time for sure. Looking good in the deadlift, he pulled 215, 235, and 245 kgs. (540 lbs.) for a total of 645 kgs. (1422 lbs.) and second place in his division. Our next lifter was 26 year old Ben Fields a Deputy Sheriff from Columbia SC. He trains at SC Barbell where the big guys lift heavy! For a guy lifting only two years he already has 5 PL trophies to his credit. His opening squat with 240 kgs. (529 lbs.) was a bit shaky, but they were good for three white lights. His next two attempts with 250 kgs. were too much today, and no lifts. He made his opening bench press of 167.5 kgs. (369.2 lbs.) but could not get his second or third, which needed the help of the spotters. He hitched his first deadlift and was red-lighted for it. Another attempt with 245 kgs. (540 lbs.) was also turned down. He came roaring back for his third attempt and made it! Good lift, he worked hard for that one. He totaled 657.5 kgs. (1438.5 lbs.) for second place in MO 242. Michael Steck was our next lifter. He's from Columbia and trains at SC Barbell. One of our biggest supporters and the current SC State record holder in MM (45-49), he has moved up to MM 198 (50-54) and was looking to establish all new State records. Michael is our "screaming" squatter as he blasted up his first attempt with 245 kgs. His second with 265 was tough but he makes it! (584 lbs.) new PR and definitely a new State record! Satisfied with that lift, he passed up a third attempt and got to the bench press with an opening lift of 160 kgs. (352.5 lbs.) he set another new PR. Not done yet, he called for 172.5 kgs. (380.2 lbs.) and pushes it up, strong and solid good lift. WOW! A third attempt with 182.5 kgs. needed the help of the spotters, so no lift. He ripped 192.5 kgs. up for his first deadlift, which was good! Up to 219 kgs. (462.7 lbs.) on his second attempt, also

good and another PR! He was stopped at 213.5 kgs. What a great try. He totaled 647.5 kgs. (1427.25 lbs.) for first place in MM 198 (50-54) and set all new APF/AAPF SC State records. We don't know who was more excited about these lifts, Michael or Karl? What a great team! Our next lifter was Steve Maxson from Hickory, NC lifting for only two years and training at the Hickory "Y". He made his opening squat with 255 kgs. (562 lbs.) look easy, down and up. Good lift! He really fought his next two attempts of 270 and 272.5 kgs., but could not get them. Good job spotters! Good try Steve. He benched 160 kgs. (352.5 lbs.) on his first attempt and could not get any more today. Deadlifting 232.5 and then 250 kgs. (551 lbs.), he totaled 665 kgs. (1466 lbs.) for first place in MO 220 AAPF. The last lifter in the first squat flight was Chauncey Smith from Cayce, SC. This is his first time lifting with us. Training at SC Barbell, he is used to heavy weights. He opened with a 260 kgs. squat attempt but couldn't quite get it. His next try with 260 kgs. (575 lbs.) was good. What a great effort! A crack at 272.5 kgs. was not quite low enough, as he got red lights. Looking real solid in the bench press he easily pushed up 210 kgs. on his first attempt and then 227.5 kgs. (501.5 lbs.) on his second, only to be stopped with a 232.5 kgs. on his last bench attempt. The 501.5 lbs. bench press was a new SC State record, good job! The deadlift is obviously his lift! Strong, solid lifts of 237.5, 260 and 272.5 kgs. (600.75 lbs.) earned him another SC State record in MO 220. He totaled 760 kgs. (1675.5 lbs.) for first place in his division. What a great day! Mark "Chairman" Ferris, an experienced powerful Master lifter from Weaverville, NC was the first lifter of the second squat flight. Mark has been Powerlifting for 15 years and holds numerous trophies and records. He certainly had a great day and his fans loved it! His first squat attempt with 262.5 kgs. was a breeze, good lift. The next attempt with 295 kgs. also no problem and was perfect. Way up to 322.5 kgs. (710.75 lbs.) for a crack at a new PR, down and up, for a good lift! Mark is a strong, solid squatter and made all of these lifts look easy and looked to us like he had "plenty mo" in the tank. His opening bench with 220 kgs. was just a warm-up, good lift. Up to 232.5 kgs. (512.5 lbs.) for his next, bam! Good again! Looking for another PR, he tried 250 kgs. (551 lbs.) but could not keep his butt down. Great try but no lift. He deadlifted 255, 275.5 and then 285 kgs. (628.2 lbs.) for another PR. Wow! What a day. Going 8x9 and totaling 1851.5 lbs. with two new PR's and first place in MM 242 AAPF. We look forward to seeing Mark again. Up next was 35 year old Brandon "Spaydzilla" Spayd, a member of "Team Torture" from Monroe, NC. He has been lifting for six years and trains at Iron Country Fitness. His opening squat with 272.5 kgs. (600.7 lbs.) was a nice easy lift and a new PR. Good job. Up to 295 kgs. for his next, also good. Kicking up his new PR to 650.2 lbs. (100 lbs. above his pre-meet). Moving up again, this time to 305 kgs. (672.2 lbs.), but not quite, not today, good job spotters! His first bench with 142.5 kgs. (314 lbs.) was smooth and solid, three white lights. His next two attempts were a problem for him today. He just could not get the bar to touch, take it. Good try. He deadlifted 227.5, 250 and 260 kgs. (573 lbs.) for a new deadlift PR, a total of 1537.5 lbs. and first place in MO 181. Jon Landon from Columbia, SC, another of our great competitors and past sponsors, lifts in MM 220 and trains at SC Barbell. Opening with 272.2 kgs. for his first squat attempt, which he blasts it up! Good lift. Going for a new squat PR, he calls for 285 kgs. (628.25 lbs.), but can't quite get it. Good job spotters! Again 628.2 lbs. for his third attempt with his son, Bic, Michael and Karl shouting encouragement, he muscled it up, and good lift, a new PR and a great job! His first bench attempt with 142.5 kgs. was easy. Good lift. He could not control his next attempt with 175 kgs. and needed the help of the spotters, no lift. Back at it again for his third. Bam! A good strong, solid lift of 385.7 lbs. Deadlifting 227.5 and then up to 250 kgs. (551 lbs.) for a new PR



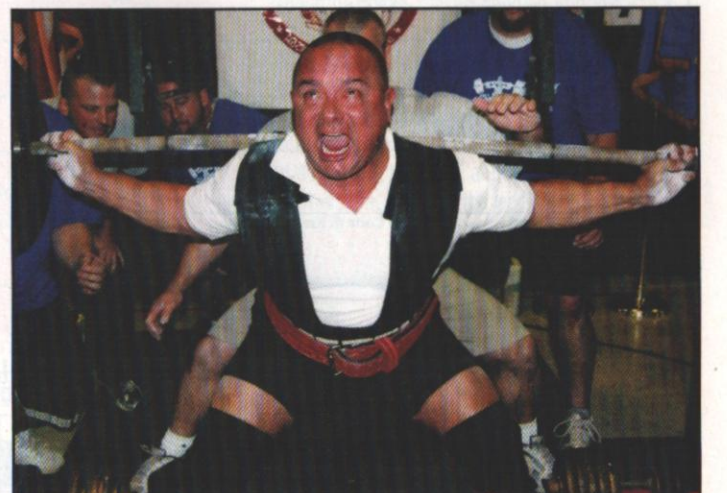
Best APF Push/Pull Lifter was Joe Standley, between Eric and Killer.

again. He totaled 1565.25 lbs. for first place in MM 220/40-44 with three new APF SC State records. It was a great day of lifting for Jon! Up next was Will Kuenzel from Charleston, SC lifting in MO 220. Will is a personal trainer at the St. Andrews Gym and a solid powerlifter. Missing all three squats he could not get into his groove and was out of the meet. Since he had made the trip from Charleston, we let him make the other lifts. He benched 207.5 kgs. (457.25 lbs.) and deadlifted 275 kgs. (606.25 lbs.). A tough day for Will, but he is a great competitor, "he'll be back". See you in November. With a "rock star" entrance, his fans on their feet shouting, "Buddy, Buddy", Buddy Nichols was obviously a crowd favorite. He is a great experienced Master lifter. Competing in MM 198 at age 45, he has been lifting for 23 years and has accumulated (as he says) a few records and trophies. This is the first time he has lifted with us, and we were ready! An opening squat with 290 kgs. (639.25 lbs.) was strong and solid, good lift. His next attempt with 315 kgs. (694.25 lbs.) was a little too much and he needed the help of the spotters. For his last squat attempt he called for a "big" 318.5 kgs. (702 lbs.). Heavy, that bar looks awfully heavy for this 45 year old 198 pounder, but not to him! He gets under it and gives it a ride. Wow, that looked tough, and it was a good lift! A big shout from his fans and a big smile from him and a new PR! He's a hell of a squatter. His first bench attempt with 175 kgs. (385.75 lbs.) was a breeze, for a good lift! put some weight on that bar". His next with 190 kgs., also looked easy. This is a strong guy! Up to 205 kgs. (451.75 lbs.) for his final bench. Awesome! Good lift. Another PR for him. He deadlifted 245 kgs. and then 268.5 kgs. (591.75 lbs.) for a total of 1746 lbs. and "The Best AAPF Lifter" of the meet. Great job! Great day! Our next lifter was Derek Wilcox from West Jefferson, NC. A strong lifter only 20 years old, he has all of the NC APF State records at 165. Today was not a good day for him. Fighting a head cold all week he was not able to get his balance. His opening squat attempt with 295 kgs. (650 lbs.) was just not steady, he tried to control the bar and himself but he just could not. Missing all three squat attempts, he was out of the meet. After a good long rest we OK'd him to deadlift. On his first attempt with 240 kgs. (529 lbs.) he was good but still looked a little off base. Two more attempts with 272.5 kgs. (600.75 lbs.) were no good and obviously much too much for him today. We wish him well and look forward to seeing some record-breaking lifts from him in the future. David Lemmel from Myeartle Beach has been lifting for only three years but has already started to accumulate trophies. Lifting in MO 275 APF he came ready to lift. His first squat with 295 kgs. was strong and good. Next with 308.5 kgs., also good lift. Up to 322.5 kgs. (710.75 lbs.) "Push it up!" Good lift! Wow, a new PR and another 700+ lbs.

squat. Things are getting really heavy. In the bench press he went from 227.5 to 240 to 255 kgs. (562 lbs.) strong and solid and another new PR by over 60 lbs., Good job! He really ground out three big deadlifts of 255 kgs., 272.5 kgs. and 286 kgs. (630 lbs.) for another new PR to total 1901.47 lbs. and first place in MO 275. Going 9x9 he had a perfect day of lifting. Way to go "Doc"! Our next lifter was Brandon Sneed, a big man at 396 lbs., he lifted in MO SHW AAPF. From Charlotte, NC, lifting only one year this is his first meet. He opened with a big 320 kgs. (705.25 lbs.) squat attempt, but no go. He needed the help of the spotters, up to 340 kgs. for his next attempt, again, not good. Looks like it's too heavy for him today. Not knowing the word "quit" he gets under the bar for one more try at the 749.5 lbs. Too much, too much! This time he's down, but not out! Up on his feet, he waves to the crowd. "I'm OK!" Whew! He's had enough for today. What a great effort. Next up was "Champion" Greg Crook from Monroe, NC a member "in good standing" of Team Torture. He is a super strong lifter and is recognized as an APF "Elite Lifter" with a record total of 1890 lbs. at 198. He is the APF Senior Champion at 198 lbs. and the NC State record holder in his class. He was the Best Lifter in APF SC Open 2-07. It's incredible to watch Greg make bigger and bigger lifts everytime he competes. He was a little out of his groove on his first squat attempt but made the correction and came back to blast up 355 kgs. (782.5 lbs.) Wow! A new PR! More? Yes! For his third he muscled up

a big 821 lbs.! Adding another 40 lbs. to his just new PR. Just as strong a bench he pushed up 232 kgs., 238.5 kgs. and 248.5 kgs. (547.75 lbs.) for another PR. Starting with a light opening deadlift of 102.5 kgs. to conserve his strength, he makes it easily and moves up to 227.5 kgs. (501.5 lbs.) for another easy lift. His third attempt with 287.5 kgs. would have given him a little extra on his current 633 lbs. PR, but not today, a little too much. What a day he has had. He earned first place in MO 198 with a 1868.4 total. Ferrinteze "Tez" Wright from Pageland SC was next at bat. A bodybuilder who has been powerlifting with Team Torture for just two years, at 24 years old lifted in MO 242. Opening with 332.5 kgs. for his first squat attempt he makes it look easy, for a good lift! Up to 363.5 kgs. (801.25 lbs.) Excellent, good lift, strong and solid. A crack at 377.5 kgs. was too heavy. Good try! His first bench with 185 kgs. was just a warm-up, easy! Moving up to 233.5 and then 245 kgs. (540 lbs.) for two more good benchpresses. Looking good! He deadlifted 250, 273.5 and then 288.5 kgs. (636 lbs.) all good! Totaling a big 1973 lbs. for first place and a great 8x9 day. Good job! The next lifter was Kenny Malchow from York, SC. Lifting for 20 years, he trains at SC Strength and Fitness and is competing in MO 275. His first squat with 335 kgs. was real good, and nice! Up to 365 kgs. (804.5 lbs.) a big lift, but no problem, it was perfect for three white lights, a good lift! Passing on a third squat he moved to the benchpress. With an opening lift of 205 kgs., which he makes easily, he moves up to 227.5 kgs. (501.5 lbs.) but can't seem to control the bar and needs the help of the spotters, no lift. Another try with 501.5 lbs, this time it's good rack it! His opening deadlift with 250 kgs. was strong and solid good lift! A second attempt with 270 kgs. (595 lbs.) was also good. He tried 276 kgs. on his third attempt but could not pull it up, but no lift. He totaled a big 1901.25 lbs. and first place in his division. And now, the "Big" squatters. First up, "Officer" Billy Warren, weighing in at 242 lbs. This "Elite" lifter from Columbia, SC was ready to go. He trains with Donnie Thompson at "The Compound" and he is the current SC State APF MM 242 Champion. With Karl behind him he shoulders the 397.5 kgs. (876.2 lbs.) first attempt but did not go deep enough, so no lift. Back at it for a second try, this time deep and solid for a good lift and a new SC State record! His third attempt with 408.5 kgs. (900 lbs.) Wow! Down, but not up, so no lift. Good job, spotters! He'll get it next time, you can be sure! Trying to conserve his strength he opens with an easy 60 kgs. benchpress. Calling for 237.5 kgs. (523.5 lbs.) for his next attempt, he pushes it up nice and solid for a good lift!

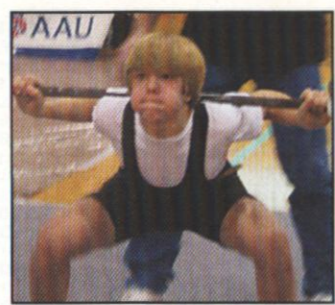
(article continued on page 61)



Best APF Powerlifter was Billy Warren, in the Elite Men's Master 242 lbs. division, who set an American Record with an 876 pound squat.

USAPL Coventry Games
14 JUL 07 - Stanardsville, VA

BENCH	Raw (45-49)			
FEMALE	J. Shifflett	310		
181 lbs.	242 lbs.			
Raw (20-23)	(55-59)			
L. Parrish	J. Sheckler	380		
MALE	Raw (55-59)			
148 lbs.	R. Euch	345		
Open	Supers			
S. Wilson	Raw (40-44)			
165 lbs.	J. Penn	345		
Raw (40-44)	DEADLIFT			
J. Penn	MALE			
181 lbs.	181 lbs.			
Raw Open	Raw (18-19)			
G. Colombo	J. Walker	445		
R. Maggi	275 lbs.			
220 lbs.	Raw (40-44)			
Raw Open	J. Penn	400		
B. McCorkle	BP	DL	TOT	
435				
Ironman				
FEMALE				
148 lbs.				
Raw				
(45-49)				
C. Penn	130	160	290	
MALE				
181 lbs.				
Raw (60-64)				
B. Brindle	215	400	615	
(70-74)				
W. Breeden	220	420	640	
Powerlifting	SQ	BP	DL	TOT
FEMALE				
123 lbs.				
Raw				
M. Morgan	145	100	195	440
148 lbs.				
Raw				
M. Finarelli	180	125	235	540
MALE				
181 lbs.				
(40-44)				
D. Pierce	450	352	450	1252
B. Brindle	250	215	400	865
198 lbs.				
Raw (18-19)				
D. Payne	285	275	500	1060
Supers				
Raw (40-44)				
J. Penn	255	345	400	1000
Raw (45-49)				
J. Pope	610	405	650	1665
(Thank you to John Shifflett for the results)				



Andrew Huffman set all new Nebraska Raw records with 143 104 165 413 at age 12 at the AAU Longhorn Championship.

AAU Longhorn Open
3 MAR 07 - Burwell, NE

BENCH	198 lbs.			
FEMALE	Teen I			
165 lbs.	Teichmeier	148		
Open	Open			
T. Miller	P. Haddix	380		
198 lbs.	Raw			
Teen II	97 lbs.			
T. Maloun	Teen II			
181	C. Lofing	137		
MALE	132 lbs.			
114 lbs.	Teen III			
Raw	C. Worden	121		
123 lbs.	C. Bowers	187		
Teen I	165 lbs.			
C. Worden	Teen II			
132 lbs.	S. Sullivan	165		
Teen II	Teen III			
R. Beckman	M. Markvicka	209		
143	148 lbs.			
Teen III	B. Walle			
C. Svoboda	198 lbs.			
209	Teen II			
148 lbs.	E. Pollman	176		
Teen II	Teen III			
D. Bachelor	214			
242	Master I			
165 lbs.	G. Patsios	325		
Teen III	308 lbs.			
N. Nielsen	Teen I			
231	N. Robertson	176		
Push Pull	BP	DL	TOT	
FEMALE				
114 lbs.				
Teen II				
A. O'Neal	88	192	281	

148 lbs.	Teen I				
S. Steele	132	319	451		
198 lbs.	Teen II				
T. Maloun	181	352	534		
MALE	114 lbs.				
114 lbs.	Teen I				
C. Worden	121	253	374		
123 lbs.	Teen II				
L. Rohick	148	325	473		
132 lbs.	Teen I				
R. Beckman	143	264	407		
148 lbs.	Teen II				
E. Pollman	176	363	540		
Teen III	T. Sprout	242	380	622	
T. Sprout	165 lbs.				
242	Teen III				
380	N. Nielsen	231	369	600	
925	198 lbs.				
Teen I	G. Teichmeier	148	352	501	
Open	Open				
P. Haddix	380	490	870		
242 lbs.	Teen II				
A. Schleusener	192	413	606		
Powerlifting	SQ	BP	DL	TOT	
FEMALE					
114 lbs.					
Teen I	A. O'Neal	132	88	192	413
148 lbs.	Teen II				
S. Sullivan	165				
165 lbs.	Teen III				
Open	M. Markvicka	209			
T. Miller	220	214	236	672	
198 lbs.	Teen II				
E. Pollman	176				
Teen III	D. Bachelor	214			
242	Master I				
165 lbs.	G. Patsios	325			
Teen III	308 lbs.				
N. Nielsen	Teen I				
231	N. Robertson	176			
BP	DL	TOT			
FEMALE					
114 lbs.					
Teen II					
A. O'Neal	88	192	281		

105 lbs.	Youth II				
M. Beckman	93	71	159	325	
114 lbs.	Teen I				
C. Worden	181	121	253	556	
123 lbs.	Teen II				
L. Rohick	275	148	325	749	
132 lbs.	Teen I				
N. Delozier	159	137	248	545	
Teen II	Teen II				
R. Beckman	187	143	264	595	
Teen III	Teen III				
C. Svoboda	319	209	352	881	
148 lbs.	Teen II				
T. Majerus	369	209	396	975	
E. Pollman	225	176	363	766	
M. Nielsen	325	220	380	925	
Teen III	T. Sprout	303	242	380	925
T. Sprout	303	242	380	925	
N. Beran	275	214	319	810	
165 lbs.	Teen I				
Schleusener	165	110	270	545	
Teen II	Teen II				
R. Kerby	374	225	440	1041	
Teen III	Teen III				
C. Majerus	424	225	418	1069	
N. Nielsen	303	231	369	903	
198 lbs.	Teen I				
G. Tichmeier	275	148	352	777	
220 lbs.	Teen II				
J. Weers	424	209	424	1058	
242 lbs.	Open				
K. Ruben	600	380	589	1570	
B. Hinrichs	473	336	540	1350	
Teen II	Teen II				
Schleusener	303	192	413	909	
Raw	Raw				
97 lbs.	Teen II				
C. Lofing	192	137	203	534	
105 lbs.	Teen II				
105 lbs.	Youth I				
A. Huffman	143	104	165	413	
Teen I	Teen I				
E. Maple	115		154		
132 lbs.	Teen II				
K. Kressn	132	93	198	424	
MALE					
C. Maple	115	104	236	457	



Ken Ruben squatted 600 and pulled 589 for new Nebraska State records in the 242 open equipped division. (photographs were provided courtesy Howard Huffman)

SLP Jakked Hardcore Gym Open
14 APR 07 - Montgomery, IL

BENCH	Raw			
Teen (16-17)	Teen (16-17)			
148 lbs.	148 lbs.			
N. Silvestri	240			
Teen (18-19)	M. Pell	185		
165 lbs.	181 lbs.			
M. Cowett	J. Wangercyn	240		
181 lbs.	4th-250			
M. Tucci	Teen (18-19)			
315	181 lbs.			
B. Waldvogel	D. McCord	250		
420	Junior			
4th-440*	L. Ruiz	375*		
Junior	Master (40-44)			
181 lbs.	220 lbs.			
T. Pontanini	J. Bishop	350		
260	Master (45-49)			
Submaster	242 lbs.			
M. Lofing	M. Engle, Sr.	450*		
407	Master (50-54)			
165 lbs.	198 lbs.			
Teen II	B. Blackmon	295*		
S. Sullivan	308 lbs.			
231	B. Blackmon	440*		
165	Open			
319	275 lbs.			
225	D. Ewen	430		
165	308 lbs.			
330	S. Sterr	330		
722				

220 lbs.	181 lbs.			
T. Davidson	D. McCord	450		
435*	Junior			
4th-450*	198 lbs.			
B. DeBoard	L. Ruiz	500		
350	220 lbs.			
M. Engle, Jr.	J. Komosa	485		
470	Master (40-44)			
275 lbs.	220 lbs.			
J. Glasch	345			
275 lbs.	DEADLIFT			
345	Master (55-59)			
NOVICE	275 lbs.			
148 lbs.	G. Kaske	335*		
D. Grijalva	230*			
4th-245*	Open			
181 lbs.	181 lbs.			
A. Ridgway	500			
242 lbs.				
R. Pettet	525			
S. Castillo	D. Mangseth	475		
450*	4th-500			
Teen (16-17)	4th-500			
148 lbs.	275 lbs.			
M. Pell	M. Engle, Jr.	615		
310	308 lbs.			
4th-325	J. Willis	450		
Teen (18-19)	4th-500			

PR 450 4th for a state record. Mark Engle, Jr. finished with a competition high 480 win at 275. Jason Glasch was 2nd at 275 with 345. In the assisted, Nico Silvestri took the crown at 16-17/148 with 240. In 18-19, Mark Cowett won at 165 with 245 while Matthew Tucci captured the title at 181 with 315. Taking his first best lifter award was 18-19/198 winner Ben Waldvogel. Ben finished with a state record 440 4th to top off a great day of lifting. Tony Pontanini won at junior 181 with 260, making just his opener showing plenty of potential! At submaster it was 242 winner Christian Lambersie with 345. Having a tough day, Christian also just got in his opener. Ron Cuny, a great master lifter, took the 60-64/198 with 285. For the open, it was Ryan Pettet over Derek Mangseth 360 to 345. Dave Ewen took the 275s with 430 while Kirco Terzoski won at 308 with 385. In the deadlift newcomer Diana Grijalva set the state record at novice 148 with a PR 245. Silvio Castillo, also lifting in novice, set the record at 181 with 450. Matt Pell won his 2nd title of the day at 16-17/148 with 325, while teammate Devon McCord won at 18-19/181 with 450. Luis Ruiz, competing in his first deadlift event, impressed even me with his great PR 500 at junior 198. Jordan Komosa won at junior 220 with 485. Another 2x winner on the day was Jeff Bishop, who pulled a PR 475 at 40-44/220. Gilbert Gregg Kaske upped his own Illinois state record at 55-59/275 by 20 lbs., finishing with 335, another PR! In open it was Aaron Ridgway with a great 500 in the 181. He was beaten out for the best lifter award by 5 lbs. when 275 winner Mark Engle, Sr. pulled a PR 615! At 242 it was Ryan Pettet over Derek Mangseth again, 525 to 475. Derek did come back with his first official 500 pull on his 4th. Our final competitor was 308 winner Jason Willis. This guy is just a big strong kid! Finishing with a PR 500, Jason has a lot more in him! We had a great time. See you all again next year. (Darrell Latch)

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E-Mail Address		Fax Number
Birth Date	Gender	Cell Number
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Do you have Health and Accident Insurance?	Club Code (if Known)	Club Name (if Known)
<input type="checkbox"/> YES <input type="checkbox"/> NO		Sport Code (see list below)
By paying or authorizing payment of my annual membership dues, I certify that: 1) I have never been convicted of any sex offense nor felony; or, if so, I must apply for membership (and receive approval) through the AAU National Office; and, 2) this application is correct in every material aspect, including but not limited to my (street) address and birth date. The Applicant agrees to be bound by the AAU Code, including all AAU Policies, which are available for review on the AAU Web site at www.aausports.org . NOTE: Parent/Guardian signature if member is under 18 years old.		
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Date	Date	

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

10
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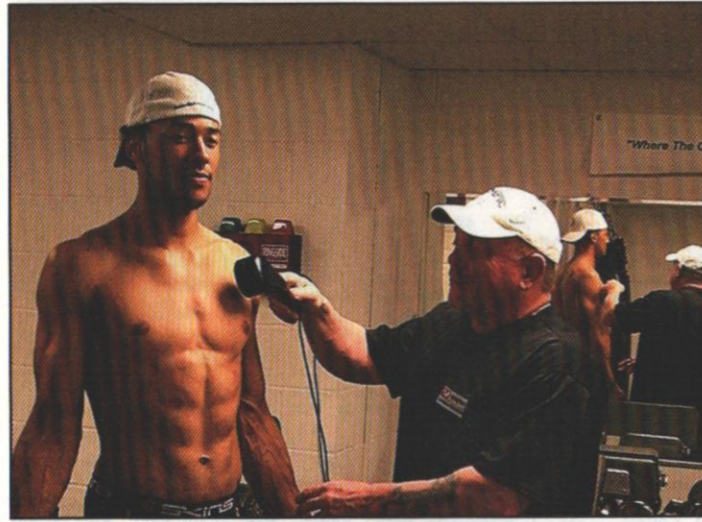
(continued from page 12)

training, taking into consideration all of the aforementioned factors.

A year-round periodized training program should be constructed for three time frames: 1. Off-season, 2. Pre-season, and 3. In-season.

My athletes and I periodize the training efforts to maximize output, minimize the potential for injury, and train the body to perform at its optimum when needed. Each structure is then further broken down into categories A, B, C, and D, representing "attribute" training. Then, each category becomes its own structure, utilizing the GAS Principle of varying volume and intensity, with the D category combining all the attributes in the final phase. This is the time to do more sport-specific training, and virtually no powerlifting-based movements. Most of the attributes are broken down into a 6 week cycle and rotated over a 12 month or longer period. In some rare cases, a few of my Olympic athletes' programs actually run from 24 to 36 months.

If you want to learn how to structure programs like this, there are many sources offering the latest information. Some college degree programs offer sports sciences or



Powerlifting is a limit strength sport, but it can be effective for developing strength in other sports. Above, Schaeffer with a trainee.

exercise physiology, providing a great foundation. But for those who do not have the time and finances for a 2-6 year college degree, there are other viable options. Certification through a reputable education organization with sound, scientifically based systems, along with practical experience, will be as functional as any college degree. As a faculty member of the ISSA, I have extensive knowledge of and

input into their fitness certification programs, and in my opinion, ISSA provides one of the best ways to expand your education and practical skill set.

ABOUT JOHN SCHAEFFER AND THE ATHLETES HE TRAINS

John has a rich 30-year career in health and fitness and human performance. The athletes that he trains include 2-time Olympian and

multiple Gold Medalist Apolo Anton Ohno, 2-time Olympian and current National Short Track Champion Allison Bayer, 2-time Olympian and current National Sprint Cycling Champion Gideon Massie, US Long Track Team Member Liam Ortega who is currently training for the Vancouver Olympics, professional boxer Wayne "Lights Out" Johnsen who will be featured on the Contender reality TV show, LeSean McCoy - the #1 U.S. high school running back who was recently recruited by most of the top Division I schools in the country and who will be playing for the University of Pittsburgh this year, Zach Ludwig - a baseball pitcher going to the University of New Orleans, and Amanda Barasha - one of the top high school soccer players in the nation who will be playing for Wake Forest University this year, among numerous others. John is a professor with the International Sports Sciences Association (ISSA), where he has conducted over 100 seminars nationwide.

To contact John, or for more information about his training procedures, visit: www.winningfactor.com

To request free information about an ISSA certification course, visit: www.issaonline.com or call 1-800-892-4772.

(continued from pg. 26)

athletes, so everyone kind of relates.'

The equipment is also a draw. Bonham has stocked his gym with thousands of pieces of equipment, many of which he's had custom welded and they are unique to Strong and Shapely. There's a Monolift and a deadlift platform, an old Iron Maiden to torture women with, chains and bands and specialty bars and sleds, dumbbells that run up to 200 pounds and a special 250 pound pair former Mr. Olympia Ronnie Coleman heaves around when he's in town. The sheer quantity of benches and squat racks means you rarely if ever have to wait for a piece of equipment.

There is one line everyone who works out at Strong and Shapely agrees you do not want to cross. 'Bob might not want to hear about this,' laughs Cameron, 'but every time somebody leaves a plate anywhere he turns the music off and gets on the microphone. That's been going on for years. If there's a ten pound plate left on a curl bar, he'll ask three times and then turn the music off and he won't turn it back on until somebody puts it away.' With a smile Jose warns, 'You



S & S's Bob Bonham... with his neighbor and PL USA coverman Dennis Cieri.

definitely gotta clean up after yourself or Bob will call you out. He's like the Soup Nazi,' laughs Dave. 'He's very particular about his gym, but you know that's part of what makes it great training there.' Peter doesn't disagree. 'Bob's very strict about that and

that's why I get along so well with him,' he says. 'When we lift and we're using chalk I always go into the janitor's closet and mop up the floors when we're done. Everybody gets a kick out of that, but you know what? Other people see us doing in and they pick up on it

too.' There are literally hundreds of gyms in the metropolitan New York-New Jersey area. What sets S & S apart is its atmosphere, sheer size, the equipment available, and the personalities that can be found training there on a daily basis. Bob Bonham's business acumen and attention to detail help make Strong and Shapely a place you'll want to train at.'

Thanks to Big T for the cool update on a great gym! Even if Strong & Shapely sounds pretty mainstream, we can all remember the hard-core single letter version of the gym name: S & S. Plus, the owner has only 3 letters in his name; way to go Bob! I wanna go there and train - even if I end up mopping the chalk up off the floor. And I hate to mop.

Next month, we'll visit a gym named after a power-lifting command. What could be easier than that? Even Bubba, Big T, and Bob can remember that. I need 3 things from you: info about your local gym, comments about your local lifters, and photo-proof. Without good clear pictures, there's no way to prove anything - that's what I tell my Parole Officer all of the time.

Comments & info: rick@houseofpain.com

USAPL Seattle Summer Classic 7 JUL 07 - Seattle, WA

BENCH	275 lbs.			
FEMALE	J. Carney	314		
123 lbs.	J. Ward			
L. Lamp	UNL			
MALE	C. Nielsen	303		
198 lbs.	DEADLIFT			
R. Chwalek	MALE			
198 lbs.	181 lbs.			
D. Barstow	J. Cranston	556		
220 lbs.	220 lbs.			
K. Gack	R. Tidmarsh	374		
242 lbs.	275 lbs.			
T. Dahlstrom	J. Carney	352		
Powerlifting	BP	DL	TOT	
FEMALE				
123 lbs.	203	148	259	611
R. Unson	137	88	187	413
D. Samoylich				
132 lbs.				
L. Hendrix	363	192	440	997
F. Ireland	176	99	264	540
S. Lewis	—	93	231	325
181 lbs.				
P. Martinez	242	148	264	655
T. Gack	159	137	209	507
UNL				
L. Bobek	374	192	363	931
MALE				
123 lbs.				
C. Vera	143	55	148	347
132 lbs.				
J. Collins	253	170	308	733
165 lbs.				
R. Durbin	451	363	468	1284
X. Simien	457	286	479	1223
M. Brusser	242	286	413	942
S. Davis	281	209	429	920
J. Vera	143	66	148	358
181 lbs.				
B. Baertlein	523	385	501	1410
M. Hysert	391	226	457	1074
S. Hart	391	253	402	1047
198 lbs.				
A. Grant	451	341	490	1284
S. Samoylich	413	396	468	1278
J. Berrios	485	292	352	1129
R. Nielsen	435	264	407	1107
P. Lofton	352	192	402	948
C. Granados	352	203	352	909
B. Knudsen	226	248	325	799

220 lbs.	G. Reboton	485	253	507	1245
242 lbs.	J. Kline	655	424	562	1642
J. Waters	551	336	501	1388	
S. Slavens	451	374	501	1328	
J. Rhodes	303	253	402	959	
J. Linderstein	187	226	385	799	
B. Do	463	—	463	925	
275 lbs.					
D. Marx	468	314	562	1344	
T. Stewart	474	281	518	1273	
UNL					
K. Samoylich	463	308	468	1240	
D. Harkins	363	286	380	1030	

(Thanks to USAPL for providing results)

Dawg Pound Dog Fight 3 MAR 07 - Mexico, MO

BENCH				
MEN				
Open	Teen (18-19)			
242 lbs.	J. Osthoff	455		
K. Parrish	675			
Open	198 lbs.			
J. Power	545			
BP	DL	TOT		
PUSH PULL				
MEN				
Open				
198 lbs.				
D. Garels	200	550	750	
Master				
C. Evans	225	455	680	
242 lbs.				
D. Rockenbach	155	235	390	
Powerlifting	BP	DL	TOT	
MEN				
Teen (14-15)				
D. Duncan	165	135	235	535
Teen (16-17)				
D. Brubaker	475	300	405	1180
Open				
181 lbs.				
T. Evans	485	255	430	1170
220 lbs.				
Z. Talbot	590	390	550	1530
242 lbs.				
B. Cass	900	500	750	2150
SHW				
J. Shelton	700	350	550	1600

Thanks to Mexico High School, APF State Chair Susan Sharpe, APA State Chair Rodney Wood, Jeff Frazier, Buck Green, and the 13 lifters who made it to Mexico to lift in this meet. The main purpose for putting on these meets is to give local lifters, especially middle school and high school athletes to showcase their strength. Stronger athletes are healthier and more successful athletes. The youngest lifter in the meet, 14 year-old Daniel Duncan, has been competing since he was 10 years old. His lifts were far below his abilities; he just needs some confidence. The oldest competitor was Don "Rocky" Rockenbach, a legend, who is a cancer survivor in his 70's and a pleasure to watch. The show stoppers were Brandon 'C4' Cass who squatted 900 and totaled over a ton, and Keith Parrish who benched 675. These guys show there are some real strong lifters in the Kansas City area. The plan is to host two meets a year here in Mexico - a full meet on the first Saturday in March and a Push/Pull in late July. (Thanks to Bill Duncan for these results)

USAPL Mid Atlantic Open 14 JUL 07 - Stanardsville, VA

BENCH	D. Ray	270		
105 lbs.	220 lbs.			
(45-49)				
Raw Open	G. Stang	405		
(50-54)	Raw (45-49)			
K. Poyner	125	J. Shifflett	310	
181 lbs.	242 lbs.			
Raw (20-23)	(40-44)			
L. Parrish	250	M. Hill	435	
181 lbs.				
MALE	(55-59)			
148 lbs.	J. Sheckler	380		
Open	Supers			
S. Wilson	305	Open		
165 lbs.	(45-49)			
Raw (40-44)	T. Slaughter	555		
J. Penn	260	DEADLIFT		
Raw Military	210	275 lbs.		
F. Lopez	210	FEMALE		
181 lbs.	242 lbs.			
Open	Raw Open			
D. Maoory	475	165 lbs.		
Raw (40-44)	Raw (18-19)			

J. Walker	445	(45-49)		
220 lbs.	M. Bennett	650		
Ironman	BP	DL	TOT	
181 lbs.				
(70-74)				
W. Breeden	220	420	640	
220 lbs.				
Raw Military				
D. Darden	315	420	735	
A. Bauer	310	395	705	
(45-49)				
M. Bennett	380	65	1030	
242 lbs.				
Raw Military				
M. Britton	235	415	650	
D. Roman	345	500	845	
Open				
C. Clark	330	570	850	
275 lbs.				
Raw Military				
G. Long	370	540	910	
FEMALE	BP	DL	TOT	
148 lbs.				
(65-69)				
M. Conte	115	125	200	440
MALE				
165 lbs.				
(40-44)				
F. Lozab	405	320	480	1280
181 lbs.				
(40-44)				
D. Pierce	450	352	450	1252
198 lbs.				
(14-15)				
J. Clayton	365	210	390	965
Raw Open				
I. Doiron	385	300	480	1165
220 lbs.				
(20-23)				
B. Lara	510	340	510	1360
198 lbs.				
Open				
A. Campbell	550	390	510	1450
242 lbs.				
(50-59)				
G. Mendoza	480	425	440	1340
FEMALE				
275 lbs.				
(20-23)				
M. Hedlesky	650	405	740	1795
B. Behe	550	410	550	1510
Raw Police/Fire				
J. Hicks	435	300	520	1255
181 lbs.				
Raw (18-19)				

(Thanks to John Shifflett for the results)

USAPL Larry Garro Memorial 4 AUG 07 - Baltimore, MD

BENCH	198 lbs.			
FEMALE	(20-23)			
Raw	A. Cohn	280		
105 lbs.	275 lbs.			
(50-59)	(60-69)			
K. Poyner	130	F. Hayes	305	
114 lbs.	DEADLIFT			
(40-49)	MALE			
K. Miller	115	181 lbs.		
275 lbs.	Open			
Raw Military	J. Harrison	365		
181 lbs.	198 lbs.			
(18-19)	(20-23)			
J. Bardsley III	325	J. Vestal	630	
(40-49)				
J. Bardsley Jr.	340	220 lbs.		
198 lbs.	(60-69)			
Open	B. Vastine	420		
R. Linardi	345	Open		
220 lbs.	M. Jones	570		
Open	242 lbs.			
M. Jones	430	(50-59)		
Raw	J. Ott	500		
181 lbs.	275 lbs.			
(60-69)	(60-69)			
J. Harrison	250	F. Hayes	500	
Ironman	BP	DL	TOT	
MALE				
165 lbs.				
(16-17)				
D. Leconey	230	220	345	795
R. James	240	185	305	730
Open				
Ghebretzadic	345	275	410	1030
181 lbs.				
(14-15)				
F. Eskridge	355	260	420	1035
(16-17)				
S. Smith	49			

(article continued from pag. 96)

total at 198 is excellent. Ninth place 148, from Finland, Tony Haaparanta. His numbers were 720, 385, and 570, with a 1,675 total. Tony was only the second competitor in this flight to go nine for nine, even after a third attempt misload, Tony waited until the end of the flight, and proceeded to hit a deep 720 squat. Tony put out a big yell after every attempt, as if to say, 'look at me' - it's tough being the little guy at the meet.

Like so many others, after a successful run with the WPO, 181lb. Joe Dougherty was here for the Pro. His numbers were 750, 475, and 630, for a 1,855 total and tenth place. Joe's fans were cheering him on, and he got the bench hand offs from WPO Champion, 308/SHW Paul Childress. Out of Florida, 165, Jason McElroy took eleventh. A 1,690 total, with a decent squat with 735 pounds, super.

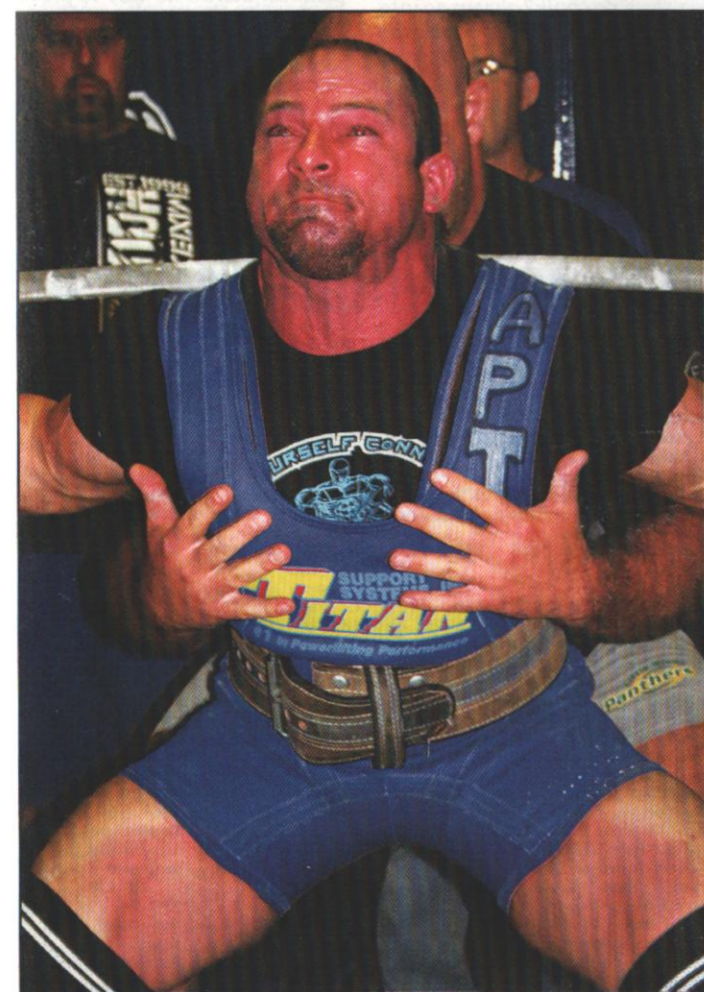
The last two competitors were Roman Myrugin, and Mike Maxwell. Just surviving this flight was a challenge. From the Ukraine, Roman Myrugin was a spark plug, firing up 615 on a second attempt squat, and with a huge arched back, proceeded to bench 375. Roman had just one



The Best Bench Press ... was an 800 pounder by young Scott Yard.

opening pull with 500 pounds, and called it a day. His total was 1,490. At 198, Mike Maxwell's numbers were 730, 505, and 570. Mike totaled 1,805. Mike gave 805 a ride during the squats, but no luck. Powerlifting is about producing

big totals, and flight two was even more insane. Leading the way to victory was 242 lb. Greg Panora. With a ton of raw talent, and a burning passion for powerlifting, Greg showed signs of greatness years before making the pilgrimage to Westside Barbell. However, it was at Westside Barbell where he fine tuned his skills. Reportedly, Greg told Doris Simmons he had dreamed about training at Westside as a teenager. Take a look at his numbers, 1050, 750, and 800. Greg produced the highest total at the meet with 2,600 pounds. That would be just unimaginable for a 242 pounder a year ago, but not in the back of Greg's mind - what an accomplishment. I wouldn't be surprised to see Greg total 2,700 pounds and more at 275 and even 308. For now, the 242 weight class has one reigning world champion, Greg Panora. From Omaha, Nebraska, 242 Justin Redding took second place. Justin competed at the Senior Nationals earlier this year, and totaled 2,232. During this pro meet, Justin had a little trouble during the bench and deadlift. His numbers were 960, 605, and 670 for a 2,235 total. Justin is another "Big Iron" cadet. There is never an end to the talent being produced at Big Iron courtesy of Rick Hussey. Third place went to APF master champion, 242 lb. Mike Taylor from Big Iron. Mike seems to get stronger every time I see him compete; he's having fun doing it. Mike's numbers were 860, 640, and 680 for a 2,180 total, with great depth during the squat event. 242 lb. Shawn Nutter totaled 2,095; making just openers, but 855, 585, and 655 are all great numbers. Vinnie Cook, who trains at Mark Chaillet's club, totaled 2,085. Vinnie competed at 242. His numbers were 810, 650, and 625. Vinnie lifted well, but had no chance of catching the Phenom, Greg Panora. There



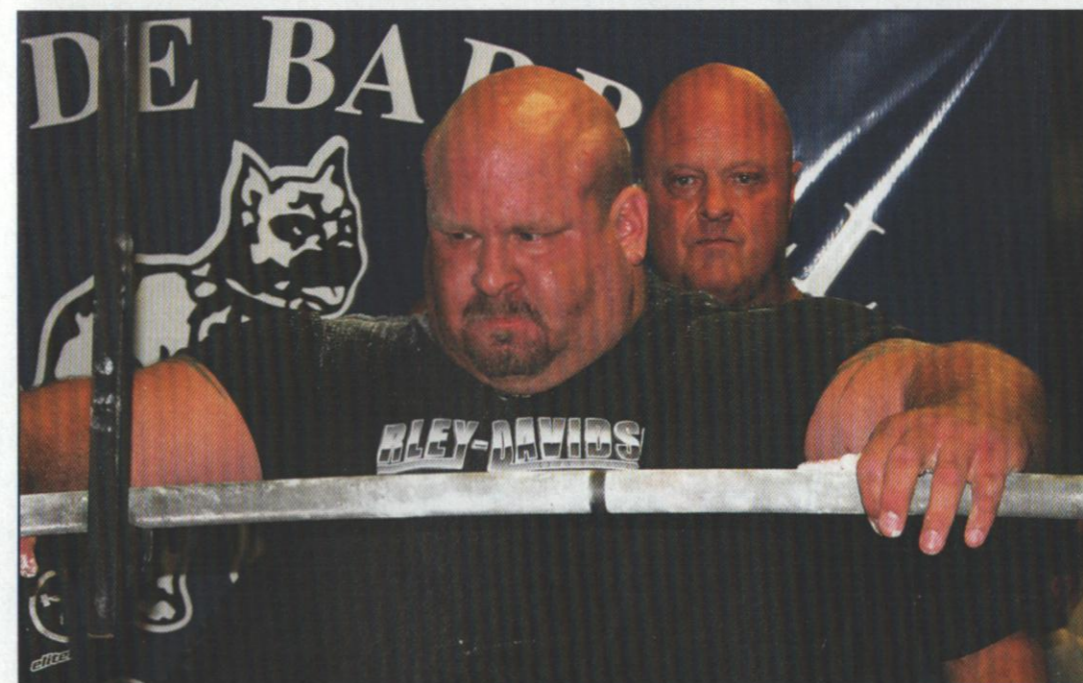
Sam Byrd ... a monster 1050 Squat @ 198, but no total to go with it

were two 220s who finished the pro meet. Out of Tampa Barbell, Florida, Michael Schwanke hit a 2,295 total. Strong in all three lifts, and he had the second best pull in the flight with a 755 deadlift. Awesome strength at 220, Mike gave 780 a pull, with a great effort, but no go. The other 220 lifter flew all the way over from the Ukraine. His name is Konstantin Milyutin. We watched Konstantin compete at last year's WPC Worlds held in Lake George, NY. Konstantin totaled 2,090.

Bombing out of the flight, but certainly incredible lifters were 242 Brian Carroll, 220 Tatu Avola, 220 Danny Blankenship, 242 Luke Edwards, 220 Mike Kroczaleski, and 242 Joe Norman, who may have been injured. Tough break! Wait until next year!

It's time for the heavyweight division, some remarkable performances, and some disastrous. First the good news, 275 lb. Chuck Vogelpohl, lifting out of Westside Barbell, won the heavyweight division. Chuck's numbers were 1,100, 630, and a monstrous 835 deadlift. Chuck attempted 1,170, and 1,190 squats, but depth became an issue. At 275, Chuck is more than capable of setting world records! About hundred pounds behind Chuck was 275 Scott Yard. We know Scott is an accomplished bench presser. We watched him compete at the Arnold Classic WPO Bench Championship, making 826, taking third place behind Mike Wolfe, and Ryan Kennelly. I didn't know he was a 3 lift powerlifter, but between March and August, Scott trained, and proceeded to post a 955 squat, bench 800, and pull 700, for a 2,455 total. I'm certain a lot of lifters were skeptical, after Scott missed his first and second attempt squats. However, Scott settled in, and made a beautiful deep third attempt, one of the deepest in the entire flight. SHW Tony Barbaccio backspotted, adding to Scott's confidence. 275 lb. Zach Cole went to a 1,000 on his opening squat, missed 1,035 twice, but came back to hit all three bench presses, and all three deadlifts. Zach's final bench was 675, and a 750 deadlift produced a 2,425 total. At 308 pounds, placing fourth, Matt Wenning had a great day of lifting. A second attempt squat at 1,030 lbs looked spectacular. Matt went on to bench 725, and pull 675 on his opener. Matt jumped to 745, but missed it twice. His final total 2,430 is a stepping stone. I anticipate a 2,500 total from Matt Wenning in 2008, and more.

At 275 Jeremiah Myers totaled 2,325. His numbers were 875, 700, and 750. Jeremiah gave 810 a pull twice but no luck. 275 lb. Joonas Rantanen, from Finland, totaled 2,315. Joonas opened with a successful 945 squat, but no luck with two attempts at 1,000 pounds. At 275, Scott Mount went about his



Big Matt Smith ... started out great with the best squat of the contest, 1160 pounds, but fell to the bomb bug.

business and came up with a 2,250 total. 308 lb. Mike Brown totaled 2,050 pounds. After a token 400 raw bench, we suspect Mike had a slight injury. I remember watching Mike compete in his first IPA Nationals, an amazing, powerful talent. Speaking of competing injured, 308 lb. Mike White finished the meet with a 1,535 total. Lifting out of "Strength and Beyond Fitness" Michi-

gan, Mike opened with 315, then jumped to 1,020. He could certainly handle the weight, but was red-lighted. I don't exactly remember when, but Mike sat down on a folding chair, and cut open his hand. Without a proper grip, there was no way Mike could perform at his best. Mike's a positive character, an asset to the sport of powerlifting. That was it, the rest of the Pro division, one after

another, bombed out during the squats mostly.

Watching some of the best strength athletes in the world bomb out in the squat was pure frustration, but that was the case with flight two and three. The meet results show, with few exceptions, only one squat passed for each lifter. What are the odds, how about consistent judging? Sure there were complaints, but can you honestly say one team was favored over another after reviewing the squat results? Allen Mehan, Anthony Bolognone, Matt Wilson, Donnie Thompson, Paul Childress, and Chad Aichs, all great lifters, all fell victim during the squat event. Side judges John Botts, and Bob Youngs did a phenomenal job. As competitors, coaches, and trainers, they bring a wealth of experience to the platform.

Matt Smith, 308 lb. Mark Bell and 308 lb. Matt Wenning were the only competitors in the third flight to make two out of three lifts. Consequently, both Matt Smith, and Mark Bell bombed during the bench. Matt tore his pectoral a week before this event, and wisely backed down from further injury. Mark Bell's first attempt with 685 drifted past his belly, and his second 700 and third 725 seem to do the same. Mark can obviously press 700 plus pounds, but no luck on this day.

With today's sophisticated squat gear it's clearly a matter of how much weight is needed to break parallel, similar to the bench shirt. However, when a thousand pounds is across your shoulders, or chest, it takes more than support gear to be successful. It takes years to develop super strength, and only a small percentage of powerlifters have made that journey. In a recent article in

Powerlifting USA, Matt Wenning mentioned a number of suggestions to achieving a successful squat. The two fundamental keys that resonate in my mind "Are the people you train with smart, driven, and consistent"? The other was "One lifter may push too hard too often while the other may not push hard enough." Matt calls this the grey area. Lifters have mentioned that they can't tell when they are breaking parallel.

God help the powerlifter who trains above parallel with one kind of gear, then waits until the meet to try their new triple poly, titanium super suit. We are teetering on a new age of power, exciting, suspenseful, but dangerous. Safety is always an issue as spotters become increasingly vigilant on the platform. On this day, we witnessed a great crew of experienced spotters. Thanks again to Mike, Marcia, Doris, and Louie. I'm looking forward to their next powerlifting meet, and I hope we see the same caliber of competitors, these lifters are phenomenal.

IPA Power Station Pro				
19 AUG 07 - Franklin, OH				
Pro - Day II	SQ	BP	DL	TOT
148				
Brian Schwab	725	530	600	1855
Haaparanta	720	385	570	1675
R. Myrugin	615	375	500	1490
165				
Al Caslow	745	485	625	1855
J. McElroy	735	380	575	1690
181				
B. Vargason	850	565	650	2065
Berardinelli	760	540	600	1900
J. Daugherty	750	475	630	1855
Brian Fincher				
Tony Ramos	725			
198				
Shawn Frankl	930	760	710	2400
S. Naleykin	945	640	725	2310
A. Driggers	835	610	650	2095
P. Harrington	880	565	640	2085
M. Maxwell	730	505	570	1805
Sam Byrd	1050			
220				
M. Schwanke	910	630	755	2295
K. Milyutin	860	550	680	2090
Tatu Avola				
D. Blankenship				
M. Kroczaleski	242			
Greg Panora	1050	750	800	2600
Justin Redding	960	605	670	2235
Mike Taylor	860	640	680	2180
Shawn Nutter	855	585	655	2095
Vinnie Cook	810	650	625	2085
Brian Carroll				
Luke Edwards				
Joe Norman	275			
C. Vogelpohl	1100	630	835	2565
Scott Yard	955	800	700	2455
Zach Cole	1000	675	750	2425
J. Myers	875	700	750	2325
J. Rantanen	945	685	685	2315
Scott Mount	950	650	650	2250
Allan Mehan	308			
Matt Wenning	1030	725	675	2430
Mike Brown	900	400	750	2050
Mike White	315	620	600	1535
Mark Bell	950			
Marc Bartley				
Anthony Bolognone				
Matt Wilson				
Paul Childress				
SHW				
Donnie Thompson				
Chad Aichs				
Matt Smith	1160			



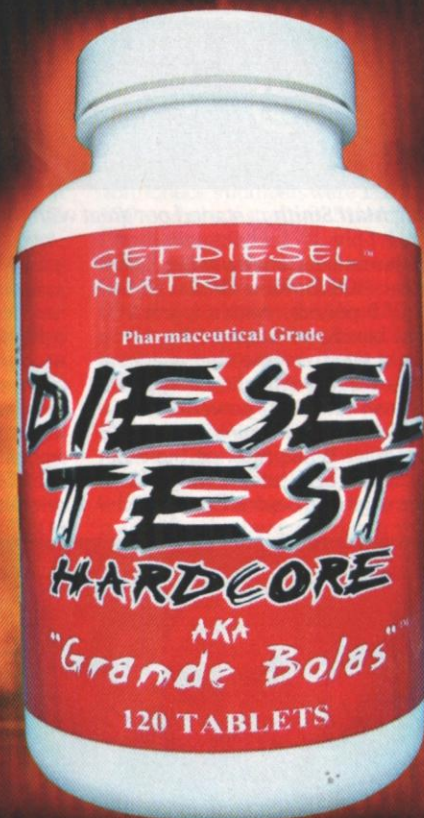
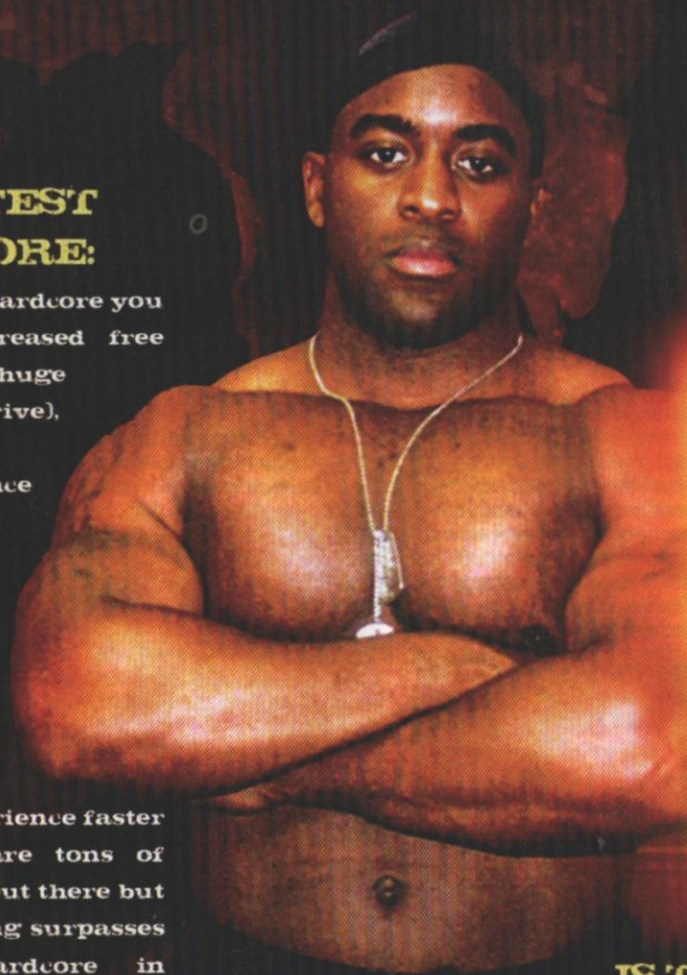
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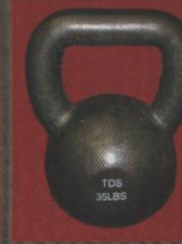
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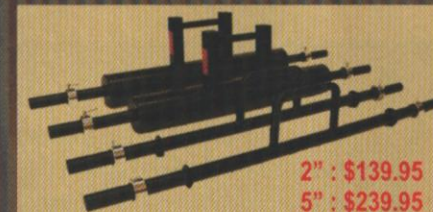
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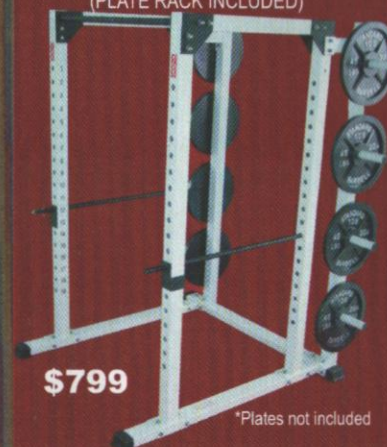
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G. Benton 170	M. Barker 55
165 lbs.	220 lbs.
Novice Raw	Master (45-49) Raw
L. Sandee 110	M. Boyles 85
MALE	
165 lbs.	Youth (12-13) Raw
Master (50-54) Raw	A. Day 55
W. Claypatch 265	123 lbs.
Novice Raw	Teen (14-15) Raw
T. Allen 255	B. Etringer 90
181 lbs.	Open Raw
Master (60-64)	B. Etringer 90
J. Shoaf 260	165 lbs.
Intermediate (24-34)	Open Raw
Raw	W. Claypatch 120
W. Brothers 315	Master (45-49) Raw
198 lbs.	J. Meekins 155
Master (70-74) Raw	181 lbs.
R. Boggs 190	Master (60-64) Raw
Master (45-49) Raw	J. Shoaf 110
E. Blanks 320	Intermediate (24-34)
Master (40-44) Raw	Raw
L. Schirloff 340	W. Brothers 145
220 lbs.	4th-150
Master (45-49) Raw	198 lbs.
M. Boyles 145	Open Raw
4th-150	R. Day 125
242 lbs.	Master (45-49) Raw
Submaster (35-39)	E. Blanks 155
242 lbs.	220 lbs.
A. Smith 350	Police/Fire/Military
4th-360	Raw
Master (60-64) Raw	M. Giddings 175
K. Bayard 235	Open Raw
Master (45-49)	M. Giddings 175
D. Barker 405	Master (55-59) Raw
275 lbs.	E. Goode 120
Open	Master (50-54) Raw
M. Steward 550	L. Hogan 130
Intermediate (24-34)	Master (40-44) Raw
Raw	M. Giddings 175
M. Belk 580	242 lbs.
CURL	Master (60-64) Raw



Michael Belk benched 580 raw at the IBP BP Classic (Payne photo)

K. Bayard 130	Master (50-54) Raw	B. McElveen 225	300	405	930
275 lbs.	W. Ferguson 130	181 lbs.			
Outstanding Lifters: Michael Belk, Duane Bark, and Gina Benton. (from Keith Payne)					
USAPL South Carolina State					
21 JUL 07 - Columbia, SC					
BENCH					
148 lbs.					
B. Albert	—	Master II			
165 lbs.	R. Pardue 410	Master III	405	305	495
M. Stanley 325	T. Wood 425	Master VIII	270	250	425
181 lbs.	242 lbs.	M. Branham	242	250	945
Master V	T. Isbell 485	242 lbs.			
Powerlifting	SQ	Open	W. Richards 305	265	405
165 lbs.	BP	DL	TOT	275	975
Open					
M. Stanley 515	340	575	1430	Open	

275 lbs.
Open
K. Malchow 660 465 580 1765
Master I
K. Malchow 660 465 580 1705
What the 2007 South Carolina lack in the number of lifters, it was made up in the quality of lifting performed by the lifters who showed up. The SC State meet will be held next year at the new Brickhouse Gym on June 21, 2008. I would like to thank all the judges, spotters (University of South Carolina football team), CC Pizza, Stoney Albert of Athletic Performance, and Brickhouse Gym. (results by Dan Austin)

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FEMALE	
148 lbs.	Master (65-69)
Master (40-44)	P. Hubbard 253
N. Hubbard 137	Open
165 lbs.	M. Berby 341
Open	Open
Master (50-54)	Junior (20-24)
J. Gardenr 206	P/F/M
MALE	E. Anderson 270
148 lbs.	Open
Master (40-44)	Submaster (35-39)
T. Barrett 242	D. Umstead 336
Master (65-69)	198 lbs.
C. Bartlett 231	Master (50-54)
Open	K. Mattson 358
Master (45-49)	Open
T. Ferlito 248	M. Steinberg 303
165 lbs.	220 lbs.
Master (40-44)	Masters (60-64)
P. Steinman 303	P/F/M
Open	S. Shales 347
T. Wright 305	Open
Open	B. Richard 402
Submaster (35-39)	242 lbs.
D. Sgori 303	Master (45-49)
S. Garten 314	R. Ballou 358
181 lbs.	308 lbs.
Master (45-49)	Submaster (35-39)
B. Kernoff 292	S. Chance 369
Open	

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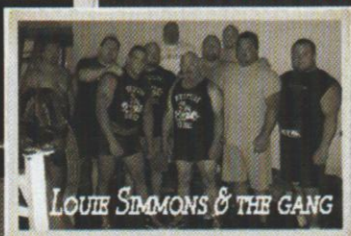
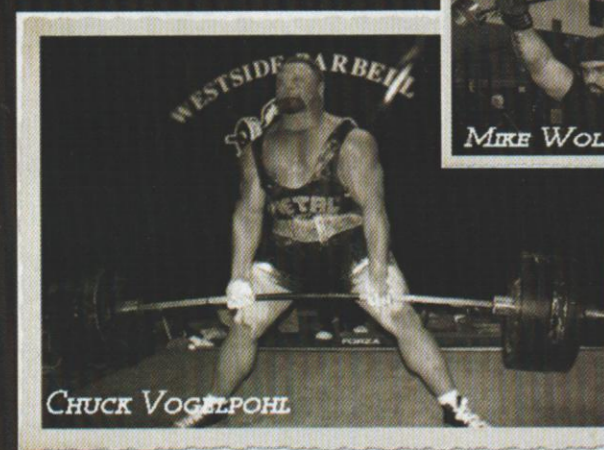
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ADAU National Bench Press 4 AUG 07 - Erie, PA

BENCH FEMALE	
123 lbs.	Master (40-44) S. Proudfoot 330
Teen (16-17) C. Runniger 85	Master (60-64) J. Mitsopolulus 305
148 lbs.	Master (70-74) S. Contakos 95
K. Barrett 90	4th-96
165 lbs.	198 lbs.
S. Oregia 130	Hersperger 315
4th-135	E. Betza 315
Master (40-44) S. Oregia 130	Teen (18-19) T. Litz —
4th-135	Junior (20-23) T. Bozich 315
Master (50-54) D. Grimm 95	Master (50-54) A. Mangini 245
77 lbs.	Master (55-59) Danchanko 250
MALE	220 lbs.
17 lbs.	A. Barrett 390
Youth (8-9) A. Barrett 70	J. Neenan 305
123 lbs.	J. Caola 275
Teen (16-17) Berardesco 205	Junior (20-23) J. Neenan 305
4th-210	242 lbs.
148 lbs.	M. Bender 265
M. Bender 265	242 lbs.
Junior (20-23) M. Bender 265	T. Rizzo 405
165 lbs.	D. Grandinetti
J. Love 405	345
4th-406	Submaster (35-39) B. Muretta 340
B. Stoner 280	B. Muretta 340
Teen (18-19) J. Jurkiewicz 320	Master (40-44) J. Lawson 320
Junior (20-23) A. Cummings 300	Master (55-59) J. Alicardi 320
181 lbs.	319 lbs.
R. Spaniel 320	S. Green 405
Teen (16-17) M. Wernicki 210	Teen (16-17) T. Watson 325

Champion of Champions Female: Sondralea Oregia. Champion of Champions Male: James Love. Champion of Champions Teen: Jake Jurkiewicz. Champion of Champions Master: John Mitsopolulus. Champion of Champions Team: Joe's Gym of Erie, PA. If you ever went to see what healthy athletes look like, just go to an ADAU National Championships. No freaks there. Well, there was one but flunked the drug test, so he shouldn't have been there, anyway. His name has been deleted from the meet results. Chloe Runniger won the 123 teen division with an American teen record and Karen Barrett was our 148 champion. The most gorgeous powerlifter in the world, Sondralea Oregia (my Wife), won the open and master 165 class with an American masters record of 135. Her four successful lifts also won the Women's Champion of Champions award, way to go, baby. Also at 165, master lifter Debbie G. broke her own American record for the masters fold with an awesome 135 fourth attempt. In her first national championships, Linda Yarrington won with her master American record of 95 pounds in the 45-49 age group. Nine year old Allen Barrett stated the men off with a fourth attempt youth American record in the 77 pound class. He was born to bench. Teenage champion, Mike Berardesco went four for four at 123, ending with an American teen record of 210, while Mark Bender won the 148 class in the Open and juniors with a 265. James Love ran away with the 165 gold and the Champion of Champions award with an incredible drug-free (he was tested), raw (t-shirt on) American record of 406.25 pounds. With some old steroids and a titanium bench shirt that's equal to 2200 pounds. They build them strong in Georgia. Other winners at 165 were Teen Champion of Champions Jake Jurkiewicz with a record 320 pounds and Antonio Cummings with his 300 in the juniors. We had all winners at 181 with Rob Spaniel (320) in the open, Mike Wemicki (210) in the teen 16-17, Scott Proudfoot (330) in the master 40-44, John Mitsopolulus with eight master American records of 305 and the Master Champ of Champs in the 60-64 group, and Sam Contakos with a master record (96.25) at 70-74 years. The 198 class was close with Adam Hersperger winning on bodyweight over Ed Betza with a 315 lift. Tony Bozich (315) won juniors with Al Mangi (245) winning masters 3 and Bill Danchanko (250) taking master 4. AJ

Barrett had a great day in winning the 220 class with 390 and Jon Neenan took second and won gold in the juniors. Joe Caola won the bronze in the open. At 242, Tony Rizzo ran away with gold with 405 and a near miss with the American record at 426.25. Tony had it at the top of the lift when he opened his hands, dropping the bar and cracking the sternum. The spotters caught some of the weight preventing a total break so Tony should heal up good and be back on the platform shortly. Dave Grandinetti took silver and Bob Muretta won submaster gold. Jeff Lawson was master 1 champion in the 275 class with 320 and James Alicardi won master 4 and set a new master American record with 320. Sean Green won the gold at 319 and Tim Watson won the teen 16-17 with a teen American record 335 pounds. The team title went to Joe's Gym, of Erie, PA. They have won a national team title for eleven years in a row. A huge thank you to all the great drug free raw competitors for competing in the only legitimate raw and drug-free organization the world. Nobody does it better. Yours Strongly. Joe Oregia. (courtesy of Joe)

100% Raw Freedom USA Open 30 JUN 07 - Stanardsville, VA

BENCH (14-15)	
66 lbs.	B. Ruebush 192
(8-9)	198 lbs.
C. Batchelor 55	(16-17)
77 lbs.	J. Marrow 340
(11-12)	(20-24)
J. Chavis 60	J. Scerish 280
C. Foster 55	220 lbs.
88 lbs.	(12-13)
(10-11)	J. Hugh 145
R. Drumgold 65	242 lbs.
(12-13)	(16-17)
S. Evans 75	C. VanGundy 315
97 lbs.	(45-49)
(10-11)	T. VanGundy 300
S. Marrow 60	275 lbs.
(12-13)	(16-17)
V. Ragland 65	D. Taylor 325
(25-29)	(25-29)
114 lbs.	J. Myers 365
(12-13)	J. Myers 365
S. Chavis 75	(45-49)
123 lbs.	T. Patterson 320
(35-39)	308 lbs.
(14-15)	(14-15)
T. Lilly 120	C. Cannady 150
132 lbs.	(25-29)
(14-15)	S. Dillenger 405
J. Rogers 105	STRICT CURL
(16-17)	123 lbs.
J. Browne 215	Open
148 lbs.	K. Self 75
(12-13)	148 lbs.
A. Boone 125	(20-24)
L. Henderson 75	(14-15)
(14-15)	J. Donegan 135
T. Pharr 135	198 lbs.
165 lbs.	242 lbs.
(20-24)	(20-24)
J. Burroughs 155	J. Scerish 110
(30-34)	(30-34)
M. Evan 100	J. Kelly 175
181 lbs.	(25 lbs.)
(12-13)	275 lbs.
J. Chavis 135	(16-17)
215	J. Myers 190
148 lbs.	BP DL TOT
(20-24)	132 132 425
Open	148 148 425
K. Self 165	260 425
148 lbs.	(20-24)
(20-24)	265 350 615
J. Donegan 165	lbs.
(20-24)	280 400 680
I. Wyle 181	lbs.
(20-24)	360 500 860
L. Dyles 198	lbs.
(20-24)	225 340 565
A. Marrow 220	lbs.
(50-54)	235 350 585
Z. Dearden 242	lbs.
(20-24)	355 535 590
B. Bolden 340	360 700
(30-34)	475 495 970
J. Kelly 340	360 700
(25-29)	(thanks to John Shifflett for these results)
M. Traub 475	495 970
(25-29)	
Bill Danchanko (250) taking master 4. AJ	

TOP 100

For standard 123 lb./56 Kg. USA lifters in results received from AUG/06 through AUG/07

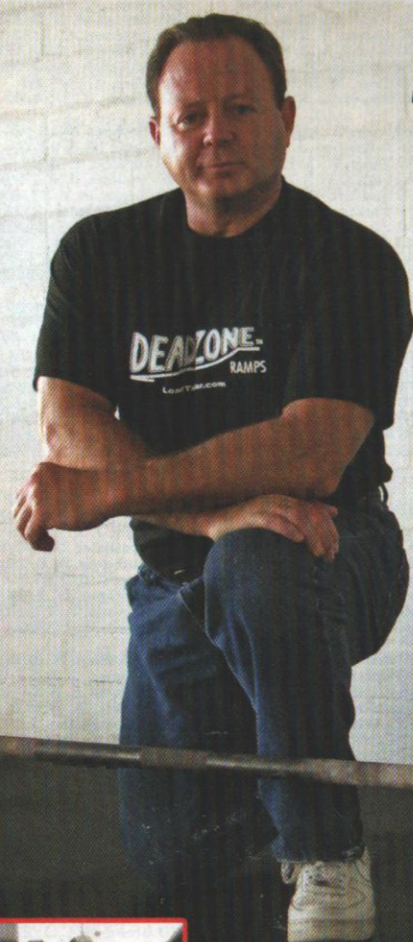
SQUAT	BENCH	DEADLIFT	TOTAL
1 512 Holloway, D..11/5/06	315 Faraone, J..5/12/07	518 Holloway, D..11/5/06	1317 Holloway, D..11/5/06
2 470 Rodriguez, N..3/24/07	307 Claypool, B..4/7/07	490 Scurrgs, J..4/21/07	1234 Gainer, E..7/12/07
3 462 Gainer, E..7/12/07	292 Gainer, E..7/12/07	485 Gainer, E..5/4/07	1212 Scruggs, J..4/21/07
4 460 Atkinson, C..3/24/07	286 Holloway, D..11/5/06	446 Meadows, S..3/31/07	1165 Atkinson, C..3/24/07
5 451 Rotsinger, J..12/2/06	286 Bahchevanov, K..2/24/07	445 Atkinson, C..3/24/07	1113 Bahchevanov, K..2/24/07
6 451 Kirkland, M..11/2/06	275 Collington, K..9/2/06	440 Bahchevanov..2/24/07	1085 Rodriguez, N..3/24/07
7 446 Scruggs, J..4/21/07	275 Scruggs, J..4/21/07	440 Dupuis, D..4/13/07	1069 Kirkland, M..4/13/07
8 415 Hampton, D..2/17/07	275 Gazzara, J..8/11/07	440 Tran, C..8/4/07	1058 Rotsinger, J..12/2/06
9 415 Gutierrez, V..3/24/07	270 Hutson, N..7/21/07	430 Snell, K..4/14/07	1050 Gutierrez, V..3/24/07
10 410 Miller, J..3/24/07	264 Helms, J..9/2/06	425 Cadenas, J..2/3/07	1036 Meadows, S..3/31/07
11 405 Ortiz, F..3/24/07	260 Atkinson, C..3/24/07	425 Ortiz, F..3/24/07	1030 Freeman, J..4/13/07
12 400 Cadenas, J..2/3/07	259 Adelmann, T..4/28/07	425 Cooper, D..3/24/07	1030 Tran, C..8/4/07
13 396 Freeman, J..11/18/06	259 Hadden, J..8/12/07	424 Hayes, M..4/21/07	1025 Ortiz, F..3/24/07
14 395 Lopez, V..3/24/07	255 Hansen, J..3/24/07	420 Johnson, C..3/24/07	1025 Zambrano, J..3/24/07
15 390 Barboza, M..3/24/07	255 Hernandez, M..3/25/07	418 Freeman, J..11/18/06	1005 Gunpat, J..3/24/07
16 385 Bahchevanov, K..2/25/07	250 DeLeon, E..3/24/07	418 Naquin, B..3/30/07	1000 Hanse n, J..3/24/07
17 385 Tran, C..8/4/07	250 Snell, K..4/14/07	413 Caputo, R..3/24/07	995 Cooper, D..3/24/07
18 380 Caputo, R..3/24/07	248 Meadows, S..10/2/06	410 Hansen, J..3/24/07	995 Sander, B..3/24/07
19 375 Rivers, A..3/4/07	248 Norwood, N..6/9/07	410 Askew, M..3/24/07	992 Caputo, R..5/4/07
20 375 Zambrano, J..3/24/07	245 Valmoja, J..8/12/06	407 Mount, J..3/30/07	990 Cadenas, J..2/3/07
21 375 Guajando, A..3/24/07	245 Dupuis, D..3/9/07	405 Thao, C..3/9/07	986 Dupuis, D..4/13/07
22 375 Oliver, K..3/24/07	245 Zambano, J..3/24/07	405 Gutierrez, V..3/24/07	980 Solis, C..3/24/07
23 370 Solis, C..3/24/07	242 Gill, R..2/17/07	405 Zambrano, J..3/24/07	975 Miller, J..3/24/07
24 365 Cruz, M..3/24/07	242 Rodriguez, N..3/30/07	405 Sander, B..3/24/07	975 Miller, K..3/30/07
25 365 Ortega, J..3/24/07	240 Johnson, A..11/11/06	402 Kirkland, M..4/13/07	965 Hampton, D..2/17/07
26 365 McFall, D..3/24/07	240 Sander, B..3/24/07	400 Gomez, T..2/3/07	965 Johnson, C..3/24/07
27 363 Baker, S..4/13/07	236 Tsimouris, E..11/20/06	400 Rivers, A..3/24/07	960 Askew, M..3/24/07
28 363 Denmon, L..4/13/07	236 O'Halloran, A..4/13/07	400 Gunpat, J..3/24/07	959 Rivers, A..3/30/07
29 360 Thao, C..3/9/07	235 Pascua, M..8/12/06	400 Cruz, M..3/24/07	955 Thao, C..3/9/07
30 360 Esquivel, E..3/24/07	235 Lovell, M..2/3/07	395 Powers, J..3/24/07	955 Lopez, V..3/24/07
31 358 Askew, M..11/4/06	231 Freeman, J..3/3/07	390 Solis, C..3/24/07	955 Barboza, M..3/24/07
32 358 Miller, K..3/30/07	231 Aulds, S..3/10/07	385 Rotsinger, J..12/2/06	950 Cruz, M..3/24/07
33 358 Van Dusen, K..3/30/07	231 Miller, K..3/30/07	385 Miller, K..3/4/07	950 DeLeon, E..3/24/07
34 358 Rein, J..6/9/07	231 Hovey, J..7/21/07	385 Lopez, V..3/24/07	945 Sanders, J..3/24/07
35 355 Cooper, D..3/24/07	230 Burt, B..10/14/06	385 Sanders, J..3/24/07	942 Hayes, M..4/21/07
36 355 Johnson, C..3/24/07	230 Gutierrez, V..3/24/07	385 Farrar, A..5/19/07	940 Guajando, A..3/24/07
37 355 Satterwhite, D..3/24/07	230 Ortega, J..3/24/07	380 Hampton, D..2/17/07	935 Ortega, J..3/24/07
38 350 Sander, B..3/24/07	230 Peang, P..7/22/07	380 Jorgenson, M..3/24/07	930 Jorgenson, M..3/24/07
39 350 Sanders, J..3/24/07	220 Rotsinger, J..12/2/06	380 Phillips, J..3/24/07	930 McFall, D..3/24/07
40 350 Jorgenson, M..3/24/07	220 Lamb, B..2/24/07	375 Corrigan, D..1/27/07	930 Satterwhite..3/24/07
41 350 Phillips, J..3/24/07	220 Solis, C..3/24/07	375 Rodriguez, N..3/24/07	930 Oliver, K..3/24/07
42 350 Montgomery, C..3/24/07	220 Salvati, D..3/31/07	375 Jimenez, T..3/24/07	925 Gomez, T..2/3/07
43 350 Santos, B..3/24/07	220 Caputo, R..5/4/07	375 Montgomer, C..3/24/07	920 Phillips, J..3/24/07
44 347 Boute, C..6/2/07	220 Messier, C..6/2/07	374 Ruff, D..11/20/06	920 Jimenez, T..3/24/07
45 347 Bonvillian, B..3/30/07	220 Matherne, A..6/20/07	374 Vernor, D..3/30/07	915 Montgomery, C..3/24/07
46 345 Powers, J..3/24/07	215 Kirkland, M..8/12/06	374 Rein, J..4/22/07	914 Van Dusen, K..3/30/07
47 341 Meadows, S..3/31/07	215 Kilts, R..12/16/06	370 Schultz, C..3/9/07	910 Powers, J..3/24/07
48 341 Matherne, A..6/20/07	215 Edwards, S..3/4/07	370 Guajando, A..3/24/07	909 Naquin, B..3/30/07
49 336 Maile, J..2/16/07	215 Cooper, D..3/24/07	365 Moreno, J..2/24/07	905 Edwards, S..3/4/07
50 335 Gomez, T..2/3/07	215 Satterwhite, D..3/24/07	365 Edwards, S..3/4/07	903 Norwood, N..6/9/07
51 335 Hansen, J..3/24/07	215 Oliver, K..3/24/07	365 Miller, J..3/24/07	887 Aulds, S..3/10/07
52 335 DeLeon, E..3/24/07	215 Jimenez, T..3/24/07	365 DeLeon, E..3/24/07	887 Baker, S..4/13/07
53 335 Herrera, P..3/24/07	215 McFall, D..3/24/07	365 McFall, D..3/24/07	885 Hogan, C..2/24/07
54 330 Jimenez, T..3/24/07	214 Mora, R..10/14/06	363 Castillo, R..9/5/06	881 Maile, J..2/16/07
55 330 Naquin, B..3/30/07	214 Pope, D..3/30/07	363 Manzo, 10/27/06	881 Messier, C..6/2/07
56 330 Aulds, S..3/30/07	214 Hayes, M..4/21/07	363 Salvati, D..4/21/07	881 Matherne, A..6/20/07
57 330 Galant, A..5/4/07	214 Maestas, R..4/22/07	363 Sameda, D..6/23/07	881 Jimenez, T..3/24/07
58 330 Messier, C..6/2/07	214 Patricelli, J..8/4/07	360 Deda, T..3/9/07	870 Corrigan, D..1/27/07
59 330 Norwood, N..6/9/07	210 Smith, I..12/9/06	360 Satterwhite..3/24/07	870 Navarro, J..3/24/07
60 325 Corrigan, D..1/27/07	210 Hogan, C..2/24/07	360 Navarro, J..3/24/07	865 Lovell, M..2/3/07
61 325 Brainerd, C..1/27/07	210 Gunpat, J..3/24/07	360 Brown, J..3/24/07	865 Bonvillian, B..3/30/07
62 325 Hogan, C..2/24/07	210 Barboza, M..3/24/07	360 Ochoa, J..7/14/07	865 Denmon, L..4/13/07
63 325 Edwards, S..3/4/07	210 Sanders, J..3/24/07	358 Bonvillian, B..3/30/07	860 Esquivel, E..3/24/07
64 325 Mach, Z..3/30/07	210 Johnson, J..3/24/07	358 Baker, S..4/13/07	859 Salvati, D..6/9/07
65 320 Reed, D..2/17/07	210 Logsdon, H..6/9/07	358 Garza, R..5/19/07	855 Morningwake..11/18/06
66 320 Navarro, J..3/24/07	210 Berardesco, M..7/4/07	358 Grubbs, J..7/28/07	854 Mount, J..3/30/07
67 320 Johnson, J..3/24/07	209 Maile, J..2/16/07	355 Barboza, M..3/24/07	848 Castillo, R..9/5/06
68 315 Morningwake..11/18/06	209 John, A..4/7/07	352 Aulds, S..3/10/07	845 Herrera, P..3/24/07
69 315 Enoch, E..2/17/07	209 Van Dusen, K..6/20/07	352 Van Dusen, K..3/30/07	843 Pope, D..3/3/07
70 315 Goodwin, A..2/17/07	209 Sameda, D..6/23/07	352 Meskew, K..8/11/07	837 Vernor, D..3/30/07
71 315 Sanguin, J..3/24/07	205 Claypatch, H..9/16/06	350 Valmoja, J..8/12/06	835 Enoch, E..2/17/07
72 314 Dupuis, D..4/13/07	205 Navarro, J..2/24/07	350 Grohoski, M..2/10/07	832 Garza, R..5/19/07
73 314 Harris, A..4/13/07	205 Castillo, D..2/24/07	350 Enoch, E..2/17/07	826 Galant, A..5/4/07
74 314 Pope, D..4/13/07	205 Tran, C..8/4/07	350 Hogan, C..2/24/07	825 Grohoski, M..2/10/07
75 310 Salinas, S..2/1/07	204 Hughes, K..6/16/07	347 Muth, L..3/10/07	825 Salinas, S..3/24/07
76 310 Paris, J..2/17/07	203 Parfit, A..2/17/07	345 Lucas, R..1/20/07	820 Valmoja, J..8/12/06
77 310 McClendon, P..2/24/07	203 Rein, J..4/22/07	341 Shorter, N..3/30/07	820 Brainerd, C..1/27/07
78 310 Curry, M..3/24/07	203 Garza, R..5/19/07	341 Maestas, R..4/22/07	820 Schultz, C..3/9/07
79 308 Castillo, R..9/5/06	203 Carlson, B..6/23/07	341 Steinmetz, N..6/9/07	810 Morea, R..10/14/06
80 305 Richards, K..1/27/07	203 Taoka, B..7/7/07	341 Hoy, J..8/4/07	810 Mach, Z..3/30/07
81 305 Brown, J..3/24/07	200 Morningwake..11/18/06	340 Morningwake..11/18/06	805 Flores, M..3/24/07
82 303 Vernor, D..3/30/07	200 Miller, J..3/24/07	340 Lovell, M..2/3/07	804 Shivia, H..1/13/07
83 303 Douglas, K..3/30/07	200 Askew, M..3/24/07	340 Ortega, J..3/24/07	804 Steinmetz, N..6/9/07
84 303 Hayes, M..4/21/07	20		

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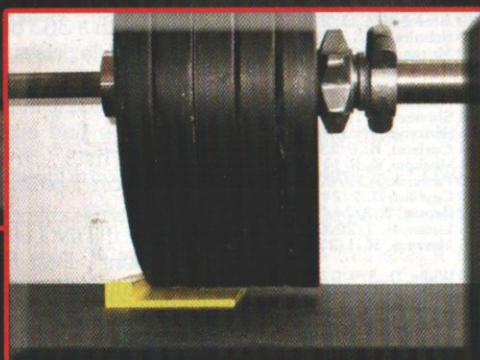
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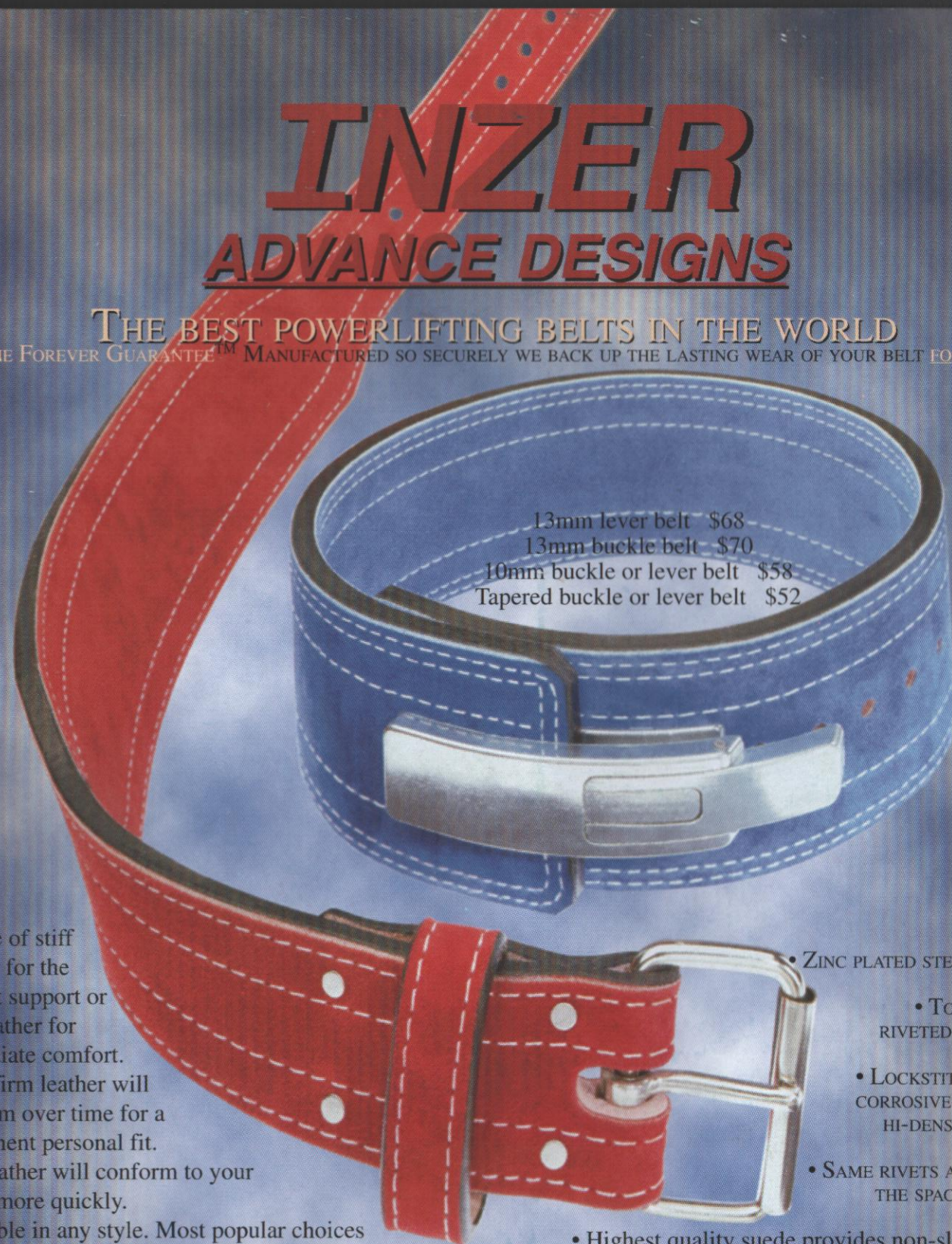
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