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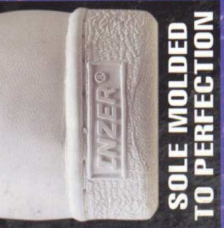
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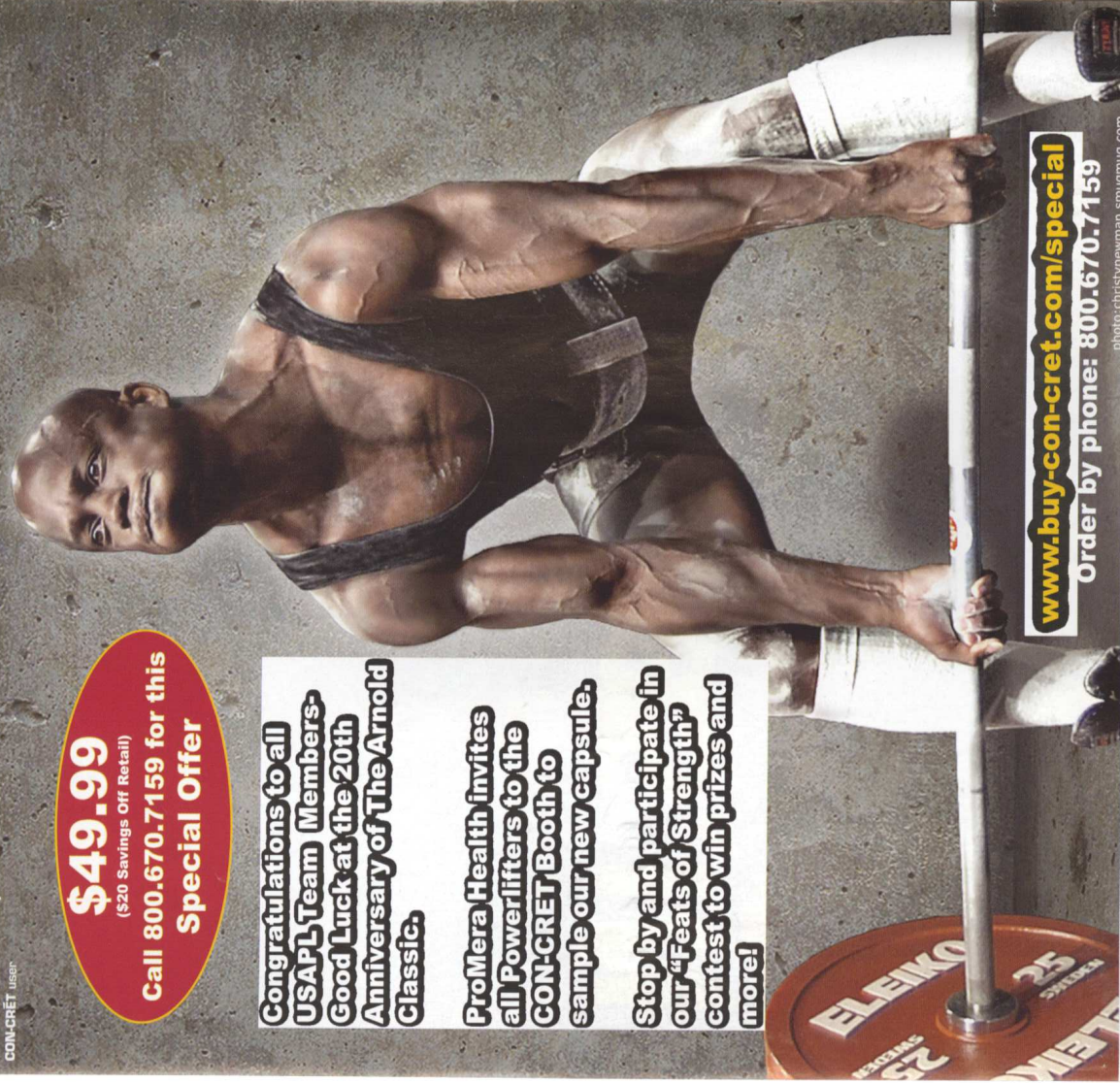
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ON THE COVER ... Vlad Alhazov with the biggest squat of all time, 1250 lbs., at the IPA Columbus Open (courtesy D. Tate)

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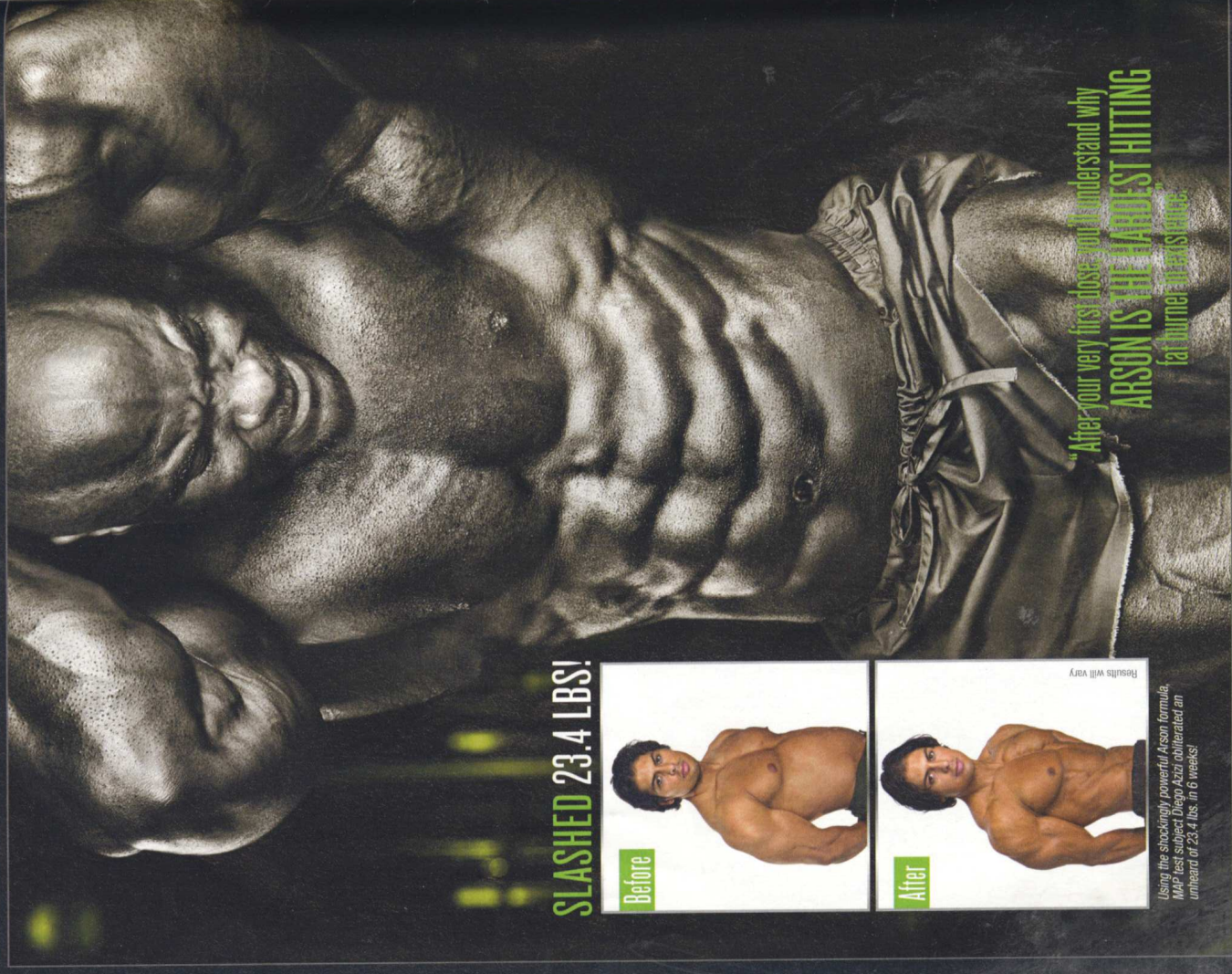


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INTERVIEW

VLAD ALHAZOV as interviewed by Mike Lambert

PL USA: I heard that you were born in Russia, and then migrated to live as a young bodybuilder. What is it about your bodybuilding life? **VLAD:** I was born in Russia. It was an unstable time and with enough military and political activity in our history, I decided my family to leave. I was 12 years old when my parents decided to immigrate to Israel, to start a new life for my parents and for their children. I grew and have always been very loving and supportive of us and our family. It was fortunate to have a family that supported my aspirations as an athlete.

At a young man I excelled in boxing and wrestling, as well as weightlifting. I later became a triathlete and taught judo for several years. I also considered and shared my joy for several years.

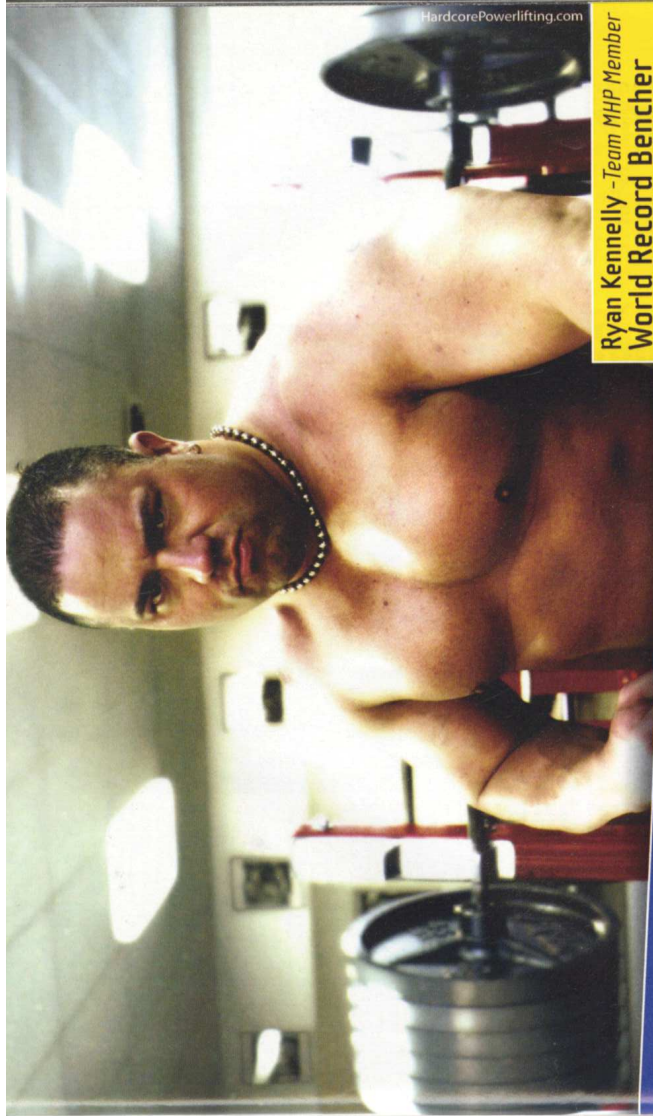
PL USA: I also understand that you did not exhibit any remarkable strength abilities as a youth. Is that correct? **VLAD:** I wouldn't exactly say that. At 14 years old I weighed 200 lbs and won the Israeli boxing championships in my weight division. From age 19 to 21 I was a member of the Israeli Defense Force (IDF) which is like the army. Basically, I was forced into doing a lot of intensive cardio. When I returned to civilian life, my strength training improved by leaps and bounds.

PL USA: How did you become interested in strength training? What were your early lifts and at what bodyweight? **VLAD:** I always loved sports and strength training was essential to become a better athlete. The funny thing is, I didn't start to squat until the age of 18. It was a start in Russia that squating started your growth. At that age I was six feet tall, weighed 230 lbs and deadlifted 560 lbs. My great love has always been the deadlift. I enjoy it the most.

PL USA: Which strength athletes inspired your training in Israel, and where did you train? **VLAD:** There are several great athletes who have inspired me, and who continue to inspire me today. The great Ed Coan who is the greatest powerlifter of all time, Andy Bolton and Donnie Thompson for pushing the super heavy weight division to a new level, and my old coach Ilya Ignatouski. He was the head



The King of the Squat might just end up being the King of the Deadlift



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

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MHP POWERS ITS ATHLETE TO NEW HEIGHTS! as told to Powerlifting USA by April Matera

raising testosterone and making you feel ready to attack the weights every workout."

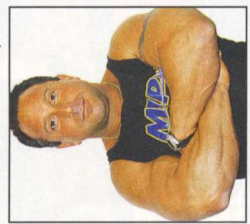


Dennis Cieri - 525 lb. raw bench press!



Ryan Kennedy - 1050 lb. bench press!

Here's what Ryan Kennedy says, "Here's the supplement schedule that I used to go from 308 pounds bodyweight to the new and improved 342 pound tank I've built myself into today. I use the recommended dosages of both MHP's T-BOMB II and Sarm-X every day to boost my muscle building hormone levels. I take MHP's TRAC Lemon Ice twice a day as opposed to once as recommended by the label and I mix it with either Gatorade or lemonade instead of the suggested cold water to get my creatine, NO and boosters. I take MHP's A-BOMB recommended dose (twice per day) for my amino acids and Glutamine-SR's recommended dose (twice per day) for increasing my glutamine intake, which helps me to recover faster and avoid muscle tissue breakdown. MHP's Cyclin-GF recommended dose (at night) is my new ZMA product of choice because of all of its other anabolic ingredients to stimulate muscle growth. MHP's Releve recommended dose (2 tablets per day) keeps my elbows and shoulders happy. I use MHP's Active recommended dose (4 tablets per day) in case I missed anything in my food-based nutrition. And then, the best weight gainer I've ever found for packing on pounds is MHP's Up. Your MASS. I keep a tub of Cinnabun, a tub of Cookies in Cream and a tub of Chocolate Fudge Brownie in stock on my kitchen counter at all times now!"



Joe Mazza - 655 BP @ 165 lbs.!

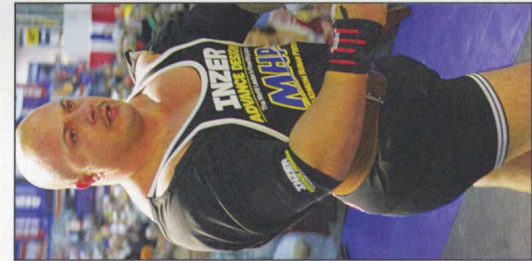


Brian Schwab - 1930 at 148 lbs.!

Wow—that's a lot of supplements, but I guess that's what it takes to feed Ryan's 342lbs of muscle and make him the world's best ever benchler. There you have it. Straight from the mind and muscle of World Record holders Ryan Kennedy and Joe Mazza. With supplements designed to maximize your potential, MHP has proven to the world that nothing's impossible and no goal is too far. As for what the future holds...

"One of the great things of MHP athletes is that no one is satisfied," says Joe. "This year everyone is looking to shatter their own records and not let up at all." United and battle-tested, MHP and its athletes are primed for an unbelievable 2008 campaign. Their new post workout product DARK MATTER is incredible. Every serious powerlifter should take DARK MATTER if they want to maximize the results of their workouts. Stay tuned...

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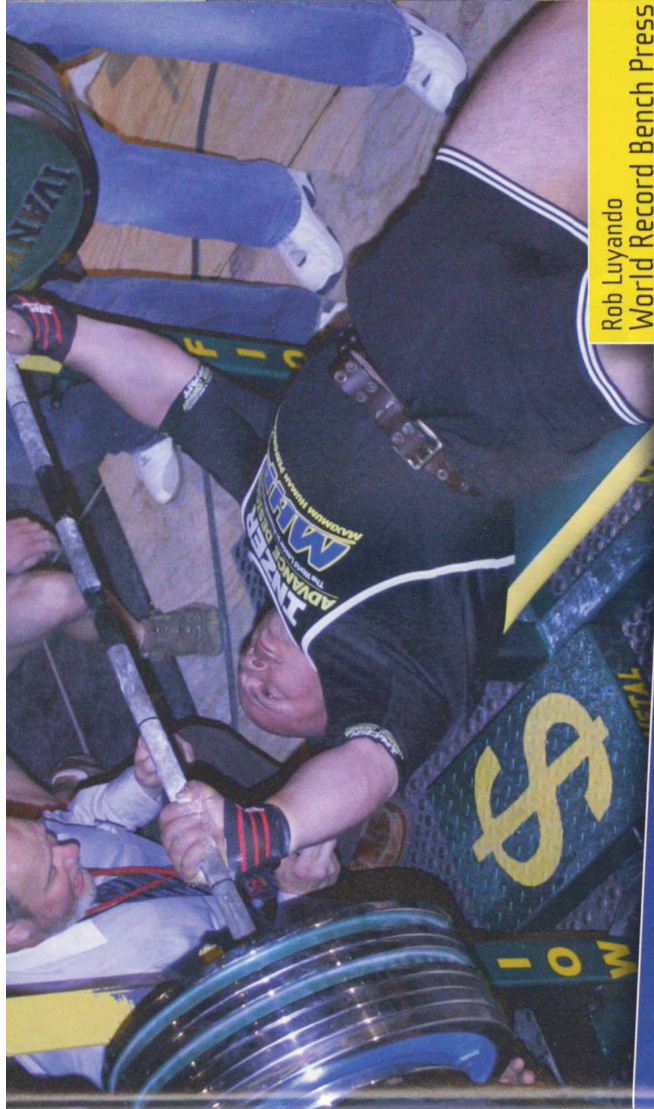


Rob Luyando - 914 lb bench @ 275 lbs.!

MHP has established itself as a true leader in supplementation for strength athletes. MHP athletes continue to break world records at an all-time pace. The 2007 campaign saw numerous records shattered and barriers broken such as Ryan Kennedy's world's best ever 1050lb bench! Athletes have learned to channel their passion and desire through proper training, equipment and supplementation, such as lifetime drug free athlete Dennis Cieri. At 39 years of age, he is the RAW Record Holder for Bench Press with 525 at 198 lbs. Now, his greatest and newest accomplishment—winning the World's! Dennis competed in the 18th IPF World Bench Press Single Lift Championships and benched 634 pounds in his 198-pound Weight Class. Considered by many to be the best natural raw benchler of all-time, Dennis Cieri is sure to break more records powered by MHP supplement including Probolic-SR, TRAC Extreme and A-BOMB. This era's powerlifters have learned the importance of keeping their bodies in an anabolic state through the aid of precise and effective supplementation programs. And it is no coincidence that amidst the cloud of chalk and controlled aggression, MHP has emerged as a critical component in the success of today's top powerlifters.

In a recent conversation with MHP athlete Joe Mazza, we discussed the success of MHP powerlifters and the role they play in advancing the sport and achieving new record lifts. In 2007, Joe was able to achieve an All-Time World Record Bench of 655lbs at 164lbs bodyweight. MHP athlete Rob Luyando finished his 2007 campaign with a 914lb bench at 276lbs. He also became only the 2nd person in history to hold 3 All-Time World Records in separate weight classes at the same time. In 2007, Brian Schwab was able to break all 4 IPA world records at lightweight with an 1855 total. Now in 2008, Brian is off to a record-breaking start. In the most recent IPA competition in Columbus, Ohio, Schwab squatted an IPA World Record 5 times bodyweight squat of 765lbs, benched the highest full meet 565lbs at 148 and deadlifted 600 pounds to set a new all-time total of 1,930lbs. Such achievements mark MHP athletes with a common bond of determination, passion and support. Together, MHP and its athletes are proving to the world that there is no limit to obtaining true potential when all systems are firing. And through its athletes research and dedication, MHP is providing its powerlifters with the vital edge required to break the boundaries and reach new heights. What type of supplements, you ask?

Here's what Joe Mazza says, "There's nothing better than Up. Your MASS for keeping on the muscle and getting the extra calories needed for strength. TRAC Extreme prepares the athlete for each and every workout with high energy and an awesome pump. Glutamine-SR is necessary for the recovery of muscle due to the heavy pounding of iron day in and day out. And T-Bomb II is critical for



Rob Luyando
World Record Bench Press
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Since Rob Luyando joined Team MHP and started using T-BOMB II, he has literally rewritten the record books, setting world record bench presses in the 220lb., 242lb. and 275lb. weight classes. His next goal is to become the first 242er and 275er to bench 1,000lb.—and it will be done!

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

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



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

I went from having trouble deadlifting 675 to getting a solid 730 on deadlifts and I got a 760 but I took a step with it. My back squat went from 785x10 to 965x5. Shoulder press went from 405x3 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
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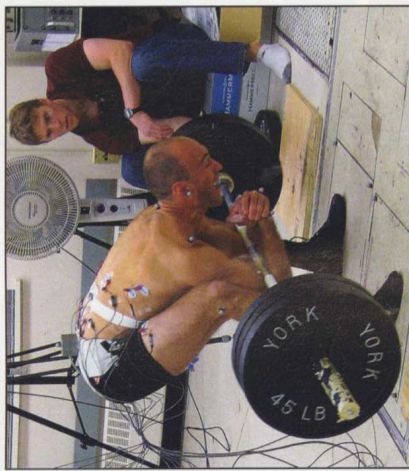
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ROUND BACK DEADLIFTS ... MAN MAKERS OR BACK KILLERS? as told to PL USA by Pavel Tsatsouline



Pavel going round with Zercher deadlifts in an experiment held at Dr. Stuart McGill's lab at the University of Waterloo, Canada

dangerous. I am convinced that more studies of Olympic lifters by A. Vorkobeyev (1972), the strength at the start of the pull is 8.3% greater when pulled with a round back: Bob Peoples, Vince Anello, and Konstantin Konstantinov, to name a few. And other greats pulled with a flat back and the head up. Ed Coan and Maxim Podzimny come to mind.

If you are sumo deadlifter, don't even bother. But if you pull conventional and have a strong back, it is worth a shot.

THE BOTTOM LINE FOR EVERYONE

ELSE

Forget about it. Round back deadlifts are more dangerous than flat back ones and work fewer muscles.

I have asked Prof. Stuart McGill's feedback on this article and he has kindly obliged. "First you make the point regarding the reason for PLing. It is for training for something else, then don't take the risk with a rounded back. If it is for powerlifting performance, the rounder back creates higher lifts. Contrast to Olympic lifting where the neutral back has to be maintained under massive acceleration and hip velocities and the essential hip dominance. But PLers retire usually due to back injury and Olympic lifters due to bad knees and shoulders."

If you wrestle, grapple, or lift backward

THE BOTTOM LINE FOR PLERS

"Some say the round back is

"Like most, I used to pull with a straight back, maximally using my legs," says Latvian of Russian descent Konstantin Konstantinov who owns the 948 lb. all time record in the 275lb class. "I got up to 340kg/749lbs, but not any higher." Then he met Fim Aro Turinainen, a WPC world champ and record holder. Aro suggested that Kosts round his upper back and in seven months the Lat's deadlift jumped from 340 to 390kg/without any weight gain. Does that mean you should drop your flat back deadlifts in favor of round back pulls? - not so fast. Review the pros and cons of round back lifting and decide for yourself. (watch Konstantinov pull at <http://www.youtube.com/watch?v=TK4UjKkKtc>)

ROUND BACK DEADLIFTING PROS

1. **Better leverage** - Bob Peoples employed the round back style decades ago explained "A round back is shorter than a flat back." And a shorter back is a stronger back.
2. **Stronger quads** - Looking down goes hand in hand with round back lifting. Extending the neck lines up the posterior chain via a "pose reflex," but it also amplifies the quad strength (Smirnov & Dubrovsky, 2002). Thus, looking down will give you a stronger start. "Down is relative. Konstantinov looked straight down until he almost looked out his unreel 948 lbs. Louis Simmons recommends to pick a spot somewhere between straight ahead and the spot on the platform six feet in front of the lifter.
3. **A stronger midsection** - "Use the bow technique and you will find yourself developing a thicker waist, because of the pressure created in the abdominal region and from thickening of the lower back muscles." Weightlifting immortal Tommy Kono made the above observation about squats but it applies to pulls also. Looking down reduces the tonus of the erectors but increases the tonus of the abdominal wall (Smirnov & Dubrovsky, 2002). At first glance this is bad news, the deadlift is an exercise in extension, not flexion. I have written about the role of the diaphragm and the abdominal wall in spine stabilization and extension elsewhere. The point is, strong abs are a must for a big deadlift and looking down and rounding your back makes them stronger.

ROUND BACK DEADLIFTING CONS

1. **A weaker back** - Look down and the erectors get weaker, as the neck tonic reflex affect the tonus of the back extensors.
2. **An increased risk of back injury** - premier spine biomechanist Stuart McGill, Ph.D. has explained why round back lifting is dangerous in his book *Ultimate Back Fitness and Performance*, 3rd Ed. available from backfitpro.com.
3. **Loss of leg strength** through

loads for some other reason, still don't do round back deadlifts. Zerchers will serve your purposes better. I will explain why and how in a future article.

If You Choose to Go Round

Konstantinov's deadlifts, you will see that only his upper back is humped over; his lower back remains flat. It is the lower back that is very vulnerable to flexion; the upper back the easiest way to learn how to keep your lower back flat while allowing your mid and upper back to round is by focusing on hip flexion as you are getting down to the bar. First sink your chest, flare your shoulder blades, and drop your shoulders. Then pull yourself down to the bar with your hip flexors and hamstrings.

Developing bent-knee hip flexion flexibility, not straight leg hamstring drills - will go a long way towards bigger pulls and a healthier back. When your hips can bend a lot, your spine won't. Don't hump the load with your back; make sure to use a strong leg drive. If you watch the videos of Konstantinov's world records you can't miss his exceptionally strong leg drive, and not just at the start of the pull but all the way through. Most hitches happen when the powerlifter stops pushing his feet through the platform once the bar is half way up and starts pulling it. Fire those quads to break the dead weight off the platform and keep them firing until you get the down command.

Consider using the duck stance. Note how Vince Anello kept his heels together and turned his feet out until they practically formed half of a square. Note Konstantinov's great wider stance that Anello, something you could try if your shoulders are as broad as the Latvian's.

A good way to use your back in round back pulls is to visualize a power squat with the bar literally half way down your back, on the bottom of the rib cage. Push up against that imaginary/low, low bar. This will fire your lower back while keeping your upper back relaxed and short.

The round back deadlift is a specialized technique that should only be used by the powerlifters whose leverages favor it and who are aware of the risks.

The preceding article was first published in **Pavel's Power to the People Monthly**.

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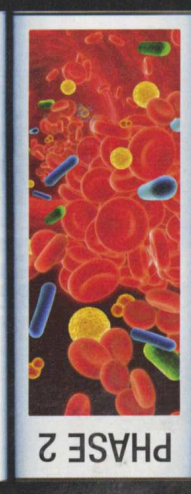
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On January 20th, 2008 I read a post on Powerliftingwatch.com "Donnie Thompson Hits All-Time Highest Total!" "Donnie Thompson, SHW, totaled 2,850 pounds at today's IPA Columbus Pro-Am to shatter Andy Bolton's all-time total record of 2,806 pounds. Thompson squatted 1,155 pounds, benched 900, and deadlifted 795 pounds." What impressed me the most was reading about his 900 pound bench at a full meet, it's a first in powerlifting.

My only regret was not being in Columbus, Ohio to cover all the action. Before and following the competition, Donnie and I exchanged voice and emails, and on Feb. 02, 2008, we had a long conversation in response to becoming a world champion, the PRO/AM, a look back at the "Road Less traveled" sort of speak, including all the politics, love / hate relationships, sacrifices, blood, sweat and skeletal protein.

If you're a powerlifter, you're fan of the sport, reading that are this, I believe you'll agree, it is a road less traveled, but that's what makes it important journey or ultimatum of a challenge between man and steel. "Since the dawn of the time, when Triumph thesis, its Forger-God pounded out the world from the mist and ores of heaven, men have sought the Riddle of Steel." "Ok, I'm getting a little too Conan the Barbarian," but you get the picture, a majority of powerlifters see themselves as Gladiators, Warriors, Donnie Thompson does, and rightly so!

Unleashing the warrior within, Donnie sacrificed everything to obtain the golden ring. However, his 2,850 world record total felt anticlimactic according to the big man. The PRO meet winners were derived by formula, not by most weight lifted. Sounds a little confusing, after all it is powerlifting. Either way, Donnie wound up in third place. He simply packed his bags and left the meet, just another day in the office. How unfortunate that the pro level venues have dwindled. Already, the forums are a blaze with fantasy showdowns between Donnie, Andy Bolton and Vladislav Alhazov. If only a meet director with some bigger sponsors and cash would pay their traveling

INSIDE DONNIE THOMPSON as told by Scot DePanfilis, BodytechUSA.com

all time world record total is excellent. It is difficult today to get the strongest athletes to compete at the same time, in one federation. Money would certainly help, but fewer powerlifters are willing to make that journey, and even less the desire to be number one because eventually, family, friends, careers, and loving relationships manage to take hold, and ground the child within, the child that still believes in heroes. Few will sacrifice the finer things in life, the pursuit of a six figure income, an executive life style, a loving wife, exceptional children, and the perceived perfect life. Is this success? Would you define this success? Is wealth the measure of success? Or is it the measure of wealth as being excellent? In the world of powerlifting, setting an

additionally protein supplement. Donnie Thompson is certainly an individual, an athlete, a kid at times, but with a burning desire to succeed. Initially, having a professional football player dad, Donnie focused his full attention on pursuing the family legacy, first with the Tampa Bay Buccaneers, and later 5 years in the Arena league. However, weight training, and later powerlifting, became equally important, and Donnie's life in every aspect. Donnie built his body beyond what was necessary to be a pro ball player, and he became addicted to the feeling of power.

We first watched Donnie compete six years ago, and more recently during the IPA Nationals in York, PA. With blood spewing out of his mouth, unrelenting determination in his eyes, Donnie proceeded to squat 1,140 pounds. He mentioned during the 2008 PRO/AM, it wasn't until his third attempt at 1,155 pounds that he got two white lights, dramatic to say the least. Whether he lifts in gear or raw Donnie makes a huge impression on everyone around him. "You're given three names in life, the one you're born with, the one your family gives you and the one your make for yourself." Donnie Thompson, World Record Holder has a nice ring to it!



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Donnie Thompson — is cor
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portion of the net protein equation and does a poor job of reversing the net catabolic state. In addition, whey's fast absorption rate is a limiting factor in that it results in a lower net retention (less amino acids are available to fuel recovery) when compared to other high quality proteins such as casein and egg.

The real key to the PWO puzzle lies in empirical evidence (what the biggest and strongest have known for years) and in the research. If one is unbiased and willing to delve into the world of scientific mumbo-jumbo (I know, there are a few of those terms used here). Men like Louis Cyr, Paul Anderson, Doug Hepburn, and now Chuck Vogelwohl, Phil Harrington, and Donnie Thompson, the **strongest** men to have ever walked the planet, have always known the one must eat after training. From milk to steals 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:

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- 3) Amino acids from ingested

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PERSONAL BACKGROUND
I live in Bradenton, FL with my husband Barclay and teenage daughters, Cari and Chloe. My husband and I are both dentists and I have a full-time dental practice. I come from five generations of professional violinists beginning with my great, great grandfather Gindl from Austria, so I grew up playing and performing with orchestras and ensembles. Currently I play with the Sarasota Pops Orchestra. My daughters also do lifting, both Olympic lifting and powerlifting. They both lettered last year on the Manatee High School team and both won the Sunshine State Games last year. My husband helps all three of us call our lifts at the meets. We sometimes all train together but because of our very different and busy schedules, sometimes that is impossible.

ATHLETIC BACKGROUND
I played tennis and softball in school but was not very fit. After college, while in dental school, I decided to get in better shape and started lifting weights. I had become overweight from spending all my time studying and it was a challenge to get the weight off. I started running for my cardiovascular health and the pounds started dropping. I quickly found out how strong I was once I focused on the lifting. I felt like I had more natural strength than most women I saw in the gym.

POWER PROFILE

MARGARET KIRKLAND DDS as told to PL USA by Bruce Citerman

enjoyed the challenge of lifting more than a lot of the guys around me.

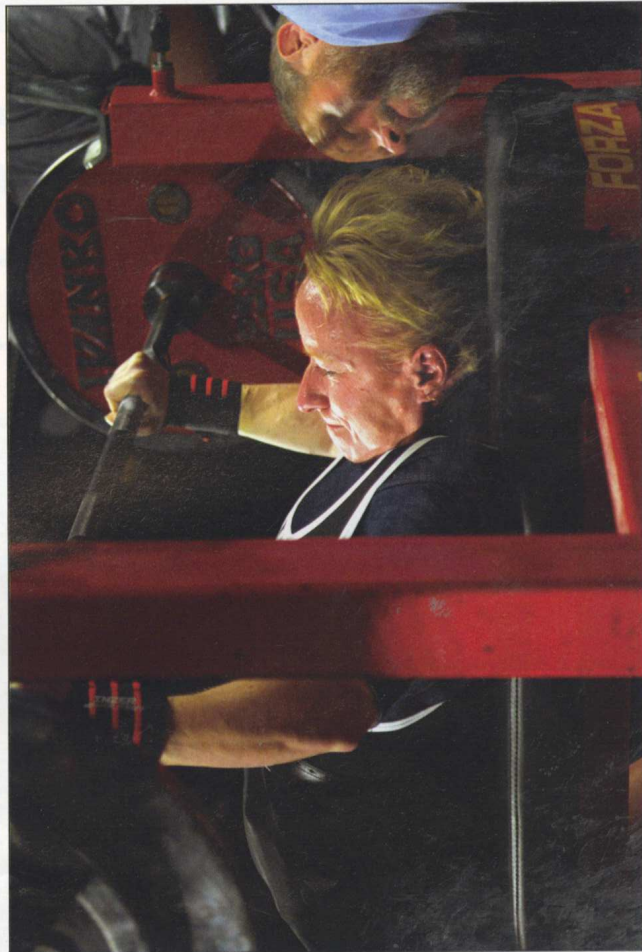
How I Got Into Weightlifting AND Competing

At the age of four, my father started me squatting. He was a powerlifter and had the Michigan bench press record back then. None of his friends believed him when he told them he had me squatting 70 lbs. as a skinny little four year old.

Since seeing me on the cover of the October 2007 issue of *Powerlifting USA*, his friends finally believe him now! After my parents divorced I didn't pick up the lifting again until my mid-20s. I started lifting to gain muscle and lose fat and I just wanted to feel better. Immediately I had more energy, and lost about 40 pounds. My first date with my husband Barclay, we went to the gym and then out to dinner so we have been committed to this together for a long time. As a kid Barclay worked out at Harry Smith's gym in Tampa where Frank

There I met Mike Ferrantelli who encouraged me and helped me with the gear and training techniques. Neither Barclay nor I knew anything about the gear. My inauguration to lifting had begun. I squatted 265, benched 143 and pulled 231 at 105 lbs. Through the years I have gone up a few weight classes (and gone back down). This past year I have lifted at 105, 114, and 123 lbs. I have two gym memberships in Bradenton. One is a regular gym that caters to the "normal crowd" near my home and one is a more hardcore true powerlifting gym across town where the real strong boys go and they help me when I train heavy. Then I have a small gym at home and one at our farm and an Olympic platform at the lake in Kentucky. I never quit. I don't take any time off. For me, powerlifting is more than a hobby, I enjoy challenging my body to do things most people don't think possible. I have made many great friends through this sport. I would like to thank John Inzer and Inzer Advance Designs for providing me with the best gear possible. It is a great benefit which has been a real boost to my lifting. I want to mention my training partner, Mike Alloco, who spots me for my heavy squats and comes to most of the meets. His help has been so valuable! And most of all, I would like to thank my family

(continued on page 90)



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BIGFOOT DREAMS, A SCIENTIFIC LOOK as told to Powerlifting U.S.A. by Aaron DiPrima

Indeed, Mr. Bigfoot. There are however other factors we need to consider. **Neurological:** We can assume that Bigfoot is very explosive in his physical makeup. There are reports of these creatures actually running down deer. Taking into consideration a biped (two legged) creature running down an agile, quick, 4 legged creature, it leads to speculation just how explosive the Bigfoot is, and as we all know explosion and speed are very important physical attributes in lifting heavy weights. Obviously a Bigfoot in the wild is going to be untrained in the traditional deadlift, so for the sake of this article we will assume that we have somehow been able to train Bigfoot on a template with the deadlift ensuring his neurological conditioning and coordination with heavy weights in that lift. Otherwise Bigfoot would be very explosive and have an extremely high General Physical Preparedness (layman terms: he would be in good shape) from the foraging, hunting and generally surviving in harsh conditions, but he wouldn't be close to his physical limit in the deadlift if he was not training for it.

Anatomical: Standing at 10 feet tall and 1000 solid pounds, Bigfoot would be the ideal deadlifting machine. His height would be an attribute, as well as his longer, simian limbs. Of course, grip would be an issue with his enormous hands, consider reports of Bigfoot twisting thick tree branches for his own amusement. Another key factor in the Bigfoot/deadlifting question is the fact that although very humanoid, the creature is still considered an animal, and as we all know animals are generally several times stronger, especially in reference to their bodyweight than

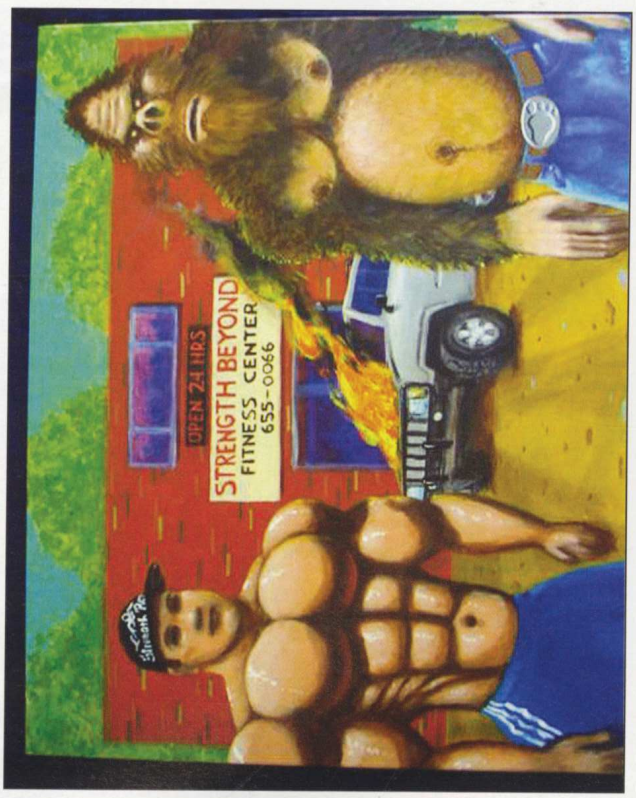
I often crosses my mind, as I am sure it does with everyone from time to time. Exactly how much can Bigfoot deadlift. So, I have taken the time to put together what I believe to be an honest and analytical assessment of a large male Bigfoot's upper limits in the competitive powerlift known as the Deadlift.

For those of you who are not up to speed these two links should help. This is the premier Bigfoot informational website on the net www.bfro.net, and this is an explanation of the deadlift <http://asp.elifits.com/qz/default.asp?cid=4097&tid=102>

Linear Projection: As human beings and the Bigfoot species both share similar morphology, it makes sense to first look at the limit deadlifts of humans. As an adult male Bigfoot is projected to weigh anywhere from 800-1000 lbs. we will look at the heaviest human lifters as they will be closest to the bigfoot in size. Generally a Superheavyweight lifter will be somewhere between the low 300s in bodyweight up to 400, so roughly half to a third the size of a big Sasquatch. At the time of this writing the world record in the Deadlift is 1003 lbs. held by Andy Bolton from England. Mr. Bolton performed this lift weighing around 330-400 lbs, and most of the men who have deadlifted over 900 lbs are in this weight range. At the time of this article there are about 10 men who have deadlifted over 900 and only a couple were under 300 lbs. So, if we take a linear projection, a large Bigfoot is roughly 3 times the size of Mr. Bolton, and if we triple his best competition Deadlift we wind up with 3009. Very impressive

people. A chimpanzee, another humanoid animal, is seven times stronger than the average person, even more than that if you take in consideration their strength to bodyweight ratio. Here is a brief breakdown of a chimps strength in relation to ours. <http://answers.google.com/answers/threadview?id=559145>
Summary: taking into consideration all of these factors the linear projection is probably quite low. Normally, we couldn't just multiply the linear projection by 7 as Mr. Bolton is the strongest human in the world at the deadlift and much closer in strength to a primate of his size than a layperson would be. However keeping in consideration that we are dealing with a trained Bigfoot, and that Bigfoot's anatomy almost seems designed for the Deadlift, the 7x multiplication method should hold true. Thus 7 times our original projection brings us to a bit more than 20,000 lbs, or about 10 tons! Holy Crap! To give you a better perspective of this, here is what ten tons of Marijuana looks like <http://www.druglibrary.org/schaffer/hemp/history/nvtimes/081436.htm> or, better yet, here is a picture of ten tons of counterfeit Legos that were recently confiscated by the Dutch authorities. <http://www.hs.fi/english/article/1076154576477>
 I don't know about you, but I sure am Impressed!

AARON DiPRIMA
STRENGTH BEYOND
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Harold Longs is a remarkable human being, with a compelling life story that soars from pits of horrid despair to pinnacles of glorious elation, some of it playing out within walking distance of the venue for the Arnold Classic, and the sport of powerlifting has played a productive role in his journey. A 45+-year-old African-American father of 4, he is a licensed Chemical Dependency Counselor in Columbus, Ohio. At age 9, he was an eye witness to the murder of his mother. At 13, he entered the Ohio correctional system. Released for good behaviour, he returned to "failed" relationships; financial anguish; battered pride, and a cocaine addiction. "Despite the difficulties he continually faced, he always maintained "his natural inclination to succeed" and continued in powerlifting to the extent that he won world titles in NASA. Throughout an unimaginable array of setbacks, recoveries, and ever more painful relapses, along with his success in the Iron Game, he distilled the mystery of his existence into one simple question: "God, Are You Mad At Me?" and that became the title of the book he wrote about his life. Harold's riveting memories of each time he fell, and how he stood up from every setback is extraordinary testimony to the power of the human spirit. A 5-year spiritual catharsis, writing the book stripped away the burden of guilt that Harold had always felt about his childhood. In Harold's own words, his book is meant "to prove for all time that a man can rise from sleeping on the streets to a world champion" For further information see his website at www.haroldlongs.com, and to order his book contact Lyn Chamberlain at Arcadian House Publishing, 614-451-5479 or www.arcadianhouse.com

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John J. Falcomio appeared as a very young person (above) in PL USA as "coach" for his mom Cathy's training efforts for the ADFFA Women's Nationals and now at 19, he is himself a drug free record holder in the WNPF with a PR bench press of 280 lbs. He is seen below with his dad (and "coach") John S. Falcomio



David Estrada has been competing since May 10, 1997. He lived in Passaic, NJ for 10 years and graduated from Passaic High School in 1984 and moved to Puerto Rico in 1989. He competed in the 2005 IPF Worlds and Pan-American Championships in the 125+-kg division, earning a Silver Medal to Randall Harris from the USA in the Pan-Ams. On March 26, 2006, he broke the Puerto Rican record in the squat with 821 lbs., and deadlifted 727 to total 2072 in the SHWs, and in June 2007 he won gold medals in the master and open division at 125 kg. at the North American Championships held in Guatemala.



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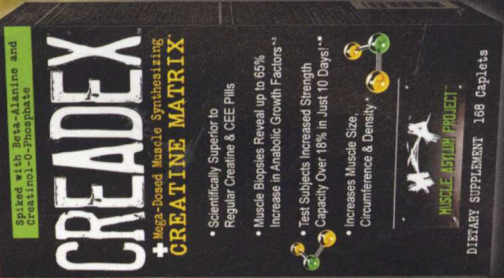
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NEW!

ASK THE DOCTOR

Essential Fatty Acids-Essential for Gains - Part III as told to PL USA by Mauro Di Pasquale M.D.

Increasingly over the past few decades research is showing that supplementing your diet with what you eat out of harm's way, help deal with certain diseases, provide a foundation for optimal health, and improve body composition, and mental and physical performance.^{1,2,3,4,5,6,7,8,9,10,11}

This is the third article in a series of three articles outlining the effects and benefits of what I call the Foundation Supplements. In my MD+ line of supplements the Foundation Supplements are represented by MVM, a multiple vitamin and mineral formula formulated for anyone who's serious about exercise; Antiox, a complete antioxidant formulation; and EPA+, an essential fatty acid formulation that has much more than just the three of these go to www.MDPlusStore.com and don't forget to use the discount code PLUSA to get 15% off anything in my store.

The Foundation Supplements, vitamins, minerals, antioxidants, essential fatty acids and other ingredients will not only optimize health and cover you for possible deficiencies, but also have significant effects on body composition and physical and mental performance. These substances have definitive physiological effects, and in certain doses, usually much higher than the RDA, also have significant pharmacological effects that can impact on training intensity, recovery, injury prevention, muscle accretion, and fat loss.

In this article we'll deal with the essential and some important non-essential fatty acids.

DIETARY FATS

Dietary fats are essential for normal metabolism and good health. Not only are they necessary for the

a factor of importance in the development of inflammatory events).

...Suppress the production of pro-inflammatory compounds in the body and therefore influence inflammatory conditions such as arthritis, diabetes, inflammatory bowel disease, cancer, autoimmune disorders, and aging.^{15,16,17,18,19,20,21,22,23,24,25,26,27,28,29,30}

...Improve serum lipids and provide cardiovascular protection.^{31,32,33,34,35}

...Prove protection against stress,³⁶ cognitive aging,^{37,38} and depression.³⁹

...Blood pressure, clotting, immune response, insulin resistance, and triglyceride levels are all positively affected by the omega-3s in EPA+.⁴⁰

...May be effective in the prevention of coronary heart disease,^{41,42} and headaches.⁴³

...Aid in weight and fat loss, especially when combined with CLA (see below).

...Be positively associated with peak bone density in young men.⁴⁴

While it is generally known that EFAs are good for the cardiovascular system and for arthritis, it's not as well known the EFAs can affect mental health. In fact, a deficiency in EFAs or too little omega 3 fatty acids can lead to decreased mental health, depression and even aggressive tendencies.

EFAs have been shown to assist in treating depression and other mental health conditions. Low levels of omega-3 EFAs are common in depression. In one 2002 study, researchers found that treatment with 1 g/d of EPA improved outcomes in patients with persistent depression.⁴⁵ Another study found that EPA may prove an effective add-on treatment in schizophrenia.⁴⁶

There is even some evidence that the decrease in omega 3 consumption may be responsible for increasing homicide rates.⁴⁷

Part of omega-3's effectiveness in treating brain disorders and the reason why lack of omega 3's results in some mental aberrations may be linked to its role in neurotransmission and proper brain function, and pregnant women are advised to consume adequate levels for fetal brain development.⁴⁸

A recent paper published in 2005 concluded:⁴⁸

There is no doubt that cerebral lipids, and EPA-derived LC-PUFAs in particular, have significant direct and indirect actions on cerebral function. Not only does the lipid composition of neural membranes affect the function of their embedded proteins, but also many LC-PUFAs are converted to neuroally active substances. There is good evidence that psychiatric illness is associated with depletion of EFAs and, crucially, that supplementation can result in clinical amelioration. As well as challenging traditional views of aetiology and therapeutics in psychiatry, the clinical trial data may herald a simple, safe and effective adjunct to our standard treatments for many disabling conditions.

EFAs and Body Composition and Exercise Performance

Besides all the health benefits above, the EFAs may also be useful in improving body composition and exercise performance. They have been shown to affect insulin sensitivity and growth hormone secretion, have anti-catabolic effects, both enhance weight loss and help keep the weight off, and influence exercise performance.

Fish oil may, through perhaps more than one mechanism, have anti-catabolic properties. By extrapolating from burn injury studies, there is the possibility of modifying the catabolic processes

(continued on next page)

body fat and decrease in additional body fat can have very positive results for the dieter. You actually end up making less and breaking down more body fat when using these oils.

As well, a recent study found that GLA reduced weight regain in humans following major weight loss, suggesting a role for essential fatty acids in fuel partitioning in humans prone to obesity.⁶⁰

A recent study⁶¹ in horses found that n-3 fatty acids faced vitamin supplement induced changes in membrane composition, which modulated the decrease in erythrocyte membrane fluidity seen during exercise, and therefore found to be potentially beneficial in exercising horses.

Gamma Linolenic Acid

Gamma linolenic acid (GLA) is important for health and has suppressive effects on both acute and chronic inflammation, and effects on decreasing the response to anxiety and stress.^{62,63,64,65,66,67,68} It also works synergistically with some of the essential fatty acids to decrease inflammation and stress responses.^{69,70,71}

GLA is necessary for the body for the manufacture of certain hormone-like substances called Prostaglandins. These substances have beneficial regulatory effects on the immune system, circulation and the menstrual cycle. Their purpose is to help control and regulate cell growth and to maintain

(continued on page 94)

secondary to training through the use of fish oil.^{69,70} There is the possibility that fish oil may modulate PGE sub 2-mediated muscle proteolysis.

Studies have shown that the mechanism of interleukin-1 (IL-1)-induced muscle proteolysis involves PGE sub 2 synthesis.⁷¹ Thus it is likely that omega-3 fatty acids from fish oil competitively inhibit the PGE sub 2 synthesis,^{72,73} resulting in less muscle proteolysis. Furthermore, it has been shown that fish oil feeding in healthy volunteers can reduce the in vitro production of IL-1 and tumor necrosis factor by macrophages.⁷⁴ Thus, the reduction of IL-1 level may represent another mechanism by which fish oil moderates muscle proteolysis.

Omega-3 fatty acids may increase growth hormone secretion since they are involved in the formation of prostaglandin E1, which in turn is involved in GH release.⁷⁵ As well, to add to the possible benefits in improving exercise performance and body composition.

Several studies have shown that fish oil increases insulin sensitivity, the breakdown of body fat and the use of fat as a primary energy source. As such, besides decreasing inflammation and increasing cardiovascular health, they also provide substantial weight and fat loss benefits.

LNA, EPA, and DHA can enhance lipolysis (body fat breakdown)^{76,77} and decrease lipogenesis (body fat formation).^{78,79}

The combined breakdown of stored

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DR. JUDD

A PLETHORA OF PARADOXES as told to Powerlifting USA by Judson Biasiotto Ph.D.

*When I Asked God for Strength
He Gave Me Difficult Situations to Face*
*When I Asked God for Brain & Brawn
He Gave Me Puzzles in Life to Solve*
*When I Asked God for Happiness
He Showed Me Some Unhappy People*
*When I Asked God for Wealth
He Showed Me How to Work Hard*
*When I Asked God for Favors
He Showed Me Opportunities to Work Hard*
*When I Asked God for Peace
He Gave Me How to Help Others*
He Gave Me Nothing I Wanted

- SWAMI VIVEKANANDA

Have you ever noticed that the most profound truths about life are riddled with paradoxes? Our very lives are a paradox because every breath that we breathe to keep us alive is also killing us. George P. Dvorsky pointed this paradox out in a rather scientific explanation of the Fermi paradox. I will simplify it for you...you can thank me later. The energy producing part of each living cell, the mitochondria, is necessary to assist the cells of the body in movement, contraction, subdivision and production and discharge of chemical substances. In short, the mitochondrion is the life blood of each living cell. The paradox is that each time a mitochondrion releases energy it also releases free radicals which cause it to die a little and brings about aging. Consequently, each breath we breathe is also killing us. Okay, unless you are a physiologist that may be a little deep also. Perhaps Nancy Cartwright summed it up best when she said, "Life is a paradox; you're damned if you do and damned if you don't." And as Swami Vivekananda points out even God's help is littered with paradoxes.

There are an infinite number of paradoxes in life. In fact, the complex nature of human life is nothing but a balancing act between conflicting forces. Just to make you aware of that very paradox, check out this plethora of paradoxes that have been assembled just for you...you can thank me later for this too.

We discovered how to increase life, but not how to live life; we have more education, but less knowledge; we date more, but love less; we have more sex, but less affection; we have a wide assortment of facts, but narrower viewpoints; we have more entertainment, but less enjoyment; we have more medicine, but less health; we have more awareness, but less understanding; we talk more, but listen less; we have better food, but fewer people; we have more power, but less compassion; we have more principles, but less integrity; we have more gyms, but less fitness; more religions, but less love; we have more possessions, but less happiness; we spend more but have less; we have bigger houses, but smaller families; we have more money, but less wealth; we have greater telecommunications, but we communicate less; we have more services, yet less time; we have more psychotherapists, but less sanity; we have more thingamajigs but less gratification. We hurry up and wait; we arrive sooner, to do less and return later, to do more; we have so much, but give so little. We work more, but accomplish less; we have more brain power—but less sense;



Dr. Judd Biasiotto considering the paradoxes

but reduced our standards; we have multiplied our wealth, but not our mental environment; we are richer and wiser, but less ethical and moral; we've done bigger things, but not better things; we've walked on the moon, but we can't resolve our prejudices.

We yearn for love, yet what we communicate is self-interest; we yearn for compassion; yet what we express is detachment; we yearn for fairness, yet we what exhibit is disparity; we yearn for understanding, yet what we show signs of is judgment; we yearn for genuineness; yet what we express is deceit; we yearn for tolerance; yet what we project is racism; we yearn for acceptance; yet what we demonstrate is rejection; we yearn for forgiveness; yet what we display is intolerance; we yearn for respect; yet what we denote is condescension; we yearn for equality, yet what we portray is inequality; we yearn for appreciation, yet what we characterize is condemnation; we yearn for truth, yet what we symbolize is deception; we yearn for consistency, yet what we demonstrate is capriciousness; we yearn for consistency, yet what we project are **paradoxes**.

What can I say... GOD HELP US TO DO BETTER!

more data—but less wisdom; more expertise, yet more dilemma. We've discovered outer space, but lost sight of inner space; we've created life, but failed to shape life; we've produced cyber space, but lost personal space; we've learned to love ourselves, but not our neighbors; we do more, but accomplish less; we are taught to hate, but not to love; we learn to win, but not to lose; we rationalize more, but reason less; we are great at building things, but better at destroying them; we've unraveled the mysteries of the universe, but can't solve the problems of the world; we can decipher molecular configuration, but not racism; we are taught to play fair and then we cheat like hell. We have more weaponry—but less peace; higher incomes, but less purchasing power; we are long on quantity, but short on quality; we are high on style, but low on substance; we have bigger cars, but less social groups, but fewer friends; we preach peace and declare war; we have free-will, but less choices.

These are the times of military superiority, but homeland inferiority; fast foods and slow digestion; faster cars, but slower speed limits; strong bodies, but weak minds; more divorces, but fewer marriages; These are days of higher postage, but slower mail; more reading material, but less readers; more crime, but less convictions; more churches, but less parishioners; more government, but less freedom; more entertainment, but less amusement. These are times of more women, but less men; more drugs, but less motivation; more religions, but less tolerance.

It gets better. We have boxing rings that are square, foul polls that are fair, people who thank God they're atheists, civilized warfare, active retirement, bad health, idiot swans, one size fits all, boring entertainment, accurate estimates, all natural artificial flavors, girly men, Hell's Angels, twelve ounce pound cake, solo concerts, holy wars, instant folk heroes, boneless ribs, Male ladybugs, non-alcoholic beer, Kosher ham, mud baths, weapons of peace, voodoo science, unsung heroes, live recordings, living fossils, meatless meat, non-stick glue, poor intelligence, real magic, resident aliens, synthetic natural gas, war games, wireless cable, and we are all just dying to live. Yeah, these are the times!

Interestingly, what we want is community, what we have is stressed individuality, what we want is love, what we have is abhorrence; what we want is fairness, what we have is injustice; what we want is equality, what we have is bigotry; what we want is truth, what we have is lies; what we want is consistency what we have is unpredictability; What we want is self-fulfillment, what we have is insecurity; what we want is happiness, what we have is despair; what we want is contentment, what we have is hassle; what we want is autonomy what we have is dependence; what we want is wellbeing, what we have is addiction; what we want is freedom what we have is accountability; what we want is love, what we have is infatuation. We have multiplied our wealth, but reduced our standards; we have multiplied our wealth, but not our mental environment; we are richer and wiser, but less ethical and moral; we've done bigger things, but not better things; we've walked on the moon, but we can't resolve our prejudices.

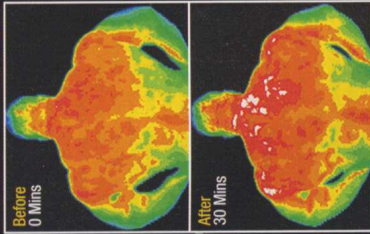
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NUTRITION

An in Depth Interview with Holistic Nutritionist Mike Adams on THE DANGERS OF SODA CONSUMPTION AMONG POWERLIFTERS ... PART I

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

This interview is with renowned author and Holistic Nutritionist Mike Adams, aka the Health Ranger. The topic was the dangers of soft drinks. The reason I decided on this topic is that Powerlifters drink way too much soda. This starts from the top with some of the best world champions on your sport has seen and goes all the way down to the beginner. If you are a regular reader then you are aware that I have preached against drinking soda numerous times. Until now I didn't do a full article on all the reasons going to look at soda the same way again. Hopefully, this interview will help you change your lifestyle choices.

AR: Hi Mike, it's an honor to have you here. Could tell our readers a little bit about yourself?

MA: I am 38 years old and 8 years ago, I was in a terrible state, depressed, nearly diabetic, obese and suffering from back pain all the time. I had bad cholesterol numbers that would have led to heart disease. I got to this pathetic state by eating the typical American diet. I was taking pharmaceuticals, drinking today I am athletic and have been declared in a perfect state of health by my Naturopathic Physician. I participate in weight training and study the art of Capoeira, a Brazilian martial art. I also partake in intense cardiovascular exercise regularly. I eat an extremely healthy and clean diet. My website which is www.naturalnews.com. Here I write about the healing power of phytonutrients and super foods. I am a spokesperson for the high performance benefits which super foods and high density nutrition offer, I also write about eliminating toxic chemicals to optimize health using nutritious foods and natural supplements.

AR: What is your educational background?

MA: My formal education is in technical writing. My education in nutrition began when I was 30 and found myself in a very unhealthy state. In 4 years I read over 600 books on health and nutrition. I am a prolific writer, with over 2000 articles and 12 books. My website is one of the most viewed sites on the internet about natural health, nutrition and disease prevention. I am outspoken in regard to conventional doctors. I tell it like it is because I have no conflicts of interest. I do not take money from any nutritional supplement company. I am independent and objective so that I tell you the truth on what works.

AR: I have pushed many times over to my readers that soda is very harmful to your health. Powerlifters

asking for a major injury that will shorten your Powerlifting career or end it permanently!

MA: When you drink soda you accelerate bone mineral loss. One of the reasons to avoid soft drinks is to protect your bones. There are others which include obesity, mood swings, and other nutritional deficiencies.

AR: An area of concern among lifters is muscle and tendon tearing. This is a common occurrence and is mainly seen in the pectorals, biceps and patella tendon. Do you feel that high doses of Phosphoric Acid consumption that occurs with those that drink plenty of soda may have an effect on these injuries?

MA: Believe tendon injuries are more related to the consumption of bad fats and oils, including hydrogenated oils, and partially hydrogenated oils. Every cell in the body has a membrane that is partly made from fat molecules. Hydrogenated oils they contain Trans Fats. When consumed they begin to replace the healthy fats in your cell membrane. Trans fats are fragile. They are not bondable or permeable like healthy fats, such as the ones you get in Omega 3 fatty acids. So, I think tendon tears and muscle strains are more related to consumption of bad fats than Phosphoric Acid. Soda does however have another direct effect with muscle tears and lull touch on this reason later.

AR: Trans Fats and bad fats in general would make an excellent future round table discussion. Powerlifters are known for their squats who break their tibia and/or fibula bones in their lower leg. This is occurring more often. My beliefs that the increased amount of soda consumption among lifters is one of the underlying causes. I know there is a correlation between the two and Powerlifters need to understand this.

MA: The two do have correlation. There is no doubt in my mind that those individuals who suffered from broken bones must have had nutritional deficiencies, due to poor dietary practices or their lack of nutrients such as Vitamin D. This powerful vitamin is crucial for the assimilation of Calcium. If you are deficient in Vitamin D and are drinking soda then you are practically begging to have your bones broken. You see this with MMA fighters, where one guy broke his forearm trying to escape an arm bar. That happened because he's Vitamin D deficient, in my opinion.

AR: Bones will break easier when they are not getting the nutrients they need. To add more gasoline to the fire these same individuals may be consuming large amounts of soda that is causing them to leach away the density of their bones. This is a double whammy that is

with healthy nutrient dense foods and super foods.

AR: How much soda is consumed annually in the United States?

MA: The stats say that in America we consume about 125 gallons of soda per person per year. **AR:** This would come out to about 500 liters of soda consumed by every person in the United States annually. The U.S. population is around 304 million people. If we multiply that out, it's around 152,000,000,000 liters of soda consumed annually. We both know the major health ramifications that this large amount of soda consumption is causing to the health of all individuals.

MA: It's absurd. There are many people that drink tons of soda better than soda and taste and don't even drink water. **AR:** How much sugar does regular Powerlifters on an average? Which brand contains the most?

MA: Most brands contain about the same amount of sugar, about 9 teaspoons of sugar per can which is around 45 grams of sugar. This is an enormous amount of sugar and this is the reason I call it liquid candy. Most sodas contain the same ingredients: Phosphoric Acid, high fructose corn syrup, artificial flavors and water. It is profitable for soft drink companies to produce this stuff. This is why they can afford to spend so much money on marketing their sodas.

AR: One of the clients that I took on for nutritional work had in his daily food journal that he consumes an average of 2 liters of soda per day, and as high as 3 liters on the weekend. Since there are about 36 teaspoons of sugar per liter, that guy is bouncing around 72 teaspoons of sugar Monday to Friday. On the weekend he is taking in around 108 teaspoons of sugar per day. The first thing I asked him was how he could pollute his body to such an extent on a daily basis. Not only is that much high fructose corn syrup going to have Type II Diabetes knocking on his door very soon, but what about his bones? I would like to know what his bone mineral density is right now. The sad thing is that he has done this for the last 7-8 years.

MA: It never ceases to amaze me that people don't think about what they are putting into their bodies. As people get older they tend to put on bodyweight, especially those who are inactive. Many stop drinking soda because of this. At this point you see a great divide. Usually older adults, those in their thirties and forties, either get informed and stop drinking sodas and consuming junk food or they spiral downward into a lifestyle of poor nutrition, fast food consumption and pharmaceutical dependency. It is these people who end up obese, depressed, with heart disease, and they still keep drinking sodas.

AR: Can you explain some other health ailments caused by consuming soft drinks? Are there other chemicals the readers should be aware of that can also cause trouble down the road?

MA: One of the other concerns with drinking soda is chronic dehydration. When people drink soda they have the misconception that they are hydrating themselves because it is a liquid. In truth, soda takes more water out of your body to process water than the water it puts into your body. In reality, every time you drink a can of soda you are in a net loss in terms of hydration.

This is crucial for lifters because hydration is very important for healthy muscles and ligaments. Dehydrated muscle tissues will tear and you will get injuries much easier. You need hydration to be injury free as well as to have a healthy cardiovascular system. **AR:** Powerlifters and dehydration go together like peanut butter and jelly. Considering the fact that Powerlifters tear muscles quite often, especially in competition, I know this has to do with this factor.

MA: Every time you drink a can of soda you are dehydrating yourself. This causes you to become thirstier and if you are one of those individuals addicted to soda then what you are going to do is reach for another soda. This is one of the properties of health calamity affects you, you ignore anything related to preventing it from happening in the first place. It is important that you take the info related here to heart. If you don't care about your health then I am sure you do care about your performance. Otherwise you will not be reading this publication and my column. If you want your performance to increase take care of your health because without it you will not lift to your full potential. I know that I harp on many of the flaws that Powerlifters are known for from a nutrition and lifestyle perspective. I care about you living a healthier longer life and at the same time reaching your true potential in this sport. I want to educate you so you understand how to improve your health and but left in the caffeine take your performance to the next level. I also want you to act upon the information that I give you so you can truly benefit from it. Next month you can look forward to Part Two of this series and I am sure you will learn even more interesting information. Until then, eat clean and train hard and leave that soda on the shelf!

If you have questions or comments feel free to contact me: Arcciuto@NutritionXP3.com or check out my website at: www.NutritionXP3.com

millions of consumers in the United States who are addicted to caffeine in their drinks. For those of you who don't know, caffeine can be just as addictive as nicotine and for some just as addictive as Heroin. It is very hard to break the caffeine habit. There is a way to tell if you are addicted to caffeine. If you are drinking a soda like Coke or Pepsi, switch to drinking a caffeine free soda like 7 LIP or Sprite. See how this affects you. Do you feel ok or do you notice that you are feeling symptoms of withdrawal, such as headaches, shakes, nervousness and moodiness among others. If you are noticing any of these effects then you now know that you are chemically addicted to caffeine. That is the first step in the book I wrote on how to quit the soft drink habit. Switching from a caffeinated soda to a decaffeinated soda is the first step for you to stop the chemical enslavement by the soda companies.

PART 1 OVERVIEW

I know a lot of you are hard headed - being a Powerlifter and being hard headed goes hand in hand. The reality is that you must take care of your health. Long term quality health is something that the large majority of Powerlifters ignore until it is too late. Unless a major health calamity affects you, you ignore anything related to preventing it from happening in the first place. It is important that you take the info related here to heart. If you don't care about your health then I am sure you do care about your performance. Otherwise you will not be reading this publication and my column. If you want your performance to increase take care of your health because without it you will not lift to your full potential. I know that I harp on many of the flaws that Powerlifters are known for from a nutrition and lifestyle perspective. I care about you living a healthier longer life and at the same time reaching your true potential in this sport. I want to educate you so you understand how to improve your health and but left in the caffeine take your performance to the next level. I also want you to act upon the information that I give you so you can truly benefit from it. Next month you can look forward to Part Two of this series and I am sure you will learn even more interesting information. Until then, eat clean and train hard and leave that soda on the shelf!

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.... "In reality, every time you drink a can of soda you are in a net loss in terms of hydration."

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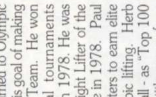
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GONE, BUT NOT FORGOTTEN

Paul Salisbury passed away on July 7, 2007 due to complications of open heart surgery at the age of 59. A memorial service was held at New Scotland Presbyterian Church July 14th 2007, in New Scotland, New York. Paul's career in Powerlifting started in high school at the Albany YMCA in New York. His first Powerlifting Meet was in Gloversville, New York 1964. He competed and won several state, regional, and national tournaments. In 1974 Paul turned to Olympic Weightlifting, pursuing and receiving his goal of making the 1980 United States Weightlifting Team. He won several national and international tournaments including the Pan American Games in 1978. He was awarded the well deserved title as Weight Lifter of the Year by Strength and Health Magazine in 1978. Paul was one of only a handful of weightlifters to earn elite status in both Powerlifting and Olympic lifting. Herb Gossbrenner ranked Paul ninth over all - as "Top 100 Super Humans of the Century". This title comes from all those who have competed in both Powerlifting and Weightlifting, regardless of weight class. Paul relocated to Colorado Springs in 1980 to train for the Olympic Weight Lifting Team but the United States boycotted the Moscow Olympics ended his dream. This produced Paul's involvement in boxing that began at the Colorado Springs Boys and Girls Club. He also started his own boxing team; the "Scorpions" with the out come of many golden glove champions. He was actively involved with the Air Force Academy Boxing Team for 28 years as a volunteer coach and official. Paul officiated and assisted 10 National Championships hosted by the Air Force Academy and never missed a Wing Open Championship in 28 years. Paul was a renowned trainer whose expertise was sought by both the amateur and professional ranks. Among the most notable, professional champions are Diego Corrales, Jeff Lacey, David Reid, and Roy Jones Jr. We will remember Paul as the "Ultimate Rocky" ... Tough and Rough on the exterior; but a warm, caring and humorous man who could bring out the best in anyone. He will be greatly and forever missed.

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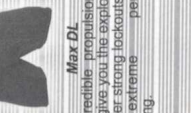
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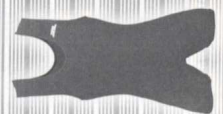
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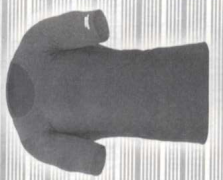
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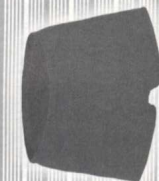
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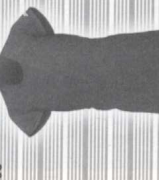
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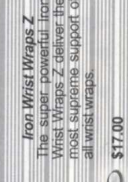
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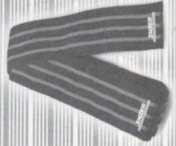
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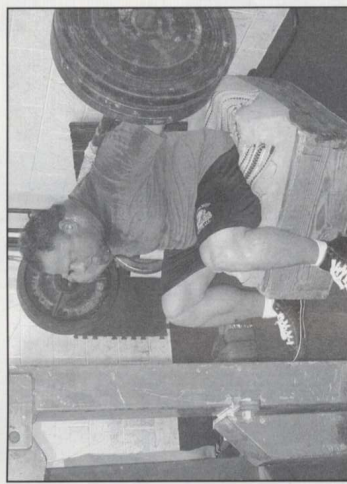


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WESTSIDE TRAINING

Advice To The Beginner And Elite as told by Matt R. Wenning M.S., Westside Barbell



Chuck Vogel (left) squatting off a foam box at Westside. (D. Simmons)

When beginning to train, the goal of most lifters is to get big and strong. On this path our goal stays in that realm but how we reach it becomes ever more difficult as we push our genetic and mental limits. In the beginning it is tough to find the proper path of training. Most normal gym lifts this is a key for disaster. Most gym lifters and even so called educated trainers are more of a problem than they are a help. Their education has led them to believe that what they teach is good and that what they preach is good and just. So what does a hungry beginning lifter need to do?????

First you must educate your mind. Reading the proper literature will give you a base of knowledge that will help guide you for many years to come. Most of the good books to read are located on our website under the study guide for our certification at Westsidebarbell.com. All of these books can be purchased at Elheltis. These books will reach far beyond what knowledge you think you may need. One of the areas of science you must be well educated in is physics. Physics explain mass, acceleration, force, gravity, leverage, etc. and understanding these principle ideas is to understand weightlifting.

Another way is to attend a Westside Barbell or Elheltis seminar to make sure you start with proper form, and get expert advice from the strongest people on the planet. This is a very important tool that will save you years of aggravation, and help to keep you injury free. Proper training methods are not that complicated after you have had an experienced coach work with you. I have seen even the advanced lifter miss crucial points in their training that has created barriers that last for years, or never get broken.

You must develop a strong raw base. In the sport of powerlifting, many are too quick to tip into the best gear, and then face injury, stagnation, and early retirement. It is important to build your ligaments, tendons, and muscles up to handle large weights in the years to come. Many of the strongest people on the planet are strong in all ways and in little gear or full gear. Did you know that most of Westside Barbell's training involves full range movement with no bench shirt? Did you know for lower body that we only put on suits 2-3 times a year. The rest of the work is light briefs and a belt. Sometimes not even that. If you are training properly, your gear max as well as your raw max should rise together. This is because assistance work is high all year round, and gear

method schemes. So where are the dynamics and the maximal efforts in your workout?? If you fail to raise velocity, then your strength will never be realized. If you fail to raise your maximal strength, your velocity will not matter.

Another issue is to work on good of shape you need to be in to powerlift, maybe not much in the beginning, but to get through tough workouts, finish in an adequate amount of time (40-60 min), and be able to recover, then GPP is just about everything. Without good conditioning your workouts will suffer and so will your platform results. Your workouts should exhaust many energy systems and tax muscles in many different ways. You must get stronger, build more muscle, and get faster all year round, not in phases as with linear periodization guides.

In all training there are 2 main biological laws that must be followed in order to get past barriers and keep you progressing...

1. Law of accommodation
2. Law of specificity

The law of accommodation states that if an athlete incorporates the same measures to increase performance that they will not work as efficiently as previous times and must change constantly. This can be in the form of using the same bars, resistance type (for example, only using free weights to become strong), stances, grips, etc. Training must be varied.

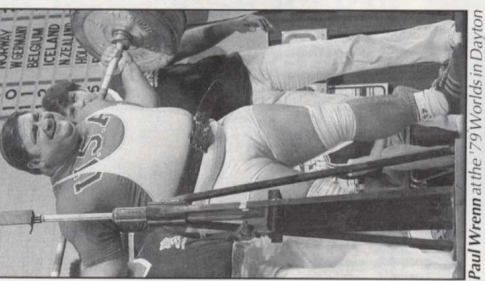
The law of specificity states that muscles must be used in similar patterns and ways that they are needed in order to make specific gains on the organism. This is why we have many different bars so we can squat every week without having to take time off, same holds true with bench, and deadlift. This is also why we have certain rep parameters on dynamic effort days to match the time needed for the task, as well as train 1 rep makes often. Training must have transfer.

As I've wrote in past articles, you must have a strong and dedicated training crew. Strong groups here at the gym. You must surround yourself with strong minded and bodied people. In the near future my crew at the gym will have 4 people that total 2600 lbs. we help each other become better. Don't be the big fish in the small pond.

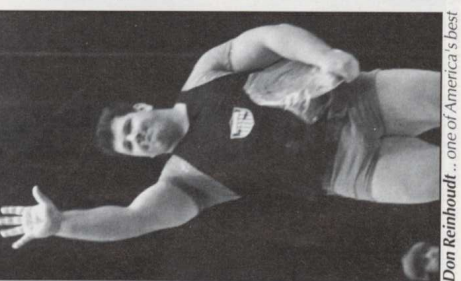
Hopefully some of this information will get you started on the right track. No matter which organization you train for or want to be in, these rules apply to all trying to make it to the top.



Ed Coan is the lightest man on this list



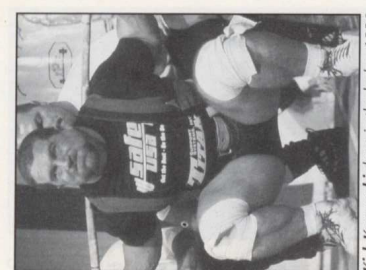
Paul Wrenn at the '79 Worlds in Dayton



Don Reinholdt... one of America's best

IPF Men's Worlds 400 kg + Squat 1971-2007 by Brad Gillingham

Rank	Name	Country	Class	KG	LB	Place	Year
1	Bondarenko-RU	125+	445	981	Miami, USA	2005	
2	Karwowski-USA	125	440	970	Pori, Finland	1995	
3	Karwowski-USA	125	437.5	964	Salzburg, Austria	1996	
4	Siders-USA	125+	435	959	Capetown, S. Africa	2004	
5	Hamman-USA	125+	435	959	Pori, Finland	1995	
6	Henry-GB	125	435	959	Stavanger, Norway	2006	
7	Bondarenko-RU	125+	435	959	Solden, Austria	2007	
8	Spinov-Ukraine	125+	430	947	Salzburg, Austria	1996	
9	Wrenn-USA	125+	427.5	936	Calcutta, India	1981	
10	Papazov-Ukraine	125	425	936	Sokamo, Finland	2007	
11	Henry-GB	125	425	936	Solden, Austria	2001	
12	Coan-USA	100	423	932	Johannesburg, S. Africa	1994	
13	Noren-Sweden	125+	422.5	931	Fredrikstad, Norway	1987	
14	Wilson-USA	125+	422.5	931	Perth, Australia	1988	
15	Karwowski-USA	125	420	925	Birmingham, England	1992	
16	Henry-GB	125	420	925	Vejle, Denmark	2003	
17	Karwowski-USA	125	420	925	Miami, USA	2005	
18	Yarymshchuk-UA	125	420	925	Miami, USA	2005	
19	Waddington-USA	110+	417.5	920	Arlington, USA	2000	
20	Ivanenko-UA	110	415.5	916	Acta City, Japan	2000	
21	Spinov-Ukraine	125+	415	914	Trento, Italy	1995	
22	Spinov-Ukraine	125+	415	914	Pori, Finland	1995	
23	Spinov-Ukraine	125+	415	914	Trencin, Slovakia	2002	
24	Middle-Ukraine	125+	415	914	Vejle, Denmark	2003	
25	Papazov-Ukraine	125	415	914	Capetown, S. Africa	2004	
26	Lehto-Finland	125+	415	914	Stavanger, Norway	2006	
27	Wrenn-USA	125	413	910	Den Haag, Netherlands	1979	
28	Karwowski-USA	110+	412.5	909	Dayton, USA	1979	
29	Karwowski-USA	110+	410.5	905	Johannesburg, S. Africa	1994	
30	Kuc-USA	110+	410.5	905	Harrisburg, USA	1972	
31	Reinholdt-USA	110+	410	903	York, USA	1974	
32	Hall-USA	125+	410	903	Fredrikstad, Norway	1967	
33	Zerhoch-DE	125+	410	903	Orebro, Sweden	1991	
34	Karwowski-USA	125	410	903	Jonkoping, Sweden	1993	
35	Zerhoch-DE	125+	410	903	Jonkoping, Sweden	1993	
36	Hamman-USA	125+	410	903	Johannesburg, S. Africa	1994	
37	Coan-USA	100	410	903	Pori, Finland	1995	
38	Nalekin-Ukraine	125+	410	903	Cherkasy, Ukraine	1998	
39	Savickas-LT	125+	410	903	Acta City, Japan	2000	
40	Middle-Ukraine	125+	410	903	Sokamo, Finland	2001	
41	Arvai-Hungary	125	410	903	Capetown, S. Africa	2004	
42	Suslov-Russia	110	410	903	Miami, USA	2005	
43	Dorner-Germany	125+	410	903	Solden, Austria	2007	
44	Reinholdt-USA	110+	408.2	900	Harrisburg, USA	1973	
45	Gurianov-Russia	125+	407.5	898	Cherkasy, Ukraine	1998	
46	Middle-Ukraine	125	405	892	Sokamo, Finland	2001	
47	Middle-Ukraine	125	405	892	Trento, Italy	1999	
48	Middle-Ukraine	125	405	892	Acta City, Japan	2000	
49	Henry-USA	125+	405	892	Trencin, Slovakia	2002	
50	Siders-USA	125+	405	892	Vejle, Denmark	2003	
51	Yarymshchuk-UA	125+	405	892	Capetown, S. Africa	2004	
52	Henry-GB	125	405	892	Stavanger, Norway	2006	
53	Marikainen-FI	125+	405	892	Solden, Austria	2007	
54	Middle-Ukraine	125+	405	892	Solden, Austria	2007	
55	Kendy-USA	110+	402.5	887	Turku, Finland	1978	
56	Spinov-Ukraine	125+	402.5	887	Den Haag, Netherlands	1990	
57	Karpiuk-Ukraine	125	402.5	887	Johannesburg, S. Africa	1994	
58	Marikainen-FI	125+	402.5	887	Vejle, Denmark	2003	
59	Reinholdt-USA	110+	400	881	Solden, Austria	2007	
60	Reinholdt-USA	110+	400	881	Birmingham, England	1975	
61	Haara-Finland	110+	400	881	York, USA	1976	
62	Moran-USA	125+	400	881	Dallas, USA	1984	
63	Wrenn-USA	125	400	881	Turku, Finland	1978	
64	Vilmi-Finland	125	400	881	Den Haag, Netherlands	1990	
65	Nalekin-Ukraine	125+	400	881	Jonkoping, Sweden	1993	
66	Ivanenko-UA	110	400	881	Prague, Czech Republic	1997	
67	Mezaros-HU	125+	400	881	Cherkasy, Ukraine	1998	
68	Nalekin-Ukraine	125+	400	881	Cherkasy, Ukraine	1998	
69	Savickas-LI	125+	400	881	Trento, Italy	1999	
70	Nalekin-Ukraine	125+	400	881	Trento, Italy	1999	
71	Malamchev-RU	125	400	881	Sokamo, Finland	2001	
72	Middle-Ukraine	125	400	881	Trencin, Slovakia	2002	
73	Papazov-Ukraine	125	400	881	Vejle, Denmark	2003	
74	Malamchev-RU	125	400	881	Vejle, Denmark	2003	
75	Malamchev-RU	125	400	881	Vejle, Denmark	2003	
76	Ujringberg-SE	125+	400	881	Capetown, S. Africa	2004	
77	Marifin-FI	125+	400	881	Miami, USA	2005	
78	Dorner-Germany	125+	400	881	Stavanger, Norway	2006	
79	Sherpil-Ukraine	125	400	881	Solden, Austria	2007	
80	Spingl-CZ	125+	400	881	Solden, Austria	2007	



Kirk Karwowski deep in the hole - 1996



The Late O.D. Wilson... in Australia.



Shane Hamman before he went to OI

INTERVIEW

Astonishing Bench Presser Jeremy Hoonstra interviewed by Mike Westerdal of CriticalBench.com

For those of you who haven't heard of Jeremy Hoonstra I'd like to ask you a question. What rock have you been hiding under? Jeremy is a class act and it's my pleasure to introduce him to those that haven't started to follow his young lifting career.

After competing in bodybuilding, Jeremy turned to powerlifting while attending Florida State University in Tallahassee. After one year of entering the sport, he had broken three national records and a world record in bench press at the age of 24. Competing in the 242 lb. weight class, Jeremy broke Mike MacDonald's longstanding Raw bench press record of 29 years with a 605 lb. Bench press at the New England Record Breakers competition in Boston and increased that record to 615 lbs. at the 2006 Mr. Olympia competition in Las Vegas, Nevada, as well as an unsanctioned 635 at the Arnold Pro Classic in the Animal Cage.

My name is Mike Westerdal and I met Jeremy for the first time at an APA meet in Florida where he volunteered to work as a spotter and loader. A couple months later I had the opportunity to see him hit a 650 raw bench press at the Tony Conyers meet in Tampa. We set up an interview shortly after the meet and would like to share it with you now as Jeremy continues his record-breaking crusade.

MW: For those that haven't heard of you, please give us a little background information about yourself.

JH: I grew up in Leesburg Florida, which is just North of Orlando where I'm currently a firefighter like my father and grandfather. I attended Florida State University and got a BS in Sociology with a minor in Political



Judd Biasotto's historic 603.5Q

Ray Verdonck at the 80 Worlds

Ronnie Cabico of Hawaii starred the in APF.

Reverend

doing 405 for reps when I was 17 at about 170 lbs. The hard thing was getting everything else to the same level as my bench. Work in progress...

MW: In the past you competed in bodybuilding and then moved on to powerlifting. What caused you to switch sports?

JH: The main reason I switched was I stayed strong throughout the entirety of the diet. I would lose a little strength but within a week or two after the show, I was benching more than before the diet. Once I did it, I loved it. Seems like a friendlier environment than bodybuilding, at least at the amateur level, but you can blame 10 weeks of boiled chicken on that. I think that powerlifting is the only sport that a guy whose record you're about to break will be yelling at you to get it up and then shake your hand after. The sportsmanship is indescribable.

MW: What federations have you competed in and why did you choose them?

JH: I competed in the USPF in Georgia because it was close to FSU and because it was old school, which is what I was used to. I had never heard of a bench shirt or knee wraps. I had just gone in the gym and worked out as heavy as I could with good form and got stronger. I read up on USPF and thought it'd be a good federation to start in. After that, I did the NERB in Massachusetts, through the Atlanta Federation and the WPO at the Olympia.

MW: How important are your training partners, and do you think everyone needs them to break PR's? Where do you train and with who?

JH: Not only is it important to have one, but to have one you trust. I wouldn't be able to go heavy without someone like that. I am really big on forced reps and drop sets, both of which require a trustworthy partner and you simply couldn't do them without them. I train at Xtreme Fitness in Leesburg with my old roommate Brad Dunn and John Burkhead. Brad is a professional strongman and John is a masters world record holder as well. We also train a few times a week with a few other pro strongmen like Brian Turner from Scotland and "Shrek".

MW: Speaking of PR's, how did it feel when you broke Mike McDonald's 29-year old world record in the 242's with a 605 pound bench press at the NERB competition?

JH: To be honest, it felt great. The record was almost 30 years old and no one had really come close to it. McDonald is one of the best lifters of all time and it was a huge honor to be next to him in that weight class.

MW: Tell us about your new training footage DVD entitled 242 RAW.

JH: Well, it's called "242 Raw" and is a training video leading up to the NERB Mr. Olympia, and Arnold Pro Classic in the Animal Cage along with footage from each, but mainly the heavy sets. There is a 675 flat bench, 605 incline, 365 hanging clean, nosetekers with 315, military presses with 455 and some other extreme lifts. The DVD is for sale now at www.criticalbench.com.

MW: I saw you hit 650 at the Tony Conyers meet here in Tampa this August. You're creeping up on the all-time raw record. Is breaking the all-time record your ultimate goal?

JH: Yes, as of now, I'm shooting for within two years. Before I do that, I want to bump the 242 record up to at least 675 or so and



Jeremy Hoonstra doing his pressing "thing" at the Mr. OLYMPIA show. (photographs provided by Hardcore Powerlifting, courtesy of Mike Westerdal, CriticalBench.com)

then maybe go up to the 275 pound weight class and go for the all-time. I might stay in the 635 or so for close grip where I'm getting just over 700 with my regular. They're not far off don't like to drop weight before a competition. If I weigh in at 240, I compete at 240.

MW: Would you ever consider competing with gear as a change of pace?

JH: I've considered it but my strength as of now is in raw. I have a few shirts from Titan I've been messing around with but it always seems like there is a competition I have to guess lift at and concentrate on my raw. I have always trained raw and that is what I like, but you do not typically like something you're not good at, so maybe one day I'll actually stop being lazy and take?

MW: The main supplements I take are creatine, glutamine, glucosamine, protein, and a pre-workout and a pre-workout power movement. I train like a typical bodybuilder, bodypart/day. However, I focus heavily on my lats, shoulders, and tris which are all really important in gaining weight in your bench press. Five muscles all working together will lift more than one.

MW: Do you use the same routine all year round or do you have an off-season program?

JH: I switch it up but only every now and then. I've always trained the same but I'm about to start a new program that is the basic 10 week rotation where you do sets of 10 with 50% of your max, then the next week sets of 8 with 60%, etc. We'll see how it goes.

MW: Have you had any injuries during your powerlifting journey? How do you deal with injury?

JH: I've actually never really had an injury. Everyone has little ones like strains, etc. but I don't push them and so far, I've been lucky. Listen to your body, if it says stop, then stop.

MW: In some of the pictures it looks like you have a close grip on the bench. Is your close grip bench almost as strong as your regular bench?

to getting the right hit the gym that day or how many chicken breasts you ate. However, like I said they are all really important and the key to having a stronger is to have the right

MW: There have only been a couple dozen lifters in history that have raw benched more than 600 pounds. If a lifter had a five hundred pound press, what advice could you give them to try to reach 600+?

JH: 1. Go heavy, do forced reps and drop sets. 2. Keep going, be persistent. No one benches 600 lbs in a couple hard years of training. It takes time. 3. Eat more, no one eats enough (that doesn't mean eat more crap). 4. Change it up. Shock your body into growing.

MW: Last time I talked to you, you were still getting adjusted to the schedule at the Firehouse. How's the new job treating you?

JH: The new job is awesome, great career. It's tiring and sometimes you have long days and nights but the calls are intense and extremely high pace and just keeping up with everything is really fun. It did take some getting used to the hours, right now 24 on, 48 off (maybe 48 on, 96 off) soon, as opposed to working four hours a night bouncing at college, three times a week. I'm up before the sun two out of three days, up all night, etc. It's rough but I'm getting used to it.

MW: Yup, unfortunately you can't stay in college forever. If you were to predict the future of bench pressing how would you picture it 10-years from now?

JH: I don't know where the shirts are going and I honestly don't know enough about them to even guess. However, the raw bench press I think will gain bigger respect and I see the record being bumped up to at least 750 or so, hopefully by me but Nick Winters is gaining on it fast. We'll see how high the record will go.

MW: Thanks for the interview, Jeremy. Good luck on and off the platform, we'll be keeping a close eye on you!

242 RAW DVD With Jeremy Hoonstra Includes The Following Feats Of Strength!

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- Military Press 405 x 5, 455 x 3
- DB Military Presses 100's x 50
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Mike Sweeney reports the passing of Ukrainian Bench Champion Vitaly Ponomarenko. "This WPC/WPO World Champion was the greatest raw bench lifter I had ever heard of. At 100 kilos he could bench press 300 kilos. He was a litter's litter, man's man, and I liked him very much. Please pray for his family, friends, and eternal soul."

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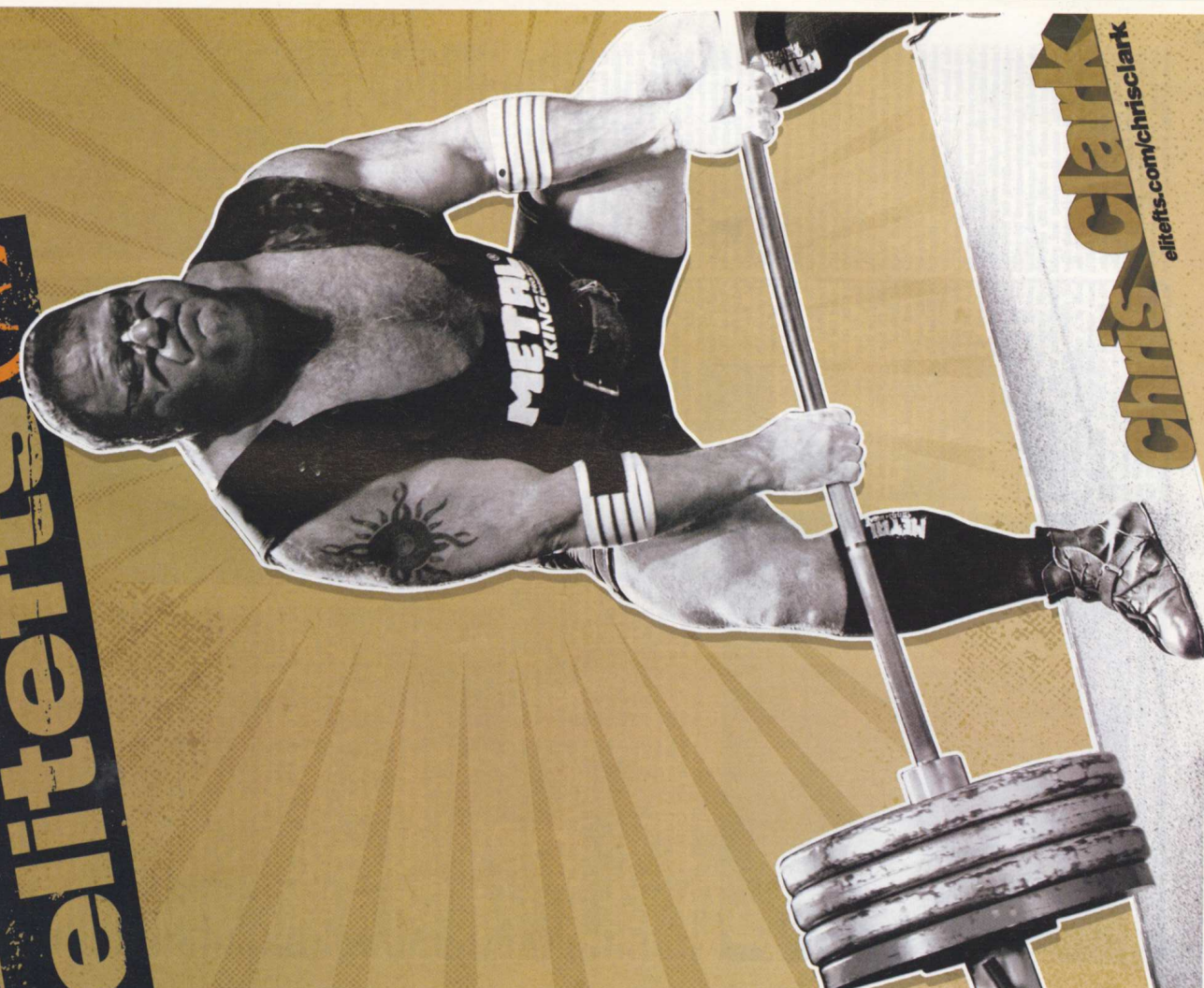
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- 15 MAR, AAU Bench Press Nationals (Clyde, NY - Donselaar's Parthouise) Steve Rogers, 315-365-3377, seeps67@tds.net
- 15 MAR, Walker's Gym Bench Press for St. Jude's Hospital (Walker's Gym, Hopewell, VA) Barry Walker, 804-458-7918
- 15 MAR, 100% Raw 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, NAPA Power Sports Nationals (Un/Equipped/PS/BP/PP - Oklahoma City, OK) Rich Peters, PO Box 735, Noble, OK, 73068, 405-527-8513, SOBPPDL@aol.com
- 15 MAR, USAPL NJ State High School BP, Mark Salandra, 5 Thompson Close, Hillsborough, NJ 08844, 908-874-6125, www.strengthcondition.com
- 15 MAR, APA New England Regional BP, DL, PP, SC (Wallingford, CT) Scott Taylor, 5233 First St., #K-16, Zephyrhills, FL 33542, 941-626-4247, scott@apa-wpa.com, www.apa-wpa.com/entryforms.htm
- 15 MAR, NAPA Power Sports Nationals, Power Sports, Un/Equipped PL, BP and Push Pull & Pro Qualifier (OKC, OK) 405-527-8513, P.O. Box 735, Noble, OK 73068, SOBPPDL@aol.com
- 15 MAR, APF/AAPF PL & BP (Scottish Rite Center - Charleston, SC) Will Millman, shelter223@aol.com
- 15 MAR, USAPL Battle on the Border BP & PL (Greater YMCA of Charlotte, NC) Jon Mouton & Jennifer Tompson, 864-844-0083, mouzonchickhawk09@aol.com
- 15 MAR, USAPL Alaska State, Ron Burnett, 13400 Lamb Dr., Anchorage, AK 99516, 907-277-8212
- 15 MAR, AAPF 12th annual Frank Kostyo Meet (Lakealand, FL) Ken Swell, 863-687-6268
- 15 MAR, Allentown YMCA/YWCA
- BP/DL, Mike Machaskey or Bonnie Bremer, 425 S. 15th St., Allentown, PA 18102, 610-434-9333
- 15 MAR, SLP Wisconsin Open BP/DL (Leola, WI) Darrel Latch, 126 W. Sale, Tueda, IL 61953, 217-253-5429, sonlightgym@verizon.net, www.sonslightgym.com
- 15 MAR, SSA War Town, Challenge (Edge Fitness, War Robbins, CA) Jay Vincent, 111 Sunnyside Dr., Warner Robbins, GA 31093, jemy.vincent@perdue.com, 478-447-4440
- 15 MAR, WABDI National Teenage (Radisson Hotel, Denver, CO) Gary Gertner, 720-394-6657, gertner@mullerhighschool.com
- 15-16 MAR, APF/AAPF Illinois State Meet (Wilkesboro, IL) Eric Stone, 630-794-0594
- 15-16 MAR, APF/AAPF Alabama State Baddy McKee, 3516 Park Lane, Rainbow City, AL 35906, mastermester@comcast.net, 256-305-2380, 256-613-2753, 356m@shermanoaks.com
- 16 MAR, APF California State (Sherman Oaks, CA) Scott Mendelson, 818-990-0905
- 16 MAR, USPF Rhode Island State, State High School, State Police & Fire PL/BP/Bob Connolly Jr., Bob@npl.org, www.npl.org, 401-743-5739
- 16 MAR, WNPFF Ohio State (Youngstown, OH) Ron, 330-792-670, cc3308193078
- 16 MAR, Welsh & England PL, BP, DL Four Seasons, Trullion Road, Llanasalet, Swansea, Kent Williams (07970 625946) Nigel Wilding (07814 939047) www.rawpowerlifting.com
- 16 MAR, NAPA 1st Annual Pro Power Sports (Oklahoma City, OK) Rich Peters, PO Box 735, Noble, OK, 73068, 405-527-8513, SOBPPDL@aol.com
- 22 MAR, IBP WNC Baseball Push Pull (Asheville, NC) Keith Payne, 336-251-8704, leith@tritonbaseballpushpull.net
- 22 MAR, SLP Arkansas State BP/DL (Conway, AR) Darrel Latch, 126 W. Sale, Tueda, IL 61953, 217-253-5429,

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- 22 MAR, PA Bench Armageddon Biggest Bench in Allentown (Allentown, PA) Gene Rychlicki Jr., 143 Second Ave., Reading, PA 19468, 610-948-7823, Branch: grant@epp.com
- 22 MAR, NAPA Tennessee State Equipped & Un/Equipped PL & BP Sports & Push Pull & Pro Qualifier (Pikeville, TN) Bob, 735, TN 405-527-8513, P.O. Box 735, Noble, OK 73068, SOBPPDL@aol.com
- 22 MAR, USAPL New Jersey State BP & PL (Atlantic City, NJ) Robert Keller, 954-790-2249, rtkk@verizon.net,

- www.rawpowerlifting.com
- 22 MAR, APA Best in the West PL, BP, DL, PP (Sacramento, CA) Scott Taylor, 5233 First St., #K-16, Zephyrhills, FL 33542, 941-626-4247, scott@apa-wpa.com, www.apa-wpa.com/entryforms.htm
- 22 MAR, 100% Raw Nebraska State PL/BP/PP, AV Sorenson, 4808 Cass St., Omaha, NE 68132, DJ@staterfield.com, 402-592-1243, dinechair@yahoo.com
- 22 MAR, 1st Support Your Troops Strongman Challenge, Dan Belanger, Box 2050, Pace, FL 32571, 850-995-1290, dippersports@bellsouth.net
- 22 MAR, USPF West Virginia Powerlifting & Holley Open (South Charleston, WV) John Messenger, 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, 100% RAW/RAW

APF/AAPF/WPO Schedule

- 15 MAR, APF/AAPF Charleston, SC
- 15 MAR, AAPF 12th Annual Frank Kostyo Meet
- 15-16 MAR, APF/AAPF Illinois State
- 15-16 MAR, APF/AAPF Alabama State
- 16 MAR, APF California State
- 29 MAR, APF/AAPF Michigan State
- 29 MAR, APF Hawg Farm BP
- 5-6 APR, APF High School Nationals
- 5-6 APR, APF/AAPF Snake River PL/BP/DL
- 12 APR, APF Gulf Coast Open
- 12-13 APR, AAPF Nationals
- 19 APR, APF Classics: Showdown
- 3-MAY, APF Master, Teen & Junior Nationals
- 5 MAY, APF Bench Press Meet
- 17-18 MAY, APF Maine State
- 30-31 MAY, 11JUN, APF Senior Nationals
- 7 JUN, APF South Texas
- JUN, APF/AAPF Florida State
- JUN, APF/AAPF Chicago Summer Bash 5
- 12 JUL, APF Texas Rio Bravo
- 19 JUL, APF Big Sky State Games
- 19 JUL, APF Barbee Classic
- 26 JUL, APF Southeast Challenge
- 1-3 AUG, AWPC World Championship
- 16 AUG, APF Push Pull Meet
- 23 AUG, APF/AAPF High Country Push Pull
- 6 SEP, APF Georgia State
- 13 SEP, APF Cornerstone Fitness Push Pull
- 27 SEP, APF Bend It Championship
- 25 OCT, APF Halloween Monster Bench Bash
- OCT, APF/AAPF Snake River
- OCT, APF Mississippi State PL/BP
- 1 NOV, APF Texas Cup
- 8 NOV, APF Bench Press
- NOV, WPC World PL/BP
- 6 DEC, APF Gulf Coast
- 13 DEC, APF Rio Grande Valley
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29 MAR, AFF Junior Nationals (Taylor, MI) J.J. Thomas, 734-642-7878
29 MAR, USAFL Powerlifting (VA), John James 703-475-9885
29 MAR, USAPL Police/Fire Nationals (Screnton, PA) Steve Nanni, 845-855-1574

29 MAR, USAFL Police/Fire Nationals (Screnton, PA) Steve Nanni, 845-855-1574
29 MAR, USAPL Invitational (Troy, MI) J.J. Thomas, 734-642-7878
29 MAR, AFF Hooper Farm, 812-388-9925

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UPCOMING SLP COMPETITIONS

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19 APR, 100% Raw Maryland State PL/BP Open Invitational (open to all states) Dan Cornean, 240-417-2229, Eban1745@aol.com
19 APR, SLP Wisconsin State BP/DL (Delaware, WI) Darrel Latch, 126 W. Sale, Tusculoa, IL 61953, 217-253-5429, www.sonlightpower.com

19 APR, USAFL Lock N' Load Buckaroo PL/BP/DL (Cold Iron Gym, Tombstone, AZ) 520-457-3955, www.colddirongym.com
19 APR, APF Gulf Coast (New Port Richey, FL) Rick Lawrence, 727-376-1707 or 727-919-4738

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12-17 NOV, WABDL World BP/DL (Riviera Hotel, Las Vegas, NV) Gus Retiwisch 763-545-8654 or 503-901-1622

13-16 NOV, WPF World PL, BP, DL Jedlersdorfstrasse 94, A1210, Wien, Austria, Gerhard Holdeimer, www.wpfpowerlifting.com

15 NOV, SLP Kentucky State BP/DL (Louisville, KY) Darrel Latch, 126 W. Sale, Tulo, IL 61953, 217-253-5429, sonlightgym@verizon.net

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

15 NOV, USA Colorado Regional, Equipped & Unequipped PL & BP and Power Sports & Fish Pull (Lowland, CO) 405-527-8513, P.O. Box 735, Noble, OK 73068, SOBPL@aol.com

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22-23 NOV, IPA Sr. National PL/BP, York Bar 17406, Mark Chahlert, 717-495-0242, 4

Chahlert@yahoo.com, Eilen Chahlert, echaal@earthlink.net

22-23 NOV, WNPFF Lifetime 1st All-Raw World Cup Powerlifting, BP, DL PC (Atlanta, GA) or Orlando, FL WNPFF Lifetime, PO Box 142347, Fayetteville, GA 30214, 678-817-4743, wnpflifetime@aol.com

22-23 NOV, WNPFF 17th WNPFF World PL, BP, DL & PC Championships (Atlanta, GA) Troy Ford 678-817-4743, wnpflifetime@aol.com

29 NOV, PPL National Strongman, PPL 2250 Lumpkin Rd, Augusta, GA 30906, 706-706-3006, plthongans@aol.com

29 NOV, N. USA Oklahoma Open, Equipped & Unequipped PL & BP and Power Sports & Fish Pull, 405-527-8513, P.O. Box 735, Noble, OK 73068, SOBPL@aol.com

NOV, AAU World Military PL/World Bench Press/World Full Push-Pull (Virginia) Judy & Steve Wood, 4114 Jones, 804-559-4624, wwood@earthlink.net

NOV, WPC 5th World PL/BP, Amy Jackson, 505 Westgate Dr., Aurora, IL 60506, 866-389-4744

5-7 DEC, 100% RAW/RAW United World's (all current membership cards honored, all lifters & teams receive awards, entry deadline - Saturday, November 8) Spero International, 4353 Commonwealth Blvd., Melbourne, FL 32901, 321-505-1194, t@stbward.k12.fl.us

6 DEC, N. USA Missouri Regional, Equipped & Unequipped PL & BP and Power Sports & Fish Pull, 405-527-8513, P.O. Box 735, Noble, OK 73068, SOBPL@aol.com

6 DEC, APC from Man (Pescato, CA)

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20 DEC, N. USA Illinois Christmas Regional, Equipped & Unequipped PL & BP and Power Sports & Push Pull, 405-527-8513, P.O. Box 735, Noble, OK 73068, SOBPL@aol.com

27 DEC, SLP The Last One! BP/DL (Tuscola, IL) Darrel Latch, 126 W. Sale, Tulo, IL 61953, 217-253-5429, sonlightgym@verizon.net, www.sonlightpower.com

DEC, AAU World Bench Press, World Push-Pull (Nevada) Martin Drake, 951-928-4797, naturalpower@earthlink.net

DEC, USAPL Florida Senior State Games BP & DL (Age 50+ Ft. Myers/ Cape Coral, FL) Robert Keller, Box 281571, Davie, FL 33329, 954-790-2249, rtk@verizon.net, www.geocities.com/floridasp1

DEC, N. USA West Texas Regional, Equipped & Unequipped PL & BP and PL/BP, Kieran Kikder, 866-389-4744, amyjackson@aol.com

27 SEP, USAPA Blue Ridge Classic BP/DL (Standardsville, VA) John Shifflett, 186 Happy Hollow Rd., Ruckersville, VA 22968, 434-985-3932, valfing@aol.com, or virginiaspowerlifting.blogspot.com, or willmorrise34@earthlink.net

27 SEP - WNPFF 20th Lifetime Nationals (Bordentown, NJ) Troy Ford 678-817-4743, wnpflifetime@aol.com

27 SEP, WNPFF Lifetime (Bordentown, NJ) WNPFF Lifetime, PO Box 142347, Fayetteville, GA 30214, 678-817-4743, wnpflifetime@aol.com

28 SEP - WNPFF Lifetime (Pennsylvania State, Ephrata, PA) WNPFF Lifetime, PO Box 142347, Fayetteville, GA 30214, 678-817-4743, wnpflifetime@aol.com

28 SEP, WNPFF 17th Penn States Open PL, BP, DL Champs (Ephrata, PA) contact: Troy Ford 678-817-4743, wnpflifetime@aol.com

29 SEP-4 OCT, IPF Masters Worlds (Palm Springs, CA) Lance Slaught-ter, 310-995-0047, www.usapowerlifting.com

3-5 OCT, 100% RAW/RAW, United Armed Forces Nationals and North American Open (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 International, 4353 Collinwood Dr., Mecklenburg, FL 32901, 321-505-1194, 4

4 OCT, N. USA East Texas Regional, Equipped & Unequipped PL & BP and Power Sports & Push Pull & Pro Qualifier (Tyler, TX) 405-527-8513, P.O. Box 735, Noble, OK 73068, SOBPL@aol.com

4 OCT, SPP/WBPLA World PL/Noble, OK 73068, 25 OCT, N. USA Iowa Regional,

Equipped & Unequipped PL, Power Sports, Push Pull, Equipped & Unequipped BP Only (Dex Moines, IA) 405-527-8513, P.O. Box 735, Noble, OK 73068, SOBPL@aol.com

25 OCT, USPF Pro Performance Strongman/PL (Morgantown, WV) Matt McCasie, 210 Gilbo St., Fairmont, WV 26554, 304-376-7538, mccasie@yahoo.com

25 OCT, ANPPC National Powerlifting Championship (Tuscola, IL) Darrel Latch, 126 W. Sale, Tulo, IL 61953, 217-253-5429, sonlightgym@verizon.net, www.sonlightpower.com

25-26 OCT, WNPFF Lifetime 1st International Cup Championships (PC, BP, DL) (Atlantic City, NJ) WNPFF Lifetime, PO Box 142347, Fayetteville, GA 30214, 678-817-4743, wnpflifetime@aol.com

25-26 OCT, WNPFF 17th WNPFF World PL, BP, DL & PC Championships (Atlanta, GA) Troy Ford 678-817-4743, wnpflifetime@aol.com

29 NOV, PPL National Strongman, PPL 2250 Lumpkin Rd, Augusta, GA 30906, 706-706-3006, plthongans@aol.com

29 NOV, N. USA Oklahoma Open, Equipped & Unequipped PL & BP and Power Sports & Fish Pull, 405-527-8513, P.O. Box 735, Noble, OK 73068, SOBPL@aol.com

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6 DEC, APC from Man (Pescato, CA)

AAFFP/AAFFP Membership Application

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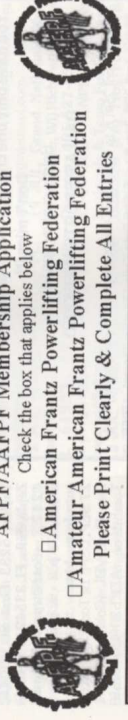
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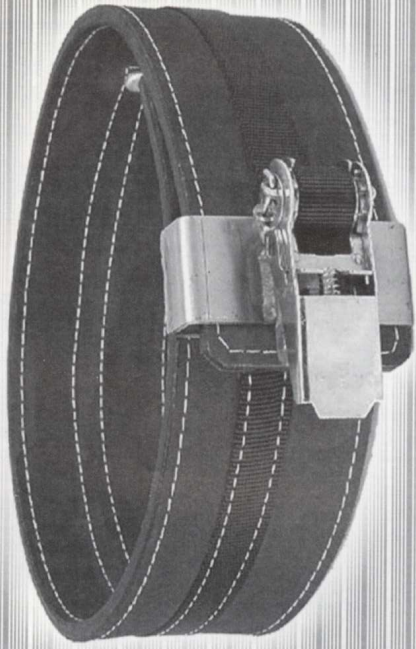
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132 lbs.	203	OPEN	
MEN		(18 & Over)	
165 lbs.	209	M. Jones	358
M. Jones	181 lbs.	S. Goss	474
347	203	R. Thayer	358
198 lbs.	275	D. Harris	451
Submaster (35-39)	275	Submaster (35-39)	451
198 lbs.	275	M. Harris	451
M. Harris	275	Master (45-49)	451
165 lbs.	209	M. Jones	358
M. Jones	181 lbs.	Master (70-74)	358
181 lbs.	132	D. Judd	352
220 lbs.		D. Judd	

All Bench Presses were State Records except Richard Thayer, Chuck Gourley had two American Records. All deadlifts were State Records except Richard Thayer. (Thanks to Danni Edridge for the results)

Application for Registration

UNITED STATES POWERLIFTING FEDERATION

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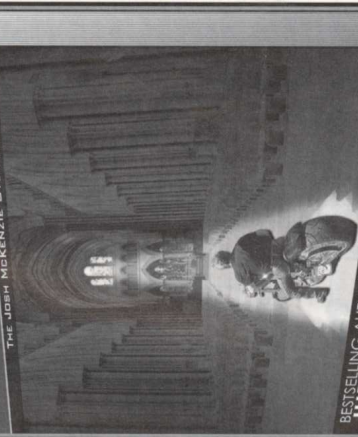
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Don Younger squats 850 at the APF Snake River Meet (M. Higgins) [Image of Don Younger] [Table of results] [APF/AAPF Membership Application form] [APF/AAPF logo]

Don Younger squats 850 at the APF Snake River Meet (M. Higgins)

Table with 2 columns: Name and Weight. Lists lifters like T. Orawiel, J. Scott, J. Gibson, D. Younger, D. Shock, R. Grosslak, D. Shock, D. Younger, R. Neumann, K. Selik, R. Solter, M. Slaton.

APF/AAPF Membership Application Check the box that applies below AMERICAN POWERLIFTING FEDERATION AMATEUR AMERICAN POWERLIFTING FEDERATION PLEASE PRINT CLEARLY • COMPLETE ALL ENTRIES

he talked her into it because he knows her ability. Amy's been in meet before and pulled over 300 lbs, when in training. Montana lifter, Charles Farmer... GUS BETHWISCH comes to mind. Think he got it going years ago in Hawaii and gave awards to boot. The meet turned out a success with, for the first time in the history of the APF, 77 spectators. Olympia plan records were registered. The national record books! And of course, the 18 APF/AAPF National and 11 Snake River records set were another success! Merle Younger, Billings, MT, lifted 264-271-371-574. The Snake River record was 214-274-374-559. Olympia records. Buzz had first round games, and took a bronze there. This was his second meet and he was lifting on his own this time. Vivienne Shokley bench 275 lbs. Record for a Female Special Olympian award. Geri Cunningham (UT) added another record to her collection with a 110 bench. Course she already holds '12 World and USAPF records. Her PR is 110. This was a go. Unplanned and almost cancelled due to loss of sponsors and that means \$\$\$.

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APC 54th California Challenge
8 DEC 08 - Fresno, CA

Table listing participants for APC 54th California Challenge, including names, dates of birth, and event categories like BENCH, WOMEN, and MEN.

Table listing participants for APC 54th California Challenge, including names, dates of birth, and event categories like MEN, JUNIOR, and SENIOR.

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Table listing participants for APC 54th California Challenge, including names, dates of birth, and event categories like UNL, BENCH, and MEN.

Table listing participants for APC 54th California Challenge, including names, dates of birth, and event categories like MEN, JUNIOR, and SENIOR.

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USA Powerlifting membership application form including fields for Name, Address, Date of Birth, Age, Sex, U.S. Citizen status, and a section for the applicant's signature and date.

American Powerlifting Committee (APC) membership application form including fields for Name, Address, Date of Birth, Age, Sex, U.S. Citizen status, and a section for the applicant's signature and date.



Two Stars --- Donnie Thompson with Vlad.

(continued from page 8)

Prior to the meet I squatted at Coliseum Gym 1,270 lbs. But we all know that gym lifts don't count in the real world.
PL USA: Do you think the 1,300 lb. barrier in the squats is reachable?
VLAD: Oh, yes. Not only do I believe that the 1,300 lb. barrier

will be broken in the squat but that the overall weight will be broken, as well... and don't be surprised if it happens this year by either Donnie Thompson, Andy Bolton, Jeff Lewis or some other up and coming powerlifter.
PL USA: Now that you have made a name for yourself, what could you offer a potential sponsor for your future lifts?
VLAD: I will offer the same work ethic, discipline, and drive I use in powerlifting to help the sponsors reach my goals. I will do whatever it takes. Currently I am a personal trainer at Coliseum Gym and offer training on lifting and powerlifting and advising them on nutritional supplements and powerlifting gear.

PL USA: As amazing as your

squatting is, your recent improvement in the deadlift is perhaps even more remarkable. How did this change through the 900 lb. barrier come about so quickly?
VLAD: My weakness in the deadlift has always been the lockout. So I have been using a lot of band tension which has been my key. Since deadlifting has always been my favorite lift, I have been progressing steadily through the years. I recently deadlifted 970 lbs. at Coliseum Gym. My next steps is to try to beat Andy Bolton's record. Andy is a good friend and I think our competitiveness is an amazing attribute for our fans to enjoy.

PL USA: What kind of lifts will it take for you to break Donnie Thompson's all time total record of 2850 lbs?
VLAD: Donnie Thompson is another great athlete and good friend. I congratulate him again for breaking the overall record. It is always amazing to watch. We need to do is break the 3,000 lb. barrier because I know he will probably break his own record at his next meet. But seriously for me to break any total record I need to bench around 750 lbs. in a meet. My

friend, I congratulate him again for breaking the overall record. It is always amazing to watch. We need to do is break the 3,000 lb. barrier because I know he will probably break his own record at his next meet. But seriously for me to break any total record I need to bench around 750 lbs. in a meet. My

focus in training is to squat over 1,300 lbs., bench over 750 lbs., and deadlift over 950 lbs.
PL USA: What role has your faith played in your personal lifting achievements?
VLAD: Without my faith in God I know I would not be where I am today. End of story.
PL USA: Who are the people who have played instrumental roles in your success in Powerlifting thus far?
VLAD: First, my family and my girlfriend Dana for their never ending support, my two great coaches (Yagimatis and Louie Simmons, Westside Barbell), and my extended family (Tedy and Stacy Theodoropoulos the owners of Coliseum Gym).

PL USA: What kind of funny experiences have you had working out with Tedy Theodoropoulos at the Coliseum Gym?
VLAD: Tedy is a no-nonsense type of guy and great workout partner. When it comes to working out he is all business and so am I. By the way Mike you are always welcome to visit me in New York any time. I have also been a fan of Powerlifting USA and an avid reader. Thanks for bringing powerlifting into our homes.

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Vladimir's Squat Style is clean and upright ... above he is squatting at the 2006 Arnold Classic, where he came up with a 1212 pounds

100% RAW Powerlifting Federation

Membership Application

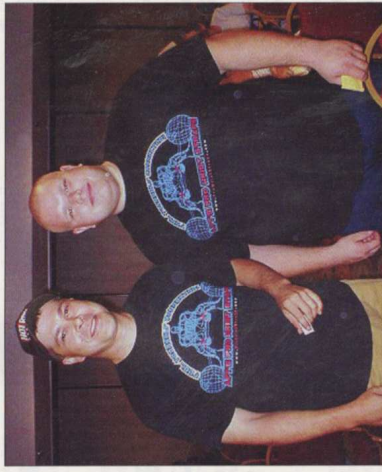
Form for membership application with fields for last name, street address, city/state/zip, age, sex, e-mail address, date of birth, first name, INT., registration fee, lifter's signature, and date of application.

By signing this application, I agree to submit or give permission for my son/daughter to submit to any drug test... I will see the 100% RAW Powerlifting Federation for injuries that may occur during competition...

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100% Raw Nationals

Table of results for the 100% Raw Nationals, 26 July 07 - Richmond VA, listing lifters, classes, and weights.



19 year old Cody Yager (right) with sponsor Alan P. Thomas of APT Pro Gear at the 100% RAW National Curl/DL Meet (from Paul Bossi)

Table of results for the 100% Raw Nationals, 26 July 07 - Richmond VA, listing lifters, classes, and weights.

Advertisement for Bobbs Belts, featuring images of belts and text: 'THE BENCH BELT 3 inches in the rear to achieve the arch needed while still maintaining maximum support 4 inches in front for greater leverage and support of the abdomen'

overall lifters, and tell you who to watch... stay where you're at and face Rock, move up and your name will be on the list...

Robert Samsa's 1575 total was not good enough for the 19th title, but the best lifters in the world... Woody Leonard found little trouble winning the 220 class with a 1460...

At 225 and above John Myers won the last curl title with 165, The best math up of the curl title with 165, The best math up of the curl title with 165...

At 225 and above John Myers won the last curl title with 165, The best math up of the curl title with 165, The best math up of the curl title with 165...

At 225 and above John Myers won the last curl title with 165, The best math up of the curl title with 165, The best math up of the curl title with 165...

At 225 and above John Myers won the last curl title with 165, The best math up of the curl title with 165, The best math up of the curl title with 165...

Large table of results for the 100% RAW National Curl/DL Meet, listing lifters, classes, and weights.

(continued from page 26)

for their help and support.

My Best Lifts in 2007

Bwt.	SQ	BP	DL	TOT
105	462	209	380	1051
	=10X bodyweight			
114	475	240	430	1145
	=10X bodyweight			
123	452	215	402	1069

The highlight of my lifting year has been at the AWPX Worlds in Chicago this past August. I was injured going into the meet due to a fall sky-skiing while on vacation at the lake in Kentucky. I had to go to the chiropractor the three weeks before the meet and could not do any of my heavy lifts. God and Dr. Woosley performed some great therapy. Since I was down in weight a bit, Barclay decided to lift me at 105 lbs. I did some severe weight loss the last three days prior to the meet and Barclay had to carry me to the weigh-in at 4:50 p.m., ten minutes before the close. I made it. I rehydrated with electrolytes and ate modestly. The next day I squatted 462 lbs., which is now the new all-time historical squat record at 105; beating the old record held by a Russian girl by 22 lbs.! This was quite a surprise considering I almost didn't compete when I realized I had pulled out a rib water skiing weeks before.

Weightlifting Program

I have a heavy day and a light (speed) day for upper body and legs usually 72 hours apart. I have found that this takes the constant stress off the body when one is lifting heavy basically all the time or year round. The speed workout can be just as demanding, but in a different way. I do quite a few meets every year so my training varies some depending on what I have coming up but I'll lay out the foundation here:

Sunday: Max Effort Bench, Heavy Triceps... Flat bench; up to max 1-3 reps, then sometimes a down set of 10-12 reps
Monday: Bench; usually sets of 8-10 going up in weight each week
Board Presses or declines: working up to a triple or double with different boards.
Dumbbell/pause press: 3-4 sets of 10-12
Skullcrushers: 3-4 sets of 10 reps
Lying dumbbell extensions: 3 sets of 10 reps

Tuesday: Speed Squats Deadlifts
 Speed squats on 12" box with chains or bands from

bottom: 10-12 sets of 2 reps
 Sumo deadlifts: up to a max 3 and then one final set as many as I can get

Rack pulls from power rack with pin set, just below knees: 3 sets of 5-6 reps
Bent Over Rows: 4 sets of 10 reps

Friday: Shoulders...
Biangular front shoulder press: 4 sets of 10 reps
Dumbbell press: 4 sets of 10 reps
Dumbbell lateral and front raises: 3 sets of each, max reps
Henry shrugs: 3-4 sets of 6-10 reps

Saturday: Max Effort Squat...
Squats: using Monolift working up to a max or either 5.4, 3.2, or 1 rep; usually 3 heavy work sets
Heavy Partial Squats: 4-5 sets of 5 reps working up to 100 lbs. over max squat

Hack Squats: 3-4 sets of 10 reps
Leg press alternating inclined with vertical: 5 sets of 10 reps
Leg extensions: 3-4 sets of 8-10 reps

Leg curls: 3-4 sets of 8-10 reps
Calves, seated alternated with standing: 3-4 sets of 10-20 reps

Triceps...
Bench Press: 9 sets of 3 reps using 40-50% of my max shined bench with doubled mini bands or chains using three different grips
Incline bench W/G: usually sets of 8-10 going up in weight each week
J.M. Presses: 3 sets of 10 reps
Triceps push-downs: 3-4 sets of 10-12 reps

Dips sometimes either weighted or on machine: 3 sets of 10 reps
Thursday: Back...
Pull-ups or lat pull downs: 6-10 sets of 6-10 reps

I also try to do restoration training if I feel some following some of my heavier days just to help get blood flow into the muscle and to help with recovery. I also believe in GPP and do some when I can.

VITAMINS & SUPPLEMENTS

I take a lot of supplements. I started supplementing before I started powerlifting for health/longevity.

As my knowledge base grew and I was made aware of all the benefits one can achieve through the use of supplements, I began to really believe in them and included them in my regimen. Some of the supplements that I take are the following: whey protein isolate, glutamine, creatine, BCAA's, CoQ10, DHEA, N02 Vit A, C & E, ALA, Chromium, digestive enzymes, glucosamine, fish oil, green barley, a multi-vitamin and ionic minerals.

I have never been injured the correct supplements and a healthy diet. For me it has been hard work (which I love), consistency and no training injuries.

FUTURE PLANS AND COMMENTS

I truly love powerlifting. It is my passion. It teaches one mental focus, discipline and dedication. You have to be absolutely convinced that you can accomplish your goal. Arnold Schwarzenegger was recently asked how his background in bodybuilding helped him become one of America's greatest leaders. His reply: "If you have 500 pounds of weight in front of you, the only way you know you can lift it is if you try." So true! If you fail, then you keep on trying until you make it.

My goal for 2007 was to be nationally ranked in four different weight classes: 105, 114, 123 and 132. In 2008, I plan to get the historical all-time high in the squat at 114 lbs. and to continue improving.

This sport is unique in that it has a remarkable camaraderie. Many have helped me in my achievements and this "helpfulness attitude" is prevalent at meets. More often than not, others are encouraging each other. Many different personalities blend together and encouragement seems to be the norm. Considering all the muscle and adrenaline, meets are generally very positive experiences which sets a lot for our sport. See you at the next meet!

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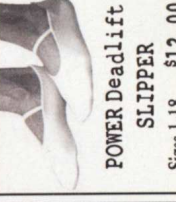
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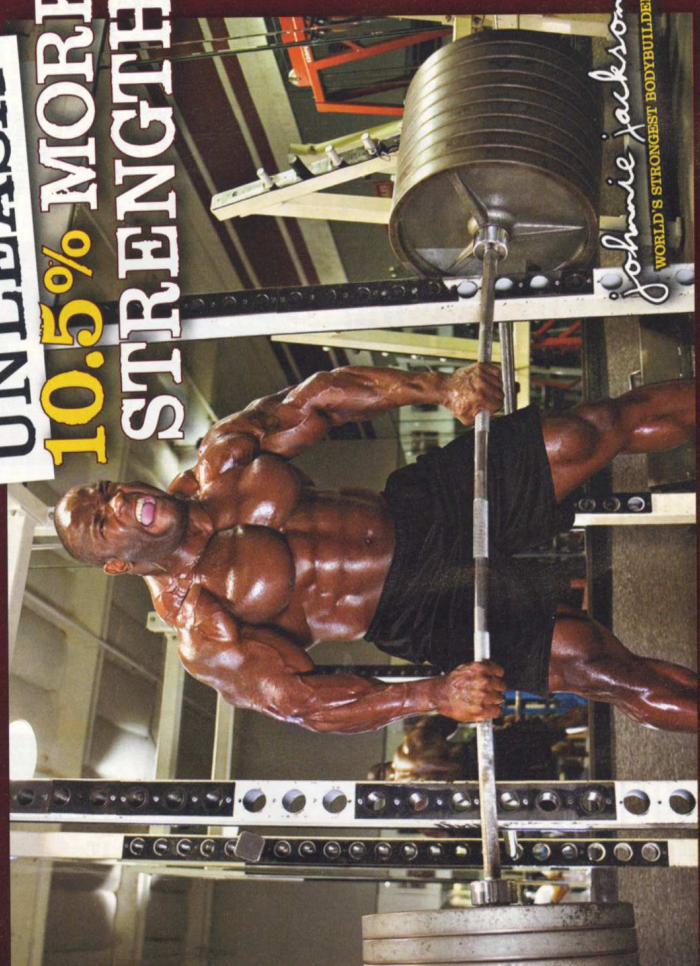
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BENCH	220 lbs.
(12-13)	
MALE	
77 lbs.	165
J. Hugh	Open
(8-9)	
M. Gubbs	35
(45-49)	Open
148 lbs.	345
D. Barbee	Open
(45-49)	
MAL	100
(35-39)	Open
132 lbs.	420
W. McGlothlin	420
(12-13)	Open
S. Gubbs	160
(14-15)	
145	
J. McCormick	145
(8-9)	
181 lbs.	20
(14-15)	
N. Apseloff	305
(45-49)	
Open	45
Self	375
(25-29)	
112 lbs.	80
Haitgeorgie	270
(12-13)	Open
198 lbs.	220
(35-39)	
Open	280
(40-44)	
280	65
J. Bourque	

We had a great day of lifting. I had several first time lifters and lots of good young people. I really would like to thank Jim Keiso for his assistance in judging. Jim is an excellent official and his work here at the site and I cannot thank him enough. Jim Pope came down for a OMT

testing for the Arnold's Classic. He took his World Champion and best lifter was our time and did a wonderful job as side judge. Other side judge and did a wonderful job. Good luck at the Arnold's you look in great shape! Kerry Self multi time 100%. Raw meets and help out in a great way. Thanks for a good safe day. (courtesy John Shiftlett)

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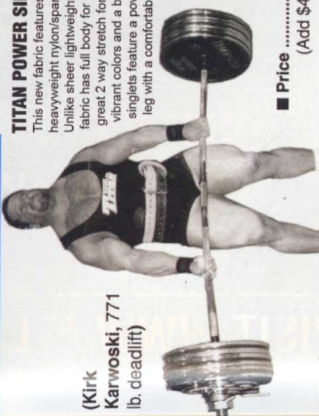
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(Kirk Karwoski, 771 lb. deadlift)

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Male <input type="checkbox"/> Female <input type="checkbox"/> Style A <input type="checkbox"/> Style B <input type="checkbox"/> Dual Quad						
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Tx. Res. add 8.25%						
Total						
Overall (TOP OF TRAP TO * BELOW CROTCH)						
Leg (Largest part)						

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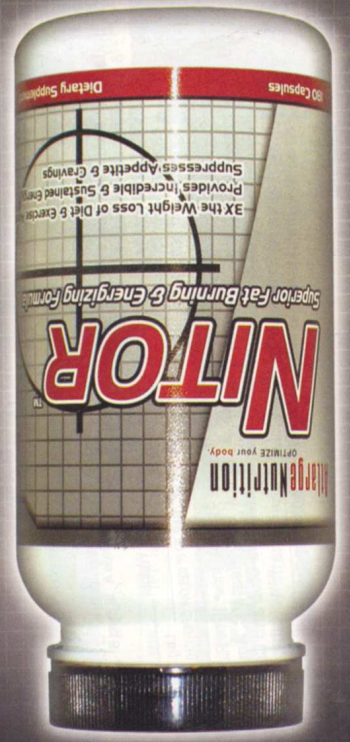
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SLP Tennessee State Fair
8 SEP 07 - Nashville, TN

division it was Chad Troutt with a new state record of 410 lbs. In the 275 lb. division, Chad Troutt set the state record at 275 with a solid 390. Rodney Aulridge set the state record for the submaster 132 class in both the raw and assisted divisions with his big 225. Brian Woodard broke the state record at 45-49/220 with 370 while Ronnie Holden got the record at 275 with 280. In the open division Caleb Norwood broke the state record at 242 with 290. Final raw lift for women was 220. In the final raw lift for men, C.L. Pomette who finished with 475 for the title at SHW. We move now to the 242 lb. division. Another great wheel chair athlete is x-rodeo bull rider Durrell Huskey. He set a new record at 242. Rodney Aulridge set the record down to lbs. 220's to set the record there with a personal best of 255. Denise Timbs, who recently won the women's overall title at the NPC Tennessee State Bodybuilding Championships, 146 lbs. with 220. Rodney Aulridge got a new personal best and Tennessee state record in both the 40-44 and open 242 classes with a great 610. This also earned Jeff the best lift title as well as 550 with his win at 40-44/275. Jack Brown set the state record for the 45-49/181 class with 420 while Randy Richey nailed the record at 275 with 350.



Rodney Aulridge with a State Record 340 DL @ Submaster 132.

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Charles Smith moved up to the 50-54 age group where he broke the state record at 165 with 200. Rodney Aulridge won 132 with a solid 340 pull, well. Larry Greer broke the record at 65-69/181 with 235. Floyd Edwards came down from Illinois for the life and state record at police & fire/submaster 220 with 480. Scott Baker broke the state record 150 at SHW in the open division it was Johnny Hurley at 308 with his state record opener of 530. In the deadlift event Chad Troutt won at novice 242 with 560 while Rodney Aulridge set the record at 275 with 390. In his first ever competition, pulled Self, in his first ever competition, pulled a state record 360 for the win at 13-15/198. Barry Folgate broke the state record at 18-19/165 with a great triple bodyweight

pull of 440. Barry also won the best lifter award for the deadlift competition. Rodney Aulridge won 132 with a solid 340 pull, setting also his second state record as well. Larry Greer broke the state record for the 60-64/165 class with 390 while Wayne Simson won at 65-69/181 with 235. Winner Scott Baker. Scott pulled a great 600 state record! Thanks to my son, who did practically all of the loading and spotting, though he did have several other lifts on his lift list, including our lovely trophy girl, Denise Woods. Also thanks to Randy Richey and Omega Force for the great program they provided following the competition. See you all again next year. (results courtesy Dr. Barrett Latch)

- BENCH 400*
WOMEN 400*
Open 400*
148 lbs. 200*
D. Timbs 390*
Submaster 390*
Mather (55-59) 180*
F. Taylor 225*
MEN 225*
Chair 305*
B. Midgley (45-49) 220 lbs.
D. Huskey 370*
Master (40-44) 255*
242 lbs.
J. Weaver 610*
B. Holden 280*
B. Gardner 550*
Master (45-49) 370*
181 lbs.
J. Brown 420*
K. Richey 550*
Master (50-54) 475
165 lbs.
C. Smith 365*
Master (60-64) 242 lbs.
L. Greer 200
Master (65-69) 570*
181 lbs.
W. Stinson 235*
Police/Fire 198 lbs.
C. Self (8-19) 360*
480*
B. Folgate 480*
Police/Fire Open 450*
K. Aulridge 340*
242 lbs.
J. Greer 390*
Master (65-69) 580*
181 lbs.
J. Hurley 270
Wheel Chair SHW 600*
H. Logsdon 205*
S. Baker 600*
=Son Light Power Tennessee State Records, Best Lifter Bench Press Jeff Folgate, The Son Light Power Tennessee State Fair Bench Press & Deadlift Championship was held on the fairgrounds. Thanks once again to all the competitors who came to lift and to the sponsoring companies. In the bench press event we began with the raw division, where Health Logsdon set a new Tennessee state record for the wheel chair 123 class with 205. This also matched the state record. This is also a member of the Omega Force Christian Power Team, continues to be an inspiration to everyone he comes in contact with. Representing the ladies was 35-39/146 abuser, Fannie finished with a new state record of 180! For the novice men's

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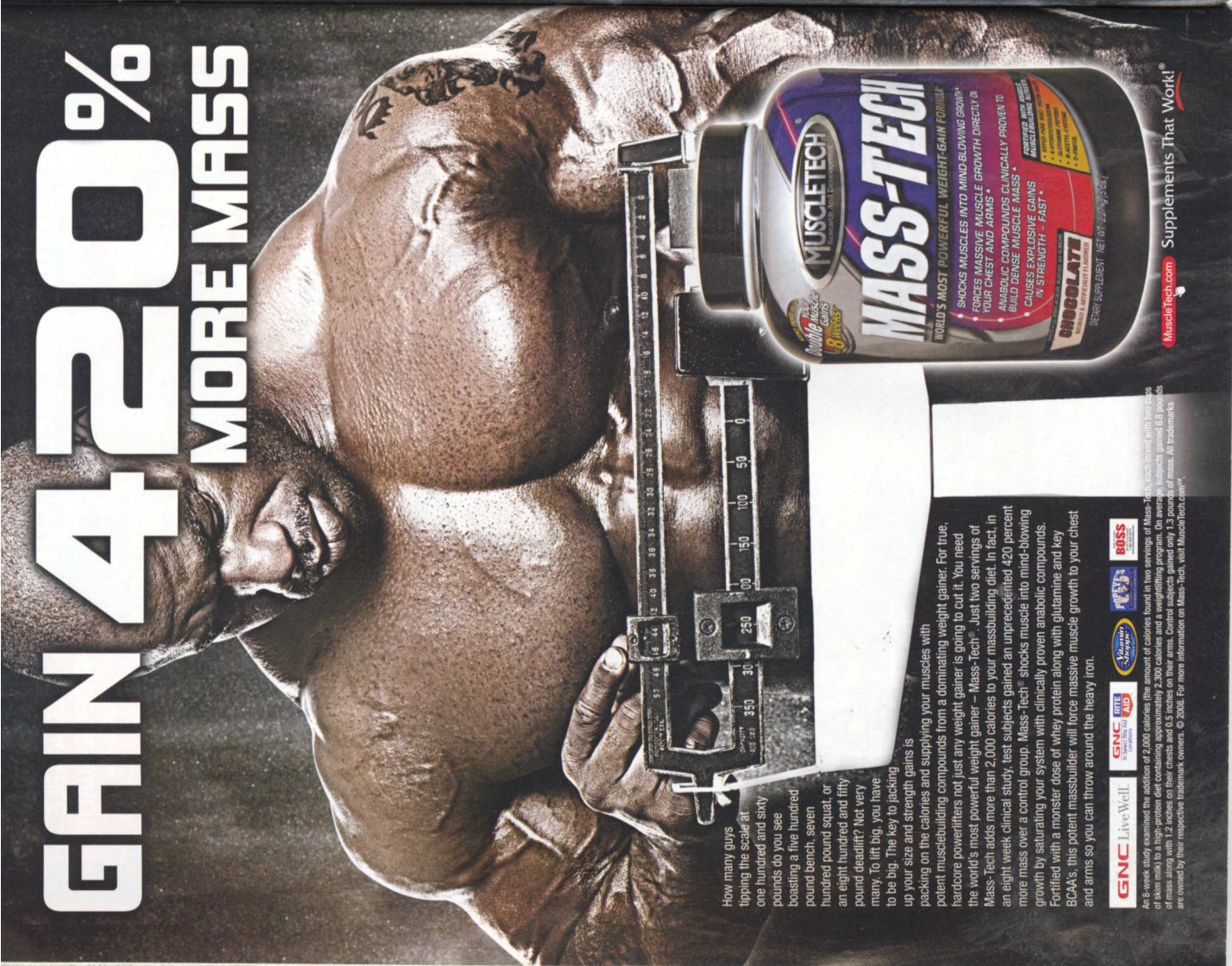
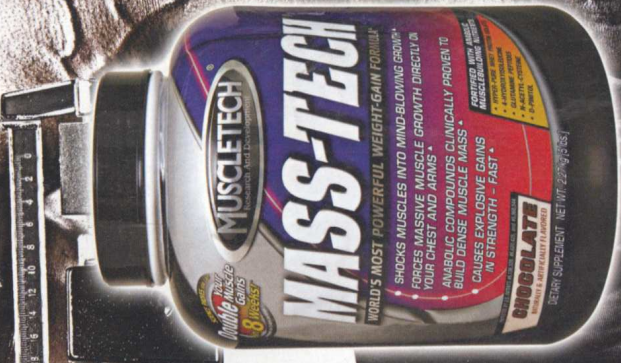
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