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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 ... Tony Cardella won USA's only gold medal at the IPF Worlds in Austria (photograph by Christy Newman)

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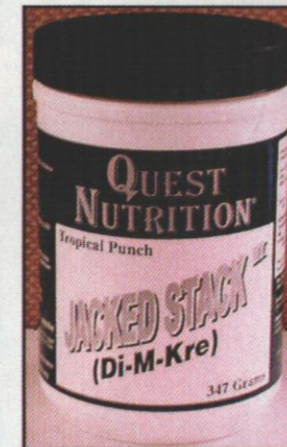
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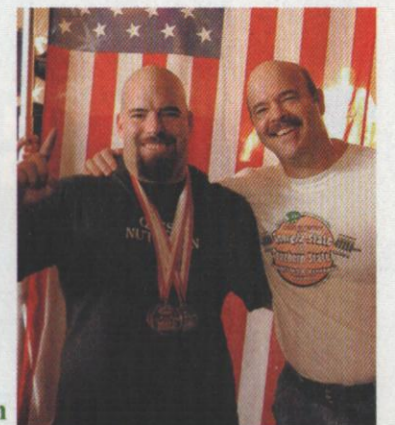
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IPF World Champion Tony Cardella with USA Men's Coach Sherman Ledford

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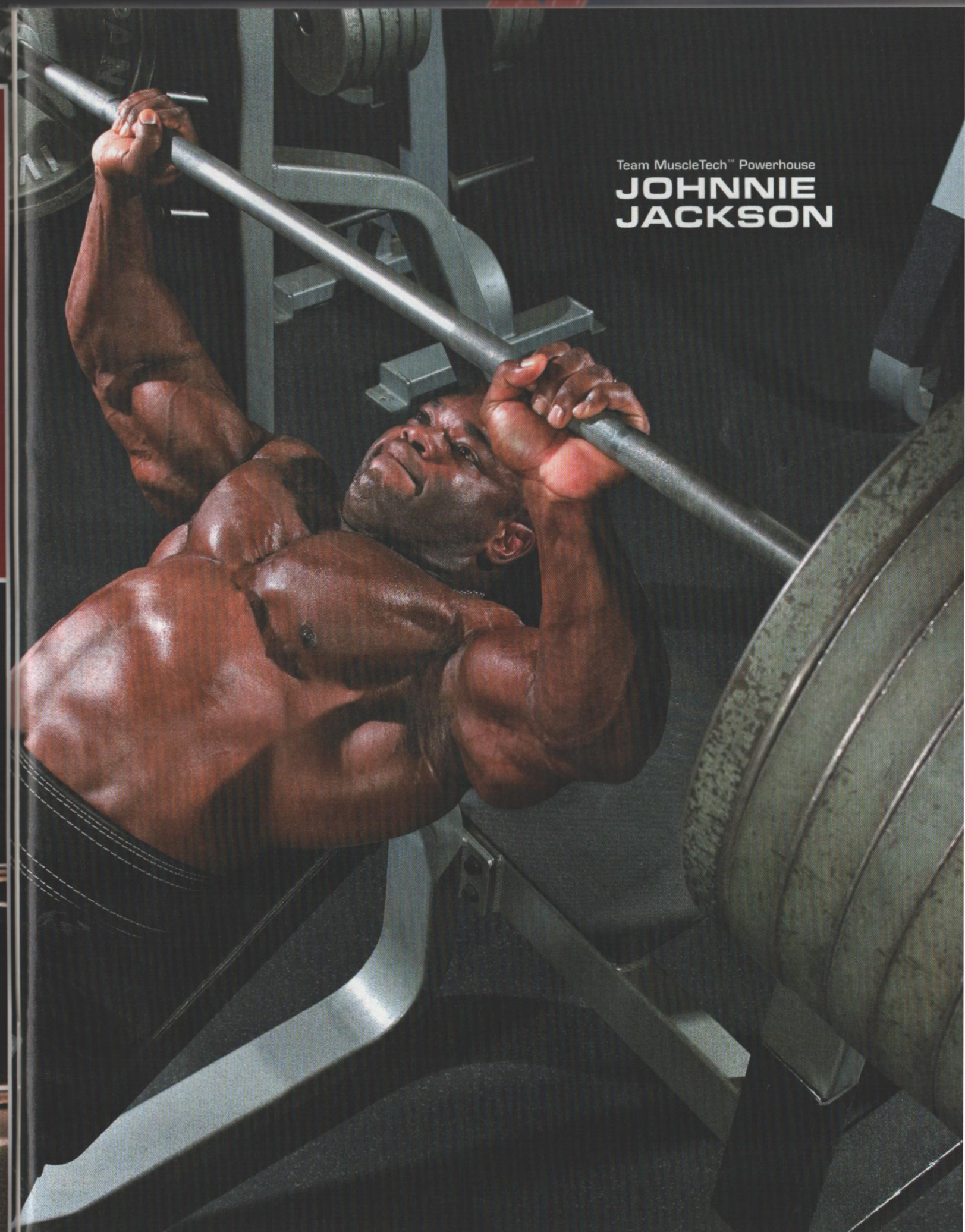
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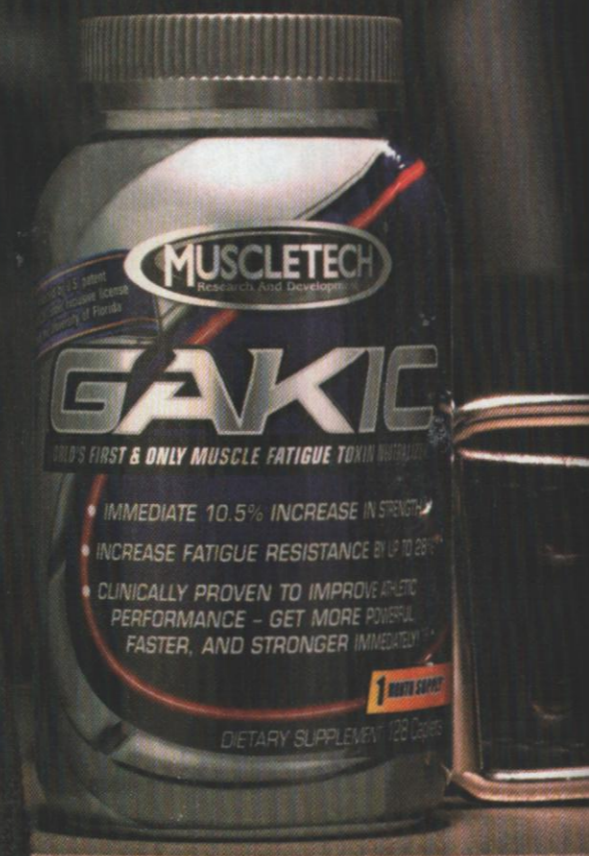


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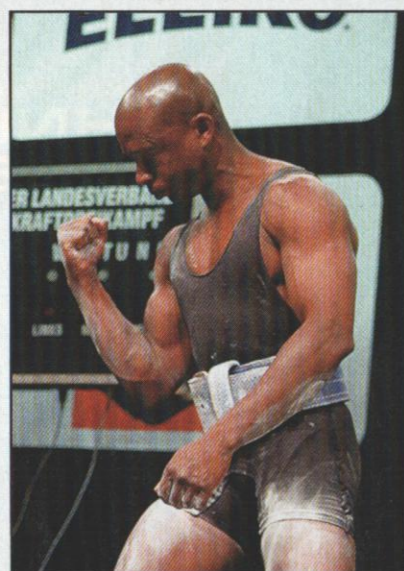
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37th IPF Open Men's Worlds

by USA Powerlifting Men's Head Coach Sherman Ledford

The 37th Open Men's Worlds was in Soelden, Austria. Taking the shuttle from Munich to Soelden, we saw some of the most beautiful landscape in the world. The snowcapped mountains and beautiful waterfalls were awe inspiring. What a beautiful place to have such a meet. When we got to Soelden, someone said, "The views were like a high-def television picture." I guess that is the best way to describe it. The town was almost deserted, but had quite a few nice eateries with the venue just being a few minutes walk away. The venue was set up very professionally and the only drawbacks were the long, narrow warm up area and very tiny staging area with a very awkward two level ramp coming up to the stage. We, as a team, were excited coming into this meet with everybody healthy and injury free. Each lifter's training coming into the meet was spot on and we were expecting big things from each individual.

The 123s and 132s started it off. The 123 division ended up as expected with a fight for 2nd place. Sergey Fedosienko, fresh off a drug suspension back in May of 2005, went 1515 at 114. Who would have ever thought that a 114 would have to take anabolics to total over 1500!? Sergey came in and shattered the world record by 40 kg, which was held by Konsantin Pavlov, a 10x world champion in his own right. Sergey is definitely a genetic freak,



Ervin Gainer Sr. muscled up in the 123s

squatting 617, benching 391 and deadlifting 534. The crazy thing is, Sergey has actually pulled 567 at 114! Shih Wu Lu from Chinese Taipei totaled 1389 to come in second and the ageless Hiroyuki Isagawa, who was 1st in this class, last year, came in 3rd with a 1378 total. Hiroyuki was also deservedly elected into the IPF Hall of Fame. It is great to see a great lifter such as Hiroyuki get recognized as such. Ervin Gainer Sr. had some great training in his new weight class since the IPF saw fit to eliminate the 114 class last year. Ervin has done a great job filling out into his new weight class and I see only big things ahead of him. Ervin had a huge PR squat of 485, tied his PR bench of 314 and had a new PR total, cracking the 1300 lb total barrier, with 1306 to put him in

27th IPF Open Women's Worlds as told to Powerlifting USA by Disa Hatfield

This year's USA Powerlifting Women's Team featured only one Open Worlds rookie (Ashley Matherne), and several returning veterans with 5 or more IPF World trips, all ready to defend their World Team Title against the returning Ukraine and Russian teams.

48 Kg Class
Cheryl Anderson kicked the meet off for the U.S. Team with a solid 7 for 9 performance. Cheryl squatted 120 kg, missing 130 on her third attempt. She hit 3 solid benches, ending with 80, and finished off with 140 kg pull on her signature lift. This class set the bar, with



Cheryl Anderson in a very tough class



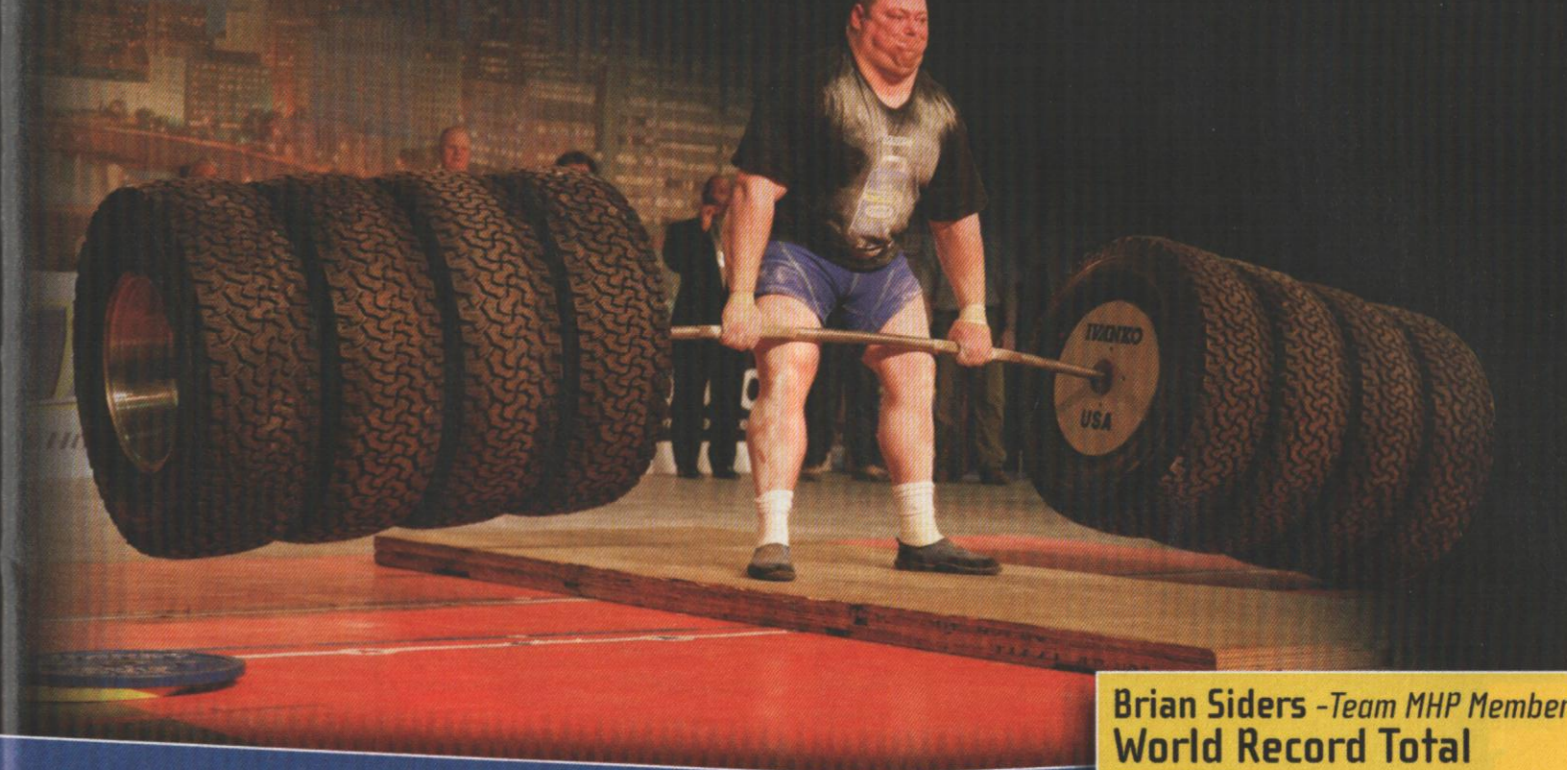
Suzanne Hartwig-Gary a veteran now.

most competitors going 7 for 9 or better! First place went to Wei Ling Chen of Chinese Taipei. Yukako Fushimo (Japan) loaded the bar to win, but fell to second, followed by Valentina Vermenyuk of Russia.

52 Kg Class
Veteran Suzanne Hartwig-Gary was back for her 9th Open IPF Worlds! This veteran status, along with her bubbly personality, has made her one of the more popular lifters at IPF Worlds. You learn quickly that if you want to meet the other teams, all you have to do is sit next to Sioux-z at the meet and they will all eventually come over to say

(continued on page 94)

IPF 27th Women's & 37th Men's World Championships																																
14-20 OCT 07 - Soelden, AUT																																
MALE	SQ1	SQ2	SQ3	BP1	BP2	BP3	DL1	DL2	DL3	TOT	FEMALE	SQ1	SQ2	SQ3	BP1	BP2	BP3	DL1	DL2	DL3	TOT											
123 lbs.																																
Fedosienk-RUS	573	595	617	352	374	391	490	518	534	1543	Chen-TPE	385	418	435	148	159	165	374	396	407	1008											
Lu-TPE	540	562	573	242	264	270	540	562	573	1388	Fukushima-JPN	341	363	374	253	270	270	330	352	369	997											
Isagawa-JPN	451	474	485	385	396	407	485	507	512	1377	Vermenyuk-RUS	330	352	369	187	198	203	330	352	363	937											
Wszola-POL	529	529	529	336	352	363	424	451	463	1344	Lee-TPE	286	319	336	176	192	198	363	385	396	903											
Brandtza-NOR	490	501	512	308	308	308	485	507	518	1328	Lepanse-FRA	314	336	352	192	203	214	308	330	344	898											
Gainer,Sr-USA	440	468	485	281	303	314	463	485	507	1306	Apuli-FIN	319	330	344	154	165	176	319	341	358	848											
Constanti-GBR	485	507	507	264	275	281	474	496	512	1278	Anderson-USA	242	264	286	154	170	176	286	308	319	749											
Tinebra-FRA	463	490	490	308	319	330	418	451	468	1262	Salemme-ITA	264	275	275	126	132	137	308	308	319	711											
Nemeth-AUT	440	440	451	242	253	—	374	418	463	1146	Santos-PHI	226	242	248	104	104	104	270	286	297	—											
Shebek-LBA	374	418	429	198	231	242	396	463	474	1113	Schwengl-AUT	275	275	275	198	209	209	264	275	281	—											
Yang-TPE	220	—	—	176	—	—	562	562	562	—	115 lbs.																					
132 lbs.																																
Hsieh-TPE	551	573	589	396	413	424	573	595	622	1592	Klymenko-UKR	341	358	369	242	259	264	341	369	385	1019											
Pavlov-RUS	551	573	589	396	413	424	463	474	485	1477	Chou-TPE	352	374	385	165	187	198	396	418	446	992											
Sato-JPN	485	518	518	385	402	402	463	485	496	1405	Rantala-FIN	336	358	369	248	253	253	330	352	369	992											
Lited-FRA	512	534	534	286	286	297	490	512	534	1366	Dmytruk-UKR	352	352	374	220	231	242	330	374	407	959											
Osmialow-POL	507	529	551	286	308	308	451	474	490	1350	Hartwig-USA	336	358	369	214	226	226	325	347	363	937											
Sarbalayev-KAZ	463	507	518	308	325	330	485	529	529	1333	Sirkia-FIN	352	363	363	203	209	214	341	358	369	925											
Golak-POL	463	485	507	286	308	325	440	463	485	1273	Petroczk-HUN	308	330	358	154	170	181	319	347	374	876											
Chiu-TPE	468	496	—	198	—	—	540	567	600	1234	Sawyer-GBR	308	308	325	198	209	209	308	325	330	865											
Elmshiti-LBA	396	418	463	286	308	308	440	485	507	1234	Lindstrom-SWE	341	352	352	165	176	176	341	363	363	848											
Maccari-BRA	451	474	512	264	281	286	440	468	479	1229	Nakai-JPN	297	297	308	187	198	203	314	330	330	810											
Lakhal-ALG	440	463	485	264	275	286	440	463	485	1212	Jurga-POL	275	297	319	143	148	154	292	314	344	782											
Raja-IND	523	523	523	253	264	264	474	496	496	—	Hollaus-AUT	308	349	349	154	154	154	319	308	319	771											
Holloway-USA	518	551	567	349	319	341	562	562	562	—	Kitamura-RSA	253	275	286	170	181	187	253	270	281	744											
											Teramura-JPN	242	264	281	148	159	165	264	286	303	716											



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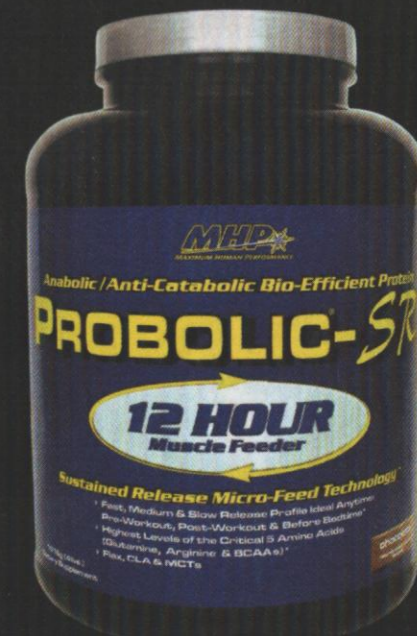
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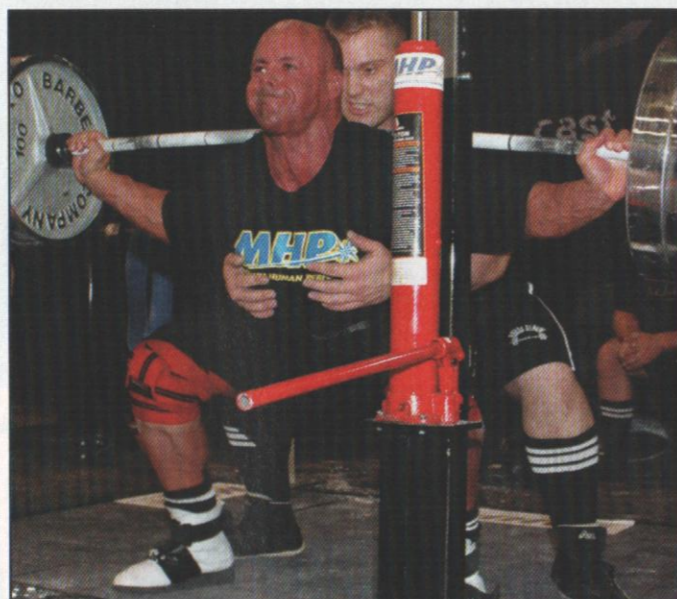
**MHP's The Clash of the Titans
as told to PL USA by Sean Katterle**



Sean Katterle congratulates Al Davis on his heavyweight, overall, and 405 for reps bench press wins (earning him \$1050 from MHP)



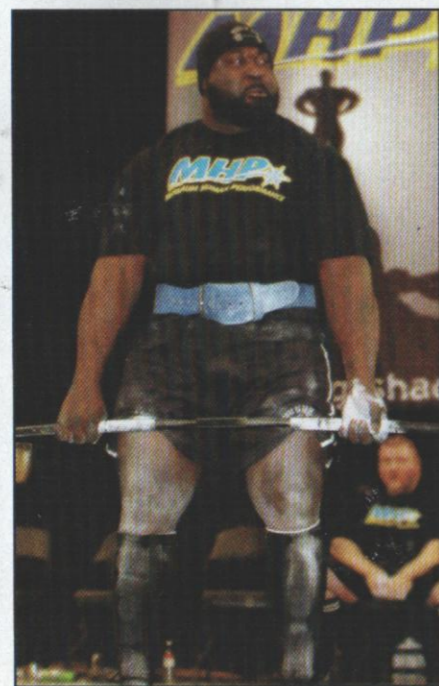
In The Lightweight Class Bench Press Competition Winner Chase Martin did 380 lbs. at 174 pounds bodyweight to win \$300 cash.



Brandon 'C4' Cass set the elite pace for this competition by squatting 800 pounds at 228 lbs bodyweight. Bearing in mind that only 7 lifters have ever squatted 900+ pounds under these conditions, in history, and that they were all 308 pounds or heavier, it makes Cass's 800 raw squat seem all the more historical, as it was also 3.5 times his bodyweight (Hardcore Powerlifting has a same day weigh in rule so Brandon's bodyweight was accurate)

**MHP's The Clash of the Titans
10-11 AUG 07 - Dallas, TX**

BENCH	D. Marchant	550	SQUAT	D. Gibbons	550
MALE	B. Tripp	485	FEMALE	PL TOT	
Lightweight	J. Searcy	430	MALE	J. Searcy	2030
C. Martin	BENCH REPS		B. Cass	B. Cass	1960
A. Zehr	380		J. Grove	C. Edalgo	1820
Midweight	340	MALE	J. Searcy	D. Gibbins	1710
R. Lewis	A. Davis	18	C. Edalgo	655	
R. Kitani	C. Edalgo	15	This contest was produced, sanctioned and promoted by Hardcore Powerlifting, LLC, in conjunction with the Bodybuilding.com's 14th annual Sports Weekend & Europa Super Show. Venue: Dallas Convention Center.		
C. Edalgo	DEADLIFT	14	Powerlifting suits and bench press shirts not allowed. Wraps, chalk and belts only. No age, weight or gender divisions Set. MHP's Clash of the Titans was the exclusive MHP's Kings of the Bench Olympia Expo qualifier too, Sponsored By: MHP		
G. Green	530	MALE	(MaxPerformance.com), BOSS (BossOnline.net), Bodybuilding.com, Jeff Everson's Planet Muscle Magazine (PlanetMuscle.com), APT Pro Powerlifting Gear (ProWristStraps.com), Flexion Strength Systems (SeguinFitness.com), Ivanko Barbell Company (IvankoBarbell.com), Anderson Powerlifting.com, House of Pain Ironwear, and Skater Socks.com. Stay Strong. (Thanks to Sean Katterle, Owner, Hardcore Powerlifting, LLC, for providing these meet results)		
D. Gibbins	500	J. Searcy	(cont. on page 12)		
A. Cooper	490	B. Cass	Sean Katterle first met Pibull Searcy when he took on Andy Bolton at The Rise of the Dead pro show in Orlando. At a huge 350 pounds bodyweight, James pulled himself a contest PR of 840 pounds for the win. (for \$800 in total winnings).		
G. Butia	485	J. Grove			
B. Cass	455	D. Gibbons			
Heavyweight	A. Davis	605			
A. Davis	605	T. Scott			
B. Graves	580	J. Brinkley			



Sean Katterle first met Pibull Searcy when he took on Andy Bolton at The Rise of the Dead pro show in Orlando. At a huge 350 pounds bodyweight, James pulled himself a contest PR of 840 pounds for the win. (for \$800 in total winnings).

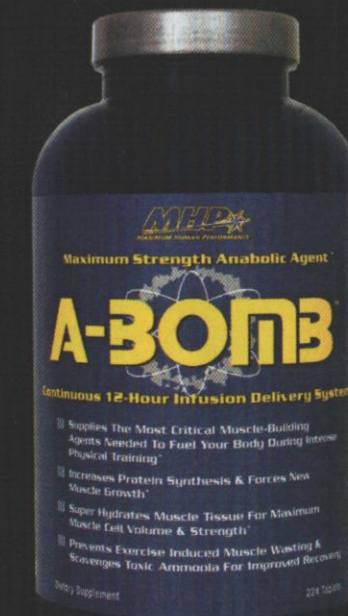


Ryan Kennelly - Team MHP Member
World Record Bencher
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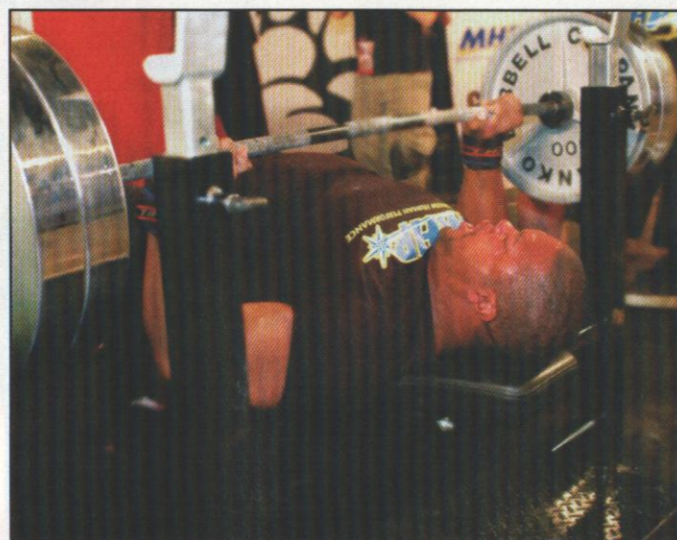
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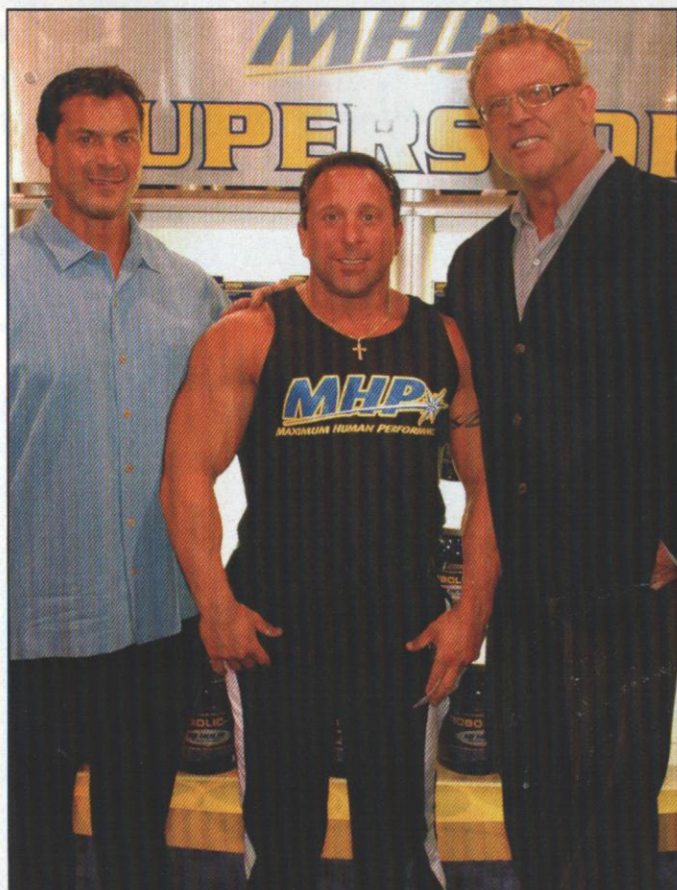
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KINGS OF THE BENCH

(continued from page 10)



Big Al Davis took 1st place in the Heavyweight Division, and Overall, with a 605 lb. bench, missing twice at 625 (in attempts to beat MHP's Brian Siders's 620 all time Olympia record). 34 years of age, 6'4", 280 pounds bodyweight, he trains out of 24 Hour Fitness in Dallas, Texas, and is a former Ronnie Coleman NPC Classic heavyweight bodybuilding champion. (courtesy of Sean)



Joe 'the Italian Stallion' Mazza, 41 years of age, is the new King of the Bench for the lightweights (after finishing 2nd last year, with 420, in a bodyweight tie with Joe Luther). Joe opened with 430, went to 445 for the win, and had a close miss with 455. At 5'6", and 173 lbs. bodyweight, he is sponsored by MHP and Titan Support Systems. He trains out of Mike Miller's Nazareth Barbell, and works as a police officer in Saddlebrook, NJ. He is a 4 time Arnold Classic BP medalist and a two time Bench America champion. He is seen above with Gerard Dente (left), CEO of MHP and Kings of the Bench title sponsor, at MHP's Olympia Expo booth, with fellow contest sponsor, Jeff Everson, PLANET MUSCLE.



Rock Lewis came in 1st in the Middleweight Division, opening with a successful 580, before missing at 600 and 605. 35 years of age, 5'7", 235 lbs. bodyweight, he lifts out of Dillon, South Carolina for the Legion of Doom Powerlifting Team. He is a 100% Raw Federation World Champion (no bench shirts, no wrist wraps, drug tested) and is sponsored by KNB Construction and Tricook Electric. He is only one of three men in history to bench press 600 pounds at 242 pounds or lighter bodyweight (no super shirt)

MHP's Kings of the Bench
28 SEP 07 - Las Vegas, NV

BENCH	Weight	Weight	
MALE	Middleweight		
	R. Lewis	580	
Lightweight	C. Edalgo	500	
J. Mazza	445	Heavyweight	
R. Hickman	435	A. Davis	605
J. Luther	425	H. Kuttroff	550
C. Martin	400		

Venue: Main Stage, Mr. Olympia Expo, Las Vegas Convention Center. Sponsored by: MHP-Maximum Human Performance (MaxPerformance.com), BOSS-Bob O'Leary

Sports Science (BossOnline.net), Bodybuilding.com, Jeff Everson's Planet Muscle Magazine, APT Pro Powerlifting Gear (ProWristStraps.com), BodyTalk Magazine, Ivanko Barbell Company (IvankoBarbell.com), House of Pain IronWear (HouseOfPain.com), Skater Socks.com. (Benchpress shirts were not allowed. Wraps, chalk and belts only.) Stay Strong. (Thanks to Sean Katterle, Hardcore Powerlifting, LLC, for results)

(continued on page 89)



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

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

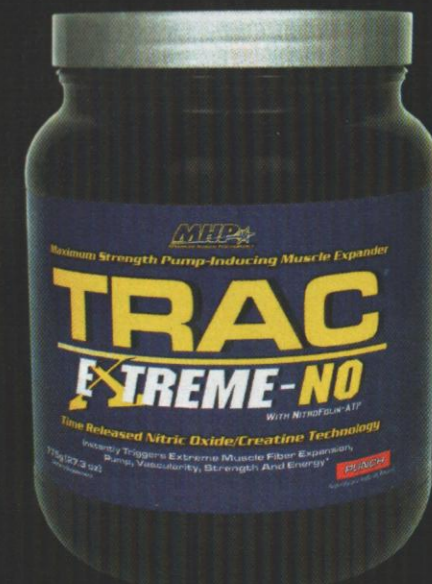
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"I have gained about 10 solid pounds and a ton of strength since I started stacking three USPLabs products: Anabolic-Pump, PowerFULL and SuperCissus RX. With these supplements not only am I pushing more weight but my joints feel much better, not nearly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

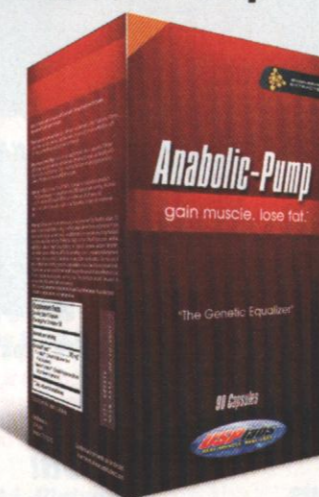
I went from having trouble deadlifting 675 to getting a solid 730 on deadlifts and I got a 750 but I took a step with it. My hack squat went from 785x10 to 965x5. Shoulder press went from 405x5 to 455x3. Bench is hard to tell due the bicep tendonitis hampering my lifting so much, but when the tendonitis 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."

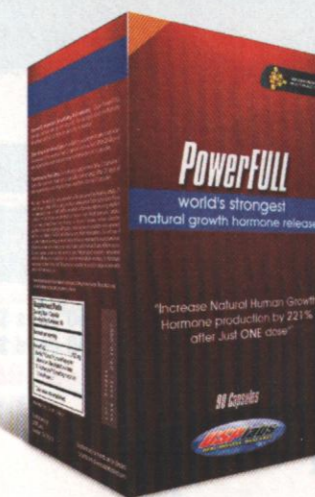
- Nick Winters

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.

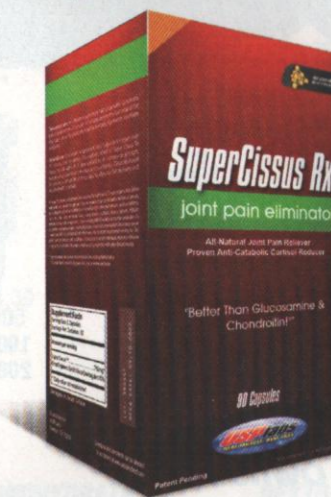
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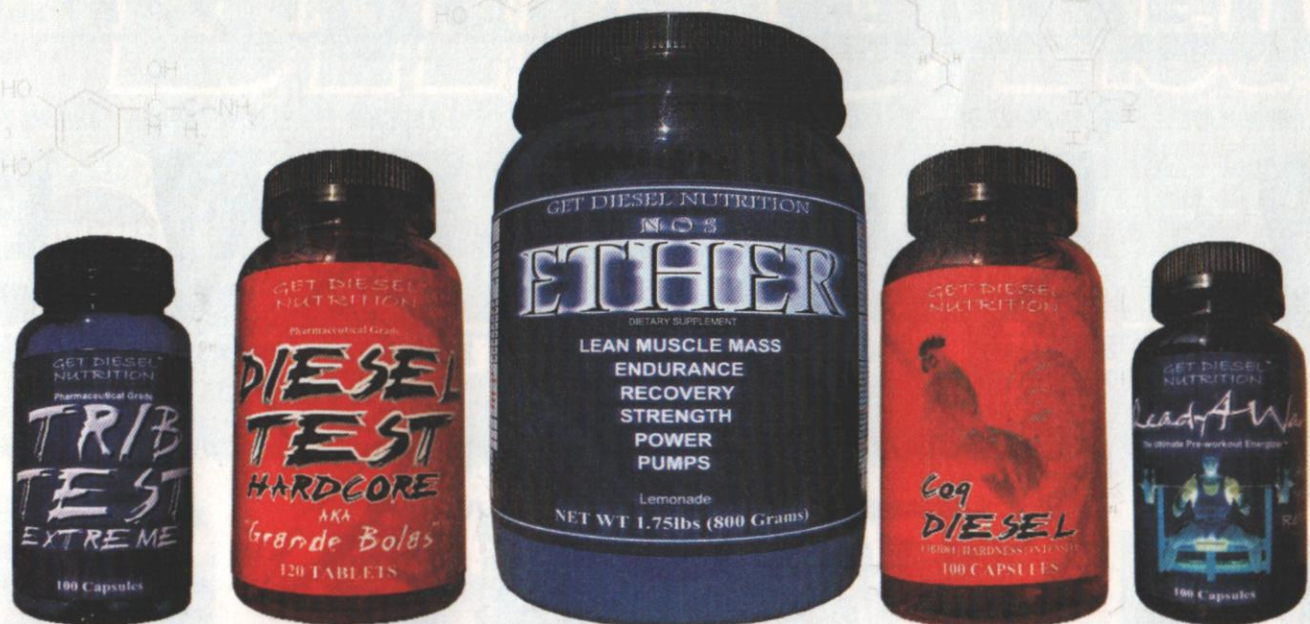
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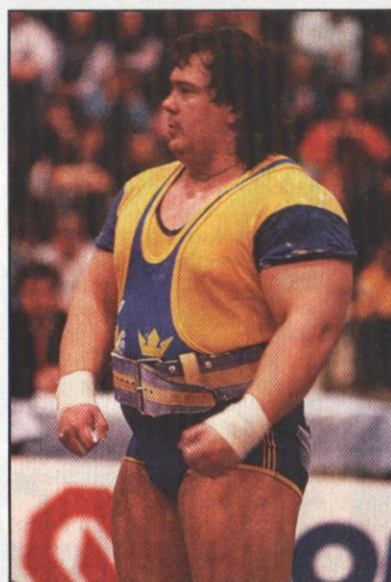
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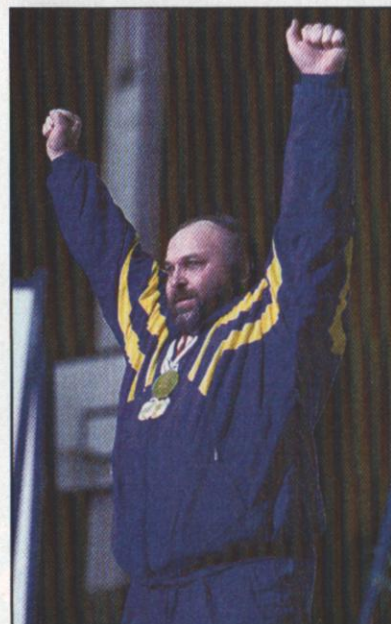
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Lars "Lasse" Noren of Sweden in 1987.



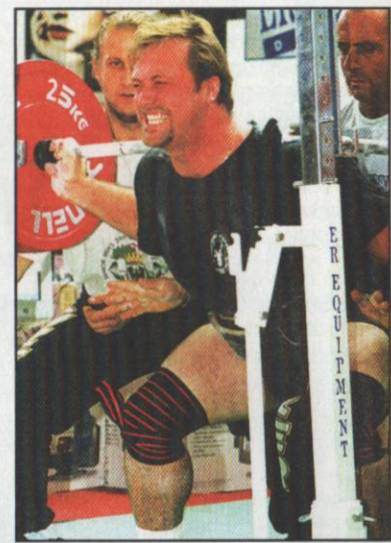
Big Bill Kazmaier winning back in 1983.



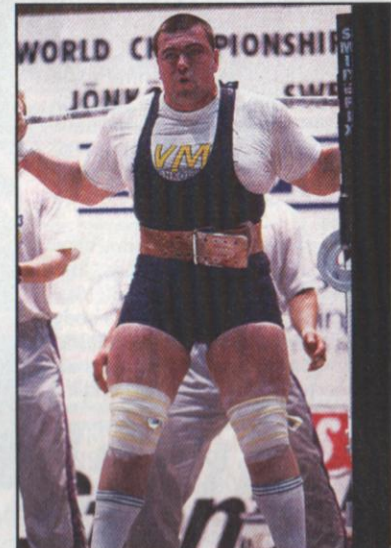
Naleikin was the pride of the Ukraine.

IPF Men's Worlds 1000 kg. Totals - 1971-2007 by Brad Gillingham

Rank	Lifter	Class	Lbs	Place	Year
1	Siders-USA	125+	2530	Capetown, S.Africa	2004
2	Bondarenko-Russia	125+	2436	Miami, USA	2005
3	Yarymbush-Ukraine	125	2409	Miami, USA	2005
4	Bondarenko-Russia	125+	2409	Solden, Austria	2007
5	Malanichev-Russia	125	2392	Miami, USA	2005
6	Siders-USA	125+	2386	Vejle, Denmark	2003
7	Noren-Sweden	125+	2375	Fredrikstadt, Norway	1987
8	Lehto-Finland	125+	2359	Stavanger, Norway	2006
9	Kuc-USA	110+	2348	Harrisburg, USA	1972
10	Mirowski-Poland	125	2348	Miami, USA	2005
11	Midote-Japan	125+	2337	Miami, USA	2005
12	Suslov-Russia	110	2337	Miami, USA	2005
13	Papazov-Ukraine	125+	2331	Trencin, Slovakia	2002
14	Gillingham-USA	125+	2320	Solden, Austria	2007
15	Arvai-Hungary	125	2314	Vejle, Denmark	2003
16	Papazov-Ukraine	125	2314	Vejle, Denmark	2003
17	Fendorenko-Russia	110	2314	Miami, USA	2005
18	Barkhatov-Russia	110	2314	Solden, Austria	2007
19	Papazov-Ukraine	125	2309	Sotkamo, Finland	2001
20	Gillingham-USA	125+	2303	Trencin, Slovakia	2002
21	Reinhoudt-USA	110+	2298	York, USA	1974
22	Yarymbush-Ukraine	125	2298	Capetown, S. Africa	2004
23	Kazmaier-USA	125+	2292	Dayton, Ohio	1979
24	Muravlyov-Ukraine	125+	2292	Capetown, S. Africa	2004
25	Sedmik-Czech Rep.	125+	2292	Capetown, S. Africa	2004
26	Reinhoudt-USA	110+	2287	York, USA	1974
27	Freydun-Ukraine	100	2287	Miami, USA	2005
28	Coan-USA	100	2281	Johannesburg, S. Africa	1994
29	Gurianov-Russia	125+	2281	Trento, Italy	1999
30	Reinhoudt-USA	110+	2276	Harrisburg, USA	1973
31	Reinhoudt-USA	110+	2276	Birmingham, England	1975
32	Muravlyov-Ukraine	125+	2276	Vejle, Denmark	2003
33	Midote-Japan	125+	2276	Vejle, Denmark	2003
34	Gillingham-USA	125+	2276	Capetown S. Africa	2004
35	Suslov-Russia	110	2276	Capetown S. Africa	2004
36	Reinhoudt-USA	110+	2270	Birmingham, England	1975
37	Meszaros-Hungary	125+	2270	Cherkasey, Ukraine	1998
38	Meszaros-Hungary	125+	2270	Capetown S. Africa	2004
39	Martikainen-Finland	125+	2270	Miami, USA	2005
40	Sandvik-Finland	125+	2270	Miami, USA	2005
41	Kenady-USA	110+	2265	Turku, Finland	1978
42	Wrenn-USA	125+	2265	Calcutta, India	1981
43	Gurianov-Russia	125+	2265	Cherkasey, Ukraine	1998
44	Muravlyov-Ukraine	125+	2265	Miami, USA	2005
45	Gillingham-USA	125+	2254	Akita, Japan	2000
46	Malanichev-Russia	125	2254	Vejle, Denmark	2003
47	Ljungberg-Sweden	125	2254	Capetown S. Africa	2004
48	Freydun-Ukraine	125	2254	Capetown S. Africa	2004
49	Cardella-USA	125	2254	Solden, Austria	2007
50	Karwowski-USA	125	2248	Salzburg, Austria	1996
51	Gillingham-USA	125+	2248	Trento, Italy	1999
52	Savickus-Lithuania	125+	2248	Akita, Japan	2000
53	Karpik-Ukraine	125	2248	Vejle, Denmark	2003
54	Midote-Japan	125+	2248	Solden, Austria	2007
55	Martikainen-Finland	125+	2248	Solden, Austria	2007
56	Coan-USA	100	2243	Jonkoping, Sweden	1993
57	Malinchev-Russia	125	2243	Sotkamo, Finland	2001
58	Gillingham-USA	125+	2243	Sotkamo, Finland	2001
59	Harris-USA	125+	2243	Stavanger, Norway	2006
60	Reinhoudt-USA	110+	2237	York, USA	1976
61	Meszaros-Hungary	125+	2237	Sotkamo, Finland	2001
62	Malinchev-Russia	125	2237	Trencin, Slovakia	2002
63	OD Wilson-USA	125+	2232	Perth, Australia	1988
64	Naleikin-Ukraine	125+	2232	Cherkasey, Ukraine	1998
65	Midote-Japan	125+	2232	Trencin, Slovakia	2002
66	Barkhatov-Russia	100	2232	Capetown S. Africa	2004
67	Midote-Japan	125+	2227	Trento, Italy	1999
68	Muravlyov-Ukraine	125	2227	Sotkamo, Finland	2001
69	Arvai-Hungary	110	2227	Trencin, Slovakia	2002
70	Williams-USA	110+	2221	Harrisburg, USA	1972
71	Meszaros-Hungary	125+	2221	Trencin, Slovakia	2002
72	Lehto-Finland	125	2221	Vejle, Denmark	2003
73	Harris-USA	125+	2221	Miami, USA	2005
74	Cardella-USA	125	2221	Stavanger, Norway	2006
75	Randen-Norway	125	2221	Stavanger, Norway	2006
76	Henry-Great Britain	125	2221	Solden, Austria	2007
77	Hall-USA	125+	2210	Fredrikstadt, Norway	1987
78	Gankov-Russia	110	2210	Cherkasey, Ukraine	1998
79	Podtynni-Russia	125	2210	Trento, Italy	1999
80	Wallqvist-Sweden	125+	2210	Solden, Austria	2007
81	Kuc-USA	110	2204	Arlington, USA	1980
82	Kenady-USA	110+	2204	Arlington, USA	1980
83	Saliger-Austria	125+	2204	Johannesburg, S. Africa	1994
84	Jonsson-Iceland	125	2204	Trento, Italy	1999
85	Naleikin-Ukraine	125+	2204	Trento, Italy	1999
86	Midote-Japan	125	2204	Akita, Japan	2000
87	Gurianov-Russia	125+	2204	Akita, Japan	2000
88	Jonsson-Iceland	125	2204	Sotkamo, Finland	2001
89	Sedmik-Czech Rep.	125+	2204	Trencin, Slovakia	2002
90	Ljungberg-Sweden	125	2204	Vejle, Denmark	2003
91	Tallqvist-Finland	125+	2204	Vejle, Denmark	2003
92	Fendorenko-Russia	110	2204	Capetown, S. Africa	2004
93	Rokochiy-Ukraine	110	2204	Solden, Austria	2007
94	Shepil-Ukraine	125	2204	Solden, Austria	2007
95	Spingl-Czech Rep.	125+	2204	Solden, Austria	2007



Jorgen Ljungberg of Sweden in 1999.



Kurt Saliger of Austria lifting in 1993.



Mike Hall of the USA won in 1989.

How does one reach the top of powerlifting? First, you must possess all the strength qualities such as speed strength, strength speed, and a high work capacity with high-intensity workouts. This means close to or above 100%. If you cannot train almost constantly heavy year in and year out, you will never reach your full potential.

There have been a lot of has-beens. They were superstars for a short time and then disappeared as fast as they came. There are many factors that contribute to these short careers. Some lifters can't cope mentally, while others fail physically. Some complain about today's gear, but it's here to stay. Here's the problem with many lifters: they cannot believe in their hearts that they can lift the weights many lifters are doing today. The old guys cry foul, but - in fact - they used every advantage that was available to them in the 1970s, 1980s, and 1990s.

What about training, and how do some stand the test of time while others fall off the mountain as fast as they went up? Three lifters that have maintained a very high level of performance are Amy Weisberger, Chuck Vogelpohl, and George Halbert.

Amy has been the all-time total record holder in the 123s and currently holds not only the 132 total record at 1333 (over 10 times body weight), but also the 148 total at 1440 with a world record 590 squat, 350 bench press, and 500 deadlift, all this at 42 years old.

Chuck won the 1989 YMCA Nationals with a 1968 total at 220. In the early 2000s, he broke the squat record with a 1025 plus a 2319 total at 220. In April 2007, he squatted 1150 and totaled 2605 at 264. In August 2007, he pulled an 835 deadlift, his all-time best, at 42 years old.

George has broken 11 all-time world records in the bench press in three weight classes: 198, 220, and 242.

All three of these lifters can maintain a high intensity and high volume of training. All three have developed the ability to train when they are very muscularly sore. Both Amy and Chuck use the same format. They squat on Fridays with mostly bands and chains. Because Amy is 5' 2", she places the bands over the plates. Her training sets with at least 180 pounds of band tension range from 275 for 8 sets to 365 for 4 sets. Her best box squat with bands is 440. This netted her a world record 590 at 147 pounds body weight.

The introduction of large amounts of bands added to the squat weights changed everything. While gaining weight is not conducive to raising the deadlift, Amy pulled two personal records, 485 and 500, to total 1440 at 147 pounds. Amy's two styles of deadlifting both employ bands. She pulls off the floor for speed strength with mini-bands that provide 100 pounds of tension on the floor and 220 at lock-out. She does 4-8 singles after she squats. Amy also does rack pulls with a monster mini-band or a light band. The tension may be up to 300 pounds plus bar weight.

WESTSIDE TRAINING

HOW TO REACH THE TOP as told to PL USA by Louie Simmons



AMY WEISBERGER... just keeps getting better and better, over the years

Amy's squat and deadlift training is a high-volume, high-intensity program. Regardless of her trainability, she goes as hard as possible. She increases her GPP by mainly concentrating on sled pulling for upper and lower body. She works on flexibility, mobility, and muscular endurance and pays close attention to her weaknesses.

Amy trains the bench in the same manner: chains and bands are used 95% of the time. She also uses special kettlebells, by themselves or attached to the bar with mini-bands.



GEORGE HALBERT this was his 733 BP at 220 lbs.

Amy has competed with the best during the 1980s and 1990s and currently, and she remains the brightness in the night sky referred to as a star.

Chuck Vogelpohl is half man, half amazing. He won his first Nationals in 1989 and the WPO in two divisions, setting world records in two weight classes and squatting more in the 275's than the 308 world record. How does he do it, and is he looking for more?

First let's look at his squat training. He had trouble in the early stages of squatting, not in the bottom, but at the very top, but after experimenting with bands, it solved his problem of extreme bar deceleration.

For speed strength training, his band weight combination is 40% bar weight and 10% band tension on the box. An additional 25% band tension is at the top of the squat. He does this type of training to build a fast rate of force development.

For absolute strength development, the band tension will be near the bar weight. His best box squat with 640 pounds of band tension is 835, which equals 1475 at the top and 1085 at the bottom on a parallel box. Chuck says that lots of heavy bands has pushed his squat up to the 1150 he has done recently.

Chuck likes to do very heavy rack pulls, sometimes up to more than 1100 pounds, a few inches above the knees. This teaches him to strain, and if anybody knows how to strain, it's Chuck.

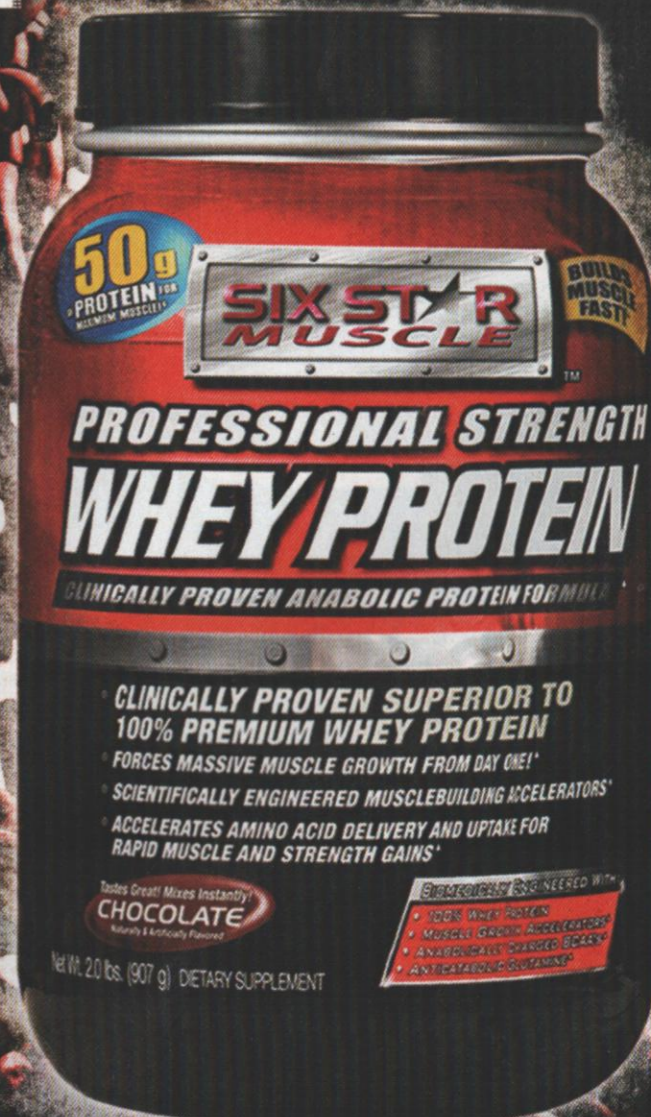
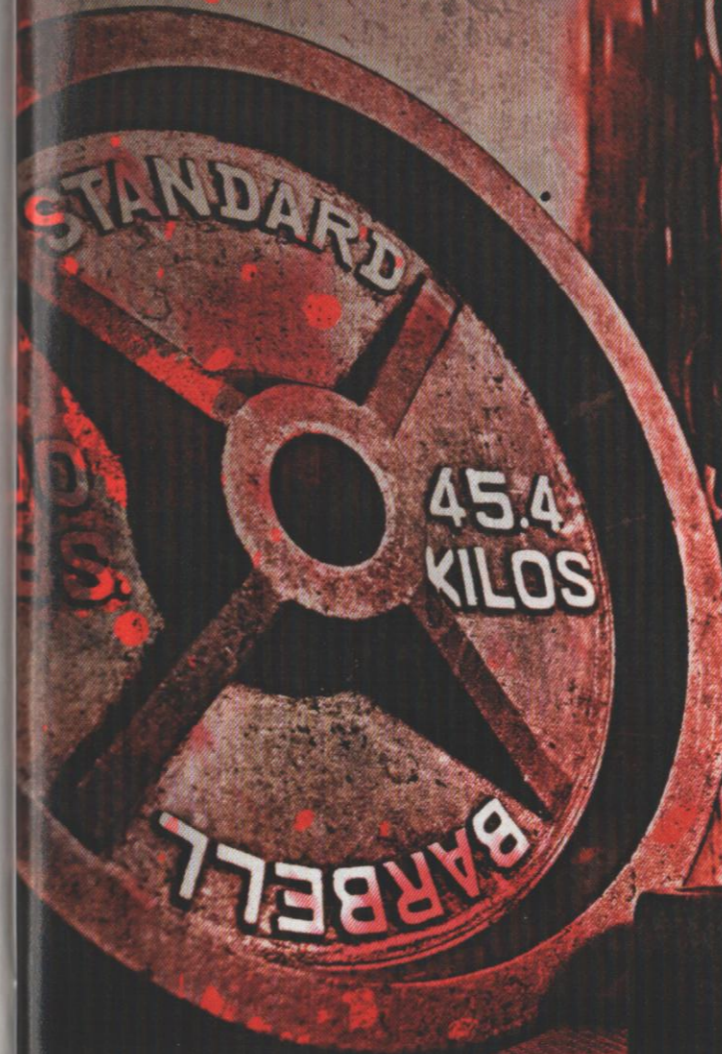
His system is just like Amy's: high volume, high intensity, always trying to do more sets and more weight per set. His training is very dense, meaning short rests between sets per training period. He fully intends to squat over 1200 in the 275's.

His bench press is trained just like everyone else's at Westside. It has suffered somewhat from two triceps surgeries and a broken neck from playing in the gym with the late Matt Dimel. He has the best training partners, training system, and training environment, and he is a very large part of that.

Amy and Chuck use the same training system. Our max effort work is modeled after the Bulgarians'. There is a difference though; they limited their exercises to six or so after mastering form. While we max out almost every Monday and Wednesday for the squat, bench, and deadlift, we use special exercises, but seldom the actual squat, bench, or deadlift. This might consist of box or rack pulls with bands over the bar or the lightened method. Pavel refers to the second method as the future method, meaning doing a weight now that one will do in the future. Another option is box squats on a variety of box heights and with various bars. The bench workouts consist of the conjugate system, e.g., floor press with weight only, bands, or chains; board press; or incline,

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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(continued on page 79)

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

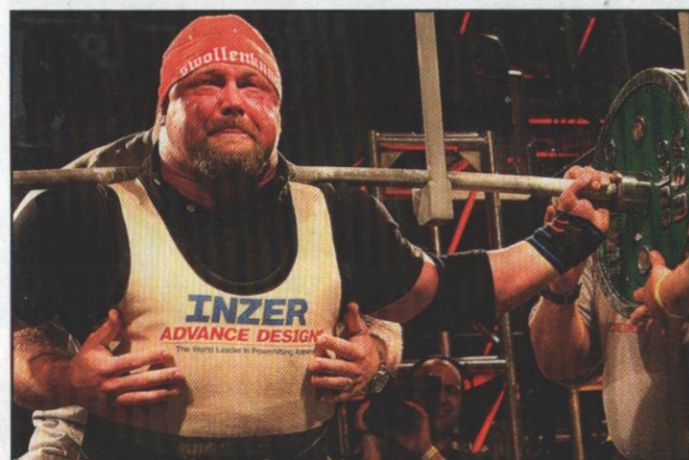
as soon as possible after training. The reasoning provided is that the quick absorption rate of whey stimulates protein synthesis at a time when the body is most receptive to said stimulation. This concept is valid, but neglects the "rest of the

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

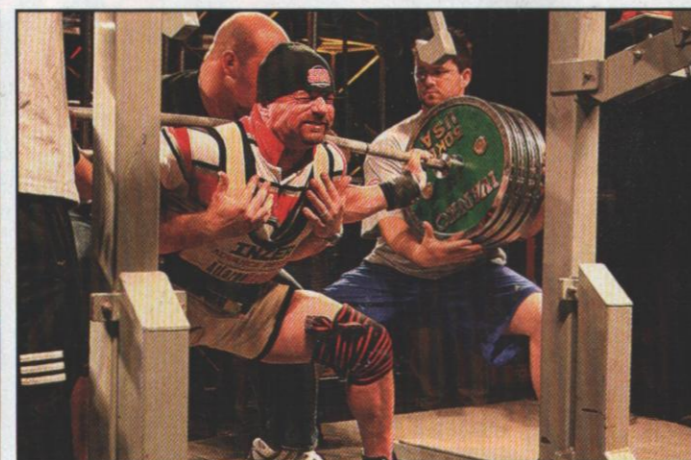
synthesis with this double whammy resulting in a net **catabolic** state.

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!

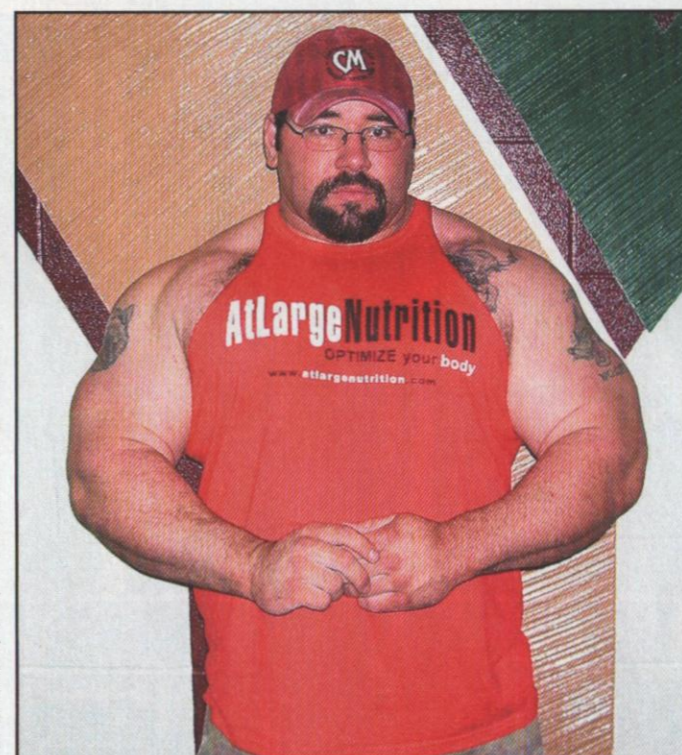


Phil Harrington – squats over 900 lbs at 181 lbs of body weight!

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!

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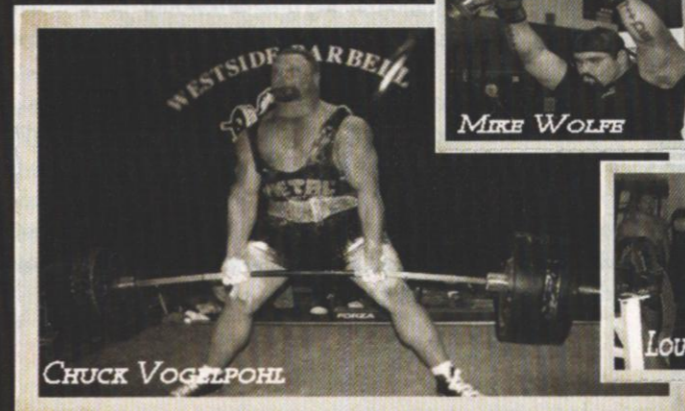
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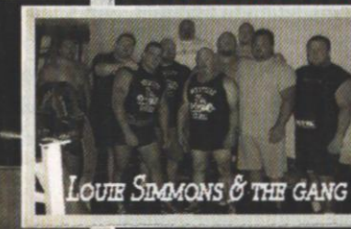
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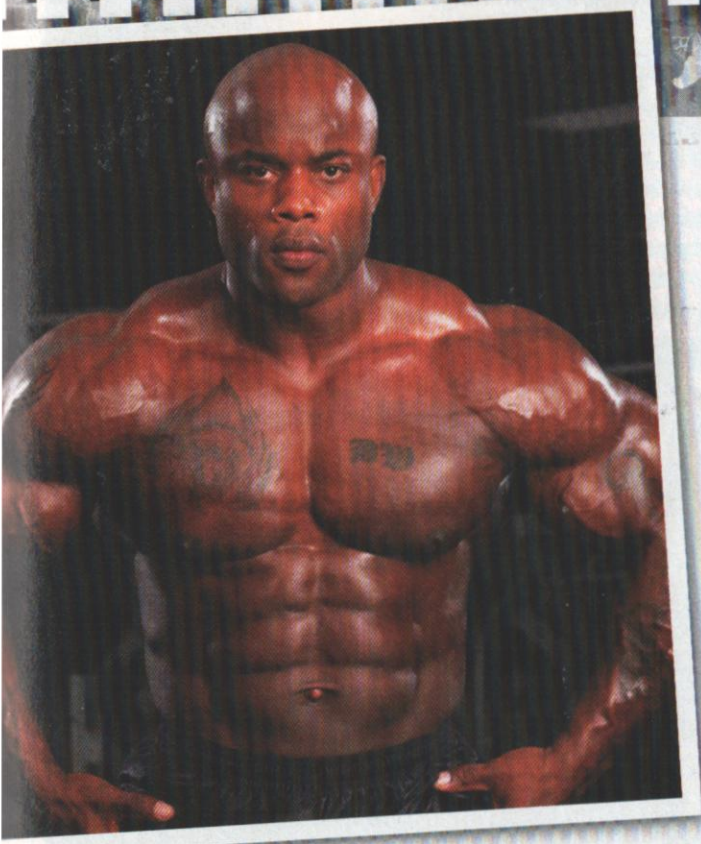


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711 LB. BENCH ... AND COUNTING



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.



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!

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.

Increasingly over the past few decades research is showing that supplementing your diet with vitamins, minerals, antioxidants, essential fatty acids and other ingredients can keep you out of harms way, help deal with certain diseases, provide a foundation for optimal health, and improve mental and physical performance.^{1, 2, 3, 4, 5, 6, 7, 8, 9, 10, 11.}

There is substantial evidence that the use of the three foundation supplements, **MVM**, **EFA+**, and **Antiox** (www.mdplusstore.com) can provide both short and long term benefits.

THE IMPORTANCE OF VITAMINS AND MINERALS

Vitamins and minerals, widely used by athletes and the general population are useful in correcting specific deficiencies that interfere with maximal physical performance (such as thiamin, vitamin C, sodium and especially iron^{12, 13, 14, 15, 16}), and may be useful under certain conditions (for example greater requirements for sodium, potassium, magnesium and iron may be present in athletes who train for prolonged periods of time in hot weather¹⁷).

Metabolic processes, including the all important production of energy, are dependant not only on the macronutrients (proteins, fats, and carbohydrates) but also on micronutrients. Many vitamins and minerals act as vital coenzymes and cofactors in cellular energy generation.¹⁸ For example, mitochondrial functions are compromised by insufficient dietary intake of B vitamins and/or increased B vitamin needs.^{19, 20}

Frank deficiencies resulting in deficiency diseases are somewhat rare today in the industrialized world, marginal vitamin and mineral deficiencies are common.²¹ These deficiencies are due to a variety of factors including poor diets (due for example to dieting, rushed meals, and unhealthy food choices), eating disorders, emotional or physiological stress (including intensive exercise), unhealthy lifestyles (including smoking, chronic alcohol abuse), certain diseases, malabsorption, and abnormal metabolism.²²

While it's well known that frank deficiencies result in well documented diseases, even mild micronutrient deficiencies can result in a lack of well-being and general fatigue, reduced resistance to infections, increased incidence of various diseases, and impaired physical and mental performance.^{23, 24, 25, 26, 27, 28.}

Certain vitamins and minerals have been shown to be important for athletic performance. For example a study examined the effect of thiamine supplementation on exercise-induced fatigue.²⁹ The authors concluded that thiamine supplementation significantly suppressed the increase in blood glucose in the normal

ASK THE DOCTOR

Foundation Supplements

as told to PL USA by Mauro Di Pasquale M.D.

thiamine group and significantly decreased the number of complaints shortly after exercise in the subjective fatigue assessment of 30 items. Vitamin B6 is an essential cofactor necessary for the metabolism of protein and a useful supplement to take with any protein product. Usual dose for athletes is 25 mg daily.

In one study marginal deficiencies of thiamine, riboflavin, vitamin B6 and vitamin C resulted in decreased physical performance.³⁰ A recent study looked at the effects of zinc deficiency on physical performance and found that low dietary zinc was associated with impaired cardiorespiratory function and impaired metabolic responses during exercise.³¹

levels were restored when dietary riboflavin was increased.³³

Vitamin B6, which is also lost as a result of exercise, is transformed by the body to pyridoxyl-5-phosphate (PLP), the active coenzyme form of vitamin B-6 and cofactor for over 100 enzyme-catalyzed reactions, including aminotransferases (involved in amino acid metabolism) and glycogen phosphorylase (involved in glycogenolysis).

Studies have shown that PLP levels increase during exercise, which in turn leads to an increase in its breakdown and excretion.^{34, 35} As an example, it was calculated that marathon runners lose about 1 mg vitamin B6 during a marathon, equivalent to the DRI for an adult.³⁶

As a result it has been suggested that persons who exercise frequently may be at risk for riboflavin and pyridoxine deficiency and likely should supplement with both.³⁷

In a review on the nutrition of children and adolescents engaged in high-level sports activities, the authors recommended mineral and vitamin supplementations. They feel that for minerals, perspiration losses may be associated with dietary deficiency and possible vitamin deficiencies concern B1, B2, B6, B9, B12, C and D vitamins.³⁸

But there's more to it than just preventing marginal deficiencies. The use of some supplements can actually prevent certain conditions and problems both in the short and long term.

For example, a recent study found that the use of 500 mg of vitamin C actually prevented complex regional pain syndromes (reflex sympathetic dystrophy or RSD) a serious condition that sometimes occurs after wrist fractures.³⁹

In this study Four hundred sixteen adult patients (18 years or older) with a unilateral or bilateral wrist fracture (total 427 fractures) seen in the emergency department were randomly assigned to receive 50 days of placebo or vitamin C (daily doses of 200 mg, 500 mg or 1500 mg), regardless of whether the fractures were treated surgically or with immobilization. The study demonstrated that vitamin C taken at 500 mg a day for 50 days after the wrist fracture was effective in preventing RSD.

The bottom line is that anyone

who exercises should be taking a good daily multiple vitamin and mineral supplement, to make sure that first of all they're not suffering from any marginal deficiencies and secondly as a preventative measure for some conditions and diseases.

MVM

MULTIPLE VITAMIN & MINERAL FORMULA
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MVM is a comprehensive, specially balanced multiple vitamin and mineral formula designed to provide full-spectrum nutrition with an emphasis on the needs of athletes and anyone who exercises.*It is a foundational nutritional supplement for the special needs that the athlete has for body maintenance, recuperation and recovery. MVM supplies all the basic nutrients that may be depleted in those who exercise and is formulated to complement all the other MD+ products.*Even with the best of diets, it's still possible to have some marginal deficiencies due to depleted soils, the overuse of chemical fertilizers and poor farming, processing, storage and transportation practices. Add that to the fact that most of us don't even eat a well-balanced diet every day, and you can see how important it is for everyone, and especially athletes, to use a high quality multiple vitamin and mineral supplement. Provides protective properties against marginal deficiencies of vitamins and minerals.*Optimizes the effect of training.*Acts as the foundation for your body's nutritional needs.*Directions: Two tablets twice a day with meals. Contents: 120 Tablets (one month's supply).

In the next issue we'll cover Antioxidants and their role in performance and body composition.

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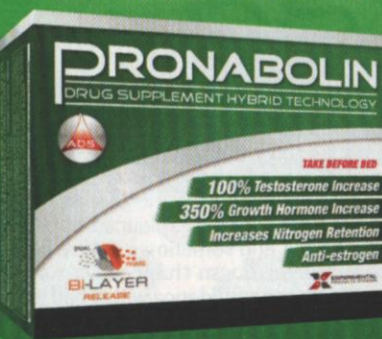
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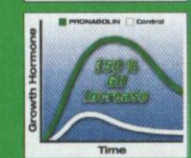


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STARTIN' OUT

Bad Days by Doug Daniels

We all have bad days. Phenomenal Chicago Bear kick returner Devin Hester does not score a touchdown on a kick every game. Some days he even fumbles or makes an error in judgment. Even the best have it rough at times. All powerlifters have had days like that too. You know, the 135 warm-up feels like it's going to crush you. You just don't seem to have it. The question is, what is your best course of action on days like these and how can we decrease the chance of days like this happening. Notice I said decrease; since there is no sure way to completely eliminate bad days like these. Let's examine steps we can take both at a meet and at the gym.

To start, if you're having a bad day at the gym you have four basic choices: 1) Carry on as planned; 2) Pack it up and do some 12 ounce curls; 3) Cut back on your weights and sets arbitrarily; 4) Lower the weights, but keep the same set/rep scheme as planned.

The first option is the easiest and most obvious. Keep training as planned and hope you snap out of it and sometimes it turns out okay. However, if this doesn't happen, we run the risk of crushing our confidence with a bad workout. This can be especially devastating near a contest. The worst outcome would be an injury, which can make a bad day even worse.

The second option is too easy. We want to at least get some positive work in. The 12 uncured can wait until after your workout.

The third option is a little better, but how do we adjust our workout?

The fourth option looks to be the best. If your workout plan was for a top set of 8's with 300, cut the weight back 25% to about 225. This reduction should enable you to get the targeted 8 reps in which fits your training plan. The weight was light enough for you to get the reps safely yet heavy enough to at give your muscles some work until your next workout.

The lower your reps (meaning heavier weights) that were planned for that day, the more critical it is to consider cutting the weight back. If you planned on a heavy triple or double, a slight mistake caused by your less than optimal condition can quickly result in an injury. Low rep, heavy sets leave little or no margin for error. Remember no one workout can have as much positive effect as it can negative effect. One minute you're doing great, the next, disaster.

Let's go back to option 2 for a while. If you are in pain or hurt yourself during a workout, stop immediately. You risk inflicting serious harm to yourself if you continue to work or "train though the pain". As I have written in previous articles, the "NO PAIN, NO GAIN" saying is the most abused slogans in all of sports. This slogan means pushing yourself past your previous limits, to get that last rep when you would normally quit. It does not mean that real pain is necessary or good. Pain is nature's way of telling you something is wrong; stop, look and listen!

There are many unknown and unrecognized weightlifting "wonders" out there. I am sure we all have a friend or know somebody that would absolutely astonish the weightlifting world if they only knew about them. Well, I am going to personally take it upon myself to inform you about one in particular. First, let me tell you a little about who I am, so you know that I am armed with the all-important factor of "knowing what the hell I'm talking about."

My name is C.T. Fletcher; I competed for about 20 years as a bodybuilder and power lifter. I set world records on the bench in "NASA" in the 275 LBS. and super heavyweight classes. I also set American records in the AAU and the USPF. My best competition bench was 650 LBS. I hold the all-time world strict curl record of 225 LBS. I hear that a few people have done more but, just for the record, if you're not up against a wall with your head, back, and butt touching, it is not a strict curl! I competed against the best benchers of my day, including the late "great" Anthony Clark. Chief "Iron Bear" and I did a strongman exhibition together where we bench pressed 10,000 dollars in dimes for the "March of Dimes." I was also the only individual to attempt over 700 LBS. "raw" at John Inzers "Greatest Bench-Press in America" contest. But enough about me, I just wanted to let you know that I am not just another paper-pusher who has never lifted a weight that just likes to throw around opinions about everything.

This article is about my former training partner and one of the strongest men in history whom you may or may not have heard of. His name is Richard Schoenberger, and even though he belongs on everyone's top ten all-time bencher's list, yet I have never seen a list with his name on it. I'll tell you why, and I don't care who I piss off with this statement. It's because **he's drug free and always has been.** That puts him in a rare category reserved for very few men. "Big" Mike Hall, "Hollywood" Henderson, plus a few more make up the very short list. Then if you take off the names that represent the men that did it 100% raw, the list shrinks even further.

Everyone talks about the all-time greatest benchers and seldom will you see these names on the list. However, ladies and gentlemen, boys and girls, these men deserve recognition right along the other "greats." For example, my friend, the late "great" Anthony Clark whom I respect as a man first and a power lifter second. He always had a kind word and at the end of all our conversations; he always said "God



Having a GOOD DAY ... Rich Schoenberger with C.T. Fletcher.

bless you." I also have all the respect in the world for my friend, the heaviest bencher of all time, the "Man Monster" himself, Scott Mendleson. Scott benches over 1,000 LBS. and 700 LBS. raw, but that is not what I respect him most for. He once told me that he got his start in benching because of me, which is the single greatest compliment I have ever received. Here is the "King of the Bench" saying that about me; a man most of you have never heard of. Nevertheless, that still isn't why I give Scott all the "props." In May 2005 I had open-heart surgery in which I medically died three times. Scott called me during my recovery and said, "I know things are tough right now. If you need a few bucks to tide you over just let me know." It's hard to find blood relatives who will make that kind of offer. This is truly a stand-up guy, and he will always be the greatest in my book.

But just like my buddy Scott, Richard Schoenberger should have his place among the all-time greats. However, not just for benching like you may assume. I have personally witnessed Richard military press 525 LBS. I said military, not jerk! And I had never seen it before or since. At just shy of 400 LBS. and just under 6 feet, he benched over 600 LBS. He is not a "house," he is the whole damn apartment building! He is also one of the nicest individuals you could ever meet. He was awarded the honor of receiving the WLOP's highest honor; The "World's Most Powerful Man" award from the power lifting organization started by Dr. Arnold Nerenberg, who holds the world title in two Federations, and myself after my retirement from competition. This award is only bestowed upon the few deserving raw, drug-free lifters who have not only proven themselves by feats of strength but are also amazing human beings. My favorite Schoenberger story, even though he hates it when I tell it, begins with Richard walking into the gym. He looked as though his best friend had died and a tear was welling up in the corner of his eye, so I hesitantly asked, "What's the matter Big Rich?" And he said, "I just ran over a cat." Then he said he went back to check on it to see if it was still alive, which it was not. I chose that moment to inform him that even if he had been jogging and had accidentally stepped on the cat, without the car, that it would not have survived. But Richard is a "silverback" of a man with a giant heart to match. The title of "World's Most Powerful Man" fits no one better than Richard Schoenberger, an unsung hero of the weight lifting world, but more importantly, my friend.

C.T. FLETCHER

A bad day at a contest is another story. There is no tomorrow, in a manner of speaking. The best solution is to reduce your attempts to weights you can make confidently, like a weight you can triple. This will allow you to get lifts in so you can continue through the meet. If things go well, you can adjust subsequent attempts, but you can't take less than your opener. It's better to register mediocre lifts than to bomb out or, worse, injure yourself. There will be other meets, but not if you tweak a tendon or pop a pec.

The final issue is why did you have a bad day? There could be many reasons; some just causing a one-day downer, others could mean that more bad days are in store. Job or personal stress could cause one-day blips. Staying up late or partying the night before can really sap your strength. If one bad day turns into bad weeks, you should quickly examine your situation. Have you been overtraining for an extended period of time? In that case, take a week to ten days off from the weights and start back fresh. Extended bad workouts can also signal a health problem worth seeing your doctor for. These extended down periods are prime times for serious injuries that can end your favorite hobby forever. Listen to your body, it will tell you when you are on the wrong track.

Everyone has good days as well as bad days. What separates successful people from the rest is their ability to increase the frequency of good days and lessen the bad ones. There is no way to totally eliminate bad days, but reacting to them quickly and correctly can help you cut your losses short and insure that good days are the norm.

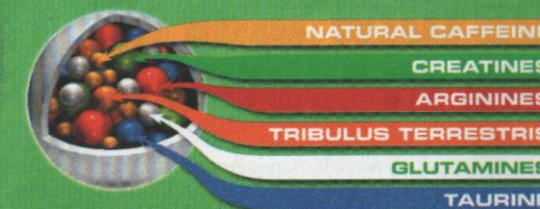


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POWER - RESEARCH

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

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

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

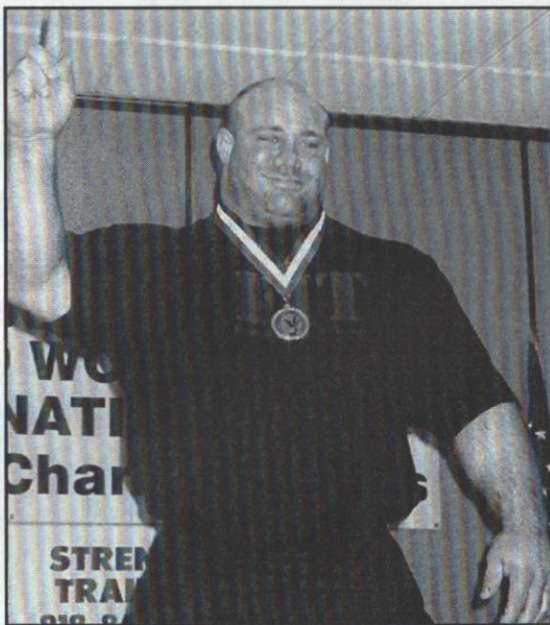
2) When the electrical impulse reaches the end of the motor neuron, the neurotransmitter acetylcholine is released and travels across the gap to the surface of the muscle membrane.

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

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

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

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



Scott Mendelson is a big endorser of BodyQUICK

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

BodyQUICK (the only acetylcholine-based neural accelerator currently on

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

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

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

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

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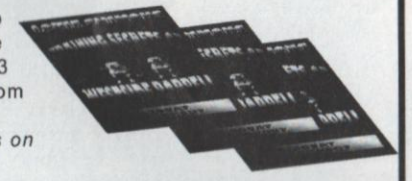
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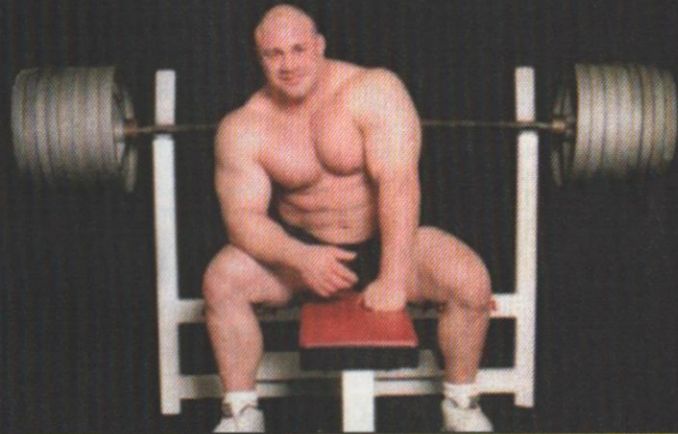
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9 World Records in Powerlifting

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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.



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

Q: I really liked your column about the gentleman who asked you about protecting his health while partaking in pharmaceutical enhancement. That was an excellent topic that thousands of powerlifters can benefit from whether they are clean or enhanced. My question is about Celadrin. I was wondering if you could give me some in depth info about this supplement as I heard it is good for joint pain. Can you elaborate? Thanks for such a great column! Yours in strength, **Billy Johnson**

A: Billy, thanks for the kind words about my earlier column. The reality is that I try my best to take care of all my readers and give them sound advice no matter what the topic. Even if it may seem taboo, I really don't care as the bottom line is to help spread knowledge that can help with improving your health and performance. If I am not looking out for the Powerlifting community, then who will? My intention with my column is not only to help make you guys and gals a lot stronger, but also to help improve your quality of life.

So you are interested in knowing more about Celadrin? Well, that is good to hear because it has been proven on many athletes as well as sedentary individuals to help with joint pain. As a Powerlifter you know that injuries are part of the game. This is one area that affects just about all lifters some time in their career. For others who have been lifting for decades, it can be something chronic they have to deal with on a daily basis. You see, training hard and heavy all the time does cause wear and tear on your joints, ligaments, and tendons. The main thing you should understand about injuries or just common aches and pains is that you should try and figure out what is causing them. You should also take into consideration the many nutritional and supplement angles that can help as well. A lot of lifters wait way too long to deal with these types of things. Usually, since we all have that tough guy mentality, we just shrug it off and hope it goes away, and all the while we keep training just as hard. This usually goes on until we have a major injury that could have been prevented by taking care of the underlying issue earlier on. To help answer your question, let's take a look at Celadrin and what it offers the Powerlifter in terms of joint support.

Most of you are wondering what is Celadrin? That is a very good question, so let's take a look.

Celadrin is made from a patented compound of specific esterified fatty acids. The thing that all powerlifters are going to love about Celadrin is the fact that it has been shown to help decrease inflammation in joints as well as help stop pain.

This alone is going to help a lot of lifters who start their day by loading up on aspirin or acetaminophen just to help them get out of bed in the morning.

Add to the above some very important benefits, as Celadrin has much more to offer the lifter looking for joint relief.

Celadrin has been shown to lubricate cell membranes throughout the entire body.

What this means in Powerlifter English is that it will increase fluids that help cushion your joints. This means you will have more flexibility and ease of movement in not only your training but your everyday chores.

This will also have a positive effect on your tendons as well. I am sure just about all of you have had some sort of tendonitis in your biceps, elbow or shoulder at one time or another.

There have been many studies done on Celadrin to prove its efficacy, not only scientifically but also in the real world.

There have been studies published on Celadrin in the Journal of Rheumatology as well as the Journal for Strength and Conditioning Research which I am sure many of you reading this also subscribe to.

On top of this Celadrin has been shown to be safe, so no worries about any side effects. It's too bad you can't say the same for acetaminophen.

You can take Celadrin in two ways. You can take it orally, in the form of powder or capsules. The other option is a topical cream that you can apply directly to the joint.

What makes Celadrin so special is the fact that it is not simply masking the pain symptoms. It is actually addressing the underlying reasons why you are suffering from joint pain.

By helping decrease the rate of inflammation in the joint and then by increasing the fluidity and motion, it attacks the ailment from different angles to help provide relief.

This way you actually start the healing process to help improve the situation not just trying to cover it up with meds.

As you can see Celadrin offers a lot of benefits for just about all powerlifters that suffer from some sort of joint or tendon pain. For any injury it is imperative that you don't try and mask the pain but get to the root cause and address it. The reason for this is twofold. First off you don't want a simple injury like tendonitis to become something chronic. For those of you who in the past did not pay heed to your body's warning signs take note. Most likely you ignored the fact that you had a slight injury, but put it on the backburner and kept up your

training without taking action. This then led to a chronic injury like tennis elbow or biceps tendonitis. It started as an acute injury and turned into one that would bug you for years to come. I know a lot of you have fallen into this trap and I am sure some of you are grabbing that aching shoulder or elbow while reading this. By not taking care of the problem when it happens, it will hinder your progress in the future. The next scenario is that simple injury that seemed to keep nagging on during your cycle all of a sudden becomes a catastrophic injury. This has been seen time and time again with bench presses. They tweak their pec slightly, and all the while they keep training. While their brain is telling them they need a break, their ego takes over and the result is that a major pec tear occurs. This also is seen a lot with patella tendon tears as well. A majority of these ruptures don't occur without reason. In fact if you ask most who have suffered from one of these injuries you will find that he will tell you that their knees have been causing them a lot of pain for months. In fact when they should have taken a break from training or gotten rehab work done they ignored it and kept trucking along in their training, masking it with pain killers and such. That is until the mother of all injuries occurs, and then you are out of action for a much longer time than you would have if you would have backed off earlier on and let it heal.

After all the preceding info about the many benefits of Celadrin I am sure many of you will be interested to know how you should start taking it. You can take it orally as well as a topical ointment. In my opinion, getting in an oral dose would be most effective, but their isn't a problem with using it topically. I personally use bulk powder Celadrin for two reasons.

One is the fact that it is of excellent quality. Secondly, you are getting the same product for less than half the price. With me, quality is always of first priority and if you are a reader of my column you know that this takes precedence over everything else, cost included. If the quality is top notch I don't mind getting my products in bulk powders. In fact many of the secret formulas I have designed for my world class athletes have been from bulk powders. This way, I know exactly what dose of each ingredient is going into one of my formulas. A lot of companies use what is known as Proprietary Labeling. They will include ten different ingredients, then give you the milligram dose for the total of the ingredients, but they will not disclose how much of each one they put into the formula. Many companies say this is to protect them from copy cat artists trying to rip off their formula and this is true with a few companies. The majority of them are using this technique as a way of preventing you from knowing what dose they are using. That is because you would see that it is actually underdosed in the important and costly ingredients. Be careful of this. I get my bulk powder Celadrin from Custom Nutrition Warehouse. These guys carry numerous bulk powders from Pomegranate extract to Glutamine, and you can get just about anything you want. You can start off using about 1500mg daily broken up into two doses. This would be 1/4 of a teaspoon taken twice daily. You can do this for the first couple weeks and then you can cut the dose to half of that. This should be enough for most lifters to get a noticeable effect within a few weeks. The lifters I have using it have found that the results get better with time. These are not ailments that will be fixed overnight, especially if you have a severe case of tendonitis or joint pain. For those of you looking to feel a night and day difference with their shoulders, elbows, and knees you can contact the guys at Custom Nutrition Warehouse on the net at www.CustomNutritionWarehouse.com. Take it from me your joints will thank me later that is for sure!

Now here is some info for our Power Sisters. Blueberries also contain a compound known as Kaempferol. What makes this so important to women is the fact that studies have shown that women that consume high levels of Kaempferol had a 40% reduction in Ovarian Cancer than those women who did not consume large amounts.

Blueberries contain another very important phytonutrient called Anthocyanins. This compound is a very strong antioxidant that has many benefits for your cardiovascular system.

We all know that powerlifters and heart disease go hand in hand. All of us should try to prevent this from as many angles as we can.

Red wine also contains these same Anthocyanins, but blueberries contain close to 40% more. Put down that wine glass and pick up a handful of blueberries!

One thing I bet you didn't know is the many different benefits blueberries offer for the brain. They can actually protect the brain from oxidative stress that can lead to numerous ailments and degenerative diseases.

Blueberries also contain high amounts of the soluble fiber pectin. One of the benefits of pectin is the

positive effects that it has on lowering your LDL or bad cholesterol. Another benefit from this pectin is in relation to bile. It prevents the bile acid from turning into a cancer causing form. There is another powerful antioxidant in blueberries called Ellagic Acid. This special free radical fighter acts differently than others. It actually blocks different metabolic pathways that cause the development of cancer. As you can see here consuming blueberries consistently in your nutrition plan is something just about everyone should do.

With all the many different benefits that blueberries offer the lifter it would only be pure ignorance to not include them in your nutrition plan. I know most powerlifters aren't into their fruits and vegetables but they should be. Your long term health

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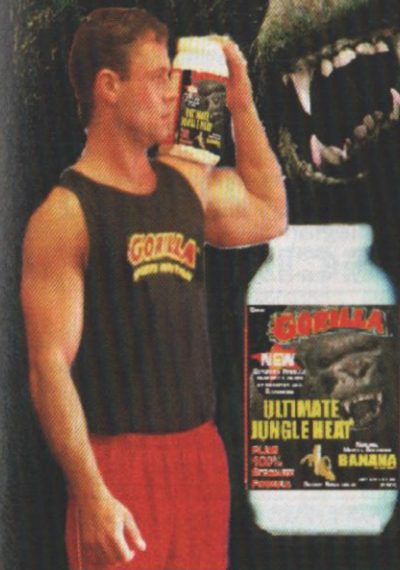
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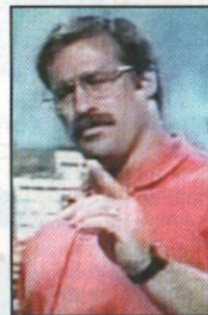
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FOR REVIEW ... 871 lb. bench presser Mike Womack and Womack Strength Systems, via AMERICANPOWERLIFTER.COM have produced a video, demonstrating the warmup and training used by Mike to achieve elite bench pressing status, as well as practical insight on how to maximize results from state of the art bench pressing shirts. Mike's warmup



routine is extraordinarily unique (much of it involving 10 lbs. or less per arm) and this Thinking Man of Powerlifting tells you exactly why it is so useful. Mike knows what he is talking about and the warmup section alone could save you thousands of dollars

in doctor's visits, but the bonus is the second part of the video which is all about getting bench shirts to do their best for you. Each brand of shirt has unique design criteria and Mike knows the techniques to make them work their best. His garden glove tip will get those shirts on quickly and keep you and your buddies from suffering dozens of bloody knuckles in the process. Mike showed this video at the WABDL Worlds in Anaheim this year and he is now offering it at \$24.99 plus shipping and handling. Call him at 209-303-7758 for further details..... "The Best of Cellar Dwellers" is a DVD release from Steve Jeck, who produced over 40 episodes of this program for public access TV back in 1996-98. Covering "Vintage Strength Training" from the 1st 20 episodes of the series, it's full of exercises that powerlifters will appreciate: squats, benches, deadlifts, power cleans, neck work, nutrition (don't miss the 'Blender Bomb'), and it's presented in a light, conversational style, with lots of references to the likes of legends like Bill Starr. Jeck ought to be on network TV with that voice of his, and he must be in great shape, because he hardly has to catch his breath after a 20 rep squat set, or the like. The repartee between Jeck and his partner Chris Kennedy make it all work ... it's real, it's fun, it's really funny. Order it from www.ironmind.com, or contact Steve at 9829 NW 9th Ct., Plantation, Florida 33324, phone - 954-370-3181



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**"You better watch out, you better
not cry, you better not pout, I am telling
you why, Santa Claus is coming to town."**

HAVEN GILLESPIE AND
J. FRED COOTS

It was the night before Christmas and there was anything but sugarplums dancing through my head. I was seven years old at the time and was coming off one of the worst years of my young life. My mother and father had warned me the entire year that if I wasn't a good boy Santa was going to bring me a bag of coal for Christmas or, worse yet, a stick from a peach tree suitable for hitting on the legs. I had slithered by the year before when I wasn't exactly a model child, but this year I was sure I was going down for the count. I certainly had a not-so-nice list of indiscretions that I had committed during the year including two major felonies. That's right two felonies. I am dead serious about that, and if you don't believe me you can check the court records in Easton, Pennsylvania. Yes, I was a two time felon at seven years of age.

The way it went down was in early June of that year I stole the milkman's truck. Well, I didn't really steal it; I just kind-of-sort-of borrowed it. What happened was that the milkman left his truck running when he got out of his vehicle to deliver our milk. When he got out, I got in, put the darn thing in gear and took off. I got all the way to the end of the block, but in the process I sideswiped three cars, causing major damage to the truck and the other vehicles. Hey, it was my first time behind the wheel. To be honest, I could barely see over the steering wheel. Don't ask me why I did it because even to this day I couldn't give you any better of an explanation than I had then, which was, "I don't know" That little journey down the end of the block cost my dad about 100 hours of overtime.

That's not all. Like I said, I had two felonies that year. About three months after my little joy ride, I totally demolished a greenhouse. I broke every freakin' window out of that orangery. I stood there with a pile of rocks I had collected and hurled them through one window after another until the entire greenhouse was a huge pile of glass. Nice! Why did I do it? "I don't know." Well, that wasn't my first answer. Actually, I did know why I broke the windows. I just wanted to see what was inside, that's all. I remember my dad said, "If you wanted to see what was inside, why didn't you just break one window and look inside? Why did you have to break every window in the entire place?" That is when I said, "I don't know." I wasn't really a bad kid; I was just a little curious ... and you know what curiosity did to the cat don't you? I am sure that it almost did the same to me because my glasshouse exhibition probably cost my dad another 50 or 60 hours of overtime. He probably had to restrain himself a number of times that year from killing me ... dead even.

Anywho, you can see why I wasn't exactly resting easy the night before Santa was to show up. Well, the way things worked out I got another pass. Santa didn't leave me any coal or any peach tree sticks. What he left me was a white shirt and a clip on tie for school. GREAT! Just what I didn't want. Oh yeah, and he left me a bunch of crummy fruit ... including oranges ... that I absolutely hated. All of a sudden, I forgot about the fact that I should have gotten coal and was now focused on Santa's stinginess and poor selection of gift giving. I actually voiced that sentiment out loud a number of times. "We never get anything good from Santa," I said. "He brings all the other kids at school bikes and toys

DR. JUDD

OLD SAINT NICK by Judson Biasiotto Ph.D.



Dr. Judd recalls one of his earlier Christmases

and games, and he brings us fruit. What is all that about?" I knew it wasn't just because I was a brat either; my sisters were literally saints all year and they got the same thing I did ... fruit. "Santa is a real jerk," I said. "I hate him." After I had concluded my little litany on how evil and corrupt Santa was, my father took me into the living room and sat me down. The first thing he said to me was, "Do you know who Santa Claus really is? I felt like saying, "That lard ass from the North Pole?" but I played along and said, "No, who is he?" That was the first time I was right all year ... I didn't know who he really was, and I am thinking you may not know either. So I am going to tell you what my father told me about good old St. Nick with the hope that this Christmas might be a little bit special for you. Take notes here.

First of all, Santa is not just a children's Christmas fairy tale. He was flesh and blood ... a real live person. He was born to wealthy parents in the city of Patara about 270 A.D. His name was Nicholas. He was just a child when his mother and father, who had raised him as a devote Christian, died in an epidemic and left him a huge fortune.

Dedicated to Jesus' words, "Sell what you own and give the money to the poor," Nicholas' philosophy of life was to give everything that he had to help others who were in need. And you know, he did that. He gave away all of his wealth, time, love, and energy to others. He was one of the most giving human beings you could ever imagine and one of the most loved.

Even as an adolescent his love, generosity, and compassion for others was already evident. For example, my father told me that when Nicholas was a teenager he heard about a family who was penniless and starving. The father was so poor that they could not afford to buy food nor could he afford the dowry needed at that time to marry off his three daughters. In those days a young woman's father had to offer prospective husbands something of value ... the larger the offering, the better the chance that a young woman would find a good husband. Without a dowry, a woman was unlikely to marry and most likely would be destined to end in slavery.

In the dark of night, Nicholas threw a bag of gold coins through an open window. The following morning the father discovered the money. His family was saved, his daughter's honor preserved, and a dowry for her marriage secured. Some time after, Nicholas secretly provided a dowry for the second daughter and still later he provided for the third daughter. As the story goes, on the third occasion, the father by chance saw Nicholas throw the coins through the window. He then chased after him and caught him. Nicholas was embarrassed to be discovered in this act of kindness. He made the father promise not to tell anyone who had helped his family.

That was just the beginning. Routinely he would seek out people who were in need, and he would help them with generous gifts in secret, expecting nothing in return. In fact, he used his entire inheritance to help the poor, the disadvantaged, and the sick. When his wealth was gone, he then entered the priesthood, in order to serve God as best he could. He eventually became a bishop and major leader of the Catholic Church.

"He was truly a human miracle ... a gift from God." My father said, "He was one of the most loving and giving human beings you could ever imagine. He literally moved the world with his love and kindness. Incredibly, even today the power of St Nicholas's love can clearly be felt throughout the world."

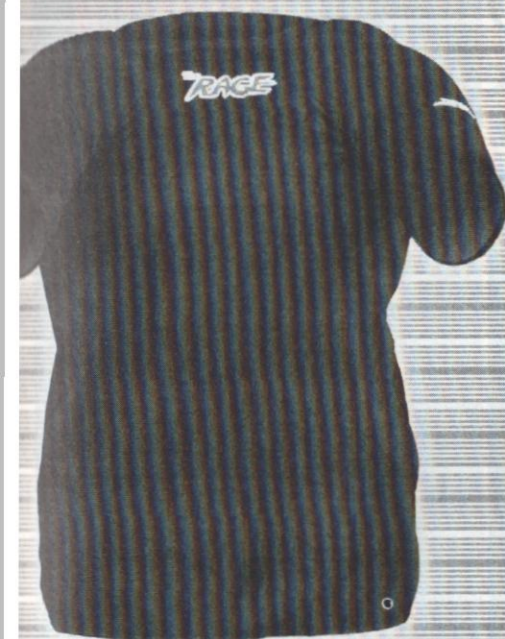
Of course, my father was right. St. Nick of yuletide fame still carries powerful reminders of this ancient man of God. Santa's dazzling red and white outfit clearly reflects the red garments of a bishop. "Making a list, checking it twice" is an end product of the saint's lectures to children about good behavior. Gifts secretly brought on Christmas eve mirror what good old Saint Nick did during his entire life ... giving without expecting anything in return.

Well, as soon as my father was done telling me that magnificent story, I immediately went right out to the kitchen and gave my sisters all of my oranges. Okay. Okay, so I was a brat when I was a kid, but I have learned a little since then. One thing I learned is how important it is that we participate in the welfare and growth of others. Love is essentially the act of giving and sharing. To give of oneself without expecting anything in return is one of the greatest things one human being can do for another. When you give your mind, heart and soul to the people that you love, then you have something extraordinary and wonderful. Then and only then can you capture the true magic of life and love.

Have a blessed Christmas.

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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.

RAGE X

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

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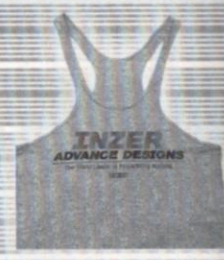
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50% polyester/50% cotton jersey knit, elastic waistband, six-inch inseam. Large two-color Inzer logos.

\$12.95



Beanies
Embroidered with two-color Inzer logo, available in black, grey, and red.

\$10.00



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

\$25.00



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

\$19.95



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

\$4.95



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

\$5.95



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

\$10.00



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

\$55.00



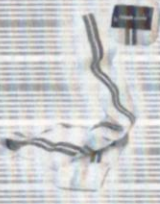
Knee Sleeves XT
The high tech knee support advantage for strongman competitors and other athletes.

\$55.00



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

\$4.95



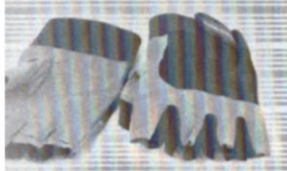
Power-Surge Red Line Wrist Wraps
Power-Surge, Double Red Line Competition Wrist Wraps. Convenient wrist-cuff design. Velcro wrap-end. Full length. Extra thick. Strong support. Comfortable.

\$12.50



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

\$16.50



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Custom gripping power and supreme stability control. Power-Surge.

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

\$17.00



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

\$22.00



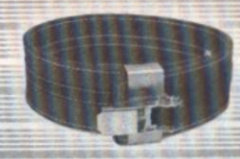
Forever Lever Belt 13MM
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Forever Buckle Belt 10MM
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Based on the original, legendary design. Made of unique material found in no other shirt. Many experienced athletes still prefer this bench shirt. Unbeatable value and price.

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

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HARD CORE GYM #69 Shamrock Athletic Club

as told to Powerlifting USA by Rick Brewer



Check It Out... they have a video game hooked up with the cardio machine, to keep guys distracted from what they're doing, longer

Last month we visited S&S Gym, and I told you we were going to a gym named after a powerlifting command, but there was a lil problem with those gym pics - so we're jumping ahead to **Shamrock Athletic Club - 'home of the wrestling leprechauns.'** Mainly cuz I always wanted to eat Lucky Charms when I was a kid, but I never got 'em.

Dickie White told me about Shamrock Athletic Club in a series of e-mails, and right off the bat I appreciated his enthusiasm! Early in his lifting career, he learned a lot about balls-to-the-walls training from some very serious lifters. That's the best way to learn! These guys took him under their wing, instead of just making fun of the new guy. As a result - his iron desire slowly grew into a Hard-Core Gym! It's a great story, and Dickie tells it best:

This is kind of a weird way to begin an article, but I still remember the first time I met **Brian 'the locksmith' Lockard** like it was yesterday. It was the fall of 2002, and we were on opposite ends of our public communication class as freshmen at Ithaca College. On the first day, our professor announced that the initial assignment was to give a two minute speech on our background

information, majors, and interests. Sure enough, we both ended up blabbering on about wrestling to the class.

As you might have guessed, we met after class. We immediately got to talking about training, and within minutes, we had set up a time to lift together.

When the day arrived, I remember him asking me what I had planned for the workout. I just shrugged my shoulders. He immediately began to stack bumper plates on top of each other in the middle of a power rack. I asked him what the hell he was doing, and he said that today I was going to learn how to squat.

"I already know how to squat," I remember saying. He snickered a bit and then began going into every detail he knew about box squatting, some guy named Louie Simmons, and two websites—westside-barbell.com and elitefts.com. Thankfully, I was athletic and wasn't too weak in the lower body or I would have had a rough first day. Anyway, that night I went to the websites, and my quest for strength had begun.

I read everything there was, and checked multiple times a day for new articles to be posted. This was back when an article was posted maybe every three weeks.

So, believe me, I had plenty of time to read and re-read everything that was posted.

Before I knew it, the semester was over, and I was signed up for my first Force Training seminar, which was going to be held at **Tom Deebel's** chiropractic practice in Shenandoah, Pennsylvania. I remember waking up before dawn that morning to begin my trek so I only had to pay for a hotel for one night. When I arrived there, I met two monsters from East Stroudsburg University. I thought to myself, "I'm way out of my league here. I'm going to get my balls busted all weekend by huge guys who could give a crap about anyone who weighed less than 165 lbs. unless they had a nice rack or were world class lightweight lifters."

Then Jim arrived. Sitting shotgun in Deebel's SUV, **Jim Wendler** was holding up his middle finger with one hand and pointing to it with his other, looking at one of the guys standing in front of the building. He got out of the car and started talking trash to the guy. I was really wishing I knew somebody at that point. I was scared (bleep)less.

Jim was decked out in camouflage shorts and Adidas Sambas, and his shins looked like he had deadlifted for about 15 hours the day before. We all filtered into the building, and he began to take attendance. When he got to my name, he started to laugh. "So, you're the Dickie who orders stuff from us and doesn't ever use the shift key?! Why don't you give your pinky finger a workout sometime ya lazy bastard?" I laughed nervously, but at the same time, I was happy that I was recognized even if it was for never using uppercase letters when I typed.

The next two days were unbelievably great. Everyone was really cool and no one blew me or anyone else off. For me, the big moment of the weekend came the second day when we were

doing the hands on session in the weight room. Jim was talking about the importance of building a base before you start powerlifting. He looked over at me and said, "Dickie, how many dips can you do?" "Probably close to 50," I said.

"And pull-ups?" Jim asked. "About 20-25," I said. "And glute ham raises?" he asked. "At least 40," I replied.

"This is what you want your kids to look like," he said. "Everyone's so anxious to get under the bar with a thousand pounds on their back that they forget to build a solid base first. Before all that, make sure your kids look like him. Alright, thanks Dickie."

I did my best to play it cool, but I was pretty happy. For going into this whole thing thinking I was going to be "that guy," the weekend had turned out to be alright. And by alright, I mean really awesome.

Since then, I've gone to Dave's first seminar held at Total Performance Sports (**I missed my girlfriend's birthday for it and didn't think twice**) and the Syracuse Strength seminar. I got to eat lunch with Dave, Jim, and this guy named Andy, a gym owner in Alabama, and I went to dinner with **Jim Laird**, an elite level powerlifter. **These big, intimidating, successful people have treated me as well as my own parents do.**

So why did I just blabber on for so long about how I was shook up going to my first Force Training seminar and how it turned out to be one of the best experiences of my life? Jim told me to. (LOL, Rick) I really wanted to write about the kick ass gym that I recently put together using all of the equipment that EliteFTS sells.

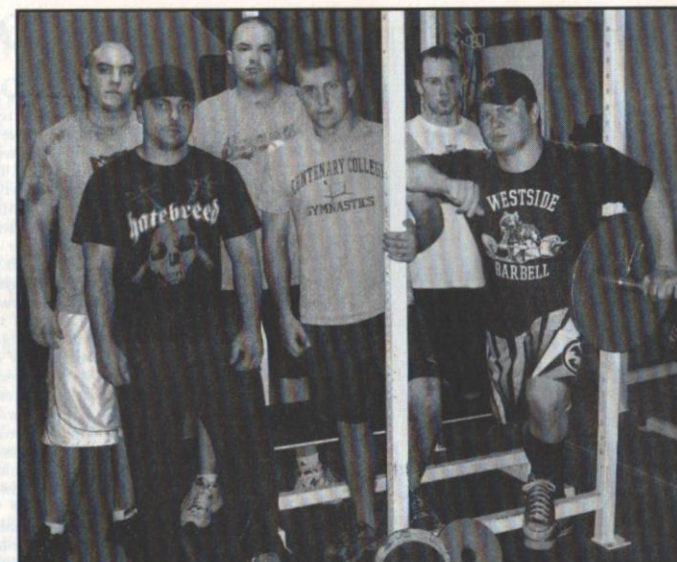
In late 2006, my wrestling coach approached me about outfitting a gym in a year-round wrestling training facility that he planned to open. I had accumulated some things over the years, and, over the next six months, I was able to purchase

and pay off the rest of the equipment needed to start Shamrock Athletic Club.

Rick's note: Dickie wanted to include a lengthy list of gym equipment here, but it was long and kinda boring. Suffice it to say that Shamrock Athletic has almost everything sold by Elite Fitness - as

well as all kinds of extra necessities like beer kegs, big ass tires, a log-press, kettle bells, fat bars, a grappler, chains, bands, and a little dog.

Although it's been 11 years in the making, the **Shamrock Athletic Club (SHAAC)**, was just opened last year. The



The Wicked Warriors of Shamrock Athletic ... (front row) Matt Marcelllo, Corey Bowie, Dickie White, (back row) Dylan Caulkins, Robert Host, Steve Hunt. (photographs courtesy of Rick Brewer)

Shamrock Wrestling Club (now based at a gym) began in a local high school wrestling room with just 6 club members and a coach, Scott Green, with a vision. It has grown and expanded to over 150 members. The need for a central place for wrestlers to train year round led to the opening of the SHAAC. Scott asked me, **Dickie White**, to outfit a weight room for the facility. Soon we were off dividing the facility in half and outfitting it with the best equipment around.

For years it had been a dream of mine to one day own a serious training facility. I used to dream about all the heavy duty equipment on EliteFTS.com (**kinda like how Jim Wendler dreams about Taco Bell all day**). As soon as Scott presented the opportunity to design the facility, I went straight to EliteFTS and talked to my good buddy Jim. He helped me put together a well outfitted facility that includes (everything from Glute-Ham Raise and a Reverse-Hyper to Power Racks).

The thing that makes the SHAAC an ultimately hardcore facility is the fact that as soon as you're done with a lift on one side of the gym, you can go over to the other for a workout on the 1500 square feet of wrestling mats. Not only is it the home of Binghamton's only hardcore gym, but it is also home to one of the most up and coming mixed martial arts organizations in the northeast, Central New York Mixed Martial Arts (CNYMMA). Home to such fighters as **UFC Welterweight Tandem "The Barncat" McCrory** and **Erik "Chainsaw" Charles**, CNYMMA runs kickass workouts 5 days a week. Their clientele ranges from local high school

wrestlers, to people looking to lose weight, to mixed martial artists hoping to one day put their skills to the test in the octagon. So even if you can't put up a lot of pounds in the weight room like me, you can always show your buddies their place on the mats after.

Our gym is so hard core that we were recently contacted by a local news station that was interested in doing a feature piece on the facility. We showed them what real workouts are like with some heavy box squats, tire flips, and some prowler pushes. I'm sure plenty of people who watched the news that night thought we were crazy, but that's fine by us.

Oh, and you wanna know what makes the SHAAC the most badass gym around? We have a **6 lb. miniature pinscher** that likes to run around you and bark when you're fighting and jump on your chest when you're in the middle of a bench.

RICK'S NOTE: our ball caps are off our heads and way down by our sides to your cool training spot, Dickie. They thought I was teasing about the little dog in the gym, but you told 'em! The wrestling mats sort of remind me of the way **Jesse Kellum** sometimes fights his training partners - as a judge of character and desire; good thinking all around. **Long live Shamrock Athletic Club (home of the wrestling leprechauns), and keep up the good solid work!!**

Next month, we'll try to go to **Afghanistan** for our training. It's gonna be different, if I get my way. More info soon; stay tuned to this channel. Until then; heavy box squats for all, followed by lots of Lucky Charms, and a long nap. Rick@houseofpain.com

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

BP	X-Bwt	American	Male Lifter/ YOB/ Date/ Actual Weight/ Exact Bodyweight/ Location/ Federation
1.	402.3 (182.5)	*3.35X	Mike Booker/81 6/20/04 (182.5 kg. @ 120.0 lb.) (Vista, California) (AAU)
2.	391.3 (177.5)	*3.23X	Mike Booker/81 6/21/03 (177.5 kg. @ 121.0 lb., without a bench press shirt) (Vista, CA) (AAU)
3.	377.5 (171.2)	*3.06X	Rick "Taz" Couch 4/10/93 (377.5 lb. @ 123.25 lb., without a bench press shirt) (CA) (APA/WPA/UBPF)
4.	374.8 (170.0)	3.04X	Dave Buterbaugh 11/11/95 (170.0 kg.) (Chicago, Illinois) (APF/WPC)
5.	374.8 (170.0)	3.04X	Kerwin Unten/68 11/15/98 (170.0 kg.) (Portland, Oregon) (WABDL)
6.	370.4 (168.0)	*3.08X	August Clark/62 7/10/99 (168.0 kg. @ 54.5 kg.) (Daytona Beach, Florida) (APF/WPC)
7.	370.0 (167.8)	*3.19X	Christopher O'Neil 11/21/92 (370.0 lb. @ 116.0 lb., without a bench press shirt) (FL) (APA/WPA)
8.	365.0 (165.6)	2.96X	Doug Ortiz/62 7/24/93 (365.0 lb.) (Wahiawa, Hawaii) (NSM)
9.	360.0 (163.3)	*3.00X	Chad Wright/74 4/13/96 (360.0 lb. @ 120.0 lb.) (Griffin, Georgia) (NSM)
10.	355.0 (161.0)	*2.91X	Jeff Grabowski 3/13/93 (355.0 lb. @ 122.0 lb.) (Milwaukee, Wisconsin) (ADFPA)
11.	352.7 (160.0)	2.86X	Lyle Culp 3/14/04 (160.0 kg.) (Springfield, Oregon) (WABDL)
12.	352.7 (160.0)	*2.89X	Peter Wong/78 5/1/04 (160.0 kg. @ 122.2 lb.) (Villa Park, Illinois) (NSM)
13.	352.7 (160.0)	*2.87X	Michael O'Steen 4/9/05 (160.0 kg. @ 55.8 kg.) (Macon, Georgia) (USPF)
14.	341.7 (155.0)	2.77X	Mark Ferrera 7/6/85 (155.0 kg. @ 56.0 kg.) (Chicago, Illinois) (USPF)
15.	340.0 (154.2)	2.75X	Steve Petrencek/68 7/5/03 (340.0 lb.) (Chicago, Illinois) (Bench America1)
16.	335.1 (152.0)	*2.75X	Adam Zehr/80 5/1/04 (152.0 kg. @ 122.0 lb.) (Villa Park, Illinois) (NSM)
17.	330.0 (149.7)	2.67X	Chuck Dunbar/57 8/25/84 (330.0 lb.) (Augusta, Georgia) (USPF)
18.	330.0 (149.7)	2.67X	Mike Kuhns/86 10/26/03 (330.0 lb.) (Albany, New York) (USAPL)
19.	329.0 (149.2)	2.66X	Joe Steinfeld/58 6/18/88 (329.0 lb.) (Lawrence, New York) (APF/WPC)
20.	325.0 (147.4)	*2.67X	Adam Zacht 2/21/04 (325.0 lb. @ 121.5 lb.) (Newburgh, New York) (USAPL)
21.	320.5 (145.4)	2.60X	Al Hart/39 9/10/71 (320.0 lb., w/o a BP shirt, which later weighed out at 320.5 lb.) (TX) (AAU)
22.	320.0 (145.1)	2.59X	Chuck Dunbar/57 3/28/81 (320.0 lb., without a bench press shirt) (Marietta, Georgia) (USPF)
23.	319.7 (145.0)	2.59X	Lamar Gant/57 4/19/80 (145.0 kg., without a bench press shirt) (Auburn, Alabama) (USPF/IPF)
24.	319.7 (145.0)	2.59X	Freddie Higgins/51 11/13/82 (145.0 kg., without a bench press shirt) (Chicago, Illinois) (USPF)
25.	316.3 (143.4)	2.56X	Gary Kucipak/55 5/9/79 (316.25 lb., without a bench press shirt) (Hudson, New York) (USPF)
26.	315.0 (142.9)	2.55X	Joe Bradley/56 5/13/78 (315.0 lb., without a bench press shirt) (Port Edwards, Wisconsin) (USPF)
27.	315.0 (142.9)	2.55X	Scott Frostbaum 11/17/79 (315.0 lb., without a bench press shirt) (Boston, Massachusetts) (USPF)
28.	315.0 (142.9)	2.55X	Randall Kea/62 3/27/82 (315.0 lb., without a bench press shirt) (Chamblee, Georgia) (NSM)
29.	315.0 (142.9)	2.55X	Clarence Fielder 3/14/92 (315.0 lb.) (Lakeland, Florida) (ADFPA)
30.	315.0 (142.9)	*2.60X	Chad Jasper 7/5/03 (315.0 lb. @ 121.0 lb.) (Chicago, Illinois) (NSM)
31.	314.2 (142.5)	2.54X	Chip Taylor 12/17/83 (142.5 kg., without a bench press shirt) (Santa Cruz, California) (USPF)
32.	314.2 (142.5)	2.54X	Joe Cunha/59 5/5/84 (142.5 kg.) (Mission San Jose, California) (USPF/ADFPA)
33.	314.2 (142.5)	2.54X	Bobby Adams 2/15/89 (142.5 kg.) (Long Beach, California) (USPF)
34.	314.2 (142.5)	2.54X	Jon Arenberg/61 2/22/97 (142.5 kg.) (Portland, Oregon) (USPF/IPF)
35.	314.2 (142.5)	2.54X	Joshua Vaughn 11/29/97 (142.5 kg.) (Portland, Oregon) (WABDL)
36.	314.2 (142.5)	2.54X	Charles Brown 9/11/99 (142.5 kg.) (Palatka, Florida) (USAPL)
37.	314.2 (142.5)	2.54X	Marc Morishige 7/7/01 (142.5 kg.) (Portland, Oregon) (WABDL)
38.	314.2 (142.5)	*2.73X	Erwin Gainer/66 11/10/04 (142.5 kg. @ 52.24 kg.) (Cape Town, South Africa) (USAPL/IPF)
39.	314.2 (142.5)	*2.54X	Damarrio "Doc" Holloway/80 7/7/06 (142.5 kg. @ 56.0 kg.) (Miami, Florida) (USAPL/IPF)
40.	310.0 (140.6)	2.51X	Scott Polke 11/28/87 (310.0 lb.) (Denton, Texas) (APF/WPC/WBC)
41.	310.0 (140.6)	*2.70X	Doug McDonald 5/7/88 (310.0 lb. @ 115.0 lb.) (Hackettstown, New Jersey) (ADFPA)
42.	310.0 (140.6)	2.51X	Tim Olson 6/22/91 (310.0 lb.) (Willmar, Minnesota) (NSM)
43.	308.6 (140.0)	*2.53X	Vince Tolisano 7/10/82 (140.0 kg. @ 55.4 kg., without a bench press shirt) (Dayton, Ohio) (USPF)
44.	308.6 (140.0)	*2.53X	Sam Moya 6/1/85 (140.0 kg. @ 55.3 kg.) (Arlington, Virginia) (USPF)
45.	308.6 (140.0)	2.50X	Galen Takushi 10/20/85 (140.0 kg.) (Honolulu, Hawaii) (USPF)
46.	308.6 (140.0)	*2.51X	Allen Young 1/10/87 (140.0 kg. @ 55.75 kg.) (Camden, Arkansas) (NSM)
47.	308.6 (140.0)	2.50X	Gonzalo Murrillo 8/31/91 (140.0 kg.) (Malibu, California) (USPF)
48.	308.6 (140.0)	*2.56X	Robert Allen 12/12/93 (140.0 kg. @ 54.7 kg.) (Budapest, Hungary) (USPF/IPF)
49.	308.6 (140.0)	2.50X	Andy Lee/69 7/15/95 (140.0 kg.) (Wilkes-Barre, Pennsylvania) (ADFPA/WDFPF)
50.	308.6 (140.0)	2.50X	Tim Orozco 4/27/97 (140.0 kg.) (Moreno Valley, California) (AAU)

(* 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.



Above ... Rick "Tazmanian Devil" Couch competing in Hawaii, and (below) Mark Ferrera of Suncoast Gym, FL



Clarence Fielder ... a fine U.S. military competitor

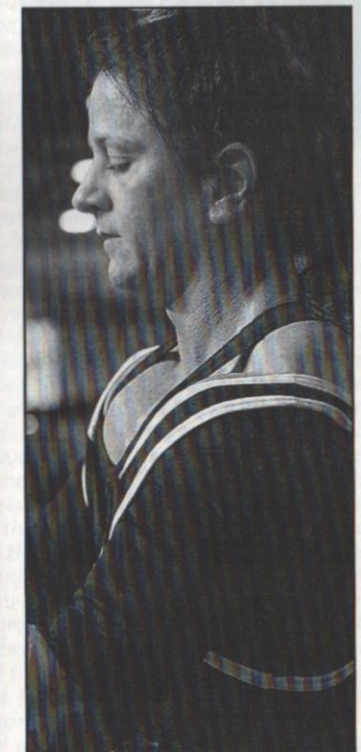
ALL TIME HISTORICAL TOP 50 AMERICAN WOMEN'S 105 Pound (48 Kilogram) Weight Division -- BENCH PRESS

BP	X-Bwt	Female American	Lifter/ YOB/ Date/ Actual Weight/ Exact Bodyweight/ Location/ Federation
1.	225.0 (102.1)	*2.16X	Janet Faraone/67 12/21/02 (225.0 lb. @ 104.0 lb.) (Queensbury, New York) (IPA)
2.	220.5 (100.0)	2.08X	April Delmore/67 12/7/96 (100.0 kg.) (Adel, Georgia) (USPF)
3.	220.5 (100.0)	*2.20X	Cosette Fernandez-Neely/82 6/5/04 (100.0 kg. @ 100.0 lb.) (California) (WABDL)
4.	215.0 (97.5)	*2.04X	Jennifer Maile/84 5/23/03 (97.5 kg. @ 47.8 kg.) (Chicago, Illinois) (USAPL/IPF)
5.	215.0 (97.5)	2.03X	Ashley Matherne (US/83) 4/16/05 (97.5 kg.) (Baton Rouge, Louisiana) (USAPL)
6.	210.5 (95.5)	1.99X	Lynne Fuller-Barlow/59 12/16/00 (95.5 kg.) (Turner, Maine) (APF)
7.	209.4 (95.0)	*1.98X	Doris Simmons/52 7/28/90 (95.0 kg. @ 47.9 kg.) (Pittsburgh, Pennsylvania) (APF/WPC)
8.	209.4 (95.0)	*2.05X	Jackie Davis/79 4/2/05 (95.0 kg. @ 46.26 kg.) (Jacksonville, Florida) (APF)
9.	209.4 (95.0)	*1.99X	Margaret Kirkland/63 8/4/07 (95.0 kg. @ 47.7 kg.) (Rosemont, Illinois) (AAPF/AWPC)
10.	203.9 (92.5)	1.93X	Amorkor Ollenking 3/21/92 (92.5 kg.) (Kansas City, Missouri) (NASA)
11.	203.9 (92.5)	1.93X	Lupe Aguilar 11/5/99 (92.5 kg.) (Portland, Oregon) (WABDL)
12.	195.0 (88.5)	*1.86X	Elaine "Scraps" Kunkle-Grimwood/70 7/23/06 (195.0 lb. @ 47.6 kg.) (York, Pennsylvania) (IPA)
13.	192.9 (87.5)	1.82X	Jeanna Pacya 11/25/88 (87.5 kg.) (Johannesburg, South Africa) (APF/WPC)
14.	192.9 (87.5)	1.82X	Elizabeth "Ann" Leverett/54 12/7/96 (87.5 kg.) (Adel, Georgia) (USPF)
15.	192.9 (87.5)	*1.85X	Lynn Pitts/61 9/7/91 (190.0 lb.) (Rutland, Vermont) (APA/WPA)
16.	190.0 (86.2)	1.80X	Paula Kovalchik/53 4/26/97 (87.5 kg. @ 104.25 lb.) (Lincoln, Nebraska) (USAPL)
17.	187.4 (85.0)	*1.78X	Lori Okami 4/1/84 (85.0 kg. @ 105.0 lb., without a bench press shirt) (Hawaii) (USPF/APF/WPC)
18.	187.4 (85.0)	*1.78X	Maura Shuttleworth/76 9/2/06 (85.0 kg. @ 47.8 kg.) (Charlotte, North Carolina) (USAPL/IPF)
19.	185.0 (83.9)	1.75X	Tina Carder/84 11/5/05 (185.0 lb.) (Ruston, Louisiana) (USAPL)
20.	181.9 (82.5)	*1.82X	Michelle Evis 5/3/81 (82.5 kg. @ 100.0 lb., without a bench press shirt) (Cleveland, Ohio) (USPF)
21.	181.9 (82.5)	1.72X	Glynis Ramirez-Bierria/63 7/14/89 (82.5 kg., w/o a BP shirt.) (Las Vegas, Nevada) (USPF/IPF)
22.	181.9 (82.5)	1.72X	Susan Rinn/63 11/7/98 (82.5 kg.) (Sequin, Texas) (USPF)
23.	181.9 (82.5)	*1.73X	Amber Denmon/86 5/14/05 (82.5 kg. @ 47.7 kg.) (Round Rock, Texas) (APF)
24.	181.9 (82.5)	*1.74X	Desiree Brown 11/20/05 (82.5 kg. @ 104.6 lb.) (Reno, Nevada) (WABDL)
25.	180.0 (81.6)	*1.73X	Ashley Hudson-Robbins/77 7/14/01 (180.0 lb. @ 104.0 lb.) (Marietta, Georgia) (USPF)
26.	180.0 (81.6)	*1.76X	Renee Brown (US) 12/3/05 (180.0 lb. @ 102.0 lb.) (Bay City, Michigan) (APA)
27.	176.4 (80.0)	1.67X	Mary Ann Price/51-05 5/17/86 (80.0 kg.) (Newport, Virginia) (USPF)
28.	176.4 (80.0)	1.67X	Janet Corder 9/19/87 (80.0 kg.) (Belpre, Ohio) (NSM)
29.	176.4 (80.0)	1.67X	E. Vigue 10/10/93 (80.0 kg.) (Winslow, Maine) (USPF)
30.	176.4 (80.0)	*1.72X	Linda Barnes/49 6/2/06 (80.0 kg. @ 46.4 kg.) (Las Vegas, Nevada) (APF/WPC)
31.	176.4 (80.0)	*1.71X	Cheryl Anderson/75 12/2/06 (80.0 kg. @ 46.9 kg.) (Palm Springs, California) (USAPL/IPF)
32.	175.0 (79.4)	1.65X	Judith Gedney/40 8/86 (175.0 lb.) (Milan, Illinois) (NSM)
33.	173.1 (78.5)	1.64X	Christine Moorman 11/11/04 (78.5 kg.) (Reno, Nevada) (WABDL)
34.	172.0 (78.0)	1.63X	Carin Fujisaki/59 11/11/04 (78.0 kg.) (Reno, Nevada) (WABDL)
35.	170.9 (77.5)	*1.68X	Cheryl Jones/51 3/31/85 (77.5 kg. @ 102.0 lb.) (Lakeland, Florida) (USPF)
36.	170.9 (77.5)	*1.63X	Tracy Jo Beard 4/22/89 (77.5 kg. @ 47.5 kg.) (Orlando, Florida) (ADFPA)
37.	170.9 (77.5)	*1.63X	Tracy Jo Beard 6/18/89 (77.5 kg. @ 47.5 kg., w/o a BPO shirt) (Chicago, Illinois) (ADFPA/WDFPF)
38.	170.9 (77.5)	*1.66X	Suzanne "Sioux-Z" Hartwig-Gary/68 3/13/93 (77.5 kg. @ 103.0 lb.) (PA) (ADFPA/WDFPF)
39.	170.9 (77.5)	1.61X	Tammy Martin 10/10/93 (77.5 kg.) (Winslow, Maine) (USPF)
40.	170.9 (77.5)	1.61X	Lori Ferrero 7/21/95 (77.5 kg.) (Baton Rouge, Louisiana) (USPF/IPF)
41.	170.9 (77.5)	*1.61X	Brenda Lemus/59 12/4/05 (77.5 kg. @ 48.0 kg.) (Jacksonville, Florida) (APF)
42.	170.0 (77.1)	1.61X	F. Tarpley 11/22/86 (170.0 lb.) (Tampa, Florida) (NSM)
43.	170.0 (77.1)	*1.62X	Beth Fisher-Street/65 11/21/92 (170.0 lb. @ 105.0 lb.) (Whitman, Massachusetts) (USPF)
44.	170.0 (77.1)	1.61X	Delcy Palk 3/16/96 (170.0 lb.) (Salem, Oregon) (USPF)
45.	170.0 (77.1)	1.61X	Terri Distaulo/62 11/12/00 (170.0 lb.) (Bedford Heights, Ohio) (USAPL)
46.	170.0 (77.1)	1.61X	Barbara Goodman/60 4/28/01 (170.0 lb.) (West Palm Beach, Florida) (WNPF)
47.	166.4 (75.5)	*1.66X	Alexandra Vallejo 9/18/04 (75.5 kg. @ 100.0 lb.) (Rancho Cordova, California) (WABDL)
48.	165.3 (75.0)	1.56X	Elizabeth "Ann" Leverett/54 5/9/86 (75.0 kg., w/o a BP shirt) (Hestra, Sweden) (USPF/IPF)
49.	165.3 (75.0)	1.56X	Claudia Valdiviez 3/4/93 (75.0 kg.) (Dallas, Texas) (NASA)
50.	165.3 (75.0)	1.56X	Lori Watson 11/15/01 (75.0 kg.) (Reno, Nevada) (WABDL)

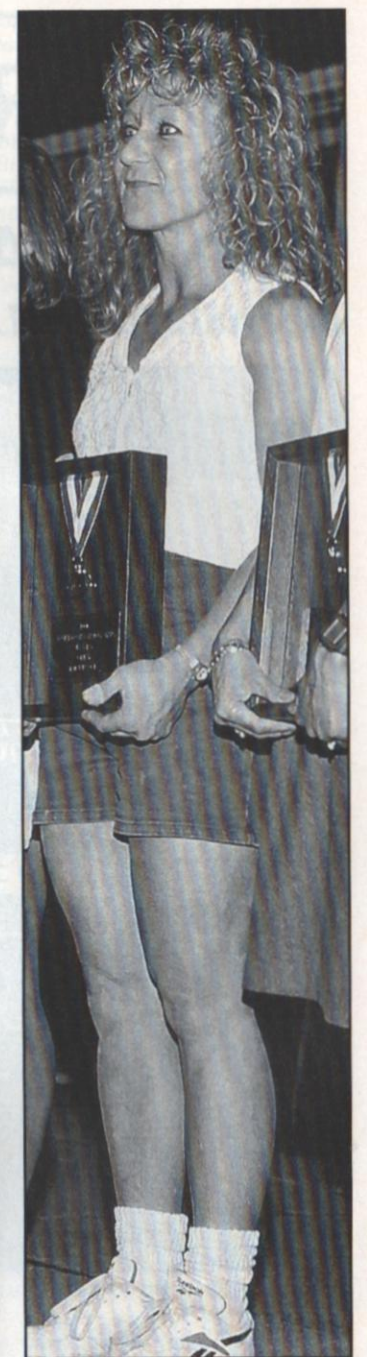
(* indicates exact bodyweight (instead of limit bodyweight) used to derive bodyweight coefficient. Listing compiled by Michael Soong (1233 King George Boulevard #70; Savannah, Georgia 31419; PH 912-920-2051; Email Address soongm@comcast.net). Records accurate (as to my knowledge) as of 7/4/07.



Above ... Carin Fujisaki, frequent AAU/WABDL competitor, and below, Glynis Ramirez-Bierria, who competed out of Alaska back in the 80s.



Above Left ... Janet Faraone, and above, at right, Jackie Davis (Manzo)

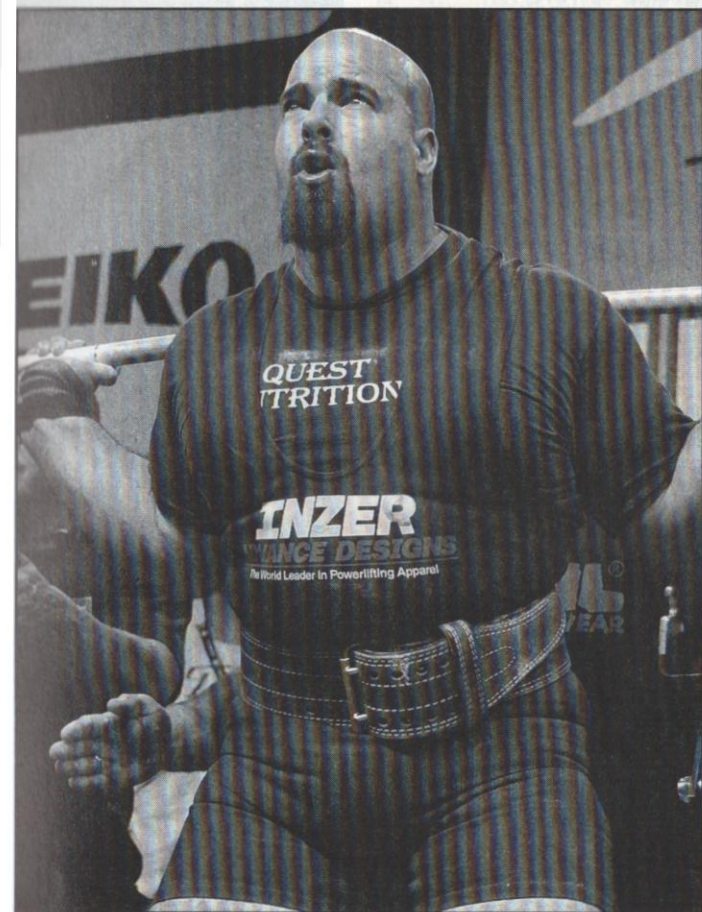


Paula Kovalchik ... a great lifter from the ADFPA in Pennsylvania



INTERVIEW

TONY CARDELLA interviewed by Larry Miller, DDS



Tony Cardella ... about to fulfill his dream on the IPF World platform

LM: Tony, let's start out with some background information. How old are you and what do you do for a living?

TC: I'm 30 years old and I work for a large technology company as a software developer in the oil and gas industry.

LM: How and when did you get started in powerlifting? Did you play sports in high school or college?

TC: I played football all four years in high school. I got started in powerlifting my senior year of high school. We didn't have a powerlifting team at my high school, but as luck would have it one of my teammates, Chip Kent, was familiar with powerlifting and told me a little about it and gave me a copy of Powerlifting USA to look at. I remember going home and telling my parents that was what I wanted to do as soon as I got

done with my senior year of football. I thought I could figure it out on my own. My dad wisely asked some of the trainers at the local YMCA (Mike and Eric Heckman) about powerlifting and who would be the right person to talk to. They hooked me up with Rob Kamman who was an experienced powerlifter in the area. Rob got me started by correcting all the bad football weight lifting habits and set me up with a training cycle for the 1995 USPF Texas State Meet. After that first meet, I was so sore and didn't want to do powerlifting anymore. A few days later, I flipped through a copy of Powerlifting USA looking for the next meet to compete in.

LM: What organizations have you competed in?

TC: I competed in the USPF from

April 1995 to August 1997 and then USAPL from November 1997 till now.

LM: Why do you compete in USAPL?

TC: I became involved with USAPL through their collegiate program when I was at Texas A&M. I wanted to stay lifting in the USPF, but when Louisiana Tech switched from USPF to USAPL there was not much of a reason to stay in the USPF for collegiate powerlifting. So I switched. At first I was a little uneasy about making the switch, but I made some friends and some opportunities appeared (i.e. national level and IPF world level competitions) and I was hooked. I like the rules of performance and I think the drug testing is a good thing.

LM: What Powerlifting records do you hold?

TC: I've held both American and National Collegiate and Junior records as well as a few USAPL Texas state records in the 275 weight class. I currently hold the National Open total record. I am looking to break some American and National records in 2008.

LM: When did you start competing on the Men's open powerlifting team?

TC: I started competing on the Men's open team the same year I came out of the collegiate/junior ranks in 2001. I've been a member of the team every year since in the 275 lb. weight class.

LM: What type of an experience has that been for you?

TC: It's been a great experience for me. I think it is also what has kept me powerlifting for as long as I have. Going overseas to compete and learning from the other good lifters and coaches on the team has greatly improved my lifting. I think you can see a huge difference in a lifter when they have gone to an IPF world championship. They come back a lot more confident and smarter about their lifting. I've been able to take my experience and use it to coach other lifters. That's a rewarding experience when one of your lifters competes in their first meet successfully, breaks PRs, or wins the meet.

LM: What were your thoughts on the recent suspension of the Russians and Bulgarians from the IPF?

TC: On one hand, I'm glad to see people who are blatantly cheating getting caught and being held accountable for their actions. On the other hand, the Russians and Ukrainians are very good competitors and really push you to improve. I hope they clean up their act and come back and compete on a more level playing field with us. It was great to see more heavily contested weight classes at the 2006 IPF Men's &

LM: What organizations have you competed in?
TC: I competed in the USPF from

Championships in Norway. It made the meet much more interesting and fun to watch. It's more fun to watch a deadlift battle at the end of the meet rather than a lifter just blowing out the rest of the competitors. When the gold medal is decided on a 3rd attempt deadlift, you will see just how good a lifter is and how well they are coached.

LM: Had you been suspicious about them in the past or did this tend to open your eyes a bit?

TC: I've been aware that the Russians and Ukrainians were getting caught in greater and greater numbers each year while other teams were not having problems with failing drug tests. It was not really a surprise to me. I try not to get too wrapped up in the who's on and who's not game. I think you just wind up wasting too much energy, your lifting suffers, and you can make yourself bitter about the sport. There are people and procedures in place whose job it is to run the drug testing programs. Let them focus on that, and you as a lifter focus on your lifting.

LM: I have seen you at a number of meets where you weren't lifting but very willing to help out on the platform or help lifters get into their gear. Do you enjoy this aspect of the sport? You seem to enjoy watching and helping out as much as you do lifting.

TC: Yeah, I can't seem to go to a meet and just sit and watch. I'm always spotting/loading, coaching, lifting, and occasionally they let me judge too. I like to be involved and lifters really seem to like having me spot or do hand offs. I try to put myself in the lifters shoes. I'm going to feel a lot better with an accomplished lifter spotting me. Powerlifting has a great tradition of passing on knowledge of the sport from lifter to lifter. I'm just doing my part to participate in that great tradition by passing on what I know.

LM: Who are some of the individuals you have met who have impacted you in the sport?

TC: There are a whole bunch of people who have made huge impacts on my lifting. As I mentioned before my Dad and Rob Kamman have been great in getting me started. Ed Coan, Larry Maile, and Sherman Ledford have all been instrumental in helping me get to where I am today.

LM: What do you think is in store for the future of our sport?

TC: That's a good question. I'd like to see some consolidation in powerlifting organizations, but I think we are more likely to see organizations continue to splinter and fracture until some of the people in charge of these smaller organizations cycle out of the sport. The organizations who are

doing things right, will see their numbers grow as more energetic people want to compete there and contribute to the sport.

LM: What supplements do you take?

TC: Over the last few years, Sherman Ledford has been putting together supplement plans for me. I use Quest Nutrition's BCAA Extreme, Hardcore, and JSF 5500, and Quest Whey 44.

LM: What type of training program do you follow? Do you use bands or chains?

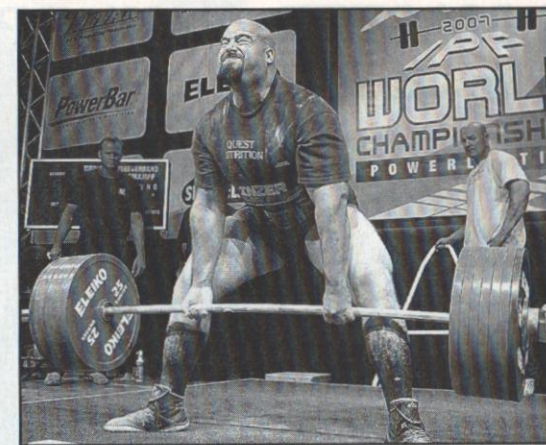
TC: I used Ed Coan's periodization workouts for years up until 2006 when I needed to make a change because of some injuries and health problems. I've since switched over to some squat and deadlift workouts from Larry Maile that are based around 3 sets of 5s in 2-3 week waves. I think my squat workout now is tougher than Eddy's workout because of the increased volume. Eddy's deadlift workout was tougher than what I'm doing now. I do think that Eddy's workouts helped build a solid foundation to build on. I have some of my lifters use it with great success. For the bench press, I do a lot of board work when I am in a bench shirt, but when I'm not in a bench shirt, I like to do good old regular bench press. I try to make all my reps explosive and quick. I'm not a fan of bands and chains. I've seen too many people doing bands and chains for the wrong reasons. Most people just need to get better at the basics first.

LM: What are your thoughts on the multi-ply gear? When these individuals set PL records that well exceed what single ply lifters are doing, does it take away from them or should an asterisk be placed adjacent to those lifting in multi-ply gear?

TC: I don't care for the multi-ply gear. Don't get me wrong, I like using gear. I just think the multi-ply gear is excessive because it starts to become more about the gear and less about the athletic ability. I have used bench shirts, squat suits, and knee wraps to train through injuries several times. One of the biggest problems in powerlifting are these Top 100 lists and "all-time records". They don't take in to account the differences in rules of performance, equipment differences, and the type of judging. So when someone says they broke the all-time record in a lift they are immediately making a comparison with everyone else in the powerlifting community and that's when people get upset and start complaining. The complaining is the loudest when video of one of these "all-time" records is posted and you can actually see how bad the lift was. To me, records should be examples of how a lift is done. You should be able to take one look at the video or the lift and clearly see it was a good lift within the rules of the competition. A lot of times you see perfect examples of incredibly bad judging. If you want a better idea of how people stack up, look at the deadlifts. The numbers aren't as inflated there.

LM: What was it like winning the IPF world championships this year? What remaining goals do you have?

TC: Winning the World Powerlifting Championships has been a dream come true. It was a surreal experience. The one thing that's been really cool is the positive response from everyone, including people who I didn't expect to hear congratulations from. One of the biggest surprises was having the head coach of the Russian Powerlifting Team,



Tony's Winning Lifts ... (Christy Newman photographs)



Vladimir Bogachev, come up to me to shake my hand and get a picture with me. It's been a trip to not be able to walk 3 feet through the venue at Worlds without someone saying congratulations, wanting to shake my hand, buy me a drink, or get a picture. I'm not used to all that attention. Now things are going to get harder. I've won one world championship and that's great, but can I do it again? As far as other goals go, I'd love to break the American and World deadlift records. I'm not that far off of those records. Jon Kuc holds the American deadlift record and it would be a pretty big accomplishment to break a record held by a legend like Kuc. I'm working on getting my bench press back on track. I need to get back to hitting 280+ kgs benches consistently again. I'm also encouraged by the recent gains in my squat. I'm hitting pretty good numbers, but there always seems to be considerably more in the tank. 400+kgs is possible within a year. There is a lot of hard work and training between now and then. The plan is to keep pushing as long as I can until I'm no longer having fun in the sport.

LM: What are your thoughts about our drug testing in the USAPL and the IPF?

TC: I think drug testing is a positive thing in our sport. I don't fall into the hardcore drug free crowd. By that I mean that I put powerlifting first and the drug testing second. We need to remember that powerlifting is about powerlifting first and foremost. Getting sucked into the "He beat me because he's on drugs" game is a good way to turn powerlifting into a negative experience for yourself because there is always someone out there who is stronger than you or who will break your records. Transparency in the drug testing

programs is good too (who was tested, who failed, what they failed for, etc). I think there is room for improvement in the USAPL/IPF drug testing though.

LM: What advice would you have for any beginning powerlifters?

TC: First, I say a newbie should seek out powerlifters who are more experienced. Second, have a good work ethic. This sport isn't as easy as it looks and will require a lot of hard work to get better and eventually to break into the higher ranks of the sport. Third, be patient and enjoy the journey to becoming a better lifter. Getting bigger and stronger is a fun process. Fourth, know the rules of performance and your equipment inside and out. Do not be caught off guard in a meet or miss a lift because you don't know the rules. Fifth, know what is happening or have a coach keep up with your lifting as you go. This is key to placing higher in a competition. If you can't win that day, place as high as possible.

LM: Tony, do you incorporate any special assistance exercises into your training program? In other words do you have any training secrets you'd like to share?

TC: I don't really have any special exercises that I do. I think the secret is knowing when to rotate exercises to help improve your lifting. Lately, I've been getting a lot of mileage out of improving my flexibility by stretching and some movement prep exercises.

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

TC: I like to watch the lifters who compete at the IPF World Championships, USAPL Nationals, Team Quest lifters, Texas A&M Powerlifting team members, anybody I know competing, any lifter who is coming up out of the junior ranks in my weight class, but I think watching lifters that I coach is the most satisfying. When you are watching a lifter you coach lift, it's almost like you are out there with them because you've spent time helping them prepare for the competition. There are some amazing lifters out there to watch lift like Ed Coan, Kirk Karwowski, Brad Gillingham, Brian Siders, and many others.

LM: Tony, any final thoughts or individuals you'd like to thank?

TC: I think lifters should keep powerlifting as long as it is fun for them. There are some workouts and moments that are not fun, but on the whole the experience needs to be enjoyable. We don't do this for a living. Seek out competitions at a higher level if you have the means. We don't get better if we don't push ourselves to improve. It's easy to be a big fish in a small pond. Lifters should also take time to spot, load, judge, or work as other meet help. This will encourage other people to help out because you are leading by example. I'd like to thank everyone who has had an impact on my lifting over the years. Whether you've spotted me, taught me how to lift, helped put me back together, coached me, helped me get to a meet when I couldn't go alone, or just took a small amount of time to encourage me I want to say thank you. Without all of your help, this would not be possible. Last and certainly not least, thanks to my girlfriend Christy Newman for putting up with me while I'm going through a training cycle. I'm not always the easiest person to be around when I'm cutting weight or dealing with sore muscles, but she handles it like the champ she is.

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MASTER RAW BP SUPER STAR by Randy "the Machine Gun" Bumgarner

In 2003 I met Vinney at a contest. He was 48 years old, but you would never know it. He was sitting on a bench, wearing a white sweater, waiting for the third flight to start. His shoulders bulged out of that sweater like basketballs and his back seemed as big as Ted Arcidi's when he was on top. I introduced myself and we have been friends and sometimes competitors since then. I am 45 and he is now 52. We both weigh 300 plus.



Vincent Vardine at Gold's Gym in Clifton Park, New Jersey (Randy B.)

Since 2004 Vinney and I have changed our outlook on benching. We want generations from now to know Vinney benched 505 lbs. raw, and (so far) I have benched 450. Our children and grandchildren will know we really did something impressive that few men had ever done in history at age 45 plus.

What's the big uproar about getting credit for a raw bench? If you were into drag racing and said 'I just ran the quarter mile in 13 seconds in a factory stock car', but left out that you were on nitrous oxide, and then it was found out later, you would feel pretty low, because the car would really run 18 seconds. I can back up these words because I benched 605 for a master world record in 2004 for the IPA. I got real with myself and I knew I wasn't at even 500 lbs. raw at a meet, but I'm working at it. I can touch and go 500, but as far as pausing with my butt flat I am currently at 460 lbs. I will try to make 500 lbs. in my lifetime, like Vinney.

Back to Vinney. He has an extensive background in sports. In high school football he was a defensive tackle, MVP, and Defensive Player of the Week twice. His team went 8-2. He has thrown shot put 50 feet with 12 a lb. to post an All City record. He wrestled in the 185 lb. class, and with a record of 15-2-1 made the state finals. He was on the weight lifting team in the 198 lb. division. He broke a record in the standing press with 220 lbs. and a clean and jerk of 250 lbs. for a 470 lbs. total.

His involvement in bench pressing started in high school, and when he was 16, and his uncle had a weight set and bench in his garage. Over the bench was a picture of Arnold for inspiration. He was able to bench press 315 lbs. in high school and has been doing it ever since.

Vinney graduated from high school in 1974 and went to college on a football scholarship at FSCC, Fort Scott, KS where he met his wife of 28 years. He then moved to up state New York and now has three daughters. He has his own business as a floor covering contractor.

Vinney is 5' 11", age 52, and 307 - 320 lbs. He has benched 225 lbs. 50 times in one set raw, 315 lbs. for 28 reps raw, 405 lbs. for 10 reps raw, and has close gripped raw 465 lbs.

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T. Carder 159	Open	198 lbs. C. Sparrison 214	PS DEADLIFT	170	226	396	Master I	D. Manno 314	485	799	N. Lenhart 314	485	799	Open	N. Lenhart 314	485	799	165 lbs. Master I	N. Lenhart 314	485	799	165 lbs. Int	C. Golden 402	523	925	Open	C. Golden 402	523	925	181 lbs. High School	D. Murdock 259	341	600	Master III	C. Lynn 308	358	666	Submaster II	D. Diehl 308	551	859	198 lbs. Master II	G. Clock 424	617	1041	220 lbs. Master I	D. Scott 319	672	992	242 lbs. Master I
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N. Eddins 474	622	1096	Submaster I	H. Patel 255	226	352	834	198 lbs. Pure	H. Block 275	165	270	711	Teen	C. Bowers 270	—	—	270	148 lbs. Int	S. Westwood 485	319	468	1273	Master I	F. Stroh 496	303	501	1300	Pure	S. Westwood 485	319	468	1273	Submaster II	S. Goldberg 358	275	—	633	165 lbs. Int	C. Golden 501	402	523	1427	Master I	Woodworth 562	347	523	1433	Master Pure	Woodworth 562	347	523	1433	Open	C. Golden 501	402	523	1427	181 lbs. Junior	H. Cheema 314	231	440	986	Master I	T. Perkins 633	352	540	1526	Master III	C. Lynn 132	308	358	799	Submaster I	D. Torrez 600	429	490	1521	Submaster Pure	D. Torrez 600	429	490	1521	T. Duran 424	292	463	1179	198 lbs. Junior	M. Israel 551	—	—	551	Master I	N. Judd 573	435	512	1521	R. Byars 463	374	485	1322	Master II	E. Duran 435	330	507	1273	G. Clock 523	—	479	1003	Master Pure	N. Judd 573	435	512	1521	B. Ammerman 523	418	507	1449	B. Weber 485	363	507	1355	R. Byars 463	374	485	1322	Submaster II	C. Smith 650	463	556	1670	220 lbs. Master IV	Rosenberger 286	170	385	843	242 lbs. Master I	N. Eddins 595	474	622	1692	T. Larson 600	369	545	1515	275 lbs. Junior	J. Carlile 751	440	573	1765	Master I	S. Cyranoski 716	468	617	1802	Pure	R. Kahle 810	567	672	2050	J. Carlile 751	440	573	1765	308 lbs. Int	H. Thomason 788	457	655	1901	B. Brunner	Open	H. Thomason 788	457	655	1901	SHW	Master I	T. Allred 749	562	622	1934	D. Oyler 683	418	611	1714	Master Pure	D. Oyler 683	418	611	1714	Open	T. Allred 749	562	622	1934	Police/Fire/Military	T. Allred 749	562	622	1934	Raw	132 lbs. High School	C. Bowers 270	—	—	270	Open	C. Bowers 270	—	—	270	Pure	C. Bowers 270	—	—	270	Teen	C. Bowers 270	—	—	270	165 lbs. High School	R. Lauck 281	237	418	937	Junior	B. Wallace 369	292	396	1058	181 lbs. Junior	A. Shearman 275	231	402	909
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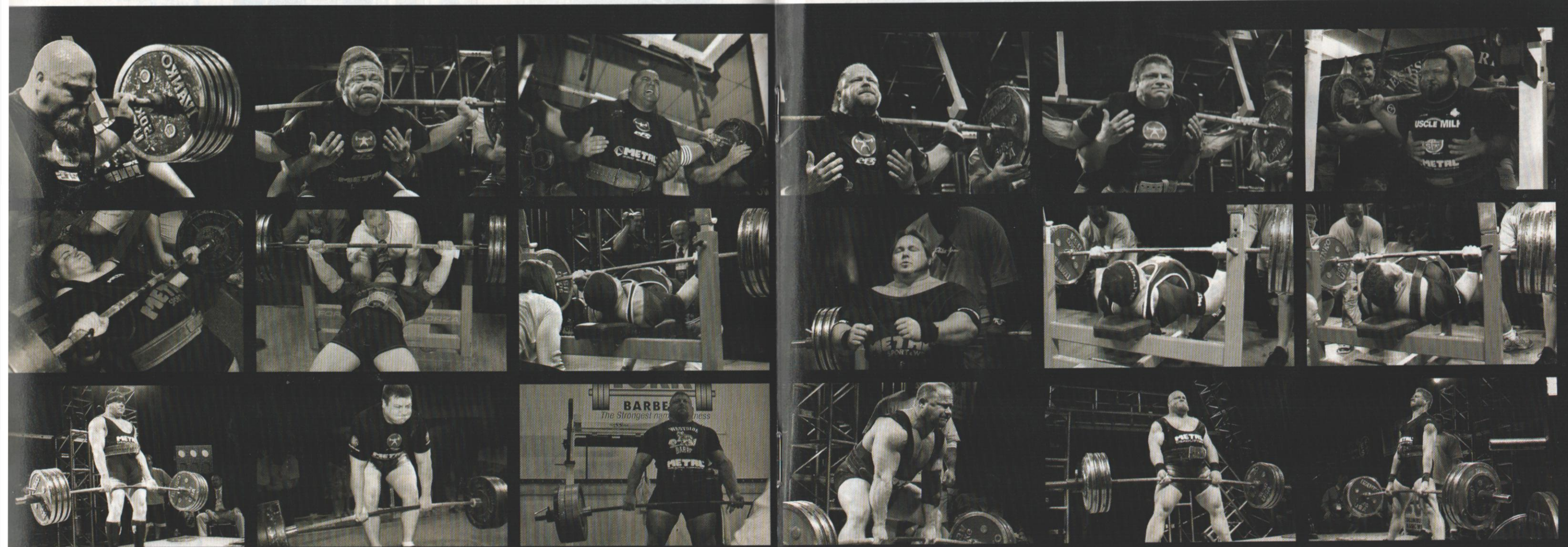
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9 FEB, USAPL Go Big Bench Meet,
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Embsden, ME 04958, 207-566-5727
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10 FEB, 2nd Blackstone's Gym Classic
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15-17 FEB, USAPL Women's
Nationals (Killeen, TX) Johnny A.
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- 2 FEB, APF Colorado State Push Pull
- 9 FEB, APF Open State PL/BP/DL & Raw
- 15-16 MAR, APF/AAPF Illinois State Meet
- 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

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 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.vhpower.com
 17 FEB, ADFPF 1st Rocks Massachusetts State PL (unequipped, equipped - SETS, Hingham, MA) Mark Marrocco, 781-243-1662, www.adfpf.org
 17 FEB, USPF Fit Expo BP/DL (Los Angeles, CA) Steve Denison 6 6 1 - 3 3 3 - 9 8 0 0 , pwrfltr@msn.com, www.powerliftingCA.com
 17-19 FEB, 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
 23 FEB, APA Louisiana Record Breakers (Natchitoches, LA - PL, BP, DL, PP, SC) Ryan Cidzik, 318-663-0077, rcidzik@yahoo.com, www.apa-wpa.com
 23 FEB, APF Orlando Barbell BP/DL Classic (University of Central Florida, Orlando, FL) Brian Schwab, Meet Director, 407-678-2447, lightweightpower@aol.com
 23 FEB - WNPFF 2nd All Raw World Cup PL, BP, DL, PC (Raw only - Bordentown, NJ) Troy Ford 678 817-4743, wnpf@aol.com
 23 FEB, Indiana High School & State Open Meet (Indianapolis) Job Hou-Sey, Meet Director, 1-888-JOB-HOUSEYE
 23 FEB, SPF Tennessee State (Chattanooga, TN) Jesse Rodgers, 423-3 4 4 - 7 1 6 1 , rodgersmadmax@bellsouth.net, www.southernpowerlifting.com
 23 FEB, West Virginia High School Powerlifting (South Charleston High School, South Charleston, WV) John Messinger, school 304-766-0352, home 304-744-2475
 24 FEB, Battle of the Bench Press,

Jon Elick, 8226 Stoutsville Pike, Circleville, OH 43113, 740-412-1177, antman517@aol.com
 24 FEB, 18th Winter BP/DL Classic, Jon Smoker, 30907 CR 16, Elkhart, IN 46516, 574-674-6683, jircsmoker@hotmail.com
 29 FEB - 2 MAR, 20th Anniversary Arnold Classic, www.arnoldsportsfestival.com, 614-431-3600
 1 MAR, APC California State, Bob Packer, 555-322-6805
 1 MAR, Police & Fire Nationals (Kansas City, KS) JDuree@aol.com
 1 MAR, APC California Open PL/BP
 1 MAR, USAPL California State (Hemet, CA) Mike Womelsdorf, usaplcoach@aol.com
 1 MAR, Dutch International PL/BP, Fitness Centrum Butzelaar, Bouwerskamp 21, 8301 AE Emmeloord, Holland, www.wpppowerlifting.com
 1 MAR, NPA Midwest Open Drug Free BP/DL, Fitness Lifestyles, 641 W. Stephenson St., Freeport, IL 61032, 815-233-2292
 1 MAR, USPF National Qualifier (Norfolk, VA) Brute Strength Gym 757-893-9111, 757-650-5410, schroeder_gayle@yahoo.com, www.powerandstrength.com
 1 MAR, Macomb Salvation Army ADFPF Record Breaker & International Qualifier (unequipped, equipped, PL/Single - Evansville, IN) Tim Piper & Judith M. Gedney 309-837-2111, www.adfpf.org
 1 MAR, SPF Kentucky State PL/BP (Mt. Washington, KY) Jesse Rodgers, 4 2 3 - 3 4 4 - 7 1 6 1 , rodgersmadmax@bellsouth.net, www.southernpowerlifting.com
 2 or 9 MAR - WNPFF Ohio State (Youngstown, OH) Ron Deamicis 330-792-6670, powerit@aol.com
 7-8 MAR, USAPL Military/Armed Forces Nationals, James Henderson-Coffey, 2490 Hallmark Dr., Pensacola, FL 32503, 850-748-7565
 8 MAR, USAPL Virginia Open (PL/BP/DL/Ironman, raw, assisted) John Shifflett, 186 Happy Hollow Rd., Ruckersville, VA 22968, valifting@aol.com, www.virginiasapl.com
 8 MAR, USAPL MO State & Ozark Open, Harold Gaines, 2 Tristan Ter., St. Charles, MO 63303, 314-805-2044
 9 MAR, ADFPF/AAPF Illinois Open State/Credo/Raw (Bolingbrook, IL) Frantz Sports Center, 62 S. Broadway, Aurora, IL 60505, emieftrantz@aol.com, 630-897-2582
 9 MAR, 100% RAW Masters National BP/SC, 100% RAW/AAU New England BP/SC, AAU (YMCA, Burlington, VT) Bret Kernoff, 802-8 6 5 - 2 7 4 7 , vermontpowerlifting.com, bret@vermontpowerlifting.com
 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 Ironman Nationals/United States Open BP/DL/CR, John Shifflett, 186 Happy Hollow Rd., Ruckersville, VA 22968, valifting@aol.com, www.rawpowerlifting.com
 15 MAR, NASA Power Sports Nationals (Un/Equipped/PS/BP/PP - Oklahoma City, OK) Rich Peters, PO Box 735, Noble, OK, 73068, 405-527-8513, SQBPDL@aol.com
 29 MAR, N. Virginia Raw PL/BP (VA), John James 703-475-9885,

APC California State
Powerlifting & Bench Press
 (open, masters, teenage, women, junior)
A.P.C. National Qualifier
March 1st, 2008
 (Fresno, CA) Bob & Kim Packer
559-322-6805, 559-323-3892

15 MAR, USAPL NJ State High School BP, Mark Salandra, 5 Thompson Close, Hillsborough, NJ 08844, 908-8 7 4 - 6 1 2 5 , www.strengthcondition.com
 15 MAR, USAPL Alaska State, Ron Burnett, 13400 Lamb Dr., Anchorage, AK 99516, 907-277-8212
 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, Buddy McKee, 3516 Park Lane, Rainbow City, AL 35906, mastermonster@comcast.net, 356-305-2380, 256-613-2753 3-5pm
 16 MAR, Welsh & England PL, BP, DL, Four Seasons, Trallwn Road, Llansamlet, Swansea, Ken Williams (07970 625946) Nigel Wilding (07814 9 3 9 0 4 7) www.wpppowerlifting.com
 16 MAR, 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
 22 MAR, 1st Support Your Troops Strongman Challenge, Dan Belanger, Box 2050, Pace, FL 32571, 850-9 9 5 - 1 2 9 0 , dbpowersports@bellsouth.net
 22 MAR, USPF West Virginia Powerlifting & Holley Open (South Charleston, WV) John Messinger, home 304-744-2475, school 304-766-0352
 22 MAR, USAPL SD PL/BP, Jeff Blindauer, 5912 W. 56th St., Sioux Falls, SD 57106, 605-201-2411
 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,

PP, BP Only -) Greg & Susan Van Hoose, Rt. 1 Box 166, Ravenswood, WV 26164, 304-273-2283, gvh@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
 MAR, PPL Augusta Open Strong Man & Woman, PPL, 2250 Lumpkin Rd., Augusta, GA 30906, 707-90-3806, pythongym@aol.com
 MAR, USAPL California State (Hemet, CA) Mike Womelsdorf, usaplcoach@aol.com
 5 APR - WNPFF Lifetime Georgia PL, BP, DL, PC Championships (Atlanta, GA) WNPFF Lifetime, PO Box 142347, Fayetteville, GA 30214, 678 817-4743, wnpflifetime@aol.com
 5 APR - WNPFF Tri-State Challenge GA, vs TN, AL (The winning WNPFF state chair will take home the championship trophy so come out and represent your state, PL, BP, DL, PC - Atlanta, GA) Troy Ford 678-817-4743, wnpf@aol.com
 5 APR - WNPFF Western PA Championships (Beaver Falls, PA) Ron Deamicis 330-792-6670, powerit103@aol.com
 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
 12 APR, APF Gulf Coast (New Port Richey, FL) Rick Lawrence, 727-376-1707 or Bart 727-919-4738
 13 APR-WNPFF Upstate NY II (Buffalo, NY) Ron Deamicis 330-792-6670, powerit@aol.com
 19 APR, Bartlesville Classic (Bartlesville, OK) JDuree@aol.com
 19 APR, Kern County High School Meet (Bakersfield, CA) Steve Denison, 661-333-9800, pwrfltr@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, cash prizes, Pittsburgh Airport Crowne Plaza) Mike Barravecchio, 152 Dover Dr., Moon Township, PA 15108, 412-264-9996
 30 MAR - WNPFF Lifetime Single Lift National BP/DL/PC Championships (Philadelphia, PA) WNPFF Lifetime, PO Box 142347, Fayetteville, GA 30214, 678 817-4743, wnpflifetime@aol.com
 30 MAR - WNPFF American Cup Open Subs, Masters & Youth, Teen & Junior Nationals PL, BP, DL, PC (Philadelphia, PA) Troy Ford 678-817-4743, wnpf@aol.com
 19 APR, Mighty Christian Powerlifting Contest IV (Dover, NJ) themightygiibbors@aol.com, 973-303-3645
 19 APR, Damn Large One (Madison, WI) Job Hou-Sey, Meet Director, 1-888-JOB-HOUSEYE
 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
 19, 20 APR, BPO British PL, BP, DL (University of Bath, Claverton Down, Bath, Somerset) Greg Ashford (01373 859997) www.wpppowerlifting.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 APR, ADFPF 3rd Massachusetts State DL Invitational (unequipped, equipped - SETS, Hingham, MA) Meet Director, Saul Shocket, www.adfpf.org, shocketa@aol.com
 26 APR, ADFPF Michigan State & Open PL/Single (unequipped, equipped - Lansing Community College, Lansing, MI) Meet Director Jeff Buchin, www.adfpf.org, gedney@logonix.net
 26 APR - WNPFF Lifetime North American PL, BP, DL, PC Championships (Kissimmee, FL) WNPFF Lifetime, PO Box 142347, Fayetteville, GA 30214, 678 817-4743, wnpflifetime@aol.com
 26 APR - WNPFF 9th Elite Nationals & Subs/Masters National (PL, BP, DL, PC - Kissimmee, FL) Troy Ford 678-817-4743, wnpf@aol.com
 26 APR, Brute Strength Strongman (Norfolk, VA) Brute Strength Gym 757-893-9111, 757-650-5410, schroeder_gayle@yahoo.com, www.powerandstrength.com
 26 APR, NASA NM State (PL/BP/PS) mike@liftinglarge.com, www.liftinglarge.com
 26-27 APR, UPA Powerlifting & BP Nationals (Columbus, OH) Kenny Patterson, Meet Director, 6 1 4 - 3 3 5 - 5 1 8 1 , Kpatterson@unitedpowerliftingassociation.com, www.unitedpowerliftingassociation.com
 26-27 APR, IPA Iron House Classic PL & BP (Zanesville, OH) Mike Maxwell 740-704-4747, download entry at www.ironhousezanesville.com
 APR, PPL Georgia State Drug Free PL, PPL, 2250 Lumpkin Rd., Augusta, GA 30906, 706-790-3806, pythongym@aol.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, vapoverlifting@aol.com
 3 MAY, Central California Open & Novice PL/BP
 3 MAY, USPF San Diego Open PL/BP/DL, Steve Denison, 661-333-9800, pwrfltr@msn.com, www.powerliftingCA.com
 3 MAY - WNPFF Lifetime Palmetto PL, BP, DL, PC Championships & Collegiate Challenge (Clemson, SC) WNPFF Lifetime, PO Box 142347, Fayetteville, GA 30214, 678 817-4743, wnpflifetime@aol.com
 3 MAY - WNPFF 11th Carolina State PL, BP, DL, PC & Collegiate Challenge (Clemson, SC) Troy Ford 678-817-4743, wnpf@aol.com
 3 MAY, USPF Military Nationals (San Diego, CA) Steve Denison 6 6 1 - 3 3 3 - 9 8 0 0 , pwrfltr@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-

WNPFF EVENTS
 WE OFFER FULL MEETS, BENCH ONLY, DEADLIFT ONLY, SQUAT ONLY, REPS AND POWERCURL EVENTS. EQUIPMENT- RAW, SINGLE PLY AND UNLIMITED DIVISIONS
 PL-Full Powerlifting meet, BP-Bench Press, DL-Deadlift, PC-Powercurl

JANUARY 27-1ST
 PENNSYLVANIA VS NEW YORK, NEW JERSEY, DELAWARE & MARYLAND CHAMPIONSHIPS (PL, BP, DL, PC)
 Note: The winning WNPFF state chairman will take home the championship trophy so come out and represent your state.- Philadelphia, PA,

FEBRUARY 9- 5TH
 SOUTH GEORGIA PL, BP, DL, PC- Warner Robins, GA,

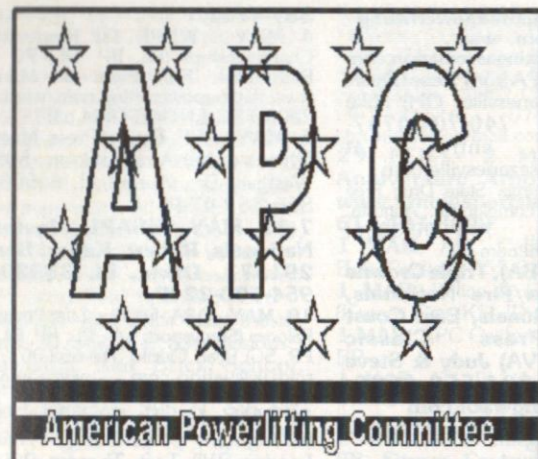
FEBRUARY 23- 2ND
 : ALL RAW WORLD CUP PL, BP, DL, PC (For RAW lifters only) - Bordentown, NJ,
 Contact Troy Ford 678 817-4743 or wnpf@aol.com

 WNPFF LIFETIME DRUG FREE EVENTS (FOR THE LIFETIME DRUG FREE LIFTER)
 WE OFFER FULL MEETS, BENCH ONLY, DEADLIFT ONLY, SQUAT ONLY, REPS AND POWERCURL EVENTS. EQUIPMENT - RAW AND SINGLE PLY ONLY (NEW RECORDS AND A NEW BEGINNING FOR THE LIFETIME DRUG FREE LIFTER)

JANUARY 27-1ST
 Quad State PL, BP, DL, PC Championships (PA, DE, MD, NJ)- PHILADELPHIA, PA.

FEBRUARY 9- 1ST
 Southern USA PL, BP, DL, PC Championships- WARNER ROBINS, GA
 Contact Troy Ford at 678 817-4743 or wnpflifetime@aol.com

389-4744
 4 MAY - WNPFF 1st Kentucky Championships (PL, BP, DL, PC - Richmond, KY) Evan or Mike www.flatlinepowerlifting.com/wnpf/2008_FPC_ENTRYFORM.pdf
 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, APA Fit For Life Power Palooza (Shreveport, LA - PL, BP, DL, PP, SC) Ryan Cidzik, 318-663-0077, rcidzik@yahoo.com, www.apa-wpa.com
 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, 108 S. 18th, Carrizo Springs, TX 78834, 361-813-9691
 17 MAY, San Jose Open PL/BP/DL, Steve Denison, 661-333-9800, pwrfltr@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
 30th anniversary, 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
 31 MAY - WNPFF Lifetime Elite PL, BP, DL, PC Nationals (Ephrata, PA) WNPFF Lifetime, PO Box 142347, Fayetteville, GA 30214, 678 817-4743, wnpflifetime@aol.com
 31 MAY - WNPFF Raw Nationals & 9th Pan-American Equipped (USA, Canada, Puerto Rico - Ephrata, PA) Troy Ford 678-817-4743, wnpf@aol.com
 MAY - WNPFF USA vs. Brazil (Caxias do Sul, Brazil) Troy Ford 678-817-4743, wnpf@aol.com
 MAY '08, WDFPF European Single Event (Como, Italy) www.wdfpf.cc
 6 JUN, SPF Nationals PL/BP (Gatlinburg, TN) Jesse Rodgers, 4 2 3 - 3 4 4 - 7 1 6 1 , rodgersmadmax@bellsouth.net, www.southernpowerlifting.com
 7 JUN, NPA Central States Open Drug Free BP/DL, Fitness Lifestyles, 641 W. Stephenson St., Freeport, IL 61032, 815-233-2292
 7-8 JUN, USAPL NJ State HS PL, Mark Salandra, 5 Thompson Close, Hillsborough, NJ 08844, 908-874-6125, www.strengthcondition.com
 13-14 JUN, USAPL Teen Junior Nationals (St. Louis, MO) Harold Gaines Sr., 2 Tristan Terrace, St. Charles, MO 63303, 314-805-2044
 13-15 JUN, USAPL Men's, Teen,



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.

- 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

Junior Nationals, Johnny A. Graham, 2203 Excel Dr., Killeen, TX 76542, 254-526-0779
14 JUN, USPF Muscle Beach BP/DL (Venice Beach, CA) Steve Denison, 661-333-9800, pwriftrs@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, ADFP 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.adfp.org
21 JUN, 100% RAW & AAU RAW Twisted Fitness Push-Pull, Bench, Deadlift & Strict Curl (Claremont, NH) Meet Director, Bret Kernoff 802-865-2747, bret@vermontpowerlifting.com, www.vermontpowerlifting.com
26-29 JUN, WPF European PL, BP, DL (Kulturhalle Stadt Forchheim (Jahnhalle), Friedrich-Ludwig-Jan-Strasse, 91301 Forchheim, Germany, Peter and Jorg Wiemann, www.wfpowerlifting.com
28 JUN, ADAU National Powerlifting (men, women, all ages.) Joe Oregina, 4319 W. 26 St., Erie, PA 16506, 814-833-3727
28 JUN - WNPFL 17th New Jersey PL, BP, DL, PC (Bordentown, NJ) Troy Ford 678-817-4743, wnpfl@aol.com
28 JUN - WNPFL Lifetime Raw Nationals & Powerfest 2K8 (Bordentown, NJ) WNPFL Lifetime, PO Box 142347, Fayetteville, GA 30214, 678 817-4743, wnpflifetime@aol.com
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 - WNPFL Lifetime Pan-Americans PL, BP, DL, PC Champs (Nanuet, NY) WNPFL Lifetime, PO Box 142347, Fayetteville, GA 30214, 678 817-4743, wnpflifetime@aol.com
JUN - WNPFL Powerfest 2K8 PL, BP, DL, PC (Nanuet, NY) Troy Ford 678-817-4743, wnpfl@aol.com
JUN, USPF Multi-National Junior, Senior, Masters PL/BP/DL Championship (Providence, RI)

Ted Isabella, uspf-ri@cox.net, Matt McCasie mccasie@yahoo.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 402-592-1243, 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, pwriftrs@msn.com, www.powerliftingCA.com
12 JUL - WNPFL North Americans PL, BP, DL, PC Championships (Atlanta, GA) Troy Ford 678-817-4743, wnpfl@aol.com
12 JUL - WNPFL Lifetime USA PL, BP, DL, PC Championships (Atlanta, GA) WNPFL Lifetime, PO Box 142347, Fayetteville, GA 30214, 678 817-4743, wnpflifetime@aol.com
19 JUL, UASPL Mid Atlantic Open (PL/BP/DL/Ironman, raw, assisted - Standardsville, VA) John Shifflett, 186 Happy Hollow Rd., Ruckersville, VA 22968, valifting@aol.com, www.virginiausapl.com
19 JUL, Grand Nationals Meet (Sheboygan, WI) Rich Peters, Meet Director, 405-527-8513
19-20 JUL - WNPFL Drug Free Nationals & Team Ford vs. Team Deamicis (PA) Troy Ford 678-817-4743, wnpfl@aol.com or Ron Deamicis 330-792-6670, powerit103@aol.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, 802-999-7845, www.allamericanfitnessvt.com
26 JUL - WNPFL Lifetime Youth, Teen, Junior, Subs, Masters & Police/Fire Nationals & Summer Classic (PL, BP, DL, PC - Kissimmee, FL) WNPFL Lifetime, PO Box 142347, Fayetteville, GA 30214, 678 817-4743, wnpflifetime@aol.com
26 JUL - WNPFL 16th Florida State &

USA Championships (Kissimmee, FL) Troy Ford 678-817-4743, wnpfl@aol.com
26 JUL, SSA West Coast Summer Ironman Classic (Newport, OR) Jason Centoni 540-336-2779, www.strengthalliance.com
26-27 JUL, UPA Power Weekend, Bench Bash for Cash, Pro Powerlifting, Amateur Strongman, Amateur Bench Press, Bill Carpenter 563-599-1390, Kenny Patterson 614-563-0279
26-28 JUL, USAPL Raw National Championships (St. Louis, MO) Harold Gaines 314-805-2044, www.usaplnationals.com
1-3 AUG, RAW United Teenage & Women's Nationals (all current membership cards honored, all lifters & teams receive awards, entry deadline Saturday, July 12) Spero Tshontikidis, 4353 Collinwood Dr., Melbourne, FL 32901, 321-505-1194, tshontis@brevard.k12.fl.us
2 AUG, USPF Muscle Beach Push Pull BP/DL (Venice Beach, CA) Steve Denison, 661-333-9800, pwriftrs@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
10 AUG - WNPFL Lifetime 1st World Cup BP, DL, PC Championships (Philadelphia, PA) WNPFL Lifetime, PO Box 142347, Fayetteville, GA 30214, 678 817-4743, wnpflifetime@aol.com
10 AUG - WNPFL Single Lift Nationals & Ironman Nationals (BP, DL, PC - Philadelphia, PA) Troy Ford 678-817-4743, wnpfl@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
6 SEP, NASA NM Regional (PL/BP/

PS), mike@liftinglarge.com, www.liftinglarge.com
6 SEP - WNPFL Lifetime Southern States (Fitzgerald, GA) WNPFL Lifetime, PO Box 142347, Fayetteville, GA 30214, 678 817-4743, wnpflifetime@aol.com
6 SEP - WNPFL 2nd Jake the Hammer Classic BP, DL, PC (Fitzgerald, GA) Troy Ford 678-817-4743, wnpfl@aol.com
12-13 SEP, USPAL Bench Press Nationals, Gary Kanaga, 591 Central Dr., Broadview Hts., OH 44147, 440-717-9624
13 SEP, NPA National Drug Free BP/DL, Fitness Lifestyles, 641 W. Stephenson St., Freeport, IL 61032, 815-233-2292
13,14 SEP, USPF Muscle Beach PL/BP/DL (Venice Beach, CA) Steve Denison, 661-333-9800, pwriftrs@msn.com, www.powerliftingCA.com
20 SEP, Supreme Fitness Challenge II 100% Raw & AAU PP/BP/SC (Supreme Fitness, Brattleboro, VT) Meet Director Bret Kernoff, 802-865-2747, Vermontpowerlifting.com, bret@vermontpowerlifting.com
20-21 SEP - WNPFL World Powerlifting Championships (OH, Western PA, or Niagara Falls, NY) Ron Deamicis 330-792-6670, powerit103@aol.com
27 SEP - WNPFL 20th Lifetime Nationals (Bordentown, NJ) Troy Ford 678-817-4743, wnpfl@aol.com
27 SEP - WNPFL Lifetime New Jersey (Bordentown, NJ) WNPFL Lifetime, PO Box 142347, Fayetteville, GA 30214, 678 817-4743, wnpflifetime@aol.com
28 SEP - WNPFL Lifetime Pennsylvania State (Ephrata, PA) WNPFL Lifetime, PO Box 142347, Fayetteville, GA 30214, 678 817-4743, wnpflifetime@aol.com
28 SEP - WNPFL 17th Penn States Open PL, BP, DL Champs (Ephrata, PA) contact Troy Ford 678-817-4743, wnpfl@aol.com
28 SEP, UK Open PL, BP, DL (Four Seasons, Trallwn Road, Llansamlet, Swansea) Ken Williams (07970 625946), Nigel Wilding (07814 939047) www.wfpowerlifting.com
3-5 OCT, RAW United Armed Forces Nationals (open to active duty soldiers, reservists, guardsmen, and veterans, all current membership cards honored, all lifters & teams receive awards, entry deadline Saturday, September 13) Spero Tshontikidis, 4353 Collinwood

Dr., Melbourne, FL 32901, 321-505-1194, tshontis@brevard.k12.fl.us
4 OCT, USPF Central California Open PL/BP/DL (Modesto, CA) Steve Denison, 661-333-9800, pwriftrs@msn.com, www.powerliftingCA.com
4 OCT, USPF Collegiate Nationals, (Modesto Junior College, Modesto, CA) Steve Denison 661-333-9800, pwriftrs@msn.com, www.powerliftingCA.com
4 OCT, SPF/WBPLA World PL/BP (Gaitlinburg, TN) Jesse Rodgers, 423-344-7161, rogersmadmax@bellsouth.net
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.adfp.org
11 OCT - WNPFL 9th Palmetto PL, BP, DL, PC (Clemson, SC) Troy Ford 678-817-4743, wnpfl@aol.com
11 OCT - WNPFL Lifetime Carolina State BP, DL, PC Championships (Greenville, SC) WNPFL Lifetime, PO Box 142347, Fayetteville, GA 30214, 678 817-4743, wnpflifetime@aol.com
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, 818-899-7555, warrior01@earthlink.net, www.powerliftingCA.com
18 OCT, APC Northern California Open PL/BP, John Ford 650-303-7518
25 OCT, 4th Westminster Family Center Open BP, WFC, 11 Longwell Ave., Westminster, MD 21157, Scott Bixler, 443-789-9452
25 OCT, SSA West Coast Fall Ironman Classic (Newport, OR) Jason Centoni 540-336-2779, www.strengthalliance.com
25-26 OCT - WNPFL Lifetime 1ST International Cup Championships (PC, BP, DL (Atlantic City, NJ) WNPFL Lifetime, PO Box 142347, Fayetteville, GA 30214, 678 817-4743, wnpflifetime@aol.com
25 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
8 NOV, Regionals (Kansas City, KS) JDuree@aol.com
8 NOV, APF Bench Press (Phoenix, AZ) Amy Jackson 505 Westgate Dr., Aurora, IL 60506, 866-389-4744
15 NOV, N. Virginia Raw PL/BP, John James 703-475-9885, www.northernvirginiarawpower.com
22-23 NOV - WNPFL Lifetime 1st All-Raw World Cup Powerlifting, BP, DL & PC (Atlanta, GA or Orlando, FL) WNPFL Lifetime, PO Box 142347, Fayetteville, GA 30214, 678 817-4743, wnpflifetime@aol.com
22-23 NOV - WNPFL 17th WNPFL World BP, DL & PC Championships (Atlanta, GA or Orlando, FL) Troy Ford 678-817-4743,

AFPF-AAFPF Illinois Open State & School C.R.E.D.O. & Raw Powerlifting Championships

Sunday
March 9, 2008
Meet Director
Ernie Frantz

Bolingbrook High School Field house
365 Raider Way, Bolingbrook, IL 60440

WHEN: Sunday March 9, 2008
 WEIGH-INS: Sat. 8, 9:00 A.M. to 2:00 P.M. at Frantz Gym, 62 S. Broadway, Aurora, IL 60505 & Sun weigh-ins will be at Bolingbrook High School, 365 Raider Way, Bolingbrook, IL Sunday March 9, 7:30 AM - 11:00 AM (Maximum weigh-in 24 hours before meet).
 LIFTING SCHEDULE: 9:00 AM Rules Clinic 8:30 AM
 RAW = 3 lifts = squat, bench, dead lift
 This will be a Two Platform Meet. Same as A.A.F.P.F. rules belt only no dead lift straps.
 C.R.E.D.O.
 Will be on one platform by itself (the fee of \$150.00 is per school team, not individual). Lifting will be with reps., only equipment allowed are lifting belts and dead lift straps. Also, you must wear loose fitting clothing such as shorts and t-shirt, with only school logos, C.R.E.D.O. logo or personal names allowed.
 No. 3 divisions- Age /10-11-12// 13-14-15// 16-17-18—/Each Division-Weight Classes - 100 lbs. 120lbs. 140lbs. 160lbs. 180lbs. Light Class 200lbs. 220lbs. 240lbs. 260lbs. 280lbs. SHW. Heavy Class 5 and 5 Classes. Check www.frantzpowerlifting.com for C.R.E.D.O. point system.
 Open for new board members and suggestions for improvements from coaches. Call Ernie Frantz at cell- 630-546-3769 or Frantz Sports at 630-897-2582. Or contact at erniefrantz@aol.com Fax 1-630-892-0909.
 ELIGIBILITY: Open to all AFPF-AAFPF registered athletes. We will honor all organizations that have a current up-to-date card for this first year, all athletes must have a valid card. Athletes may register at the meet before weigh-ins. Registration is \$30.00 per school team, payable to C.R.E.D.O.
 ENTRY FEE: A fee of \$79.00 for each lifter and every division must accompany this entry form and be in to the meet director no later than Feb. 15, 2008. There will be a \$40.00 late charge, and \$50.00 team entries. Team list must be presented to the meet director before weigh-ins. Late entries may be denied. Entries are not refunded.
 WEIGHT CLASSES: Men: 114, 123, 132, 148, 165, 181, 198, 220, 242, 275, 308, SHW; Women: 97, 105, 114, 123, 132, 148, 165, 181, 198, UNL.
 AWARDS: Trophies will be given to the first three places in each Mens' and Womens' divisions. There will be one Men's and one Women's best lifter award, and 1st & 2nd place team awards.
 C.R.E.D.O. Will have light and heavy school trophies 1st and 2nd place. Individual trophy for school light and heavy. Record Certificates - for all C.R.E.D.O. divisions and weight classes.
 HOTEL: Hampton Inn & Suites, 165 Remington Blvd., Bolingbrook, IL 60440 \$79 - \$109 price? Call to be sure. Send entry fee to = Frantz Sports or C.R.E.D.O. 62 S. Broadway Aurora, IL 60505. E-mail: Erniefrantz@aol.com Ph. 630-759-7100, 630-897-2582, or 630-546-3769.

Name: _____
 Complete Address: _____
 City, State, Zip: _____
 Date of Birth: _____ Age: _____ AFPF-AAFPF Card No. _____
 Home Phone: _____ Work or Cell Phone: _____
 E-Mail: _____

Check Division Entered (Check one) AFPF (non tested) AAFFP (tested) RAW

Teen 13-15, 16-17, 18-19 Men Women
 Junior 20-23 Powerlifting: Weight Class: _____
 Open Bench Press: Age Group: _____

Master

Make Checks Payable To:
 Frantz sport center, 62 South Broadway, Aurora, IL 60505

In consideration of the acceptance of this entry thereby for myself, my heirs, executors, and administrators waive and release any and all rights and claims for damages I may have against the AFPF-AAFPF, Ernie Frantz, Frantz Sports Center, Valley View Community Unit Schools District 365U, their representatives, successors and assigns for any and all injuries or bodily harm that I may suffer while competing at the 2007 AFPF-AAFPF Illinois State and Open PL/BP Championships.

X

wnpfl@aol.com
 13-16 NOV, WPF World PL, BP, DL (Austragungsort, Jedlersdorferstrasse 94, A1210, Wien, Austria, Gerhard Holleitner, www.wfpowerlifting.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, 321-505-1194, tshontis@brevard.k12.fl.us
 6 DEC, USPF NorCal Open PL, BP, DL (Sacramento, CA) Steve Denison, 661-333-9800, pwriftrs@msn.com, www.powerliftingCA.com
 6 DEC, USAPL Virginia State (PL/BP/DL/Ironman, raw, assisted - Standardsville, VA) John Shifflett, 186 Happy Hollow Rd., Ruckersville, VA 22968, valifting@aol.com, www.virginiausapl.com
 6 DEC - WNPFL McCray/Peace Memorial BP, DL, PC & Police/Fire/Military Nationals (Bordentown, NJ) Troy Ford 678-817-4743, wnpfl@aol.com
 6 DEC - WNPFL Lifetime Ironman Nationals & East Coast BP, DL, PC (Bordentown, NJ) WNPFL Lifetime, PO Box 142347, Fayetteville, GA 30214, 678 817-4743, Wnpflifetime@aol.com
 7 DEC - WNPFL 7th Eastern USA PL, BP, DL, PC (Seaford, DE) Troy Ford 678-817-4743, wnpfl@aol.com
 7 DEC, BPO British BP & DL Record Breakers (Four Seasons, Trallwn Road, Llansamlet, Swansea) Ken Williams (07970 625946), Nigel Wilding (07814 939047) www.wfpowerlifting.com
 13 DEC, 100% Raw Christmas Classic BP/CR, John Shifflett, 186 Happy Hollow Rd., Ruckersville, VA 22968, valifting@aol.com, www.rawpowerlifting.com
 13 DEC - WNPFL Lifetime BP, DL & PC Nationals (Location TBA) WNPFL Lifetime, PO Box 142347, Fayetteville, GA 30214, 678 817-4743, Wnpflifetime@aol.com

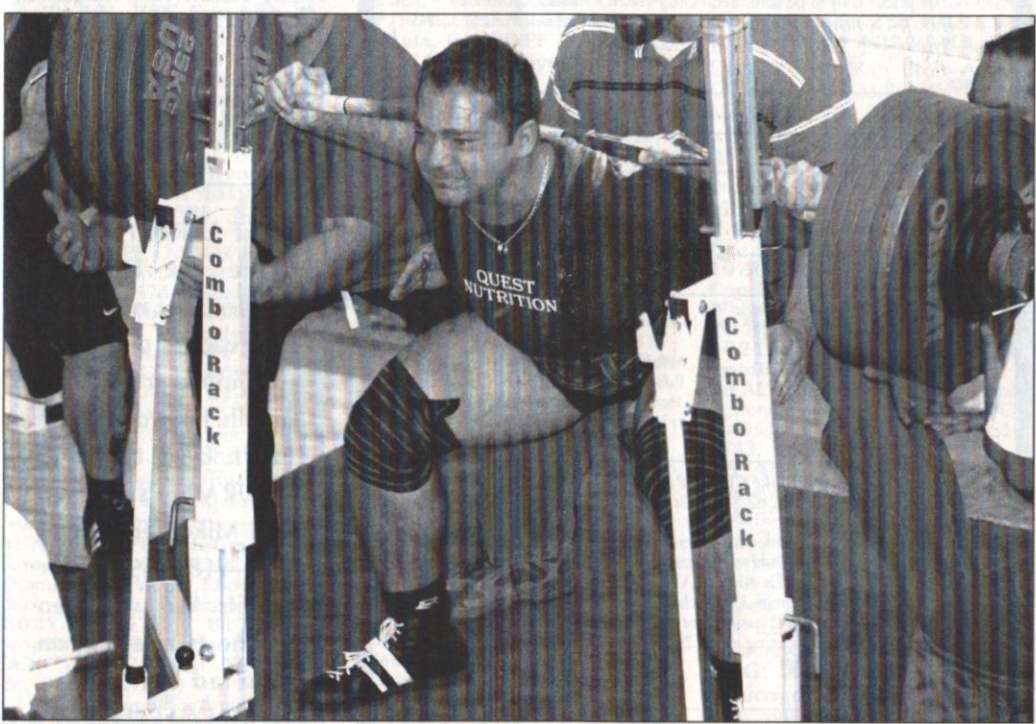
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Mike Bridges & Odd Haugen teamed up at the USAPL Iron Eagle Desert Thunder meet. Odd went 639 385 661 in the raw 275 lbs.

USAPL Thunder Championship 3 NOV 07 - Hemet, CA				
BENCH				
275+ lbs.				
MALE				
Master V Raw				
D. Mishalof 286				
Open Raw				
J. Hadden 209				
Powerlifting				
SQ	BP	DL	TOT	
FEMALE				
105 lbs.				
Master III Raw				
S. Slater	132	66	126	325
148 lbs.				
Master III				
C. Bridges	203	93	264	562
198 lbs.				
Teen (16-17)				
H. Keola	319	154	308	782
Master I Raw				
T. Marquez	181	126	242	551
MALE				
148 lbs.				
Master V Raw				
G. Santee	303	209	424	937
165 lbs.				



Mike Tuschcerer, an IPF Junior World Record Holder, it a big 843 562 804 for 2210 in the open 275s.

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Master VI Raw				
W. Hill — 319 — 319				
Master VII Raw				
B. Siebold 242 165 363 771				
Junior (20-23)				
E. Reyes 226 424 369 1019				
Teen (16-17)				
K. Wilson — 363 — 363				
Open				
S. Buckley 573 429 611 1614				
K. McQuown 281 231 435 948				
J. Burnell 220 137 220 578				
242 lbs.				
Master III				
W. Jandoc 600 407 600 1609				
Master III Raw				
K. Jordan 440 303 451 1196				
Junior (20-23) Raw				
M. Melgar 562 363 540 1466				
Open				
M. Schroeder 137 — — 137				
275 lbs.				
Open				
M. Tuschcerer 843 562 804 2210				
Junior (20-23) Raw				
D. Zyski — 242 507 749				
Open Raw				
O. Haugen 639 385 661 1686				
A. Denaro 518 385 562 1466				

referring but had time to lift in the 148 lbs. class and competed 9 for 9 in his lifting. John Kluck, a new man to the powerlifting platform did well in the 165 lbs. class lifting raw. Chris Patton did a fine job with his coach Sam Alduenda guiding him to a 9 for 9 first place. Jason Chan a new lifter with great potential competed raw and took a first place in his division. Kaden Nguyen was also part of the 181 lbs. class. David Olivarez, our man from Hemet, was another strong lifter in the 181 lbs. class. Craig Saewong had the highest total in the 181 lbs. class with a 595 kilo total. Bill Weinstock did a great job on the platform with a 457 kilo total. Greg Lewis missed only one attempt on his bench and finished 8 for 9 for first place. Greg Buffington did a great job with a total of 702 kilos. The 220 lbs. class had the biggest showing with 10 lifters. William Hill did a great job of benching 145 kilos. Bill Siebold, a first time lifter, did a fantastic job for his first time on the platform. Dan Mahan (without his competition Mike Womesldorf lifting) did a great job lifting raw with a 655 kilo total and going 9 for 9. Edgar Reyes lifted great as a Junior class lifter. Shawn Buckley posted a great total of 732 kilos. Michael Musto had the highest total for the 220s at 737 lbs. Kenny Wilson came in with a fine bench of 165 kilos. Kevin McQuown took second place in the Open class. Greg Baxter did a great job getting 8 for 9 for the day. Kevin Jordan lifting raw looked really good and strong in the 242 lbs. class. Mynor Melgar lifting in the junior class division raw had a 647 kilo total. Michael Schroeder also made a showing in the 242 lbs. class. Wayne Jandoc did a great job with a 737 kilo total. Michael Tuschcerer, an IPF Junior World Record holder, came to the platform stealing all the plates in the gym just to load up the bar with a 843 lbs. squat, 562 lbs. bench, and a 804 lbs. deadlift. Michael please notify us in advance so we can order more weights when you lift! David Zyski also made a showing in the 275 lbs. class also. David Mishalof came back to the platform after many years of not competing but showed us that he still has what it takes to get 130 kilo bench press. Odd Haugen the International Famous Strong Man competitor lifted raw and did a great job with a 750 kilo total. Aaron Denaro finished behind Odd with a 665 kilo total. We would like to give a big thanks to the gym owner Philip Smith and his manager Chester Smith for opening up the gym for us to use. Also, a big thanks to our spotters and loaders who moved a few trillion tons all day Saturday. We would like to also thank our judges Jim Merlino, Gorden Santee, Lance Slaughter, Steve Heyl, Bill Ennis, Ron Scott, and our number one favorite Judge Snow Baehr, and our newest State Referee Dr. David Foster. A big thanks for Chuck Lamantia for keeping us pumped up with music and doing the announcing along with his wife doing a great job of working the score cards and computer. Thanks you to House of Pain for supplying us with the latest powerlifting fashions. We can never forget Glenda Womesldorf who puts up with the meet director before, during, and after the meet, along with taking pictures. Also for Mike and Christine Bridges helping us setting up the equipment, and Kristen Hrabal making up the contest paper work. Our meet Director Mike Womesldorf, who's company MW Builders, along with Iron Eagle Powerlifting which sponsored this event, wish to thank them also. (courtesy Mike Womesldorf)

APA Northwest Open 1 DEC 07 - Kennewick, WA

BENCH				
308 lbs.				
Submaster Std				
J. Getchell 500				
Open Std				
J. Reyes 625 341 lbs.				
Submaster Std				
J. Reyes 625 C. Masenten 600				
Master II Std				
SHW				
J. Wolbers 400 Master I Std				
T. Robinson 350 P. Ratsch 805				
242 lbs.				
Open Std				
Teen Std				
R. Kennelly 1050				
S. Toovey 95 DEADLIFT				
Master I Std				
220 lbs.				
V. White 450 Master II Std				
J. Wolbers 610				
T. Robinson 350				
BP DL TOT				
Push Pull				
198 lbs.				
Open Unl				
B. McCloud 405 475 880				
242 lbs.				
Open Unl				
C. Duffin 630 690 1320				
Powerlifting				
SQ	BP	DL	TOT	
198 lbs.				
Unl				
B. McCloud — — — —				
242 lbs.				
Unl				
C. Duffin — — — —				
275 lbs.				
Unl				
J. Payne 800 600 650				
2150*				
4th-SQ-850				
J. King 700 450 600 1750				
Std				
L. Bush 500 500 450 1450				
308 lbs.				
Open Raw				
Labourcade 700 450 705 1855				
Teen Std				
A. Whitaker 505 265 500 1270				
Open Std				
A. Whitaker 505 265 500 1270				
341 lbs.				
Open Unl				
J. Patterson 750 545 785 2080				

*=Record Totals. Std=Standard Gear. Unl=Unlimited Gear. A very special thanks to LifeQuest Fitness for hosting this event, to those who judged, spotted, loaded, and especially those who helped make this meet possible on last minutes notice. Another federation had planned a meet in this time frame and canceled at the last minute, so many lifters were set for a meet in this time frame. With a couple weeks notice the APA supplied them with a meet and some awesome lifting took place. Paul Ratsch set a new master record with an 805 lift that went up smoothly. Paul had a lot more to spare. Ryan Kennelly opened with a big 950 bench and it went up without hesitation. Then he attempted an "all time" record of 1050 and put that up even faster! For a third attempt he tried



Paul Ratsch, Ryan's expert handoff man, broke a barrier of his own with an 805 lb. bench in the SHW

KENNELLY BREAKS ALL TIME RECORD .. AGAIN!



Ryan Kennelly, weighing 347, opened with 950, then made a world all time best of 1050 lbs., and even tried a spectacular 1105 pound bench press on his 3rd attempt at the APA Northwest Open (S. Taylor)

1105 and made it to within an inch of lockout. Obviously he has 1100 in him and we should see that very soon. A lot of big lifts were registered in the full power and single event lifts. Big Josh Patterson pulled 785 and made it look easy. All of the lifters put up some nice numbers. Special thanks to all who made this meet possible. The APA will be returning to Washington state in April so start gearing up. (Thanks to Scott Taylor for results)

USAPL Garage Ink Invitational 3 NOV 07 - Stewartstown, PA

BENCH				
FEMALE				
SHW				
Open Master				
Police/Fire				
R. Carroll 264				
MALE				
220 lbs.				
Open				
R. Dawson 385				
242 lbs.				
Master Raw				
G. Burke 314				
Push Pull				
132 lbs.				
HS Varsity				
E. Everhart 82 214 296				
165 lbs.				
HS JV				
E. Scullin 93 192 286				
SHW				
Open				
C. Petty 143 286 429				
MALE				
148 lbs.				
HS JV				
M. DePasquale 187 385 572				
165 lbs.				
Junior (20-23)				
T. Zachwieja 214 396 610				
181 lbs.				
Police/Fire Open				
S. Davenport 369 507 876				
Police/Fire Raw				
S. Roesler 270 424 694				
198 lbs.				
Master				
B. Krench 303 319 622				
275 lbs.				
Junior Raw				
R. Pietrofesa 473 507 1380				
Powerlifting				
SQ	BP	DL	TOT	
FEMALE				

DEADLIFT
FEMALE
105 lbs.
HS Varsity
T. Sohn 132
MALE
Open
Police/Fire
T. Getsinger 611
SHW
Open
L. Karabel 705
BP DL TOT

M. DeLuca 143 99 231 473
HS JV
J. Sochocky 137 77 214 429
J. Everhart 126 71 203 402
Raw
T. Niel 132 71 187 391
148 lbs.
HS Varsity
A. Doyle 165 82 231 479
165 lbs.
Open Master
C. Givson 308 187 314 810
MALE
123 lbs.
HS JV
M. DeLuca 143 99 231 473
148 lbs.
HS Varsity
G. Barbetto 303 187 407 903
165 lbs.
Master OS
P. Long 462 287 501 1251
181 lbs.
Open
M. Cagliola 540 418 — 958
198 lbs.
Open
R. Zsido 529 451 540 1521
Raw
R. Kilgore 319 236 429 986
S. Wright 336 281 440 1058
220 lbs.
Master
D. Kafes 396 259 424 1080
242 lbs.
Collegiate
E. Frattaruolo 512 308 512 1333
275 lbs.
Police/Fire
Raw
S. Siggins 501 407 501 1410
Master Raw
J. Zwick 275 253 319 848
SHW
Raw
J. Pope 617 424 699 1741

wanted! Let me first say thank you to those who made this all possible. Matt Gary, Phillip Battle, and Donnie Wilson were the judges for the whole contest! You guys were fantastic! I Ryan Hevie, Tony Forella, Dan Ratchford, and Chris were our spotters. Wow, these guys worked so hard all day! Jim Roberts and Rocco DeStefano kept the contest flowing smooth all day by running the score cards and flight charts. Great job! Jackie and Laura were our special ladies in the Kitchen that kept us all fed throughout the day! There were 32 lifters who came to play and let it all hang out on the platform. Lifters from six different states amazed the crowd yesterday. We had a team of lifters from Hammonton High School in New Jersey come to lift hard with us. The other lifters came from New York, Maryland, Virginia, Illinois, and Pennsylvania. Many lifters set PR's and some were able to set New State Records. Standout performances were turned in not just by a few, but in my opinion; all the lifters were fantastic! Garage Ink members lifted so well today. Tracey Niel hit a PR squat of 132 and pulled a nice 187 in her new sumo style. Cheryl Gibson hit a huge 308 squat, benched 187, and pulled a very nice 314 for a new total of 809! Pete Long at age 51 and weighing only 165 squatted 462, benched 287, and pulled a big 501! Tom Getsinger pulled a huge 611! Emilio Frattaruolo, I love announcing his name, put a huge 120 pounds on his total via a 512 squat, 309 bench, and 512 deadlift. Then Sean Siggins walked over to squat a nice 501, benched 407, and pulled a very good effort of 501. I was very honored to have all of the lifters come to my contest. Jim Pope came up from Virginia to get ready for the Arnold. He pulled a huge raw 699 DL and totaled 1741 raw! Elite Super Heavy Weight Lance Karabel drove all the way in from Chicago to wow the crowd in the deadlift. With an easy opener of 705, his other efforts of 733, were very close. Thanks so much meet. Yep, a free meet to all who were guys. You all put on an awesome show! I hope you all had fun because I surely had the bottom of the Stewartstown United Methodist Church! You read that right. Thank my wife for putting up with me. She Barbell, Chalk, loud music, loud screams surely has the patience of a saint. I love you and thank you for all your understanding and support. See you at the next local church! Besides all of that, we also had food to eat all day. Just put a donation in the basket and partake in all the food you Hulstader for providing 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

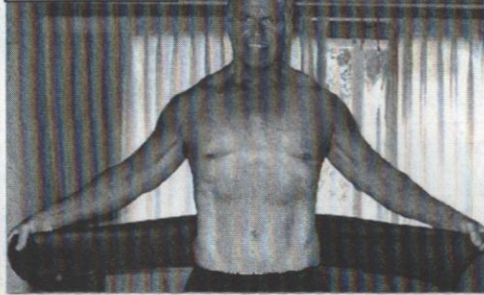
vent wear and tear and to keep stability and warmth in the knees, I used the TK Knee Bands. The pounding affects the lower back and spine as well so I wore the TK Waist Band that kept my back warm and gave good support to the lower back.

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



09/16/06 209



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.

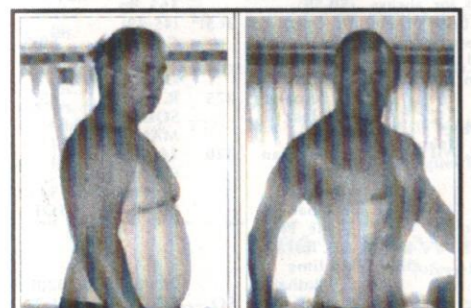
I told him I did not need it because I would drop my bodyweight. He countered by telling me that losing weight would not do it. He

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!



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.

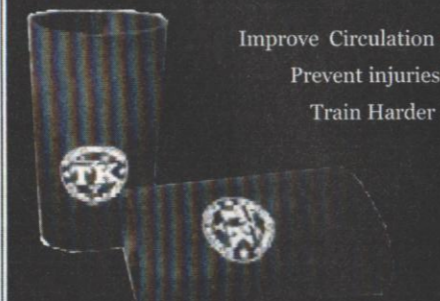
was thinking I meant 20-30 pounds but I was thinking in terms of losing 100 pounds. I left his office with the blood pressure medicine in hand but with a definite goal in mind -- that of losing 100 pounds of body fat by following a sound diet and an exercise program geared to lose body fat.

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-

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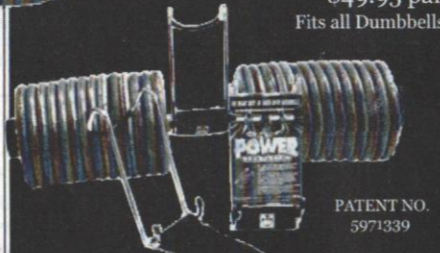
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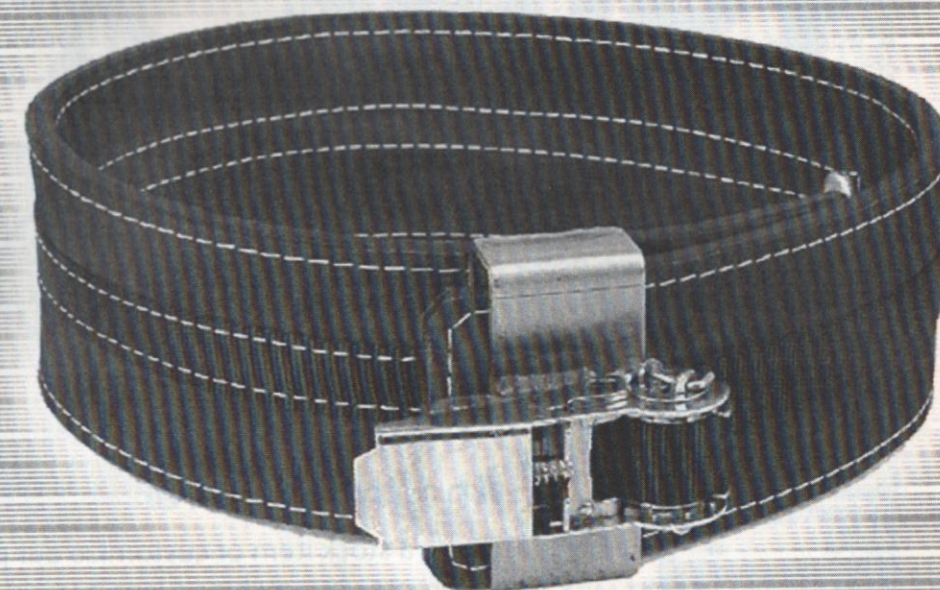
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NASA East Texas Regional
6 OCT 07 - Tyler, TX

BENCH	Master II	308		
MALE	R. Harris			
181 lbs.	Master Pure			
Pure	J. Hays	358		
B. Reeves	PS BCURL			
275 lbs.	MALE			
Int	181 lbs.			
T. Crosson	Master III	93		
407	C. Mayea			
Master II	Master Pure			
L. Prince	G. Garner	137		
308 lbs.	198 lbs.			
Master I	Submaster II			
C. Spurrison	K. McHugh	132		
501	242 lbs.			
SHW	Master Pure			
Pure	C. Bowen	143		
M. Washington	275 lbs.			
352	Int			
Raw	T. Crosson	148		
181 lbs.	Master I			
Submaster Pure	L. Elliff	176		
G. Garner	Master II			
319	275 lbs.			
Master II	R. Harris	165		
L. Prince	Master Pure			
308	J. Hays	154		
SHW	308 lbs.			
Pure	Master I			
M. Washington	C. Spurrison	220		
352	Open			
PS BENCH	C. Spurrison	220		
MALE	PS DEADLIFT			
65 lbs.	MALE			
Youth	198 lbs.			
P. Garner	Master II	474		
33	K. Stuart			
181 lbs.	220 lbs.			
Submaster Pure	Master II	407		
G. Garner	J. Arnold			
319	275 lbs.			
242 lbs.	Master II			
Police/Fire	R. Harris	407		
C. Bowen	BP	DL		
402	TOT			
Submaster II				
J. Coleman				
330				
275 lbs.				
Push Pull				
MALE				
275 lbs.				
Int				
S. Ancira		358	573	931
308 lbs.				
Int				
H. Thomason		463	600	1063
Powerlifting	SQ	BP	DL	TOT
MALE				
148 lbs.				
Teen				
M. Toy		275	154	292
165 lbs.				
Submaster Pure				
E. Campos		507	319	479
Teen				
				1306

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1/2
Squats

D. McHugh	226	154	270	650	H. Corbett	418	275	474	1168
198 lbs.					220 lbs.				
int					Police/Fire				
A. Calhoun	413	270	501	1185	T. Clark	518	308	501	1328
Master II					275 lbs.				
J. Toy	479	292	451	1223	Novice				
Submaster II					D. Olstad	639	424	534	1598
K. McHugh	347	341	363	1052	Open				
Teen					D. Olstad	639	424	534	1598

Natural	D. Olstad	—	358	573	931
Pure	D. Olstad	639	424	534	1598
Submaster I	D. Olstad	639	424	534	1598
Submaster Pure	D. Olstad	639	424	534	1598
308 lbs.	int				
H. Thomason	843	463	644	1951	
Open	H. Thomason	843	463	644	1951
H. Thomason	843	463	644	1951	
Submaster II	T. Foster	573	391	611	1576
Raw	148 lbs.				
Novice	E. Campos	115	93	192	402
198 lbs.	Junior				
A. Knowles	446	231	485	1162	
Pure	S. Kivela	407	281	457	1146
308 lbs.	Pure				
D. Turley	672	463	600	1736	
Power Sports	CR	BP	DL	TOT	
MALE	181 lbs.				
Master Pure	C. Dargin	143	314	529	986
220 lbs.	Master Pure				
G. McNeil	176	358	617	1151	
242 lbs.	Master III				
L. Wile	88	104	187	380	
Police/Fire	E. Herring	154	314	551	1019
E. Herring	154	314	551	1019	
Submaster Pure	J. Rocker	192	440	463	1096
J. Rocker	192	440	463	1096	
275 lbs.	Master I				
J. Schmittle	154	358	479	992	
Master II	R. Harris	165	308	407	881
R. Harris	165	308	407	881	
Pure	B. Acker	170	347	545	1063
308 lbs.	Pure				
D. Turley	165	463	600	1229	
(Thank you to Rich Peters for these results)					

APA North Central Regional
15 SEP 07 - Bowling Green, OH

BENCH	S. Seitz	185!*
MALE	181 lbs.	
181 lbs.	Teen	
Teen	L. Meadows	470*
B. Young	450	Open
Master I	B. Seitz	590
B. Seitz	335	Master I
Master II	B. Seitz	590
F. Goodhines	250	198 lbs.
198 lbs.	Open	
Open	B. Adams	550
K. Wentworth	505	220 lbs.
242 lbs.	Submaster	
Master I	R. Tyo	610
R. Manns	650*	SHW
Master II	D. Abbott	525!*
D. Abbott	485	T. Berry
D. Goble	485	CURL
DEADLIFT	MALE	
MALE	181 lbs.	
97 lbs.	Open	
Sub-Teen	R. Staab	150
Push Pull	BP	DL
MALE		TOT
181 lbs.		
Teen		
L. Meadows	—	—
220 lbs.		
Submaster		
R. Tyo	355	610*
Raw		
Z. Geeting	405!	545!
275 lbs.		950
Junior		
R. Green	370	445
Submaster		815
J. Brown	420	505
SHW		925
Raw Novice		
T. Berry	—	—

*=World Records.!=State Records. American Records: Dennis Abbott-Bench Press, Summer Seitz-Deadlift. (from Scott Taylor)

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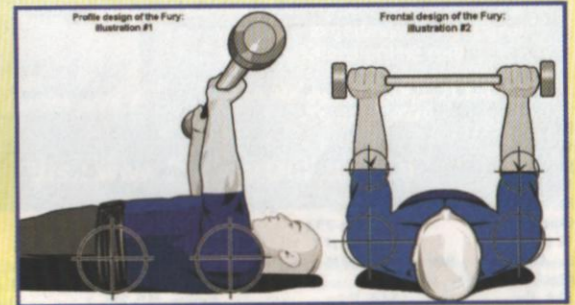
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Elite Master I II III IV		IPF Cat. 1 Cat. 2 Nat. State		Y N Y N		Y N	
Current Collegiate		U.S. Citizen		Date of Birth		Sex	
Y N		Y N		/ /		M F	
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/ /							

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Signature _____

If Under 18 have Parent Initial _____

USPF San Jose Open 19 MAY 07 - San Jose, CA

BENCH	275 lbs.	408							
WOMEN	198 lbs.								
Junior (13-15)	Master (60+)								
114 lbs.	148 lbs.								
M. Cabuag 99	B. Yager 281								
Open	4th-292								
114 lbs.	DEADLIFT								
B. Aerts 99	WOMEN								
Master(40-49)	Open								
114 lbs.	114 lbs.								
B. Aerts 99	B. Aerts 209								
Master (50-59)	Master (40-49)								
198 lbs.	114 lbs.								
S. Vaterlaus 143	B. Aerts 209								
MEN	Junior (16-18)								
Junior (16-18)	Junior (19-23)								
198 lbs.	(Wilks formula)								
J. Tripodi 248	198 lbs.								
Open	J. Tripodi 402								
181 lbs.	308 lbs.								
P. Cannizzaro 408	D. Ortega 502								
242 lbs.	Junior (19-23)								
J. Hunter 441	220 lbs.								
275 lbs.	A. Aguilar 529								
A. Aerts 408	Open								
A. Gonzales	275 lbs.								
Master (40-49)	A. Aerts 474								
(Wilks formula)	A. Gonzales								
181 lbs.	Master (50-59)								
B. Levering 424	(Wilks formula)								
242 lbs.	165 lbs.								
J. Hunter 441	B. Uyeoka 485								
Master (50-59)	275 lbs.								
	A. Aerts 474								
	BP DL TOT								
Powerlifting									
WOMEN									
Open									
105 lbs.									
N. Kashani 149	61 143 353								
114 lbs.									
B. Aerts 132	99 209 441								
198+ lbs.									
J. Loveall 386	259 386 1031								
Master (40-49)									
(Wilks formula)									
105 lbs.									
A. Vallejo 204	154 270 628								
114 lbs.									
B. Aerts 132	99 209 441								
132 lbs.									
A. Barnhill 226	143 309 678								
Master (50-59)									
123 lbs.									

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Super Training Bench Party 13 OCT 07 - Sacramento, CA

BENCH	Short-199	402
Final Results	Schwab-213	286
<250 lbs.	250+ lbs.	
Girard-248	677	Womak-316 826
Higgins-248	584	Bradshaw-400 766
Mendoza-202	551	Coleman-339 606
Ritchie-245	551	Gallager-262 600
Kelly-235	501	Carter-307 540
Melgoza-200	418	Mestas-296 501
Randa-239	407	Dennison-280 474

The top lifters were Ryan Girard and Mike Womack each won 300 dollars cash. Venue: Super Training gym. (results by Mark Bell)

USAPL Twin Cities Open 15 SEP 07 - Apple Valley, MN

BENCH	198 lbs.			
FEMALE	Fitzgerald	112		
148 lbs.	198+ lbs.			
Trucano	95	Weisman	117	
MALE	May	112		
165 lbs.	Nelson	95		
J. Tini	135	DEADLIFT		
220 lbs.	MALE			
Schweigart	197	220 lbs.		
Raw	Taylor	205		
	Nelson	172		
Powerlifting	SQ	BP	DL	TOT

FEMALE	148 lbs.								
148 lbs.	Marshall								
165 lbs.	Jamrozek	281	132	286	700				
MALE	198 lbs.								
148 lbs.	Joseph	435	226	424	1085				
165 lbs.	Williams	518	314	567	1399				
Suedel	540	308	551	1399					
181 lbs.	Ford	424	363	485	1273				
198 lbs.	Balin								
Leonard	402	259	446	1107					
Nardozi	402	248	424	1074					
220 lbs.	Labrie	622	369	655	1647				
Canton	600	407	633	1642					
Edelstein	573	396	650	1620					
Miller	573	358	540	1471					
Sampson	352	259	424	1036					
242 lbs.	Gunville	617	451	600	1670				
Born	523	358	628	1510					
Kolbeck	661	440	402	1504					
275 lbs.	Edinger	644	446	666	1758				



TEAM SUPER TRAINING Member Roy Bradshaw popping a 50 lb. PR with a 766 at the Super Training Bench Meet. (courtesy Mark Bell)

UNL	661	451	683	1796
Madvig				
Junior	440	303	584	1328
165 lbs.	319	226	402	948
Coffey				
Yanke	446	330	407	1185
198 lbs.				
Matthews				
Teen	402	248	440	1091
181 lbs.				
McClurg	325	203	352	881
220 lbs.				
Pudvill	573	358	540	1471
Master (40-49)				
220 lbs.	523			523
Miller				
275 lbs.				
Johnson	220	220	220	661
UNL				
Ricker	440	281	468	1190
Master (50-59)				
181 lbs.				
Reid	440	281	468	1190
198 lbs.				
Graham	435	308	457	1201
Master (60-69)				
165 lbs.				
Ochs	281	203	330	815

Thanks to all the lifters who came out for the USAPL 5th Annual Twin Cities Open this year. The Press Gym proved to be an excellent venue. We had a great turnout and some solid lifting as well. Lots of PR's and a couple National qualifiers were achieved. Some of the highlights were:

Rick Kolbeck set both a Masters 40-49 State squat (300K) and bench record (200K), Ryan Coffey reset his Junior State Deadlift record with a 265K attempt. Christopher Joseph set a Junior State Squat record with a 197K attempt. Chelsea Trucano set a Junior State Bench only record with a 95K attempt. John Tini set a Masters 60-69 State bench only record with a 135K attempt. Jerry Ochs set a Masters 70+ State bench record with a 92K attempt. The establishment of 12 new Raw records as follows: Brad Madvig established SHW Open raw squat, bench, deadlift and total records. Michael Sampson established 220 Open raw squat, bench, deadlift and total records. Dan Fitzgerald set a 198 Masters and Open raw bench only record. Lucas Weisman set a 220 Open raw bench only record. Joe May set a 242 Masters and Open raw bench only record. A solid battle took place in the 165 class which was won by Tony Williams on bodyweight. Both Tony and Jake Suedel secured their National qualifier and Jake won the Best Squatter award. The 220 pound class heated things up coming down to the last pun with David LaBrie pulling past Jesse Canton with a successful 297K attempt for the win. The Mens Best Lifter award was decided by 24 Wilks points with Tony Williams rocking out Jesse Canton. The Women's Best Lifter award went to Anna Jamrozek. The Best Squatter award went to Jake Suedel with a Wilk's coefficient of 1776, squeaking past Rick Kolbeck

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

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

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

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

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

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

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 • White Referee Designation Polo - \$30.00 (size ____ qty ____) • Logo Patch - \$5.00 (qty ____)(Shpg for patch: 50) • Tanks - see e.store on website
 • Lifter Classification Patch - \$5.00 (qty ____)(must provide meet results) • Singlets - see e.store • Caps and Beanies - \$15.00 (qty ____)(colors: Navy)

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

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

Card # _____ Merchandise Shipping: \$5.85

Cardholder Signature: _____ Total Purchased: \$ _____

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Cold Iron Meet
20 OCT 07 - Evansville, IN

Powerlifting	SQ	BP	DL	TOT
MALE				
165 lbs.				
D. White	275	205	405	885
Master				
242 lbs.				
J. Hughart	375	275	400	1050
242 lbs.				
D. Minks	800	455	555	1810

(Thank you to Jeff Hughart for the results)

APA Jackson Open Championships
29 SEP 07 - Jackson, MS

BENCH	FEMALE	MALE
123 lbs.	148 lbs.	148 lbs.
DT Raw	Raw	Raw
A. Rivers	A. Micka	A. Micka
148 lbs.	148 lbs.	148 lbs.
Raw	Open DT Raw	Open DT Raw
A. Micka	J. Mordica	J. Mordica
210	242 lbs.	242 lbs.
MALE	Open Raw	Open Raw
165 lbs.	J. Holmbeck	J. Holmbeck
Junior DT	275 lbs.	275 lbs.
Raw	Open Raw	Open Raw
K. Simms	E. Holmbeck	E. Holmbeck
315	150	150
220 lbs.	308 lbs.	308 lbs.
Open	Open Raw	Open Raw
C. Millett	J. Micka	J. Micka
500	180	180
Master IV DT	Raw	Raw
H. Long	E. Tew	E. Tew
315	150	150
242 lbs.	DEADLIFT	DEADLIFT
Open	MALE	MALE
J. Holmbeck	SHW	SHW
440	Master I DT Raw	Master I DT Raw
275 lbs.	J. Taberlet	J. Taberlet
Open	Open DT Raw	Open DT Raw
E. Holmbeck	J. Taberlet	J. Taberlet
500	410	410
J. Barnes	410	410
475	410	410
308 lbs.	410	410
Open	BP	DL
E. Tew		TOT
—		
Push Pull		
MALE		
220 lbs.		
Open		
C. Millett		
500		
242 lbs.		
Open DT Raw		
J. Griffin		
340 lbs.		
Teen DT Raw		



James Linden with his 181 lb. WABDL World Record Bench in New Castle, PA on September 9th. (photographs by Chuck Venturella)

WABDL United We Stand
9 SEP 07 - New Castle, PA

Powerlifting	SQ	BP	DL	TOT
MALE				
114 lbs.				
SubTeen DT				
B. Aldridge	155	75	165	390
242 lbs.				
Open DT Raw				
K. Lambert	450	—	—	450

DT=Drug Tested. Best Lifter Powerlifting: Brad Aldridge. Best Lifter Push Pull: Craig Millett. Best Lifter Bench Press: Craig Millett. Best Lifter Curl: John Micka. (Thanks to Scott Taylor for providing the results)

MEN	WOMEN
Class I	Class I
148 lbs.	105 lbs.
D. Miskinis	K. Poyner
192*	132*
A. Packer	297*
198 lbs.	105 lbs.
J. Bohinsky	N. Freed
363	165*
J. Hlenfeld	114 lbs.
424*	148 lbs.
220 lbs.	148 lbs.
R. Gregory	341
341	192*
C. Loomis	336*
336*	192*
275 lbs.	DEADLIFT
J. Conley	441*
441*	JUNIOR
Junior (20-25)	105 lbs.
148 lbs.	105 lbs.
A. Packer	297*
297*	259
198 lbs.	Master (47-53)
A. Reino	407
407	264
4th-418*	K. Poyner
4th-418*	264
Law/Fire	4th-275*
Master (40-47)	148 lbs.
148 lbs.	148 lbs.
J. Henkel	286*
286*	F. Combest
Law/Fire Open	165
J. Henkel	286*
286*	Open
308 lbs.	K. Poyner
308 lbs.	264
C. Kowach	—
—	4th-275*
Law/Fire	123 lbs.
Submaster	A. Marx
C. Kowach	—
—	4th-281*
Master (40-46)	181 lbs.
181 lbs.	114 lbs.
J. Woods	418*
418*	A. Miskinis
198 lbs.	159
198 lbs.	4th-165*
B. Zemattis	—
—	Teen (14-15)
C. Loomis	336*
336*	S. Biddle
J. Pfeiffer	314
314	MEN
W. Valentine	325
325	Class I
242 lbs.	165 lbs.
D. Miskinis	347*
347*	T. Phillips
Master (47-53)	485*
198 lbs.	J. Wright
McLaughlin	540
540	J. Bohinsky
Master (61-67)	485
308 lbs.	R. Gregory
P. Davids	253
253	C. Loomis
Master (75-79)	435*
242 lbs.	275 lbs.
R. Combest	281
281	J. Conley
Open	556
198 lbs.	4th-562*
C. Higey	192
192	Master (40-46)
SHW	220 lbs.
K. Patterson	633
633	J. Pfeiffer
Submaster (33-39)	330
SHW	242 lbs.
	D. Miskinis
	358*
	Master (47-53)
	220 lbs.



Karen Poyner got her own WABDL WR with a 275 lb. deadlift in the 105s at the United We Stand meet.

MEN	WOMEN
L. Eleuteri	529*
529*	L. Eleuteri
Master (54-60)	242 lbs.
123 lbs.	D. Miskinis
F. Principati	303
303	358*
Master (75-79)	220 lbs.
242 lbs.	R. Gregory
R. Combest	435*
435*	473*
Open	Teen (16-17)
148 lbs.	148 lbs.
D. Miskinis	435*
435*	198 lbs.
165 lbs.	C. Higey
T. Phillips	413*
413*	319*
198 lbs.	165 lbs.
C. Higey	319*
319*	J. Wright
220 lbs.	485*
220 lbs.	485*

*=State Records. (from Chuck Venturella)

NASA Unequipped Nationals
20-21 OCT 07 - OK City, OK

BENCH	Raw	Junior	Submaster I	High School	Master I	Master II
181 lbs.	181 lbs.	181 lbs.	181 lbs.	181 lbs.	181 lbs.	181 lbs.
W. Gwin	253	253	253	253	253	253
Submaster I	—	—	—	—	—	—
D. Shirley	—	—	—	—	—	—
198 lbs.	198 lbs.	198 lbs.	198 lbs.	198 lbs.	198 lbs.	198 lbs.
High School	308 lbs.	308 lbs.	308 lbs.	308 lbs.	308 lbs.	308 lbs.
E. Miller	242	242	242	242	242	242
Master II	429	429	429	429	429	429
J. Guadado	220	220	220	220	220	220
Submaster Pure	—	—	—	—	—	—
S. Hollrah	319	319	319	319	319	319
220 lbs.	220 lbs.	220 lbs.	220 lbs.	220 lbs.	220 lbs.	220 lbs.
Open	132 lbs.	132 lbs.	132 lbs.	132 lbs.	132 lbs.	132 lbs.



NEVER BEFORE IN HISTORY has 435 lbs. been pulled in the 16-17, 148 lb. class in WABDL competition, as Donnie Miskinis did above

High School	B. Burris	D. Glos	551	324	551	1426					
R. Burris	192	143	242 lbs.	N. Whitmer	562	346	578	1487			
148 lbs.	143	242 lbs.	242 lbs.	4th-DL-600							
Master II	259	Master Pure	148	220 lbs.	512	341	556	1410			
R. Rispoli	259	J. Alaniz	275 lbs.	Junior	Nettleingham	512	341	556	1410		
4th-260	259	275 lbs.	148	Nettleingham	512	341	556	1410			
165 lbs.	259	Master II	170	Pure	K. Foster	534	368	518	1421		
Master II	374	R. Harris	308 lbs.	Nettleingham	512	341	556	1410			
G. Baker	374	308 lbs.	170	Pure	K. Foster	534	368	518	1421		
220 lbs.	374	Master I	237	Nettleingham	512	341	556	1410			
Master Pure	314	C. Spurrison	237	242 lbs.							
B. Burris	314	4th-242	237	Junior	J. Colson	507	313	545	1366		
275 lbs.	314	S. Keiser	231	Master II	J. Moody	330	269	347	947		
Master II	319	Open	231	Pure	J. Weinstein	529	297	551	1377		
R. Harris	319	C. Spurrison	237	275 lbs.	T. Meyers	711	429	661	1801		
PS CURL	319	4th-242	231	Police/Fire	J. Weinstein	529	297	551	1377		
Raw	319	S. Keiser	231	S. Keiser	231	275 lbs.					
198 lbs.	319	PS DEADLIFT	231	Raw	Submaster	573	385	540	1498		
Open	170	R. Harris	413	Master II	R. Martens	573	385	540	1498		
J. Keiser	170	275 lbs.	413	Open	H. Thomason	744	368	584	1696		
Master I	170	Master II	413	Pure	D. Turley	633	462	556	1652		
J. Keiser	170	R. Harris	413	Power Sports	CR	BP	DL	TOT			
220 lbs.	170	413	413	MALE							
Master Pure	165	413	413	Raw	148 lbs.						
C. Truoccolo	165	413	413	Novice	S. Angelone	154	313	446	914		
Push Pull	165	413	413	Open	S. Angelone	154	313	446	914		
198 lbs.	165	413	413	Pure	S. Angelone	154	313	446	914		
High School	264	192	242	699	165 lbs.						
E. Miller	264	192	242	699	Open	J. Phillips	154	275	551	980	
Powerlifting	264	192	242	699	181 lbs.						
Raw	264	192	242	699	Junior	B. Gatons	132	258	435	826	
132 lbs.	264	192	242	699	Master I	D. Shirley	148	—	479	628	
R. Burris	264	192	242	699	Open	J. Fickel	165	324	424	914	
165 lbs.	264	192	242	699	Master II	R. Benecke	165	346	396	908	
High School	264	192	242	699	275 lbs.	Open	J. Fickel	165	324	424	914
E. Miller	264	192	242	699	Master II	R. Benecke	165	346	396	908	
Powerlifting	264	192	242	699	Open	R. Benecke	165	346	396	908	
Raw	264	192	242	699	Master II	R. Harris	170	319	413	903	
132 lbs.	264	192	242	699	275 lbs.	Pure	B. Acker	176	379	523	1079
R. Burris	264	192	242	699	Raw	308 lbs.					
165 lbs.	264	192	242	699	4th-DL-573						
High School	264	192	242	699	D. Turley	170	462	556	1189		
E. Miller	264	192	242	699	SHW						
Powerlifting	264	192	242	699	Master I	M. Mitchell	209	407	551	1167	
Raw	264	192	242	699	Master I	(Thanks to Rich Peters for these results)					
132 lbs.	264	192	242	699							
R. Burris	264	192	242	699							
165 lbs.	264	192	242	699							
High School	264	192	242	699							
E. Miller	264	192	242	699							
Powerlifting	264	192	242	699							
Raw	264	192	242	699							
132 lbs.	264	192	242	699							
R. Burris	264	192	242	699							
165 lbs.	264	192	242	699							
High School	264	192	242	699							
E. Miller	264	192	242	699							
Powerlifting	264	192	242	699							
Raw	264	192	242	699							
132 lbs.	264	192	242	699							
R. Burris	264	192	242	699							
165 lbs.	264	192	242	699							
High School	264	192	242	699							
E. Miller	264	192	242	699							
Powerlifting											

APF/AAPF Rise of the Deadlift
20 OCT 07 - Willowbrook, IL

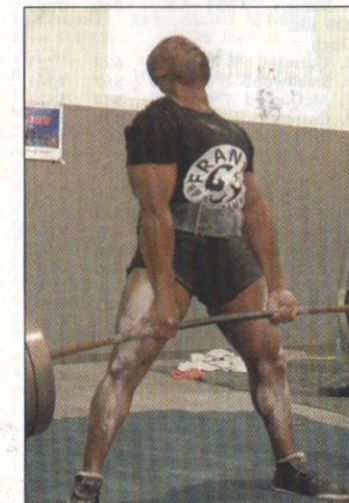
WOMEN		B. McCord	565
AAPF		Master (55-59)	
123 lbs.		D. Zenzen	540
Open			
M. Anderson	260	B. McCord	565
Master (40-44)		Z. Zenzen	575
K. Deer	245	H. Abdulaziz	715
148 lbs.		Submaster	
Open		H. Abdulaziz	715
L. Brault	330	Teen (16-17)	
198 lbs.		E. Lilliebridge	600
Open		Teen (18-19)	
J. Gimmell	240	J. Orsini	470
APF		Z. Zenzen	575
123 lbs.		Lilliebridge, Jr	575
Open		242 lbs.	
M. Anderson	260	Junior	
Master (40-44)		J. Palacios	415
K. Deer	245	275 lbs.	
148 lbs.		Junior	
A. Bryant	300	M. Borrero	460
Master (55-59)			
MEN		G. Kaske	350
AAPF		Submaster	
148 lbs.		D. Woods	485
Open		308 lbs.	
T. Miller	415	Master (40-44)	
Submaster		D. Cotter	540
T. Miller	415	Open	
Teen (18-19)		D. Cotter	540
S. Mattison	420	APF	
165 lbs.		165 lbs.	
Junior		Junior	
J. Sepe	480	J. Sepe	480
Open		181 lbs.	
A. Steil	450	Open	
Teen (13-15)		E. Stone	535
DiMaggio, Jr.	335	220 lbs.	
Teen (16-17)		Junior	
A. Steil	450	T. Jacobs	630
181 lbs.		Master (45-49)	
Junior		B. McCord	565
R. Michie	455	Master (55-59)	
Open		D. Zenzen	540
E. Stone	535	Open	
198 lbs.		Z. Zenzen	575
Master (45-49)		C. Taylor	585
H. Perone	480	Teen (18-19)	
Open		Z. Zenzen	575
C. Rzany	455	308 lbs.	
L. Andersen		Open	
220 lbs.		R. Simnick	630
Junior		Lilliebridge, Sr	735
T. Jacobs	630	Submaster	
Master (45-49)		Lilliebridge, Sr	735



Zenzen Barbell with awards at the Rise of the Deadlift (l-r) Chuck Morse, Bruce McCord, "Bama" Hibbing, Dick Zenzen, Ernie Lilliebridge Sr., Eric Lilliebridge, Seaver Mattison, Ernie Lilliebridge Jr., Zach Zenzen

Best AAPF Male Deadlifter: Husain Abdulaziz. Best APF Male Deadlifter: Ernie Lilliebridge, Sr. Best Female Deadlifter: Lynn Brault. APF Illinois held its first ever deadlift only competition, the APF/AAPF Rise of the Deadlift at Velocity Sports in Willowbrook, IL. Over 30 lifters came out for the Halloween theme meet, including groups of lifters from Zenzen Barbell, the Arroyo Power Team, Team Stone, and Lance's Gym. The best deadlifters of the meet were Husain Abdulaziz for the AAPF, Ernie Lilliebridge, Sr. for the APF, and Lynn Brault for the women. Abdulaziz pulled a big 715 lbs. at 220 lbs. in only his second competition, lifting for Pete Arroyo's team. Lifting with Zenzen Barbell, the elder of the Lilliebridge family

pulled 735 lbs. at 308 lbs. "Senior" just missed a big 805 lbs. twice. We will likely see him pull the big "8" in a meet very soon. Lynn Brault, alumnus member of Illini Powerlifting, pulled an impressive 330 lbs. at 148 lbs., besting her pull by over 100 lbs. from last June! A number of first time lifters participated in the event. Weighing in at a light 159 lbs. in the 165 Junior class, Justin Sepe of Team Stone pulled a PR of 480 lbs. Jennifer Gimmel of the Arroyo team pulled an easy 240 lbs. in her first meet as well. Young Joe DiMaggio, Jr. made his father proud with a 335 lb. pull as a 165 lb. teenager. Also from the Arroyo team, new lifter Tom Jacobs pulled 630 lbs. as a 220 lb. Junior. Recently having served in Iraq with the US Air Force, Ashley Bryant came



Husain Abdulaziz with his 715 lb. at 220 at the APF/AAPF Rise of the Deadlift event held at Velocity Sports (photos by Sidney Thoms)

USAPL Florida State
12 MAY 07 - Ft. Lauderdale, FL

BENCH		Master II (50+)	M. Silveri	402	600	1003
MALE		J. Clark	A. Decker	341	352	694
148 lbs.		275 lbs.	Master I (40+)			
HS Varsity		Police/Fire/Military	242 lbs.	341	352	694
J. Ianno	253	D. Sansom	352	S. Pares	341	551
165 lbs.		Raw	352	Master I (40+)		
HS Varsity		S. Regan	352	S. Pares	341	551
F. Mitidleri	325	Master II (50+)		Raw		
198 lbs.		S. Regan	352	C. Christiansen	363	578
Master III (60+)		275+ lbs.		D. Sansom	352	402
J. Ruffalo	242	Police/Fire/Military		Open		
220 lbs.		J. Myers	352	J. Kennedy	314	440
Open		DEADLIFT		275 lbs.		
G. Walker	385	MALE		Police/Fire/Military		
Raw		220 lbs.		J. Myers	352	490
A. Decker	341	Raw		Powerlifting SQ		
Master I (40+)		A. Decker	330	BP		
A. Decker	341	Master I (40+)		DL		
Master II (50+)		A. Decker	330	TOT		
D. Grossman	286	275 lbs.				
Master III (60+)		Police/Fire/Military				
A. Speech	308	D. Sansom	402			
G. Walker		275+ lbs.				
242 lbs.		Police/Fire/Military				
Open		J. Myers	490			
C. Calvano	468	Open				
Push Pull		BP	DL	TOT		
MALE						
132 lbs.		J. Gerardo	529	418	501	1449
Open		High School Varsity				
R. Beltran	198	148 lbs.				
148 lbs.		J. Ianno	319	253	457	1030
Master I (40+)		J. Laite	352	214	435	1003
P. Nielo	209	165 lbs.				
181 lbs.		T. Weir	413	198	385	997
Open		198 lbs.				
T. Hand	248	J. Roane	347	292	424	1063
M. Kantor		High School JV				
198 lbs.		198 lbs.				
Open		N. Bush	253	143	286	683
J. Gerardo	418	220 lbs.				
220 lbs.		L. Bush	501	242	523	1267
Raw		Venue: Nova Southeastern University.				
		(Thanks to USAPL for providing results)				



Best Female Deadlifter in Willowbrook, IL on October 20th was Lynn Brault, with AAPF/APF Superstar Lifter/Official/etc. Maris Sternberg

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AREA CODE	TELEPHONE NUMBER	DATE OF BIRTH	AGE	SEX	US CITIZEN
		MO DATE YEAR			YES NO
REGISTRATION FEE (CIRCLE APPROPRIATE FEE)		REGISTRATION NUMBER		E-MAIL ADDRESS	
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SPF Strongest in the South
3 NOV 07 - Manchester, TN

BENCH	B. Watson	405	
Raw	242 lbs.		
181 lbs.	M. Hood	425	
J. Hasty	308 lbs.		
235	T. Oden	460	
Open	Masters (40-44)		
181 lbs.	220 lbs.		
B. Bonner	K. Millrany	575	
242 lbs.	242 lbs.		
J. Weaver	J. Weaver	550	
275 lbs.	DEADLIFT		
H. Timbs	Open		
675	Teen (16-17)		
J. Lawson	220 lbs.		
525	220 lbs.		
308 lbs.	H. Allen	475	
R. Mangram	259 lbs.		
490	J. Burns	530	
T. Oden	275 lbs.		
460	J. Robinson	700	
SHW			
M. Beaty			
565			
Submasters			
220 lbs.			
BENCH Reps.	Lbs.	Reps	
275 lbs.			
J. Lawson	265	21	
Push Pull	BP	DL	TOT
165 lbs.			
M. Cotner	360	530	890
220 lbs.			
J. Wells	385	455	840
Police/Fire/Military			
SHW			
S. Baker	425	550	975
Masters (40-44)			
165 lbs.			
B. Parsley	380	460	840
220 lbs.			
B. Moody	375	500	875
Open			
Teen (13-15)			
123 lbs.			
W. Thompson	155	295	450
165 lbs.			
R. Thompson	205	335	540
220 lbs.			
Juniors			
259 lbs.			
C. Porter	330	550	880

Bailey and everyone that helped make this meet run smooth and easy. I thank Victoria Rodgers for running the score table and taking care of everything. A great job by everyone from start to finish. (Results thanks to Jesse Rodgers)

USAPL Ohio Championships
3 NOV 07 - Bedford Hts., OH

BENCH	Teen				
FEMALE	T. Staker	350			
114 lbs.	Open				
T. Distaulo	140	220 lbs.			
Y. Hao	135	G. Kanaga	340		
123 lbs.	Shw				
H. Allen	145	J. Peshek	650		
259 lbs.	Raw				
J. Burns	530	Open			
275 lbs.	Master (40-49)				
J. Robinson	700	J. Peshek	650		
		148 lbs.			
		S. Mickey	325		
		BP	DL	TOT	
Powerlifting	SQ				
FEMALE					
Raw					
123 lbs.					
K. Wagner	125	95	160	380	
132 lbs.					
B. Tatulinski	160	115	260	535	
198+ lbs.					
E. Flinner	350*	165	350*	865	
MALE					
Master (40-49)					
J. Peshek	760*	650*	600		
2010*					
R. Luklan	550	525*	550	1625	
D. Noebe	415	350	460	1225	
M. Jarrett	620	390	600	1610	
Master (40-49) Raw					
T. Fox	550	335	500	1385	
T. Leone	505*	300	545	1350	
J. Ross	345	285	480*	1110	
Master (50-59)					
J. Phillips	500*	365*	515*	1380	
G. Saxon	385	240	455	1080	
P. Daenik	335*	190	405*	930	
Master (50-59) Raw					
R. Davis	410*	280	425*	1115	
P. Drenik	335*	190	405*	930	
Teen					
J. Shaffer	375	265	405	1045	
Z. Feener	450	300	525	1275	

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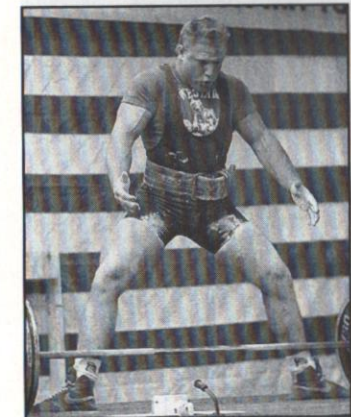
J. Waters	385	290	530	1205	242 lbs.
S. Barr	315	185	350	850	D. Sledge 500 450 700 1650
181 lbs.					*=State Records. Team Award: Ashland University. The 2007 USAPL Ohio Powerlifting and Bench Press Championships was a great success. Many state records fell as the lifting was top notch. The judging was very consist ant and fair, and the spotters and loaders did a great job not missing one lift. Ashland University once again won the team trophy with very consistent lifting. The best lifter in the Men's Open Bench, Men's Open Powerlifting, and Men's Masters Powerlifting went to Jeff Peshek with a 650 lb. bench and a 2010 lb. total. This is one of the highest totals ever at the Ohio State championships. The best lifter in the Female Powerlifting contest went to Elizabeth Flinner with a total of 875 lbs. On behalf of my brother Frank and I, we would uke to thank all who gave up their weekend to help make this contest happen. Without their dedication and loyalty this event could not take place. (Thanks to Ed King, Kings Gym, for the results)
N. Schneider	415	240	525	1180	
198 lbs.					
M. Jarrett	620	390	600	1610	
242 lbs.					
B. Eucker	675	455	690	1820	
275 lbs.					
T. Szorady	570	465	570	1605	
T. Harbison	670	340	570	1580	
SHW					
J. Peshek	76*	650*	600		
2010*					
E. Depenbrok	500	370	430	1300	
Open Raw					
165 lbs.					
J. Ross	345	285	480	1110	
198 lbs.					
J. Lupia	460	320	530	1310	
V. Perlik	440	340	455	1235	
B. Smith	375	275	500	1150	
J. Laguardia	350	225	375	950	
220 lbs.					
T. Fox	550	335	500	1385	

(continued from page 20)

decline, close grip, or wide grip bench. It is your job to find what exercises make you strong and which one shows how strong you are.

George Halbert started out doing full power meets and was very strong in all three lifts. However, he found the bench was to become his destiny. He now has world records in three weight classes, for a total of 12.

George has a speed day and a max effort day like everyone else. On speed day, he does singles with a lot of bands and with different band tensions. The lifts are an optimal



CHUCK VOGELPHOHL... in 1989

12-18 per workout. He does a lot of experimentation with multiple mini-bands while leaving the bar weight the same. George has found overspeed eccentrics to be very valuable for speed work as well as max effort work.

Unlike the full powerlifters, George only benches on the two main days; no other work is done on these days. However, he trains the bench five times a week. He has a max effort upper back day twice a week where he does lots of rows. He also has a hypertrophy day. Yes, it's a lot like body building, including curls to balance out the arms. He also does a lot of hammer curls, delt work, upper back work, and a small amount of chest work.

Everyone at Westside, including George, has a max effort day and a dynamic day and does a lot of repetition work to near failure. This program is constructed with the conjugate system in mind and constantly pushes GPP. If you

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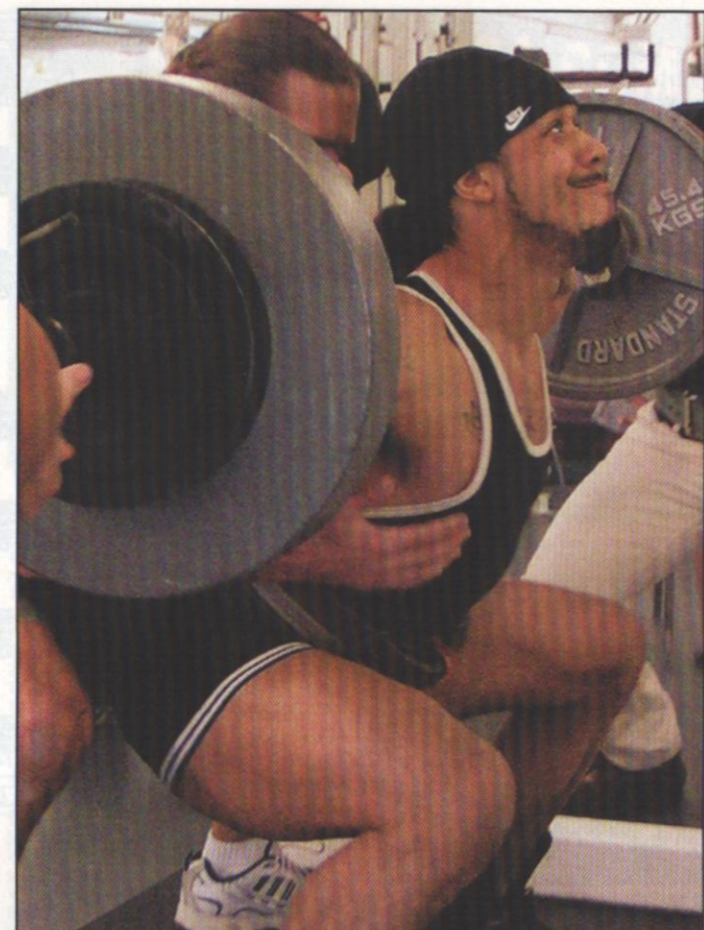
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USAPL Tiger Open
29 SEP 07 - Baton Rouge, LA

BENCH				
MALE				
181 lbs.	Z. Coleman	297		
High School	242 lbs.			
Powerlifting	Master II	485		
SQ	BP	DL	TOT	
FEMALE				
98 lbs.	T. Babcock			
High School				
G. Bates	159	82	187	429
123 lbs.				
High School				
K. Heim	275	115	270	661
181 lbs.				
High School				
S. Leger	253	137	259	650
123 lbs.				
MALE				
123 lbs.				
Junior				
L. Cliburn	137	181	292	611
High School				
G. Sullivan	286	198	303	788
148 lbs.				
Junior				
R. Savell	374	270	407	1052
Open				
D. Navar	319	237	391	948
High School				
L. Neyland	319	176	363	859
165 lbs.				
Open				
K. Director	303	248	429	981
Master II				
A. Rausa	264	220	281	766
High School				
G. Butler	325	209	402	937
S. Messina	297	237	347	881
M. Mackay	248	126	292	666
181 lbs.				
Master III				
Fitzsimmons	391	275	490	1157
Open				
C. Gallo	418	248	440	1107
High School				
N. Davenport	341	203	330	876
198 lbs.				
Open				
M. Heim	435	248	457	1140
220 lbs.				
Master II				
T. Womack	474	424	507	1405
242 lbs.				
Open				
B. Stephens	281	264	402	948
Junior				
C. White	534	424	496	1455
High School				
I. Caillier	319	165	314	799
275 lbs.				
Open				
Cressionnie	672	451	617	1741

The 2007 Tiger Open was a first meet for many of its entrants. For two master lifters, Mick Heim and Al Rausa, it was their first meet in ten years. Master lifter Dale Fitzsimmons, everyone's favorite, set a state record in the deadlift. About half of the lifters were high schoolers, a number of whom qualified for High School Nationals. Of those, Garth Sullivan, who had traveled on the day of the meet from north Louisiana after playing in a football game the night before, planned to attempt an American record, but could not make his weight class. The Mississippi State University Powerlifting Team was represented, but two of their lifters had to cancel at the last minute due to injury. Last year's super heavyweight Collegiate National Champion, Daren Cressionnie helped coach many of the high schoolers and also qualified with some to spare for the Men's Open Nationals. In addition, two University of Louisiana, Lafayette powerlifters took the test to become state judges under Billy Callahan, Wade Hooper and Jon Magendie who were the national judges at the meet. Jeremy Comardelle, who founded the LSU Powerlifting Team eight years ago also served as a state judge. Thanks go to the LSU National Champion Powerlifting Team, who put on a flawless meet with no missed spots, no mis-loads and no complaints. This meet, held on the campus of an athletically prominent university, was effective in publicizing the sport of powerlifting in general and LSU Powerlifting specifically. (Thanks to Arval Bridges for results)



Brent Veney competed raw 198s at the APA Grand Floridian Open

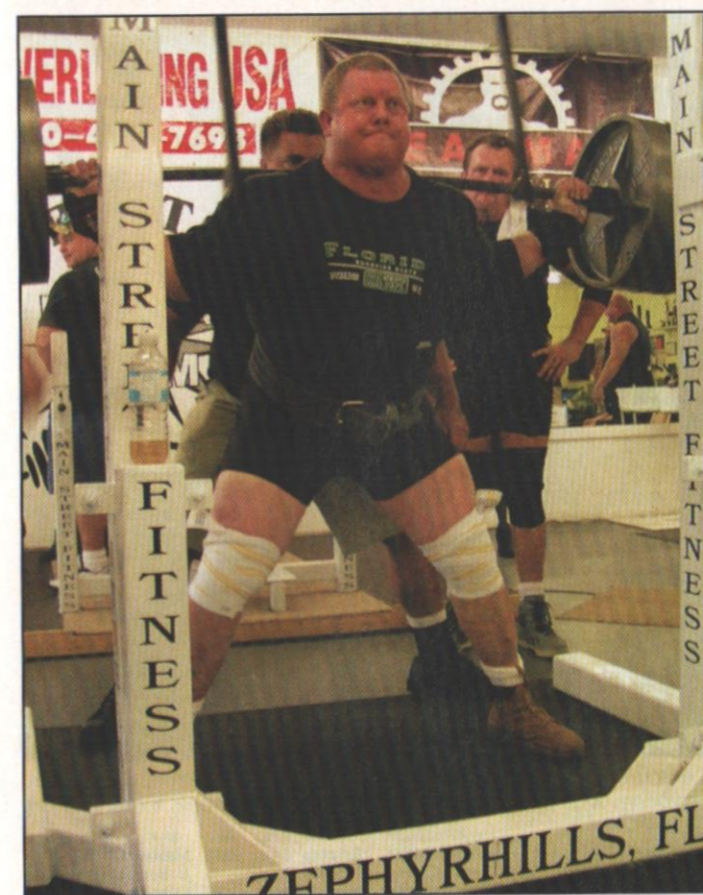
13th Lockheed Martin BP
28SEP 07 - Littleton, CO

BENCH		
FEMALE		
220 lbs.	S. Norris	240
Submaster (35-39)	Open	
L. Dean	J. Browning	255
MALE	Master (40-44)	
165 lbs.	M. Dean	300
Master (55-59)	242 lbs.	
S. Reimer	205	Submaster (30-34)
181 lbs.	R. Lynn	240
Master (45-49)	275 lbs.	
T. Cencich	385	Submaster (35-39)
Master (50-54)	C. Rhoades	365

The 13th annual Lockheed Martin Bench Press once again had some very impressive lifting. I would like to give special thanks to Rex Lynn and Steve Reimer for jumping in and doing a great job of spotting and loading. Thank you Joan Miller and Chris Ortiz for setting up the meet. (results courtesy from Tim Welton)

APA Grand Floridian Open
20 OCT 07 - Zephyrhills, FL

BENCH				
MALE				
148 lbs.	S. Kearney	—		
Open DT	—			
S. O'Grady	370	Open DT		
M. Davis	360	Open DT		
165 lbs.	S. Kearney	—		
Master III DT	310	Master IV DT Raw		
J. McDermott	4th-315!	R. Huber	75	
198 lbs.	DEADLIFT			
Open DT Raw	MALE			
C. Smith	—	148 lbs.		
Master II DT Raw	Open			
C. Smith	—	Washington	520	
275 lbs.	198 lbs.			
Open Raw	Master III DT Raw	H. Randall	255!*	
J. Moore	500	220 lbs.		
CURL	Master IV DT Raw	F. Cummings	195!*	
MALE	198 lbs.	242 lbs.		
Master III DT Raw	H. Randall	90	Open	
220 lbs.	Master IV DT Raw	J. Jacobs	720	
Master IV DT Raw	F. Cummings	85	Master I DT	
4th-90!*	275 lbs.		D. Poucher	620
242 lbs.	Master II		R. Smith	715!*
Push Pull	BP	DL	TOT	
FEMALE				
165 lbs.				
DT Raw				
D. Whidden	115	210	325	
MALE				
Junior DT Raw				
J. Ostromecki	265	345	610	
Open DT				
P. O'Grady	330	450	780	
198 lbs.				
Teen DT Raw				
M. McCloud	275	500	775	
220 lbs.				
Teen DT Raw				
C. Ferraro	255	325	580	
4th-DL-340				
Powerlifting	SQ	BP	DL	TOT
198 lbs.				
Open DT Raw				
B. Veney	345	305	410	1060
220 lbs.				
Open DT Raw				
D. Cheraz	315	275	450	1040
242 lbs.				
Open Raw				



Tom Mahoney squatted 800 @ 308 lbs. at Main Street Fitness in Zephyrhills, FL. (photos provided from Scott Taylor, APA President)

B. Asmann	565	405	660	1630
Master I DT				
D. Poucher	545	380	620	1545
275 lbs.				
Master II				
R. Smith	700	45	715	1460
308 lbs.				
Master I DT Unl Gear				



Dolores Whidden went in the Push Pull division on Oct. 20th.

T. Mahoney 800 465 680 1945
*WPA World Records. !=APA American Records. DT=Drug Tested. Best Lifter Bench Press: Shawn O'Grady. Best Lifter Deadlift: Hennis Washington. Best Lifter Push Pull: Patrick O'Grady. Best Lifter Powerlifting: Tom Mahoney. Referee's: Mike Witmer, Christi Witmer, Ed Fitzpatrick, and Scott Taylor. Special thanks to the referee's who provided excellent judging and David Brown for providing some great spotters and a nice facility to run the event. Several awesome lifts were registered and the Raw category saw some outstanding lifts including a 500 bench and 520 attempt by big James Moore who came all the way from the Boston, Massachusetts area to compete in this event. Tom Mahoney did a very deep 800 lb. squat which wowed the audience. Washington pulling 520 weighing 138, Robert Smith at 50 years of age pulling 715, and big James Jacobs pulling 720 as a master lifter. The day was full of incredible lifting. (results are from Scott Taylor, APA)

BCF Labor Day Powerlifting
22 OCT 07 - Branchville, IN

Powerlifting				
SQ BP DL TOT				
MALE				
165 lbs.				
R. Mathis	405	345	485	1235
M. Jackson	315	315	425	1055
M. Carswell	275	285	475	1035
181 lbs.				
M. Bailey	425	335	405	1165
J. Venerable	255	285	365	905
J. Carter	205	205	405	815
198 lbs.				
A. Smith	425	345	535	1305
D. Smith	425	325	535	1285
M. DePriest	335	335	455	1125
220 lbs.				
D. Russell	425	405	545	1375
R. Schmerber	495	335	545	1375
B. White	385	385	505	1275
242 lbs.				
R. Dennis	415	435	505	1355
D. Norvell Jr.	435	335	505	1275
A. White	365	405	475	1245

275 lbs.	D. Pegue	405	335	545	1285
SHW	R. Rogers	505	575*	625*	1705*
*BCF All Time Records. Best Lifter: Rodrigues Mathis. (results by Craig George)					

USAPL State Games of America
4-5 AUG 07 - Colorado Sprgs, CO

BENCH								
FEMALE								
123 lbs.	Master II	S. Wagner	—					
181 lbs.	Master I	M. Cencich	154	Master II				
198 lbs.	Master III	T. Cencich	385	Master I				
148 lbs.	Open	V. Narolskyy	518	Master II				
J. Gaudreau	220	R. Robson	314	T. Cencich	402	385	424	1212
165 lbs.	Master I	M. Main	319	D. Brekke	314	292	463	1069
Open	242 lbs.	Master VI	237	Open				
A. Miller	226	VanBuckley	192	D. Hartobey	518	253	507	1278
Teen II	198 lbs.	H. McHaffey	192	198 lbs.				
W. Baizan	148	Open		Teen III				
198 lbs.	Open	P. Duffy	402	T. Dappen	396	253	451	1102
Open	275 lbs.	UNL		Master I				
H. Carstensen	198	Teen II	253	D. Feaman	176	137	248	562
MALE	Open	Master III	352	Master III				
123 lbs.	Open	R. Hach	352	J. Randall	457	—	—	457
123 lbs.	242 lbs.	Powerlifting	SQ BP DL TOT	Master III				
Teen I	275 lbs.	132 lbs.		M. Sampson	463	303	440	1207
L. Tyson	159	99	237	496	Master IV			
MALE	Open	275 lbs.		Master IV				
123 lbs.	Open	275 lbs.		UNL				
G. Norton	71	82	154	308	Open			
148 lbs.				K. Milnes	650	402	650	1703

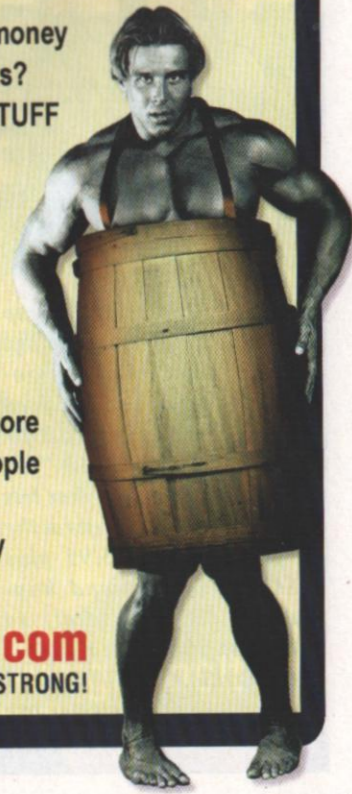
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Ashtabula YMCA Bench Press
6 OCT 07 - Ashtabula, OH

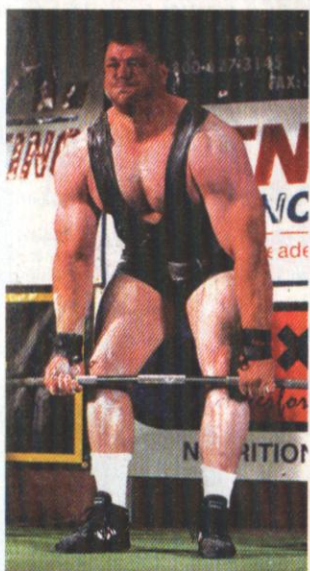
BENCH	F. White	330
Teen	R. Manes	315
T. Dufour	205	198 lbs.
D. Maki	250	R. Vanek 500
J. Anderson	200	C. Barnum 415
T. Cole	90	R. Sardella 305
A. Todaro	95	220 lbs.
Masters	C. Maki	575
B. Smock	405	B. Smock 405
L. Anderson	475	R. McEndree 315
R. Manes	315	242 lbs.
S. Gregori	300	M. Kuntz 410
M. Kuntz	410	L. Mayberry 320
165 lbs.		275 lbs.
T. Soloman	365	J. Smith 620
S. Gregori	300	S. Sardella 475
T. Dufour	205	308 lbs.
181 lbs.	L. Anderson	475
A. Eales	380	

Outstanding Lifter: Jim Smith. Most Weigt Benched: Jim Smith 620, 4th attemp 635. Most Improved: Daryk Maki, 2006-160, 2007-250. Furthest Distance: Stephen Gregori, from Maryland. Team Award: 1st-Ashtabula YMCA 33 pts. 2nd-Headhunter Barbell 21 pts. Ashtabula YMCA Team Members: James Anderson, Taylor Dufour, Ray Manes, Rich Vanek, Ryan Sardella, Chris Barnum, Butch Smock, Larry Mayberry, Steve Sardella, and Lonnie Anderson. The astrophere at this years event was no different than in the years past. The only thing that was different was the amount of contestants, down from last year, but the quality of lifts were just as impressive. All five teenagers that competed Saturday got most if not all three lifts



Ashtabula YMCA Bench Team: front row (l-r) Butch Smock, Taylor Dufour, James Anderson, Ray Manes, Lonnie Anderson; back row Larry Mayberry, Ryan Sardella, Steve Sardella, Rich Vanek, Chris Barnum

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as did the other weight classes. The Teenage class was won by Taylor Dufour with a lift of 205 lbs. This years Masters class was won by Butch Smock. Butch pressed 405 lbs. to take the honors. Daryk Maid of Wadsworth took home the Most Improved award. In 2006 Daryk benched 160 lbs., and this year he pressed 250 lbs. The 165 lb. class was won by Todd Soloman with a 365 lb. (raw) and Adin Eales took the 181's with a 380 lb. raw effort. Rich Vanek, Chad Maki, Marc Kuntz, Jim Smith and Lonnie Anderson all placed first in their respective weight classes with a 500, 575, 410, 620 and 475 lb. benches. The Outstanding Lifter award and Most Weigt benched awards went to Jim Smith. Jim benched 620 on his third attempt and 635 on this fourth attempt for a personal best. Once again the Furthest Distance award went to Stephen Gregori of Maryland. The Ashtabula YMCA won the Team Award for the first time with 33 points, while Headhunter Barbell placed second with 21 points. Titan Support Systems, Inzer Advance Designs, Powerlifting USA, and House of Pain provided free handouts for the lifters, which was appreciated along with the free pizza, bottled water and Gatorade donated by Pizza Pan and Deck Vending. As usual, this is a family event as well, with my wife Sherri keeping score and making sure everything runs smoothly, James (our son) and myself setting up the night before with help from other YMCA members, plus entering the event itself. Also this year our daughter Mandi got into the action by announcing the contest for the first time and did a great job. (Thanks to Meet Director Lonnie Anderson for providing these meet results)

USAPL Maximum Metal IV
11 AUG 07 - Dunmore, PA

BENCH	Master I/Open	190*
FEMALE	C. Gibson	198+ lbs.
97 lbs.	198+ lbs.	
Teen (14-15)	Master III	
E. Zenker	95*	S. Cole 155
123 lbs.	MALE	
Raw Open	123 lbs.	
C. McNamara	130*	OOS/Teen (18-19)
C. Miller	115	J. Gazzara 275
132 lbs.	148 lbs.	
OOS/Junior	Teen (16-17)	
J. Lyons	120	N. Batzel 240
148 lbs.	M. Logan	240

Raw Open/PFM	T. Getsinger	475*
B. Legg	210*	
Raw Open	T. Favata	490*
I. Wylie	260	E. Brinkman —
Raw M3/PFM	242 lbs.	
R. Burnett	285	Handicapped
181 lbs.	R. Costigan	235
PFM	OOS/Raw Open	
S. Davenport	370	E. Bonini 280
A. Dabatell	240	OOS/Master VII
Raw Open	S. Chatis	330
D. Wilcox	295	Raw Open
OOS/Teen (16-17)	G. Carone	360*
C. Smith	225	275 lbs.
Open	Raw Master II	
J. Brudzinski	300	J. Zwick 245*
Raw Teen (16-17)	Raw Open	
J. Wahl	180	L. DeMarco 300
Raw Master III	High School	
E. Harvilla	160	L. Perillo 375*
Raw Junior	OOS/Master I	
B. Trumbly	255	M. Harrison 450
198 lbs.	OOS/Raw	
Teen (14-15)	K. Stephens	455
B. Hutchison	175	Teen (14-15)
Master IV	M. Beans	470*
J. Nealis	360*	Raw Open
Master VI	J. Traub	495*
B. Donnelly	300*	Master II
J. Monk	240	R. Smith 510*
Raw Junior	OOS/Open	
R. Woelkers	305*	J. Bogart 600
Open	SHW	
M. Fenick	315	OOS/Master III
Raw Master I	K. Johnson	—
A. Miller	350*	DEADLIFT
OOS/Master II	B. Pavelka	365
Raw Open	97 lbs.	
D. Patrisso	—	Teen (14-15)
220 lbs.	E. Zenker	225*
Raw Open	123 lbs.	
M. Bell	350*	Raw Open
Junior	C. McNamara	255
Z. Batzel	3380	132 lbs.
OOS/Junior	C. Miller	230
J. Affeldt	375	132 lbs.
OOS/Open	J. Lyons	215
R. Hansen	400	148 lbs.
Master III	Master I/Open	
J. Bertocki	420	C. Gibson 310*
J. Lemoncelli	335	198+ lbs.
OOS/Master VI	Master III	
B. Phillips	415	S. Cole 335*
Master I	MALE	
R. Painter	415	148 lbs.
PFM	Raw Open	
	PFM/Master IV	

B. Legg	275*	Master III
165 lbs.	J. Bertocki	485*
Raw Open	J. Lemoncelli	485
I. Wylie	400*	OOS/Junior
181 lbs.	J. Affeldt	480
OOS/Teen (16-17)	Open	
C. Smith	400	T. Favata 625*
Junior	OOS/Open	
E. Figlow	245	R. Hansen 680
OOS/Raw Open	OOS/Master VII	
S. Roesler	380	S. Chatis 500
Raw Open	OOS/Raw Open	
D. Wilcox	465*	E. Bonini 470
Open	OOS/Open	
J. Brudzinski	505*	I. Machado 520
PFM	275 lbs.	
S. Davenport	505*	Raw Master II
PFM Raw	J. Zwick	305
A. Sabatell	390*	Raw Open
198 lbs.	L. DeMarco	520*
Open	J. Traub	500
M. Fenick	400	Master II
Master IV	R. Smith	500
J. Nealis	500*	Teen (16-17)
Raw Junior	L. Perillo	520*
R. Woelkers	505*	OOS/Master I
Raw Open	M. Harrison	560
D. Patrisso	505*	OOS/Open
Raw Master I	J. Bogart	550
A. Miller	500*	
*=State Records. Best Female Lifter Bench: Cheryl Gibson. Best Female Lifter Deadlift: Erin Zenker. Best Male Lifter Bench: John Bogart. Best Male Lifter Deadlift: Robert Hansen. (Thank you to USAPL for results)		

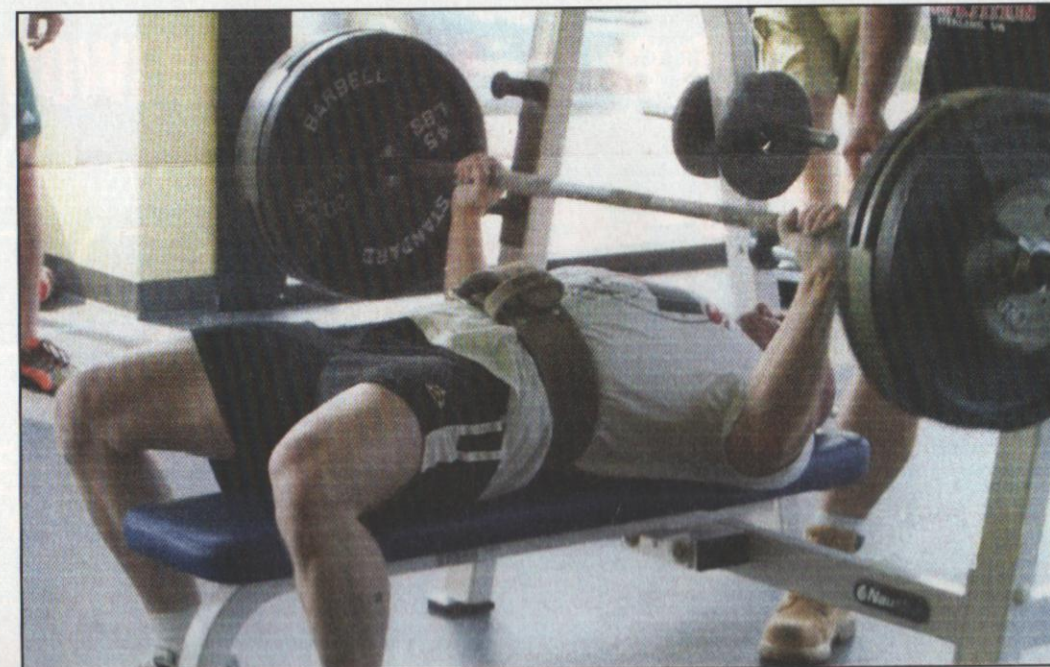
USAPL Summer Power Fest
18 AUG 07 - Houston, TX

BENCH	B. Eaton	259
FEMALE	Open	181 lbs.
Open	J. Kearns	402
123 lbs.	198 lbs.	
C. Harris	159	J. Franklin 314
MALE	242 lbs.	
Master	242 lbs.	C. Spellman 435
S. Rosenberg	281	242 lbs.
M. LeBlanc	—	C. Calvano 507
275 lbs.	B. Propst	374
Powerlifting	SQ	BP DL TOT
FEMALE		
Junior	132 lbs.	
A. DaCosta	281	170
Open	303	755
132 lbs.		

A. DaCosta	281	170	303	755
MALE				
Junior				
181 lbs.				
J. Pritchard	551	358	259	1168
A. Burstyn	314	214	446	975
198 lbs.				
K. Kloc	540	363	518	1422
J. Thompson	457	325	518	1300
R. Willbanks	451	330	451	1234
S. Jones	347	270	380	997
Open				
165 lbs.				
J. Vasquez	534	—	501	1036
275 lbs.				
R. Mullener	396	330	463	1190
275+ lbs.				
R. Sheets	407	275	562	1245
T. Meeker	606	—	556	1162
Master				
165 lbs.				
A. Menton	468	—	—	468
(Thank you to USAPL for providing results)				

NOVA Raw PL/BP
4 AUG 07 - Chantilly, VA

BENCH	K. Spittier	350
MALE	(45-49)	
181 lbs.	M. Smith	335!
(75-79)	275 lbs.	
H. Pitt	180	(40-44)
242 lbs.	S. Kuzma	475
Powerlifting	SQ	BP DL TOT
MALE		
198 lbs.		
C. Vaccaro	480!	325 575! 1380!
(40-44)		
T. Botting	450!	360! 500! 1310!
220 lbs.		
(45-49)		
J. Pitt	355!	325! 375! 1055!
242 lbs.		
K. Spittier	440	350 450 1240
J. Aller	225	185 350 760
275 lbs.		
R. Booth	405	245 485 1135
SHW		
(40-44)		
J. James	45	370 610! 1465
! =NOVA Raw Records. In M(75-79)/181 Harry Pitt came close to breaking his own NOVA raw record in BP but it was not to be. Next time he will. Marty Smith, who is the MD WNPf state record holder in BP broke the record in NOVA raw with 335. Scott Kuzma did an easy 475 BP and helped judge the lifting. In 198, Chris Vaccaro broke three records in his first meet. Tye Botting broke records that he had set in the March meet. Tye Botting broke records that he had set in the March meet. Jeff Pitt set records in all three lifts and total in 220 M(45-49). Ken Spittier lifted well at 242 as did John Aller who was lifting in his first meet. Rex Booth has the frame to lift a lot of weight if he stays with it. Thank you to all the lifters who in addition to lifting pitched in and helped with spotting and loading. That's what makes this such a great sport. Our next meet is November 10. (results courtesy John James)		



Tye Botting with a 335 BP at the NOVA Raw meet in Chantilly, VA (photograph courtesy John James)

C. McKenzie	425	220	320	965
MEN				
MAster II				
165 lbs.				
A. Cayer	655*	420	625	1700
Master/Open				
181 lbs.				
VanAlstyne	765	510	555*	1830
308 lbs.				
T. Petrino	830*	635	625	2090
Teen				
198 lbs.				
R. Deschenes	585	275	500	1360
242 lbs.				
R. Saldan	500	365	450	1315
*=World Records. Best Lifter: Alan Cayer. The WPC Can-Am Championships were hosted by Meet Director Bill Crawford of the Metal Militia, at the Adirondack Barbell Club in beautiful Lake George, NY. Many top lifters from the USA and Canada				

brought their best lifting to the platform. The full meet featured not one but two lifters, Alan Cayer and Mark VanAlstyne, exceeding 10 times bodyweight total. This is quite a powerlifting achievement for these men! Alan managed to pull off a four time bodyweight squat as well. He ended the day with a well deserved Best Lifter Award. The Bench Only Contest had many highlights including 79 year old Pete Bush, a former Army Ranger, benching a strong 125. Pete is a good friend of the Militia and always brings a lot of heart to the lifting platform. Mike Ferlito, a long time regular at these contests, went 3 for 3 in a big way, with a PR 465. First time competitor, Mike Donlick, put his name on the map with a 560 bench. Big Mike Harris taught us all a lesson about courage with his performance. Mike benched huge, on a broken leg! He finished with 650, the biggest bench of the meet, and left with the respect of the crowd and his fellow competitors. Special thanks to the judges, spotters, loaders, and all who helped to make this meet a spectacular day and a lot of fun for all. Thanks to Kierren Kidder for coming to support the contest, to Russ Barlow, who brought his crew from Maine, and to Ross Saldan and Cheryl McKenzie of Metal Militia Montreal for bringing the Canadian contingent. Big thanks to our sponsors, who generously supported the contest: Dream House Furniture, Springer Waste Management, Warren Tire, North Country Janitorial, Mohican Motel and Comfort Suites, Curtis Lumber, C&S Speed Shop, and our friend Lloyd Hemenway. Under-ground Strength has meet DVDs available. Please contact Sebastian Burns at metalmilitiabench@yahoo.com. (Thanks to Jenny Burkey for providing these results)

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NASA Arkansas State 2 JUN 07 - Russellville, AR				BP	DL	TOT	FEMALE								
BENCH	High School		181 lbs.				Raw	501	501	531	1535				
MALE	C. Freeman	253	275 lbs.				148 lbs.								
220 lbs.	Submaster I		Novice				High School								
Master I	D. Childers		D. Pittman	209	429	639	148 lbs.	110	60	137	308				
M. Hatchett	446.4		Int				Pure								
369	Submaster Pure		A. Bell	418	529	948	J. Maxwell	137	126	1874	451				
242 lbs.	Open		Submaster Pure				181 lbs.								
Open	J. Foss	391	T. Tucker	358	677	1036	Junior								
D. Martin	PS BENCH		275 lbs.				K. Freeman	226	104	253	584				
451	All Lifters		Master I				MALE								
Pure	J. McKay		220 lbs.				220 lbs.								
D. Martin	Master I		Open				Master I								
Submaster II	R. Rispolie	253	J. McKay	363	463	826	K. Mattison	584	440	529	1554				
D. Martin	275 lbs.		Pure				Open								
Submaster	Submaster Pure		J. McKay	363	463	826	K. Mattison	584	440	529	1554				
Pure	J. Foss	391	Submaster I				275 lbs.								
D. Martin	PS CURL		D. Childers	446	551	997	Master I								
275 lbs.	275 lbs.		Teen				J. McKay	556	363	463	1383				
Master I	Submaster Pure		J. Phillips	286	446	733	308 lbs.								
J. McKay	J. Foss	176	Powerlifting	SQ	BP	DL	TOT	Submaster I							
Raw															
165 lbs.															

W. Sanders	501	501	531	1535				
Raw								
148 lbs.								
Junior								
B. Curtis	297	286	385	970				
165 lbs.								
High School								
J. Campbell	237	170	352	760				
Master I/Master Pure								
J. Phillips	451	303	523	1278				
Open/Pure								
J. Phillips	451	303	523	1278				
181 lbs.								
High School								
K. Johnson	281	192	407	881				
Junior/Open								
T. Pearl	407	209	485	1102				
220 lbs.								
Pure								
M. Brock	325	308	578	1212				
275 lbs.								
Open/Pure								
C. Johnson	650	440	650	1741				
Submaster I								
J. Guinn	451	352	529	1333				
308 lbs.								
Submaster I								
B. Brock	352	385	451	1190				
SHW								
Junior								
J. Vick	606	—	—	606				
Power Sports	CR	BP	DL	TOT				
FEMALE								
97 lbs.								
Youth								
M. Pittman	27	38	82	148				
123 lbs.								
Novice								
D. Shirley	49	55	148	253				
MALE								
148 lbs.								
High School								
W. Williams	121	209	402	733				
Teen								
L. Kitchen	132	248	413	793				
165 lbs.								
Junior								
Z. Baker	159	264	468	892				
Teen								
S. Thomas	110	192	319	622				
181 lbs.								
Junior								
J. Coffman	154	292	468	914				
Open								
J. Smith	181	341	518	1041				
Submaster I								
D. Pittman	137	209	429	777				
Submaster II								
D. Shirley	137	286	451	876				
198 lbs.								
Novice								
B. Stobaugh	137	226	407	771				
220 lbs.								
Novice								
R. Flagg	143	270	451	865				
Submaster II								
T. Tucker	198	358	677	1234				
242 lbs.								
Master II/Master Pure								
R. Stormont	159	286	507	953				
Open								
J. Smith	176	407	727	1311				
275 lbs.								
Police/Fire								
J. McMillian	159	286	512	959				
308 lbs.								
Junior								
R. Garza	137	325	529	992				
SHW								
Submaster Pure								
B. Goins	154	303	556	1014				
(Thanks to Rich Peters for these results)								

100% Raw Wilmington Classic 20 OCT 07 - Wilmington, NC			
BENCH	A. Bannerman	400	
MALE	198 lbs.		
165 lbs.	Open Master (40-44)		
Junior P/F/L	S. Deans	350	
D. Moore	220 lbs.		
345	(30-34)		
Submaster	S. Tomcsanyi	325	
M. Mason	305		
Teen (16-17)	Junior		
C. Henry	Hollingsworth	315	
230	Open		
181 lbs.	J. Gylfason	330	
Master (40-44)	242 lbs.		
P/F/L	(30-34)		
R. Sarmiento	300		
Open Submaster	J. Gonzalez	365	
(Thank you to Paul Bossi for these results)			

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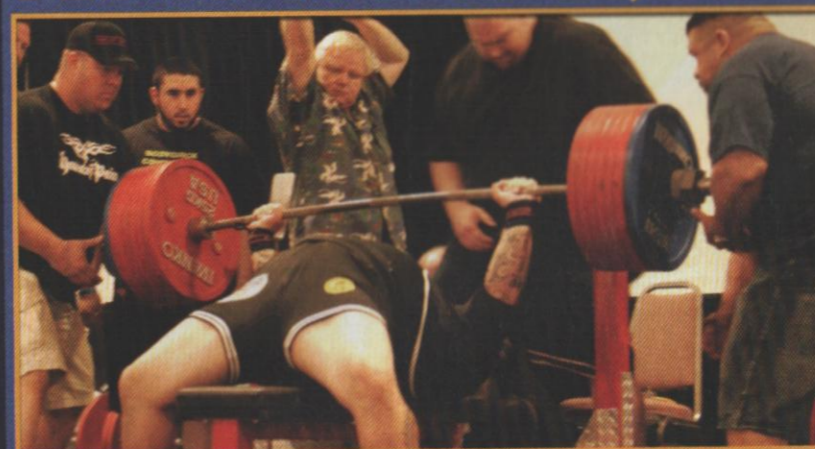
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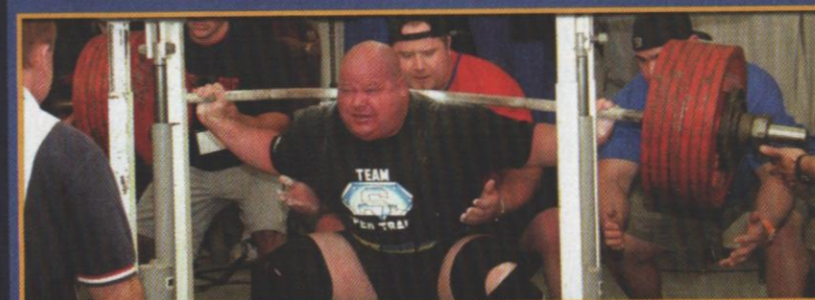
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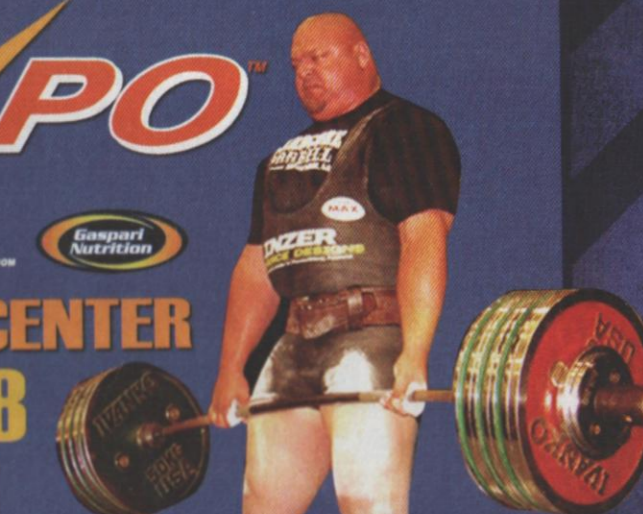
USPF AMERICAN POWERLIFTING CUP



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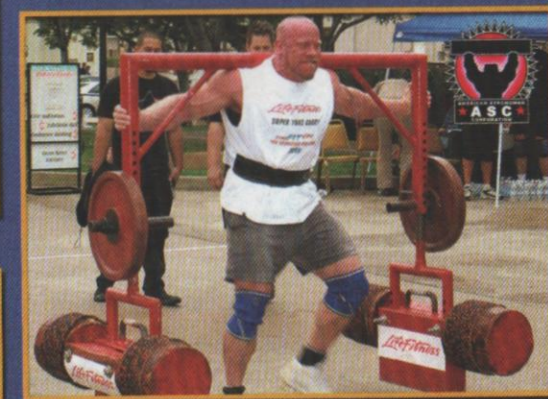


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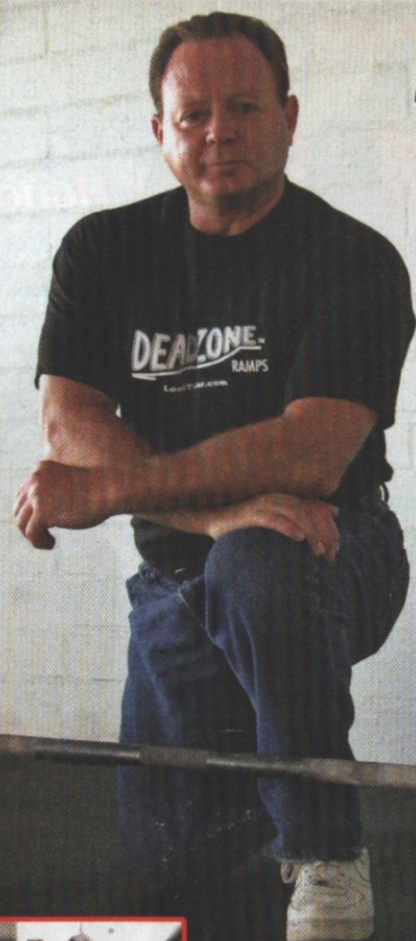


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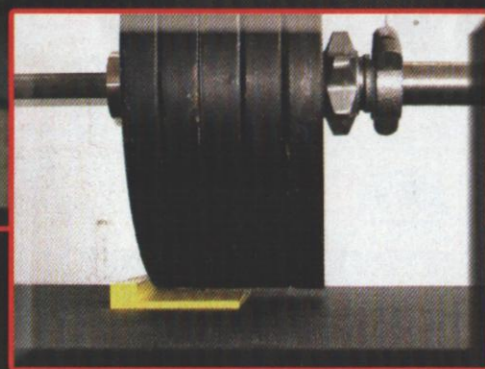
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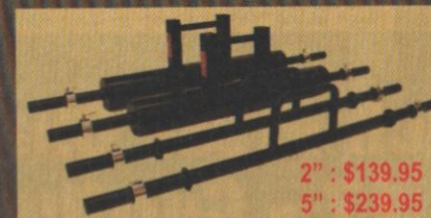
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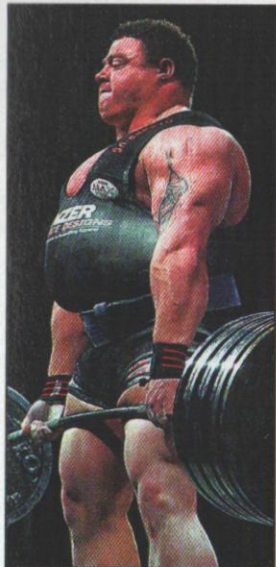
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Arizona BP/DL Challenge 22 SEP 07 - Tucson, AZ

BENCH		DL		TOT	
All Lifters	280	300	495		
Open	250	375	640		
114 lbs.	210	205	480		
D. Pori	215	315	525	840	
123 lbs.	320	120	190	315	
J. Froeshue	170	85	135	220	
132 lbs.	275	380	480	860	
N. Capanel	195	300	500	800	
A. Borbra	140	280	500	780	
148 lbs.	360	235	400	635	
J. Mendez	265	210	305	515	
A. Capanear	205	275	500	775	
B. Witten	160	275	425	745	
165 lbs.	230	255	455	710	
S. Hatlevig	315				
T. Russo	275				
G. Shuluiko	235				
L. Moody	120				
V. Olivares	85				
181 lbs.					
C. Graves	400				
S. Gose	380				
A. Capanear	230				
M. Caughlin	300				
Push Pull					
All Lifters					
Open					
132 lbs.					
N. Capansas	195	300	495		
148 lbs.					
J. Menez	265	375	640		
A. Capanear	205	275	480		
165 lbs.					
S. Hatlevig	315	525	840		
L. Moody	120	190	315		
V. Olivares	85	135	220		
181 lbs.					
S. gose	380	480	860		
M. Caughlin	300	500	800		
W. Dumes	280	500	780		
R. Oniszleo	235	400	635		
M. Sora	210	305	515		
198 lbs.					
B. Lacy	275	500	775		
J. Hurtado	320	425	745		
J. Ellis	255	455	710		

D. Modein 275 460 705
 220 lbs.
 M Granados 350 525 875
 G. Pattila 315 500 815
 B. Goodah 235 345 580
 242 lbs.
 J. Roty 505 610 1115
 D. Banning 470 500 920
 K. Chayka 360 550 910
 J. Bowen 350 525 875
 275 lbs.
 C. Hanabfegh 430 515 945
 G. Defoe 425 415 840
 Balance Fitness hosted its very first Push-N-Pull meet at The Wildcat House. It was a hit! There were 45 competitors with 500 spectators present throughout the meet. The venue was filled with camaraderie, sportsmanship, and intensity, all which make for a great meet. Some honorable mentions include Jon Beig Best Overall Bench and Best Overall Bench and Deadlift. Severy three year old Chuck Gourley impressively benched 360 lbs. in the Masters class. Scotty Hatlevig successfully deadlifted 525 lbs. in the 165lb. class, and Team Balanced Fitness took Team Fmt Place. These are just a few, but there were plenty more memorable moments and liftets. In all, Balanced Fitness owners Chris Lomuto, Anthony Capanear, and Scotty Hadevig collectively put on an outstanding meet for their first time. With the assistance of head judge and world class power lifter John Atkinson, and help of the scores table personnel Teresa Signorelli, Lee and Liz Johnson, the meet ran efficiently and speedily. However, like any other firsts, there are some opportunities for improvement, primarily the awards ceremony. They have taken their notes and promise to deliver excellence for their next Push-N-Pull on December 15, 2007 at The Wildcat House, 1801 N. Stone Ave Tucson, AZ 85705. Call Balanced Fitness for more information at 520-292-2100. Balanced Fitness would like to thank all the sponsors and a special thank you to

John Pena of Power Physique Systems for the use of their equipment and their team participation in the meet. (Thanks to Liz Dickey for providing these results)

APA Mississippi Open Push Pull 23 JUN 07 - Amory, MS

BENCH		DL		TOT	
MALE	242 lbs.				
Open DT Raw	385				
DEADLIFT					
MALE	242 lbs.				
Open DT Raw	550				
340 lbs.					
Submaster DT	650				
C. Coaker					
BP	DL	TOT			
MALE	148 lbs.				
Open DT	405	570	975		
J. Morrow					
181 lbs.					
Teen (16-17) DT Raw					
J. Richardson	260	510	785		
DT Raw					
M. Bland	205	365	570		
198 lbs.					
Open DT					
J. Vining	515	475	990		
242 lbs.					
Open DT Raw					
R. Clayton	385	550	935		
Submaster DT Raw					
E. Whitfield	410	610	1020		
275 lbs.					
Open DT					
W. Stewart	540	450	990		
308 lbs.					
Teen (16-17) DT Raw					
H. Cabral	245	475	720		
4th-DL-500					
DT=Drug Tested. Venue: Bodyworx Gym.					
Best Lifters: Chris Coaker: Deadlift. Joe Morrow: Push-pull. Erik Whitfield: Raw Best Lifter. Kevin Harmon: Bench Press. (Thanks to Scott Taylor for these results)					

MHP's 2007 Hardcore Powerlifting Season and Beyond as reported to Powerlifting USA by Sean Katterle

The 2007 Hardcore Powerlifting season was a rip roaring rage fest of gargantuan against gravity! Thanks to MHP's title sponsorship and to the additional support of Planet Muscle Magazine, Bodybuilding.com, BOSS, APT Pro Powerlifting Gear, Ivanko Barbell Company, Flexion Strength Equipment, House of Pain IronWear, Anderson Powerlifting.com and Skater Socks.com we had the funding to add an Olympia bench qualifier and a full powerlifting championship, both of which took place at The Super Show Expo in Dallas, Texas. And with Kenny "86D"

anyone. It's become a joke to the networks." Thanks to the support of our sponsors, we were able to again return to the most infamous bodybuilding stage on the planet; The Mr. Olympia Expo in Las Vegas! And, fortunately for us, Ed and Betty Pariso also see the potential of a true barbell contested strength championship and so this fall we moved to team up with the second of the four largest muscle and fitness themed American expositions. Old school, real deal powerlifting is again on the rise!

(continued from page 12)



Rock Lewis took the Middleweight Division in the bench press with his 580 lb. lift at 244 bodyweight, winning \$300. (all photos courtesy of Sean Katterle)



The Kings of the Bench Official Card Girl was MHP's Sophia Parnachelli, truly one of the most beautiful women on the planet, who really got the huge crowd motivated.

It's our full intention to assist the sport of powerlifting with finally bringing itself into legitimate professional status. In a gym world rife with usurper champions and titles only worth the paper they're printed on, we know that the path to iron gladiator glory lays with offering more prize money, prestige, positive publicity and with the getting onto the stages of the best physical culture arenas the world has to offer. If we offer the best prizes and the biggest spotlight, then the best will continue to sign up for our roll call and turn out to crush records, break barriers and completely amaze the fans. We're aware that there's many other people up on soap boxes proclaiming that their contest pyramids are the paths to greatest heights and we believe that, through this wide array of choices available to the lifter, that in regards to recruiting the best, money and fame talk and so that's where a lot of our promotional efforts are funneled.

There's some famous barriers in the sport that have never been broken. No one has ever squatted 1,000 pounds. The biggest squats in the world belong to Cole, Mikesell, Kuc, Orobets, Alexeev, Reinhoudt and Henry and, in competition, they've all been between 900 and 948 pounds. Only 1 man has ever power suit deadlifted 1,000 pounds and I think that Bolton could have accomplished this feat without a suit if he'd had the presence of mind to train for it (though I understand that he wanted his name in the books before another 900+ puller suited up more and got there first.) And, the greatest barrier yet to be crossed, no one has ever totaled 2,500 pounds. Reinhoudt and Kazmaier have both gone into the mid 2400's but that legendary three lift total (for reference: 950 raw squat + 650 raw bench + 900 raw deadlift) has never come into being. Brian Siders is one of the strongest human beings I've ever seen and he's yet to break into the 2,300s for total so that gives you a better idea of how monumental a true 2,500 pound total would be! I think that it's going to take the sport getting to a professional level where people can train at least part time for a living (and then either not work or only have to work part time hours elsewhere) in order for those fabled lifts to occur. There are some very talented lifters in today's pool but they need the time and the funds before they're going to be able to single mindedly dedicate themselves to the task at hand. The direction of adding artificial supports and reinforcements to the lifter hasn't panned out. The money's worse and the overall popularity's worse still. We need to get back to 1977, when international television first picked up the sport's worlds and we need to move in that direction if we're to obtain that kind of success on a monetary level.

As nine time world powerlifting champion, Larry Pacifico put it during his interview with American Strength Legends "The funniest story I have for powerlifting is the state of the game today. Today, there are at least thirty federations. One guy I know claims as many world titles as I have. He told me he won three in one year! For two of them he was the lone lifter in his class. The real funny issue is watching someone put on a bench shirt so he can claim a pound gain on that lift. This is why you won't see powerlifting on television

anyone. It's become a joke to the networks." Thanks to the support of our sponsors, we were able to again return to the most infamous bodybuilding stage on the planet; The Mr. Olympia Expo in Las Vegas! And, fortunately for us, Ed and Betty Pariso also see the potential of a true barbell contested strength championship and so this fall we moved to team up with the second of the four largest muscle and fitness themed American expositions. Old school, real deal powerlifting is again on the rise!

It's our hope that The Arnold Classic or FitExpo will be next to team up with us and that they'll do so in 2009. A bodybuilder once commented to me that L.A.'s one of the only cities where people in the audience look like they could climb up on stage and challenge the winners! Currently, with the WPO being ousted from The Arnold Classic, it's dug itself into that trade show but I think that the show's chief promoters will find that the awkward looking shirt benching will continue to be a sleeper in comparison to The All American Strongman Challenge that takes place there that same weekend. And for the full meet, they're still going with the USPF who's decisions to allow stronger and stronger single plies of artificial suit gear to be used has (by admission from Powerlifting USA's Editor-In-Chief, Mike Lambert in his publication's Sept. 2007 issue) taken it's membership count from 9,000 lifters (in it's heyday) to roughly 500 nationwide competitors! If a membership drop of over 90% over 20 years doesn't spell "unpopular" then I don't know what does! It's time for the shirts n suits to get the boot in Los Angeles and we're fired up and ready to join forces with The FitExpo and to put on a confrontation of powerhouse proportions.

I know that The Arnold Classic has had to play the political game of drug testing politics, especially with Schwarzenegger being the governor of California. I'm also very aware of the myriad examples pointing out the blatant flaws in claiming that drug testing equals drug free competition (i.e. Marion Jones easily beating out the IOCC's testing system for years, the Russians' popularity and force of numbers getting them right back into the IPF after their outright violations and not missing a beat with their contest numbers improving since their reduced suspension.) Powerlifting Watch.com covered Marion Jones' admittance of using steroids and beating the testing system again and again. In response to her public announcement, Olympics level sprinter and doping violator Ben Johnson remarked, "I believe that everyone on the international level is using performance-enhancing drugs." Balco founder Victor Conte agreed, saying that "doping is like taking candy from a baby. The system is inept. There is a level playing field - it's just not the one people want."

Under the guidance of Norbert Wallauch, the IPF was successful in finally calling out the Russians for their doping violations, but the Russians are such a force in the European powerlifting scene, that their suspension only built up the rival federation's turnout and knocked down the volume of top caliber lifters who showed up for the IPF worlds. So, the IPF allowed the Russians back into the fold early and they returned without missing a beat and with bigger numbers than before. Think that they're all training drug free now? In regards to the IPF's failed attempt to do away with the bench super shirts, former President Wallauch touched on that topic in his final address. Wallauch stated "We also started the discussion concerning the development of the bench shirt which have taken over most of the work of pressing from the lifters and again and again have caused dangerous situations. Without the new safety racks I suppose we already would have had a lot

of serious injuries or even killed lifters. Nevertheless there are some people within the IPF Executive who still claim to remain everything as it is. The reason seems obvious to me: They depend on the manufacturers whose interests they share by either acting as a counselor or even by trading with gear though this is strictly forbidden by the IPF Constitution. It is not necessary that I name these people, they will know it themselves, shall blush and be ashamed."

So, in regards to the prestigious Arnold Classic and it's social political requirements, We're more than happy to set up a testing format for that venue that will satisfy Lorimer Productions that our powerlifting competitors in Columbus are as clean as their pro bodybuilders and strongmen who take to competition on their main expo stage. I'm very confident that we can deliver on such a claim. Our winner will be drug free just like their bodybuilding and strongman champions are. We can also produce a show that's packed to the brim with sports drama and cliff hanger competition. Our powerlifting champions will be the strongest barbell lifters just like their other champions are at the top of their sports' mountains. The current line up of USAPL lifters is impressive, but they're based on formula and their maximum strength levels simply aren't up to par with the strength athletes Terry Todd brings to the field (save for maybe Brad Gillingham.) For the 2008 season, however, it's our focus to continue to build our Olympia and Super Show events and thanks to those expos officials and to our sponsors we're going to be able to do so.

The benchpress, squat and deadlift are three of the most popular lifts in the world and, even amongst bodybuilders and strongman elitists, their total is recognized as being an excellent gauge of overall, absolute, full body power. Hardcore Powerlifting, LLC will continue to offer the most classic version of this sport, which is by far the most popular amongst the masses (we may have to drag the gear lifters on board kicking and screaming, but the best of their format will appreciate the freedom that real powerlifting has to offer.) At our shows, a competitor is allowed to brace themselves with wrist and knee wraps and they can wear a lifting belt and then that's it for the artificial boots! By wiping out the benchpress shirts and the super suits we've again allowed the strongest lifters to win without having to change their techniques and spend a good deal of their time learning the equipment. It's back to good old fashioned guts n glory bar bending platform performances!

So, for 2008, look for us to rock the house again at The Super Show Expo in Dallas and at The Mr. Olympia Expo in Las Vegas! If you're ready to lace up your boots and get on the big stage, then feel free to contact my office at HardcorePowerlifting.com or by leaving a voicemail at 1.503.221.2238 and we'll get you signed up to compete in Texas next fall. At The Clash of the Titans II, we're planning on again having a max squat, max deadlift, max bench and a full powerlifting meet but we're also looking to add a 250 pound and under body weight division for the squats, deadlifts and full meet, so that will double the pros chances of winning prize money and taking top honors (there will still be 3 divisions in the benchpress too.) The Clash of the Titans will again be the exclusive qualifier for The Mr. Olympia Expo's Kings of the Bench III.

For motivation, you can check out dozens of pictures on House Of Pain.com's photo forum and you can watch the entire Kings of the Bench championship video on Bodybuilding.com at http://www.bodybuilding.com/fun/2007olympia_vids.htm

Thanks again to MHP for supporting professional powerlifting and we look forward to seeing you all next fall. (MaxPerformance.com)

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- Please Print Clearly & Complete All Entries



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AFPF: \$30		AAPFF: \$30		AFPF & AAPFF: \$40					
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 Aurora, IL 60543 603-546-3769	
Ernie Frantz, Chairman/Founder Email: ErnieFrantz@aol.com									
If under 18, have parent initial here			I certify that the above answers are correct and that I am eligible in accordance with the rules of the AFPF or AAPFF			Signature X			

APF Hawg Farm Open/BP 6 OCT 07 - Evansville, IN

Walker's Gym BP Classic 13 OCT 07 - Hopewell, VA

100% Raw Mid-Atlantic BP 29 SEP 07 - Somerset, PA

BENCH 165 lbs. Submaster L. Hoover 125* 220 lbs. Junior G. Stiles 430* 242 lbs. 165 lbs. Teen (18-19) Raw M. Rincker 350* S. Thompson 320 181 lbs. Open G. Devers 625* 220 lbs. Master C. Gabban 550 242 lbs. Master (40-44) K. Perkins 600* D. Shaw 275 lbs. Open R. Bowsher Submaster Raw C. Beck 500*	Open G. Buechlein 725* Submaster J. James 485 Master (40-44) G. Buechlein 725* Master (50-55) S. Hutkowski BP DL TOT 350* 230 430* 1010 230* 370 920 625* 400* 600* 1625* 365 500 1415 600* 435* 500 1535* — — — — 500* 405* 570* 1475*	FEMALE 131+ lbs. C. Walton 110 Open 131+ lbs. M. Cox 140 MALE Raw 0-148 lbs. S. Parrish 170 J. Kelly 150 181 lbs. G. Tomlinson 355 J. Preskar 255 198 lbs. L. Tyler 330 220 lbs. C. Reese 405 D. Watkins 305 242 lbs. J. Cox 365 Master (70-79) 220 lbs. C. Walker 270 Master (60-69) 165 lbs. H. Blowe 330 M. Wilhite 365	BENCH (45-49) C. Venturella 320 148 lbs. (50-54) K. McGee 75 C. Poola 190 198 lbs. Open J. Patterson 425! (60-64) D. Junkins 220 220 lbs. MALE <66 lbs. (6-7) J. Garrety 30 148 lbs. (12-13) D. Reedex 415 E. Goacher 90 275 lbs. Open A. Walker 210 (35-39) L. Kurtz 305 (45-49) D. Robinson 240 (40-44) R. Murphy 275 165 lbs. Open G. Shreve 375 308 lbs. C. Venturella 320 Open S. Boccilli 405
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*=Indiana State Records. (Larry Hoover) (Thanks to Barry Walker for these results) !=Best Lifters. (Results from Dave Lhota)



REFEREE STATUS:

National Referee _____ State Referee _____

Club No. _____ Club Name: _____

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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 _____
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NASA Masters Nationals 3 NOV 07 - Mesa, AZ

BENCH 114 lbs. (35-39) Submaster Pure H. Patel 242 (45-49) B. Aerts 93 (45-49) K. Hughes 181 Master Pure K. Hughes 181 148 lbs. Master I D. Manno 176 SHW (55-59) A. McTighe Master Pure A. McTighe 114 lbs. (45-49) B. Aerts 82 (55-59) S. Stump MALE 181 lbs. (55-59) K. VanBuren 363 (60-64) C. Lynn 264 198 lbs. (40-44) Cunningham 341 (50-54) W. Sword 385 Master Pure Cunningham 341 242 lbs. (40-44) J. Lynn 407 (60-64) H. Blackmon 391 275 lbs. (50-54) G. Carlson (55-59) R. Brodt 330 308 lbs. (50-54) A. Aerts 451 Masrter V N. Feliciano 700 SHW (45-49) T. Manno 711 Master Pure T. Manno 711 Raw 148 lbs. (50-54) P. Gillott 259 (65-69) L. Janhunen 170 (55-59) L. Lermusiaux 214 (70-74) M. Stainbrook 198 Push Pull FEMALE 114 lbs. (45-49) B. Aerts 93 Submaster Pure H. Patel 242 148 lbs. (40-45) D. Manno 176 J. Wood 88 Pure D. Manno 176 165 lbs. (60-64) G. Clawson 121 MALE 148 lbs. (50-54) P. Gillott 259 165 lbs. (60-64) P. Miller 187 181 lbs. (60-64) C. Lynn 264	181 lbs. (35-39) F. Millan 275 (80-84) B. Hudson 132 198 lbs. (60-64) R. Wiseman 286 (60-64) E. Evatt 259 275 lbs. (40-44) J. Koepfer 385 Master Pure J. Koepfer 385 308 lbs. (50-54) A. Aerts 385 PS BENCH FEMALE 114 lbs. (45-49) B. Aerts 82 MALE 220 lbs. (45-49) Schmuecker 363 (70-74) E. Evatt 259 Master Pure E. Evatt 259 308 lbs. (50-54) A. Aerts 385 PS CURL FEMALE 114 lbs. (45-49) B. Aerts 55 148 lbs. (40-44) A. Lane 60 MALE 165 lbs. (70-75) M. Stainbrook 88 242 lbs. (55-59) R. Madula 104 275 lbs. (40-44) J. Koepfer 187 Master Pure J. Koepfer 187 308 lbs. (50-54) A. Aerts 137 PS DEADLIFT FEMALE 114 lbs. (45-49) B. Aerts 209 MALE 198 lbs. (65-69) R. Magnoson 347 308 lbs. (50-54) A. Aerts 529 BP DL TOT FEMALE 114 lbs. (45-49) B. Aerts 209 303 242 363 606 176 242 418 88 220 308 176 242 418 121 275 396 259 303 562 187 319 507 264 352 617
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www.americanpowerliftingcommittee.com

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242 lbs. (35-39) K. Mitchell 451 (40-44) D. Hamblin 407 308 lbs. (50-54) A. Aerts 385 Powerlifting SQ BP DL TOT FEMALE 114 lbs. (35-39) H. Patel 281 (45-49) B. Aerts 143 Submaster Pure H. Patel 281 (45-49) M. Hetzel 319 Master Pure M. Hetzel 319 165 lbs. (60-64) G. Clawson 209 Raw 114 lbs. (45-49) B. Aerts 121 123 lbs. (45-49) K. Hughes 214 132 lbs. (50-54) T. Ishimatsu 137 148 lbs. (60-64) J. Wood 165 lbs. (60-64)/Master V A. Webb 214 MALE 148 lbs. (50-54) J. Bissen 402 181 lbs. (40-44)/Master Pure D. Peterson 407 (55-59) K. VanBuren 418 M. Wonyetye 44 275 lbs. (50-54) J. Kessinger 523 308 lbs. (40-44) A. Aerts 352 Master Pure N. Feliciano 804 SHW Submaster Pure J. Anderson 628 Raw 165 lbs. (60-64) P. Miller 270 181 lbs. (45-49)/Master Pure P. Cook 253	650 650 479 529 529 363 209 209 242 242 170 170 275 121 181 110 325 231 165 733 402 556 352 319 308 485 308 523 352 451 700 402 523 440 501 628 187 347 347 192	1102 887 914 887 446 887 826 826 606 413 707 463 220 589 589 1185 1460 1504 1201 1306 1537 209 347 529 303 606 418 396 562 507 821
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G. Schuster 463 (60-64) R. Mezooff 457 (70-74) Rosenberger 253 242 lbs. (35-39) K. Mitchell 733 (40-44) D. Hamblin 402 (45-49) S. Striepeke 556 (55-59)/Master Pure L. Minet 352 275 lbs. (50-54) J. Kessinger 523 308 lbs. (45-49) A. Aerts 352 Master Pure N. Feliciano 804 SHW Submaster Pure J. Anderson 628 Raw 165 lbs. (60-64) P. Miller 270 181 lbs. (45-49)/Master Pure P. Cook 253	325 468 468 358 451 407 407 501 407 501 319 308 981 485 319 308 314 440 314 440 1278 529 1333 650 2155 1460 1664 600 1664 165 lbs. (60-64) P. Miller 270 187 319 777 181 lbs. (45-49)/Master Pure J. Wood — 220 220	468 1157 777 1835 1289 1466 981 1267 1168 1278 1333 2155 1466 1664 1664 347 209 347 583 583 391 391 388 388 220 220	(60-64)/Master Pure G. Clawson 77 MALE 148 lbs. (50-54) P. Gillott 104 165 lbs. (40-44) D. Morgan 132 (45-49) Woodworth 104 (60-64) P. Miller 104 198 lbs. (60-64) R. Lacey 148 Open A. Dickey — 242 lbs. (40-44) R. Summers 148 (50-54) K. Hughes 90 132 lbs. (40-44) S. Jastes 60 (50-54) T. Ishimatsu 62 148 lbs. (60-64) J. Wood 165 lbs. (60-64)	121 275 474 303 666 738 898 611 1267 1168 914 369 369 843 1041 1102 1168 997
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Need more information? Go to: www.adffp.org

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

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

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

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

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

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

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Use Legal Name

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

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

Member's Signature	Parent/Guardian Signature
Date	Date

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

USAPL Kansas State
13 OCT 07 - Hoisington, KS

BENCH	220 lbs.	380	270	424	1074
MALE	181 lbs.	39	187	429	975
Open	198 lbs.	551	374	556	1482
S. Lyon	363	595	446	490	
Powerlifting	SQ	BP	DL	TOT	
WOMEN	123 lbs.	462	270	507	1240
Master II	198 lbs.	264	286	451	1003
L. King	—	—	—	—	—
Open Raw	352	209	319	881	1510
A. Holguin	352	209	319	881	1510
SHW	303	170	220	694	1069
Open Raw	303	170	220	694	1069
S. May	303	170	220	694	1069
MEN	148 lbs.	562	424	628	1614
Open	148 lbs.	562	424	628	1614
A. Leiker	413	275	413	1102	—
165 lbs.	—	—	—	—	—
Open Raw	374	—	402	—	—
E. Schmidt	374	—	402	—	—

APF/AAPF 1st Pit Bull Gym BP
7 OCT 07 - Guilford, N

BENCH	Master I	225
WOMEN	J. Rodden	225
Open	181 lbs.	200
123 lbs.	R. Kilts	200
MEN	Master III	385
Open	M. Casatelli	355*
114 lbs.	S. Dussult	550
D. Levers	95*	550
148 lbs.	Open	550
Open	J. Byrnes	55
J. Bloomer	160	425
Submaster	R. Lewis	425
C. Byrnes	375*	275
A. Kirby	275	275

*=State Records. Meet Directors: Bob Paoletti and Chris Byrnes. (Chris Byrnes)

AAU 10th Crain BP/DL Open
27 OCT 07 - Shawnee, OK

BENCH	MALE	77 lbs.	165 lbs.	300
MALE	165 lbs.	165	300	465
Junior	J. Caputo	185	181	465
T. Hathcock	300	185	181	465
Open	D. Dillo	185	181	465
181 lbs.	Open	185	181	465
198 lbs.	N. Johnson	255	198	370
Open	Master	255	198	370
220 lbs.	B. Crouch	—	365	405
Open	R. Richardson	280	365	405
220 lbs.	B. Crouch	405	365	405
Open	C. Caputo	355	365	405
220 lbs.	L. Davis	250	365	405
Open	R. Richardson	550	365	405
220 lbs.	Open	220	365	405
220 lbs.	W. Lawler	225	365	405
Open	242 lbs.	225	365	405
308 lbs.	B. Bohot	515	365	405
Open	308 lbs.	515	365	405
308 lbs.	D. McConnell	445	365	405
DEADLIFT	242 lbs.	445	365	405
165 lbs.	Junior	242	365	405
Master	B. Bohot	500	365	405
275 lbs.	275	500	365	405
Master	Master	250*	365	405
198 lbs.	S. McClur	380	365	405
Master	308 lbs.	380	365	405
S. Maupi	250*	380	365	405
Open	Open	250*	365	405
260*	D. McConnell	575	365	405
D. Davis	600	575	365	405

*=State Records. !=World Records. Teams

1st-Caputo's Gym. 2nd-Crain's. Best Lifter Men BP/Junior: Bryce Bohot. Best Lifter Men BP/Master: Carmen Caputo. Best Lifter BP/Open Men: Rick Richardson. Best Lifter Women DL/Master: C. McClintock. Best Lifter Men DL/Youth: Duncan Richardson. Best Lifter Men DL/Junior: Tyler Hathcock. Best Lifter Men DL/Master: Carmen Caputo. Best Lifter Men DL/Open: Donny McConnell. (Thanks to Rickey Dale Crain for results)

APF Halloween Monster Bash
13 OCT 07 - Eagle Nest, NM

BENCH	J. Kulhan	140
FEMALE	Master	140
123 lbs.	J. Kulhan	140
Open	MALE	198 lbs.
148 lbs.	Open	198 lbs.
Open	B. McCaslin	300
I. Sutton	105	300
Submaster	B. McCaslin	300
I. Sutton	105	220 lbs.
UNL	Open	550
Open	A. Wolf	550

The APF Halloween Monster Bench Bash was held at Eagle Nest Village Community Center and was a great success. Everything ran smoothly. The judges were great, the spotters were on and swag bags were handed out to all lifters each around \$150.00 worth of goodies. Now, in most meets, you only see maybe one female lifter, but we had three. One that as on crutches from a serious car accident just months prior. That's tuff. Andy Wolf who weighed in a svelte 211 and came all the way up from Ruidoso howled an eerie 550 pound bench press in the open 220 pound class, and Deputy Sheriff Brad McCaslin nailed the coffin with a 300 lbs. bench press in the Masters 198 pound class. Jamie Archuleta walked up on the platform on crutches to do her attempts completing a 90 bound bench press. Fiendish ghouls, all of them. There was more bar bending attractions as Lisa Sutton demolished a 105 in the 148 Masters, not to mention Julie Kulhan smashing 140 in the unlimited masters. All three above mentioned girls pressed these numbers raw. For several of these lifters it was their first meet all putting up very respectable numbers for their first time. The crowd was great too, all yelling support to the lifters. The meet promoters handed out many samurai swords sponsored by Titan Support Systems as

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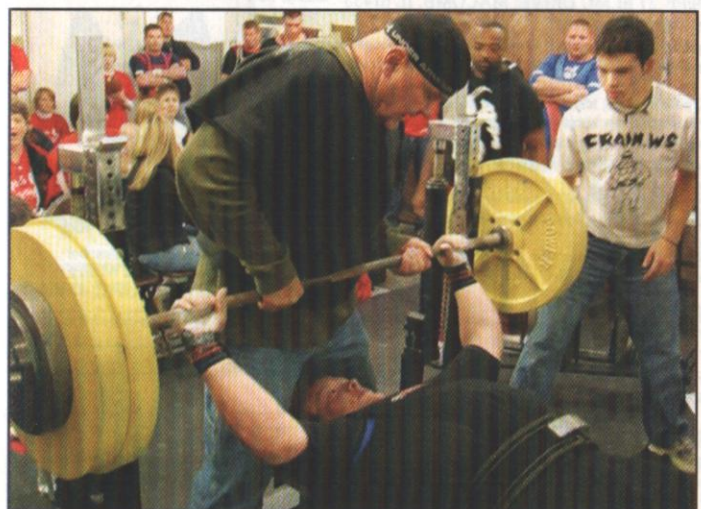


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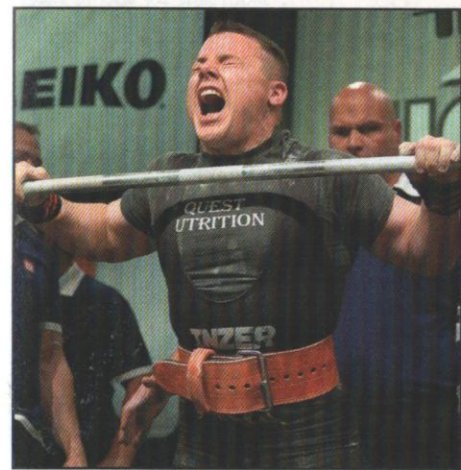
Oklahoma State University Student Bryce Bohot gets ready to Bench Press 515 lbs., an AAU Junior World Record. (from Rickey Dale Crain)



Halloween Monster Bench Bash Lifters (front row, l-r) Rob Tibljas, Anita Ramsey-Schultz, Lisa Sutton, Jamie Archuleta; back row, Sam Kelly Curtis Schultz, Andy Wolf, Julie Kulhan, Brad McCaslin, Bret Cadenhead. These guys are with High Peaks Barbell Club, Hard Core Gym #66 in the Sept. '07 PL USA

total. There was a pretty good battle for second with Hassan El Belghitti, from France, winning second with a 1576 and Japan's Masaharu Koiwai not far behind with a 1570 total. T. J. Hoerner from the U.S. crushed his opening squat of 600. He then jumped to 644 and hit it twice easily, but was called on depth both times. The 44 lbs that was lost would have catapulted T. J. up into 4th position overall. T. J. hit a nice bench of 330 and opened his deadlift at 551. Throwing technique aside, T. J. approached the bar and ripped it up to completion, leaving his shoulders a little forward. Red lights, so we took the attempt again. After a little coaching, T. J. came out for his second with better form and pulled it easily. We then jumped to 584. T. J. approached the bar with "use your legs" ringing in his ears. He pulled it easily for his (by far) best attempt. It looked like he would have been good for 615+!

Now the 165s. Jaroslaw



Wade Hooper went up against Olech @ 165

Olech, the multi time world champion and previous champion of champions, had moved up from 148 to 165. This was going to be a three-way battle between Olech of Poland, Wade Hooper of the USA and a youngster from Russia, Alexander Govorin, who is a squatting and deadlifting phenom for his age. Olech opened his squat at 727, as did Wade. Govorin opened his squat at 683. All were good attempts. I have seen Olech squat many times and, at best, would say his depth is questionable in most instances. Larry Maile was in the warm-up room with us and I told Larry to go to the jury table before Olech's second squat because I had a feeling it was going to be high. Wade came in with a 755 second attempt and muscled it up. Up next was Olech with 771, a world record attempt. Down and up, strong. I was watching from the back and it looked high. White lights. Maile never made it to the jury table because there was a

mob of coaches in front of him protesting the call. The lift was overturned. Wade attempted 766 on his 3rd and it was just a bit too much. Olech came back with a deeper, strong 771. Good lift. On to the bench.

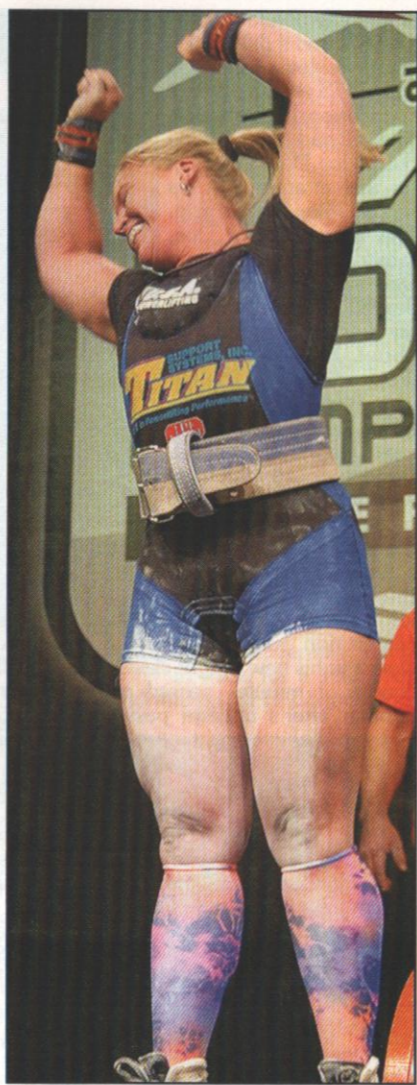
Wade hit a strong 518 with Olech coming in with just one attempt at 440. Govorin was back with 385. This is not his best lift since he can almost scratch his knees standing

Zaugolova (Russia) easily took first, earning Gold in all three lifts. Former champion Inger Blikra took second with a 577.5 kg total, and Elizaveta Ivanova (Ukraine) came in third.

82.5 Kg CLASS - Former World's Strongest Women competitor and returning 2006 World Champion Liane Blyn was the U.S. lifter in this class. She took home Bronze in the squat (220 kg) and deadlift (212.5 kg) on her way to a 562.5 kg total and Bronze overall. Svetlana Dedyula coasted to the Gold Medal, and broke her own Word Record in the bench with a 185 kg mark. Ya Wen Chang from Chinese Taipei came in second.

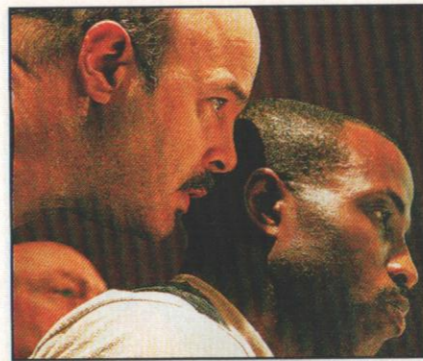
90 Kg CLASS - The 19 year-old Bonica Brown had a 9 for 9 day on her way to 4th place, including a silver medal deadlift of 225 kg. At her 4th Open Worlds, she is already a veteran of the Women's Open team, and has many promising years ahead of her. On the Teen and Junior level, she has broken over 20 World Records. With a few more years experience, we should expect to see her at the top of the IPF medal platform.

Returning World Champion Ielja Strik of the Netherlands claimed her second World title in this weight class, winning Gold medals



Liane Blyn medaled bronze at 181 lbs.

in all three lifts. Valeria Schcheglova (Russia) came in second, with Inna Orbits of the Ukraine coming in third.



Coach Sperm Ledford with Dave Ricks.

straight up (good for pulling). On to the deadlift. Wade's opener was put in at 556 to solidify what we thought would be second place, knowing that Govorin had pulled 727 at the Russian Cup, but we thought 744 would be a bit too much. The bar at this time had to be taken into consideration for each attempt. Olech opened up with 661 and pulled it strong. On to 683 for Olech. Wade's opener at 556 looked good. On to 573. Govorin pulled 677 like the bar was empty. Wade came out for his second and pulled it to completion. Nice! At the top, one second passed... two seconds passed... three seconds passed... The head official for some reason just waited until Wade dropped the bar after about 4 or 5 seconds. This is something that has always puzzled me. Why a lifter is not given the "down" signal after the lift is finished. This is not a grip competition. It seems that if an official thinks someone's grip is suspect, they make them hold it an unacceptable extended period of time. Govorin comes out for his second at 705, EZ! WOW! Olech hits 683 and goes to 699. Wade

comes out for 573 again and loses his grip. Olech misses 699 and they load 744 on the bar for Govorin for 2nd place. Did we pick the right opener? I guess we were going to find out.

Govorin approaches the bar and the bar, jumps off the floor. Oh sh**. The bar has good speed to his knees, past his knees and up to mid-thigh. Then the bar and weight took over,

dropping it at mid-thigh. Time to celebrate a silver for Wade! It's was nice to have some good points on the board. Thanks Wade!

At 181, it was a 4-way battle between Davranbek Turakhanov of Kazakhstan, Sergey Bogdanov of Russia, Dave Ricks of the USA and Jan Wegiera of Poland. This was quite a battle and came down to the end. Dave Ricks is a mild-mannered guy with a military background, but when he takes off his glasses to lift, he turns into Superman. Dave has some of the best raw strength I have ever seen. The fight for first was between Turakhanov and Bogdanov. Turakhanov squatted 733 with Bogdanov not far behind with 727. At subtotal, Bogdanov was 27 lbs in front. Turakhanov came out for his first deadlift and it was ugly, dropping it about mid-thigh. Nevertheless, he jumped 7.5 kg to tie Bogdanov on his first, with the lighter bodyweight. We thought he might bomb. He came out and pulled it strong on his second. He jumped 10 kg to tie Bogdanov again and pulled it for the win on

(continued on page 99)

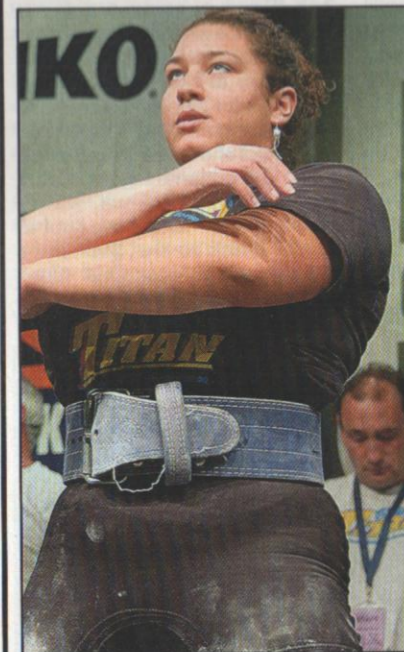
90+ Kg CLASS - The 90+ Kg Class promised to be a showdown between the U.S.A. and Russia, and it was no disappointment. After burying her first squat, Jessica O'Donnell was called for depth on her second and third, opening the door for Russia's Irana Lugovaya to seal up a 680 kg total on a 9 for 9 day. O'Donnell benched a huge 170 kg, and put 260 kg on the bar for the win, but couldn't complete the lift. O'Donnell is a 5-time Open World team member, and former IPF Junior World Champion, and her 2007 World's 652.5 kg total and Silver Medal performance is just another testament to how far the U.S. Women's Team has come. Further, at only age 26 and still



Jessica O'Donnell - Silver @SH

improving, Jessica is also an example of how bright our future looks on the IPF World platform.

The U.S. Women fell to 4th place in the Team contest this year, with Russia getting first, Ukraine second, and Chinese Taipei third. While the early return of the Russians and Ukrainians from a doping suspension has been hotly debated, the truth is the U.S. were outlifted on the stage. The Russians especially performed technically perfect lifts, with three of their lifters going 9 for 9. Above all, the technical mistakes made by the U.S. women were our demise this year. However, post-meet, every woman on the team already had a plan in mind, and we will be back in Championship form in 2008!



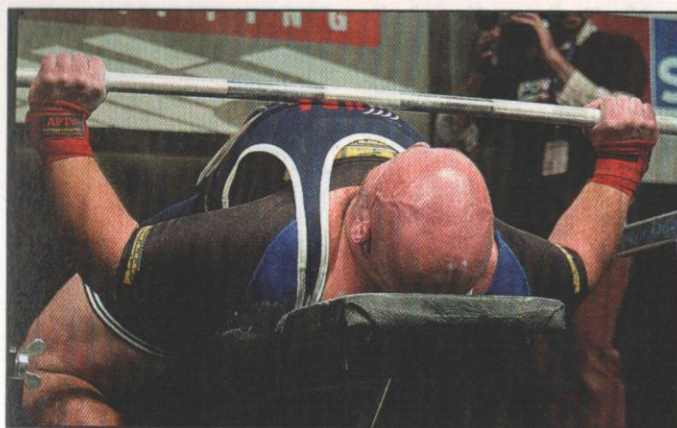
Bonica Brown ... young 198 lb. star.

DISA HATFIELD

Lindholm-FIN	661	661	694	407	424	424	628	661	661	1730
Bettati-ITA	661	683	705	374	396	407	661	694	694	1719
Butt-CAN	606	617	—	468	474	485	589	617	628	1708
Okamura-JPN	562	600	628	457	474	485	617	661	683	1703
Schnurr-GER	600	639	661	380	396	396	573	611	633	1675
Ziffle-CAN	573	573	573	429	446	463	540	573	595	1609
Jamal-MOR	485	507	518	369	380	391	617	639	639	1515
Agsouda-LBA	595	661	672	396	440	440	595	595	595	—
Erbs-GER	628	661	683	385	402	413	683	683	683	—
Flood-SWE	672	683	722	—	—	—	—	—	—	—
Silbaum-EST	716	716	716	451	451	474	694	722	722	—
220 lbs.										
Tarasenko-RUS	804	826	848	540	562	584	716	749	766	2199
Lebedko-RUS	804	826	832	551	573	578	727	749	799	2155
Pevnev-UKR	760	782	799	551	578	578	711	727	738	2116
Beck-USA	771	804	826	573	595	608	688	705	722	2105
Coimbra-LUX	738	782	804	507	518	518	716	716	755	2055
Wiak-POL	738	782	782	551	567	578	683	705	771	2055
Theuser-CZE	727	771	799	474	490	501	639	672	688	1989
Yanchev-BUL	667	661	727	440	463	474	661	727	755	1929
Peeters-FRA	672	672	705	440	474	490	661	694	711	1907
Hergott-FRA	650	683	694	507	529	540	628	661	672	1884
Hinz-GER	683	705	749	451	451	474	584	686	606	1785
Arakawa-JPN	584	628	639	451	463	474	617	661	666	1763
Simpig-GER	639	661	683	396	396	418	573	617	633	1692
Larsson-DEN	661	688	688	358	374	391	595	633	650	1686
Araujo-BRA	584	584	595	423	413	418	655	795	705	1670
Hansen-DEN	595	644	644	424	424	424	617	672	672	1636
Rayani-LBA	595	661	661	396	440	463	529	573	595	1631
Spindler-AUT	556	573	573	396	407	413	573	584	595	1548
Stummer-AUT	611	611	611	418	435	440	—	—	—	—
Jasmontas-LTU	661	661	661	—	—	—	—	—	—	—
D'Ovidio-ITA	738	—	—	—	—	—	—	—	—	—
242 lbs.										
Barkhatov-RUS	815	848	870	573	595	606	771	804	837	2314

Gibson-GBR	352	374	385	281	286	286	374	396	402	1069
Wahlund-SWE	385	407	407	187	203	214	396	435	451	1047
Moscianes-ITA	330	341	352	132	143	154	374	396	407	914
Szollon-HUN	253	253	281	198	214	220	297	319	330	826
Dittler-HUN	330	330	330	—	—	—	—	—	—	—
181 lbs.										
Dedyula-RUS	485	529	551	374	407	440	440	485	507	1444
Chang-TPE	485	507	529	253	270	270	418	457	496	1256
Blyn-USA	457	485	507	281	286	308	440	468	468	1240
Porter-GBR	451	468	474	253	264	275	451	474	501	1218
Yitalo-FIN	374	407	429	308	330	341	418	457	457	1179
Arnesen-NOR	429	451	463	259	259	259	424	440	440	1162
Pecante-PHI	418	463	485	231	253	270	418	468	468	1157
Szczepani-POL	341	363	380	264	286	286	341	363	380	1030
Ulviczki-HUN	330	352	374	286	297	303	319	341	369	1014
Hung-TPE	363	363	374	319	336	347	275	352	407	986
Sekone-NZL	352	352	363	176	198	220	396	418	418	948
Halladay-CAN	319	330	330	214	226	237	314	330	344	887
198 lbs.										
Strik-NED	540	562	573	363	380	385	463	496	512	1460
Shcheglov-RUS	529	529	551	330	347	358	485	507	518	1394
Orbits-UKR	507	523	540	341	341	352	440	463	468	1333
Brown-USA	407	451	485	231	264	303	407	451	496	1284
Buckley-NZL	407	407	407	297	308	347	451	490	490	1168
Busby-GBR	418	440	451	198	209	220	374	396	407	1069
Costas-PUR	501	501	501	253	275	308	451	468	479	—
198+ lbs.										
Lugovaya-RUS	529	562	584	352	374	396	474	496	518	1499
O'Donnell-USA	551	584	584	336	358	374	485	512	573	1438
Schaefer-NED	463	485	507	363	363	369	440	463	485	1361
Thornton-GBR	485	507	518	242	253	264	418	440	451	1223
Manana-NZL	418	418	451	220	242	264	451	485	523	1146
Meulen-NED	396	424	435	286	303	308	374	396	396	1102
Beer-AUT	352	374	385	275	286	286	352	374	396	1058
Stesenko-UZB	330	363	380	198	231	237	330	374	380	992

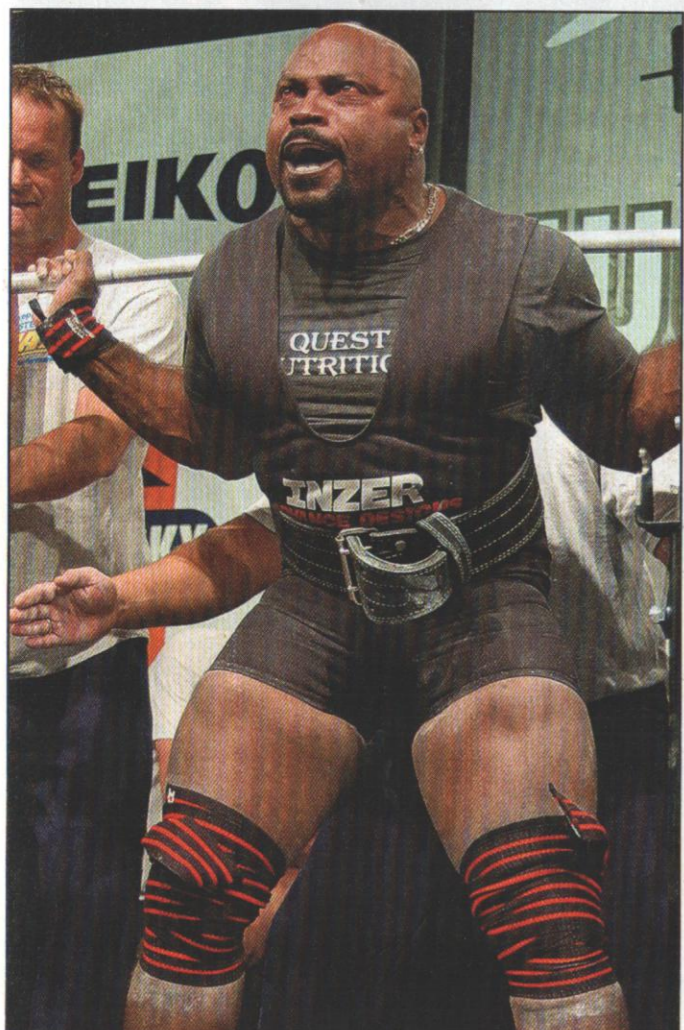
Rokochiy-UKR	821	848	859	573	600	600	749	771	793	2204
Sarik-CZE	727	760	777	529	551	562	683	727	738	2061
Czarkows-POL	771	804	804	540	562	573	705	722	738	2055
Orland-NOR	766	788	788	567	578	584	672	683	688	2055
Harris-USA	782	804	843	479	490	490	727	760	777	2011
Ceglerek-POL	727	771	793	496	529	529	716	722	760	2011
Kreuzer-AUT	749	782	782	485	518	529	705	738	738	2006
Salmela-SWE	727	727	727	485	485	496	727	—	—	1951
Bak-DEN	606	661	683	529	545	562	595	639	639	1846
Matejik-SVK	661	705	749	485	501	518	595	639	666	1846
Senn-AUT	650	677	677	435	457	468	661	683	683	1807
AlOmari-UAE	595	595	628	507	540	573	440	529	617	1730
George-CAN	628	650	672	413	424	429	617	672	672	1714
Zgouzi-LBA	—	—	—	—	—	—	—	—	—	—
Mastrea-USA	848	859	870	529	545	578	672	722	755	—
Pritchard-AUS	639	639	661	556	556	556	595	644	661	—
Krejca-CZE	639	672	694	551	595	639	628	628	—	—
Emberley-CAN	760	760	782	551	562	578	—	—	—	—
275 lbs.										
Cardella-USA	788	826	859	562	584	600	727	782	810	2254
Henry-GBR	903	937	948	573	589	589	694	711	722	2221
Shepil-UKR	837	859	881	529	551	562	749	793	843	2204
Randen-NOR	837	837	—	617	628	628	795	705	755	2160
Rui-NOR	760	760	793	540	556	567	749	771	799	2088
Wiklund-SWE	793	832	843	485	485	501	705	755	782	2072
Hulden-SWE	727	749	760	540	556	556	683	711	733	2011
Palivonas-LTU	683	716	738	496	518	534	683	716	738	1989
El.Fallah-LBA	661	727	793	463	463	507	661	683	683	1918
Collart-BEL	705	749	771	479	490	490	617	661	672	1890
Elruba-LBA	661	705	705	418	451	451				



Gold Medal in the 220 lb. bench Press went to USA's Jason Beck.

bodyweight. Dave opened his squat with 672. Nice. On to 699. There was a ridge in the platform, not far behind the ER rack. On his second, Dave got in the ridge and had some balance issues. No lift. 699 for the 3rd. Good set up, a little bit farther back. He crushed it. He looked good for 720+. On to the bench. Dave's first bench was an easy 440. Red lights for his head being up off of the bench. Small jump to 457, strong. On to 473, good lift. On to the deadlift.

Dave started with a 660 opener, good. 705 was next to "pull" into 3rd. The bar became a factor again. As Dave pulled it almost to completion, he had to cut it short at the top to hold on. No lift. It was time for Superman to make a quick change. Dave always pulls in a singlet and it was no exception today. Tony Harris suggested that Dave put on a light suit. Dave's response was "what have I got to lose"? Quick to the back for a change into a loose Dual Quad



Tony Harris wasn't able to pull it all out at the very end this time



Mike Mastrean missed his squats, but almost pulled a 755 deadlift

and then back out front. Dave is old school and does not like powder. James Townsend had other ideas and grabbed Dave's leg and put it up on a chair and coated both legs with powder, seeing Dave's face, I don't think this was his favorite moment. With a little forearm massage for extra grip strength, Dave approached the platform, geared and powdered up. He ripped the 705 no problem. Then, as we always love to hear after a big lift, "Oh yeah, Oh yeah!" Dave had "pulled" off 3rd place. Great job!

There was a lot of anticipation for Thursday's 198s. Andrey Belyaev did not disappoint. Belyaev hit an easy 837 squat, bettering the 27 year old world record squat of Fred Hatfield's. This record has been broken in the past, but has stood the test of time after drug testing failures. Belyaev then went on to bench 567. Belyaev opened up with an easy 749 deadlift, jumped to 793 and the bar jumped off the floor but he lost his grip mid-thigh. As I said before, the bar really affected this meet adversely. He then jumped to 826 to break Walter Thomas's long-time deadlift record. Grip issues again. Belyaev has pulled 822 in the past and strength, at this meet,

was not an issue. Belyaev totaled an amazing 2154. It's amazing to me that some of these guys actually get stronger after coming off of a drug suspension. We have not seen power like this since Ed Coan. There was a good fight for 2nd, but Italy's Daniele Ghirardi beat Ukraine's Andriy Krymov on bodyweight. Both totaled 1940.

In the 220 class, multi-time world champion at 198, Andrey Tarasenko, moved up and took 1st with a strong 2199 total. Russia went 1 and 2, with Konstantin Lebedko finishing with a 2154 total. There was quite a battle for 3rd between Ukraine's Sergiy Pevnev and USA's Jason Beck. Jason had two strong squats, getting 804, but had balance issues on his 3rd. Pevnev ended up with a 799 squat. Jason was strong in his squats and the 826 that he fell backwards on turned out to be very costly at the end. Both individuals had strong benches. Jason finished with a 595 and Pevnev hit 578. Jason had a 22 lb. advantage at subtotal. Jason's first attempt deadlift was 688. Good lift. On to 705. Good lift. Pevnev was the lighter lifter, making his attempts of 710 and 727 to take the advantage. Jason's last attempt at 722 came



Tony Cardella with Christy Newman (right)

strong off the floor and was dropped mid-thigh, tearing callouses off of both hands. Pevnev ended with 738, making a total of 2116 to take 3rd, with Jason at 2105 for 4th place. Jason ended up with a bronze medal in the squat and a gold in the bench. He also gave the U.S. some good points.

The 242s were a brutal weight class. Of the 18 lifters in this class, three did not get a squat passed and four others had only one successful attempt. Multi-time national and world champion, Tony Harris, had one squat passed and this is an oddity to say the least. Tony is one of the most consistent lifters the U.S. has ever had. Mike Mastrean didn't fare as well as Tony, not having any of his strong squats passed. Maxin Barkhatov of Russia finished with a Herculean 2315 total, 110 lbs. ahead of the field. Oleksiy Rokochiy of the Ukraine finished with a strong 2204 total for 2nd. The next 5 places were decided by 50 lbs. A side note here: Many of the U.S. lifters had trouble maintaining their bodyweight. I really don't know if this was because of the dry climate, high altitude, food or a combination of these. (e.g., Mike's weight plummeted 3+ kg before he lifted.) Tony made one squat and one bench and a decision was made to only take two deadlift attempts. Tony opened up with 727 and the bar was loaded to 777 to "pull" into 3rd. How many times have we seen Tony Harris pull a monster deadlift, often times a world record, to move up in the rankings. Tony came out to a boisterous crowd cheering him on. The bar left the floor with

good speed and all the way to the top with only the shoulders not back. The "down" call came and the lift was not passed. I would just like to add that, under the conditions, this was awe inspiring to watch. Mike continued the meet with a PR 578 bench and pulled a 755 deadlift to completion, but was called for a technicality.

On Saturday, there was a lot of excitement for the big guys. In the 275s, there was a 3-way battle between the USA's Tony Cardella, Great Britain's Clive Henry and a young Ukraine lifter, Oleksandr

Shepil. Tony's training had gone well and he was primed to hit a big number. In the squats, Clive, as always, was out front with a nice 936. Oleksandr hit 881 and Tony came in with a PR 859. In the bench, Tony opened up with a conservative 562. On to 584. Good lift. A quick shirt change and 600 came up relatively easily, but was called for his head being off of the bench. Clive and Oleksandr managed to get their openers, which were 573 and 529, respectively. Clive had the lead coming into the deadlift with a big 1510 subtotal. Tony was in 2nd with 1444 and not far behind was Oleksandr with 1410. On to the deadlift, where Tony has really excelled the past couple of years. Tony opened with a nice 727. Clive made 694 and Oleksandr opened with 749. Clive finished with 710 on his second, missing his 3rd. Tony hit a strong 782 and Oleksandr went 793. The decision was made for Tony to go 810 on his 3rd to push Oleksandr to a back breaking 843. Tony's 810 went as expected - nice and strong. Oleksandr came out for the win and pulled 843 off the floor and past his knees and the bar stalled and dropped. Tony Cardella was a well deserved World Champion! The celebration was on! I would just like to say that Tony is one of the most dedicated lifters I've ever been around. Tony had some health issues a couple of years back, which knocked him down a little, but like a true champion, Tony just bore down and made his dream a reality. Thanks for the 12 points Tony!

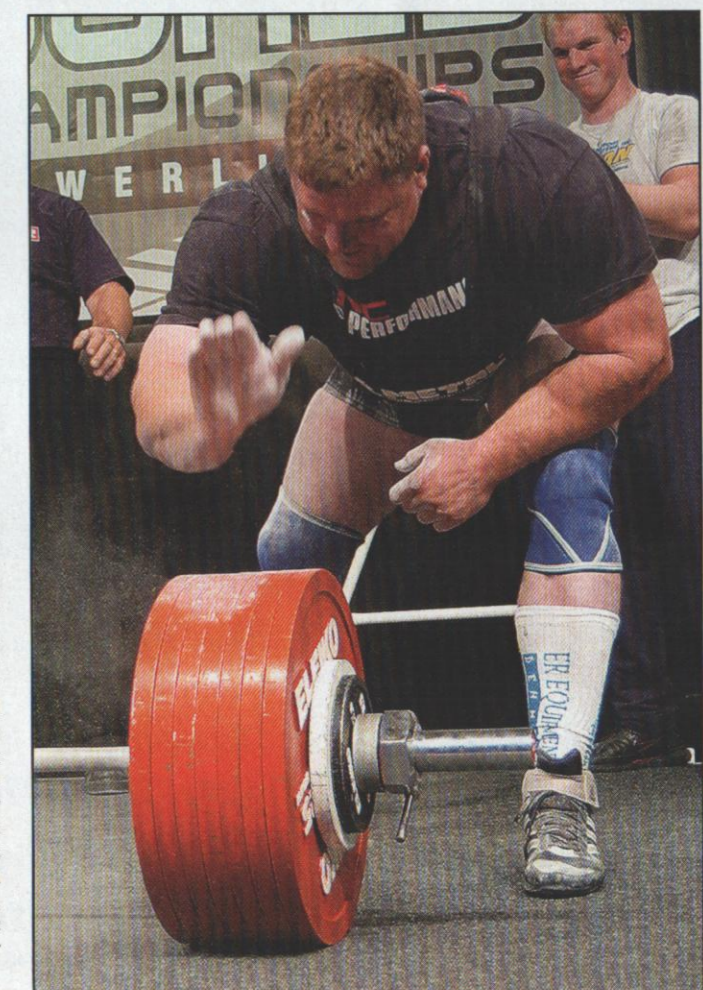
The Supers were up next and the 2005 world champion

from Russia, Vladimir Bondarenko was tops in the class with a 2408 total via 959, 617 & 832. In all of these lifts, he had room to spare. The battle in this class was for 2nd between multi-time world champion Brad Gillingham from the USA and Ove Lehto from Finland. It was close in the squats, with Brad hitting a nice 848 and Ove hitting 859. In the bench, Brad ended up with 611 and Ove with 699, to give Ove a 100 lb. lead at subtotal. Ove's deadlift opener was 716, while Brad's was 782. Both good lifts. Ove then went to 738 on his second and Brad to 832. Both good lifts. Ove ended up with 755, which made Brad's 3rd a bar-bending 859. This was the last lift of the meet. The crowd was going crazy to see if the master's world record holder could "pull" into 2nd. Brad approached the bar and with his patented, double overhand grip, got the bar moving. A little slow in the middle, and you can always tell when it gets over his knees, and that expression comes on his face, that you're seeing history in the making. Up to completion, a new master's world record total and a 2nd place finish at the 37th IPF World Championships and a Gold

in the deadlift. Brad is truly a legendary figure in USA Powerlifting.

At the end of the day the USA team was in 2nd place with 50 points. Ukraine was in 3rd with 47, and Poland in 4th with 44. The Russians were back on top again with a perfect score of 72. The Executive Committee for the IPF decided to bring back Russia and Ukraine from a drug-suspension which enabled them to compete this year. I think I can speak for most of the guys in that WE DO want to face the best competition, but it was disappointing that Russia brought 4 recently suspended athletes who all finished in 1st place with an average Wilks score of 623.13, and a couple of these guys looked like they were coasting. It would have been better if the EC would have had the forethought to at least instruct both teams not to bring any lifters that had tested positive in the past to this competition, especially being brought back a year early. The only other issue I saw in this is why didn't the Disciplinary Committee decide on the issue of bringing these teams back. Is that not their job???

SHERMAN LEDFORD



Thank You ... Brad Gillingham pulled a magnificent 859 for 2nd.



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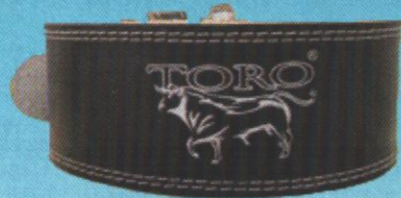
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8th Pittsburgh Monster BP/DL 25 MAR 07 - Pittsburgh, PA

BENCH FEMALE		Prodonovich 350	
105 lbs.	J. Woods 405	Police	
Junior	L. Flowers 365		
N. Freed 140	M. Frmpton 455		
123 lbs.	M. Carlin 420		
Open	R. Derenda 405		
A. Marx 115	Submaster		
165 lbs.	A. Spirnak 345		
Raw	Master		
M. Patterson 125	E. Durci 380		
181 lbs.	P. Shandrick 315		
Master	Grandmaster		
E. Holder 235	G. Langham 430		
S. Strozza 120	J. Herbein 260		
MALE	Police		
132 lbs.	P. Clovick 485		
P. Detore 365	Submaster		
148 lbs.	C. Young 550		
Open	J. Crespo 405		
J. Fraley 350	Teen (14-16)		
Raw	B. Kurneck 315		
S. Spoto 275	Teen (17-19)		
Junior	J. Paul 325		
S. Yager 225	275 lbs.		
Teen (17-19)	Open		
E. Manfredi 270	T. Gibson 680		
165 lbs.	R. Bigrigg 605		
Open	M. Walker 510		
R. Sinicropi 335	C. Stokes 480		
M. Mofie 315	Frankovitch 435		
Novice	Raw		
M. Mofie 315	J. Chimile 320		
Raw	T. Niery 255		
Raw	P. Hartig 425		
Raw	N. Chupka 250		
Raw	N. Petrelli 325		
Raw	Police		
Raw	J. Chimile 320		
Raw	M. Plaso 480		
Raw	Submaster		
Raw	T. Gibson 680		
Raw	R. Bigrigg 605		
Raw	F. Halajcio 500		
Raw	Grandmaster		
Raw	F. Gallagher 325		
Raw	Teen (17-19)		
Raw	Teen (17-19)		
Raw	308 lbs.		
Raw	N. Petrelli 325		
Raw	Novice		
Raw	J. Snyder 340		
Raw	J. Contakos 455		
Raw	Raw		
Raw	L. Holupka 350		
Raw	Police		
Raw	J. Yoder 530		
Raw	Junior		
Raw	B. Rosyak 500		
Raw	Submaster		
Raw	J. Contakos 455		
Raw	Grandmaster		
Raw	R. Boyer 350		
Raw	BENCH Repts		
Raw	FEMALE		
Raw	C. Dugan 420		
Raw	C. Zemp 410		
Raw	E. Holder 31		
Raw	A. Kovach 375		
Raw	R. Capozzolo 44		
Raw	J. Williams 42		
Raw	D. Stich 315		
Raw	R. Bigrigg 38		
Raw	J. Smith 37		
Raw	G. Jenkins 36		
Raw	B. Burgunder 38		
Raw	M. Trent 32		
Raw	J. Farelli 345		
Raw	M. Zimmeran 28		
Raw	J. Saunders 325		
Raw	B. Jones 320		
Raw	S. McMullen 23		
Raw	L. Flowers 18		
Raw	D. Stich 315		
Raw	J. Farelli 16		
Raw	Submaster		
Raw	G. Deramo 12		
Raw	D. Gordon 450		
Raw	B. Jones 320		
Raw	DEADLIFT		
Raw	FEMALE		
Raw	Master		
Raw	103 lbs.		
Raw	Junior		
Raw	N. Freed 265		
Raw	Teen (14-16)		
Raw	114 lbs.		
Raw	Open		
Raw	A. Mary 265		
Raw	C. Deep 400		
Raw	123 lbs.		
Raw	J. Jankowski 305		
Raw	Teen		
Raw	A. Antoinette 280		
Raw	Master		
Raw	C. Dworek 540		
Raw	N. Deferari 260		
Raw	Bartosiewicz 450		
Raw	148 lbs.		
Raw	Novice		
Raw	R. Celli 530		
Raw	T. Dreshman 280		
Raw	G. Jenkins 470		
Raw	165 lbs.		
Raw	B. Huling 410		
Raw	Open		
Raw	R. Derenda 405		
Raw	A. Fingers 265		

Raw		Submaster	
M. Patterson 215	B. Jones 555		
181 lbs.	D. Gordon 455		
Master	Teen (17-19)		
S. Strozza 340	C. Deep 500		
MALE	J. Jankowski 410		
123 lbs.	Open		
Open			
F. Principati 300	R. Celli 700		
Grandmaster	Mankamyer 605		
F. Principati 300	D. Fuchs 515		
148 lbs.	Raw		
Novice	Frodonovich 530		
T. Baumam 420	B. Huling 510		
Raw	Submaster		
S. Spoto 340	A. Spirnak 510		
Junior	Grandmaster		
S. Yager 340	T. Dascoli 360		
Teen (17-19)	242 lbs.		
C. Marini 320	Open		
181 lbs.	R. Walker 625		
Novice	Novice		
A. Devenyi 445	J. Deighan 675		
Raw	J. Thomas 625		
D. Book 475	Submaster		
D. Pohorence 450	C. Young 665		
Teen (17-19)	J. Crespo 635		
A. Devenyi 445	Master		
Junior			
J. Nofsinger 565	G. Oliver 650		
Open	Teen (14-16)		
D. Book 475	B. Kurneck 455		
Teen (17-19)	Teen (17-19)		
M. Follen 455	Teen (17-19)		
K. Keyser 320	J. Paul 455		
198 lbs.	275 lbs.		
Open	Open		
P. Sinicropi 600	Frankovitch 435		
C. Dugan 590	Raw		
A. Kovach 485	R. Bigrigg 600		
J. Bohinsky 455	Teen (14-16)		
Raw	A. Wakefield 405		
B. Jones 555	308 lbs.		
J. Bohinsky 455	Open		
	J. Hangy 620		

For the 8th year in a row the Monster Meet was held at the Holiday-Inn Pittsburgh Airport. We have outgrown this venue and have now moved to a larger one, the Pittsburgh Airport Crown Plaza Hotel located about one mile away. This year we had well over 1000 lifter with 80+ benchers and 40+ deadlifters along with about 600 spectators. As for the benchers, Josh Fraley hit a huge 350 at 148. Jacob Williams took the raw division by storm and smoked 405 at 181. What can I say about the 220 raw division except wow! Ryan Celli signed up during the rules clinic and nailed a massive 530 raw with some gas left in the tank. Besides being one of the best raw lifters in the USA, Ryan has always been a class act and I am fortunate to have him at the Monster Meet. Ryan just opened a new gym in Pittsburgh, Celli's Fitness Center, so he has no excuse for not lifting next year. (I hope after he reads this he at least throws me a free day pass to train there). My longtime lifting partner, Rick Bigrigg, hit his opener of 605 and then had some shirt problems. Rick is much stronger than that and will prove it in 2008. Finally, the Monster Meet record of 640 stood for eight years. Not any more. Terry Gibson came in at 275 and looked massive. His 680 looked solid and smooth and he came inches from locking out 700. Terry is a class act and a crowd favorite and has promised me to come back next year and smash 700. I need to thank the following people for helping make the Monster Meet the great event that it has become: My secretary, cook and wife, Stephanie. My son Zack and daughter Jessica, for being my gophers for the weekend. My Mom and Dad. Don Deselle for being there since day one. Gary for organizing the board meetings, and Marlene for helping out Mom. Head judge and master record holder, Donnie Sineway. Side judges Ron Butchle and 242 record holder Scot Lewis. Ken Longerrnan, Sam Yaramus, Eric Fisher, and Sara Fisher. On the announcing table, Mick Lonkert, Bob Gift, Butch Starko, Dave Stich and Andy Morgan. Ken Wolf, Jamie and Sharon Kouvaras, Chuck Carr, Jim Rikowski and Josh Henkemeyer. (Thanks to Meet Director Mike Barravecchio for providing these meet results to POWERLIFTING USA)

TOP 100

For standard 132 lb./60 Kg. USA lifters in results received from SEP/06 through SEP/07

SQUAT	BENCH	DEADLIFT	TOTAL
1 590 Weisberger, A., 8/18/07	402 Kuhns, M., 3/24/07	589 Holloway, D., 4/21/07	1499 Holloway, D., 4/21/07
2 573 Kuhns, M., 3/24/07	380 Bareng, J., 7/14/07	578 Kupperstein, E., 7/12/07	1440 Weisberger, A., 8/18/07
3 573 Holloway, D., 7/12/07	375 Javachishvili, 8/5/07	523 Scruggs, J., 11/15/06	1399 Washington, H., 11/5/06
4 562 Washington, H., 11/5/06	370 Byrnes, C., 7/22/07	512 Taylor, T., 4/13/07	1377 Kuhns, M., 3/24/07
5 534 Boutte, N., 9/3/07	365 Detore, P., 3/25/07	507 Washington, H., 11/5/06	1355 Kupperstein, E., 7/12/07
6 507 Kupperstein, E., 7/12/07	358 McLaren, R., 6/23/07	507 Hafenbrack, M., 4/13/07	1289 Hafenbrack, M., 4/13/07
7 501 Hafenbrack, M., 4/13/07	350 Weisberger, A., 8/18/07	505 Edwards, D., 3/4/07	1278 Boutte, N., 9/3/07
8 480 Chudej, C., 2/17/07	347 Petrencak, S., 9/2/06	500 Weisberger, A., 8/18/07	1267 Taylor, T., 4/13/07
9 479 Smith, T., 4/13/07	341 Zehr, A., 9/2/06	485 Lenhart, N., 11/5/06	1229 DeMent, J., 6/30/07
10 473 Taylor, T., 4/13/07	341 Holloway, D., 4/21/07	485 Smith, T., 1/20/07	1190 Smith, T., 4/13/07
11 473 DeMent, J., 6/30/07	336 Faraone, J., 3/3/07	480 Toney, M., 3/24/07	1179 King, N., 4/13/07
12 470 Sanders, J., 3/24/07	330 Washington, H., 11/5/06	479 Boutte, N., 9/6/06	1179 McLaren, R., 5/4/07
13 470 Adanandus, M., 3/24/07	330 Tepper, S., 12/16/06	473 Bareng, J., 7/14/07	1175 Toney, M., 3/24/07
14 450 Black, T., 3/24/07	319 Thompson, J., 9/2/06	470 Greer, K., 3/24/07	1140 Butcher, J., 11/18/06
15 450 DeLaFuente, N., 3/24/07	314 Lenhart, N., 6/16/07	465 Bruce, D., 3/4/07	1125 Sanders, J., 3/24/07
16 446 King, N., 4/13/07	314 Bareng, C., 7/28/07	462 McLaren, R., 5/4/07	1124 Lee, W., 4/13/07
17 445 Burkey, J., 12/16/06	305 O'Grady, S., 4/7/07	460 Padilla, H., 9/24/06	1110 Harris, I., 3/24/07
18 445 Hastings, W., 3/24/07	303 Mickey, S., 6/2/07	460 Butcher, J., 11/18/06	1110 Black, T., 3/24/07
19 440 Toney, M., 3/24/07	303 DeMent, J., 6/30/07	455 Foddrill, B., 2/10/07	1107 Lenhart, N., 6/16/07
20 440 Harris, I., 3/24/07	300 Perry, M., 11/18/06	455 Limbrick, T., 3/24/07	1105 Edwards, D., 3/4/07
21 440 Morias, D., 3/24/07	300 DeLaCruz, M., 2/24/07	451 Trujillo, R., 10/2/06	1100 Tepper, S., 12/16/06
22 440 Lee, W., 4/13/07	300 Renard, N., 9/8/07	451 King, N., 4/13/07	1095 Greer, K., 3/24/07
23 430 Hales, C., 3/24/07	297 Hafenbrack, N., 9/5/06	451 Lee, W., 4/13/07	1095 Hales, C., 3/24/07
24 430 Thomas, J., 3/24/07	292 Belen, T., 11/15/06	451 DeMent, J., 6/30/07	1090 Hastings, W., 3/24/07
25 429 Kirkland, M., 9/9/06	290 Butcher, J., 11/18/06	451 Crago, N., 7/21/07	1085 Beatty, K., 9/23/06
26 425 Limbrick, T., 3/24/07	281 Taylor, T., 4/13/07	445 Beatty, K., 9/23/06	1085 Adanandus, M., 3/24/07
27 420 Beatty, K., 9/23/06	281 King, N., 4/13/07	440 Harris, I., 3/24/07	1074 Trujillo, R., 10/2/06
28 420 Wynn, K., 3/24/07	281 Boutte, N., 9/3/07	440 Wong, C., 5/26/07	1070 Thomas, J., 3/24/07
29 420 Escamilla, A., 3/24/07	280 Warren, S., 1/20/07	440 Hendrix, L., 7/7/07	1070 Morias, D., 3/24/07
30 415 Stevenson, N., 3/10/07	275 Paddock, A., 4/14/07	435 Thomas, J., 3/24/07	1065 Limbrick, T., 3/24/07
31 415 Davila, D., 3/24/07	272 Davis, J., 7/14/07	435 Castillo, R., 3/30/07	1060 Wynn, K., 3/24/07
32 410 Greer, K., 3/24/07	270 Sam., 10/27/06	429 Rein, J., 6/9/07	1055 Davila, D., 3/24/07
33 410 Sharp, T., 3/24/07	270 Kupperstein, E., 7/12/07	425 Snell, K., 9/30/06	1050 Bruce, D., 3/4/07
34 410 Whitaker, R., 3/24/07	270 Kurata, L., 7/14/07	425 Black, T., 3/24/07	1050 Wilson, G., 3/24/07
35 410 Gonzalez, C., 3/24/07	264 Aoyagi, S., 3/3/07	425 Wilson, G., 3/24/07	1046 Padilla, H., 9/24/06
36 407 Smith, A., 1/13/06	264 Cochran, M., 3/31/07	425 Grounds, H., 3/24/07	1045 Foddrill, B., 2/10/07
37 407 Jones, K., 5/4/07	264 Nelson, C., 9/8/07	425 Davis, D., 5/6/07	1045 Snell, K., 3/24/07
38 405 Gill, K., 3/24/07	260 Coisson, B., 2/10/07	425 Figueroa, L., 7/22/07	1045 Sharp, T., 3/24/07
39 405 Blaylock, T., 3/24/07	260 Whitaker, R., 3/24/07	420 Kurbula, Z., 3/9/07	1041 Kirkland, M., 9/9/06
40 402 Franciscus, A., 4/13/07	260 Helms, J., 3/31/07	420 Hales, C., 3/24/07	1041 Jones, K., 5/4/07</

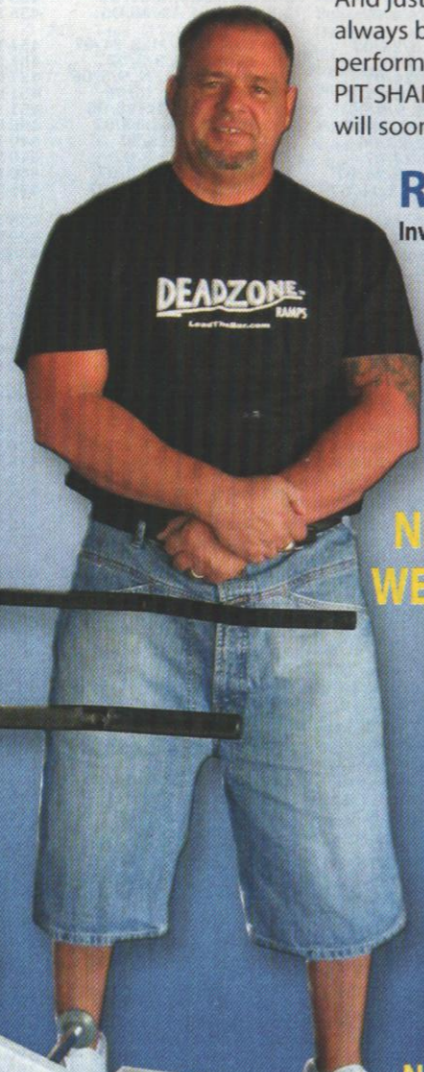


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