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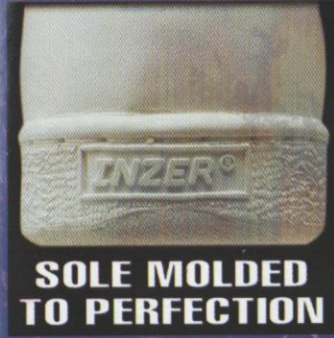
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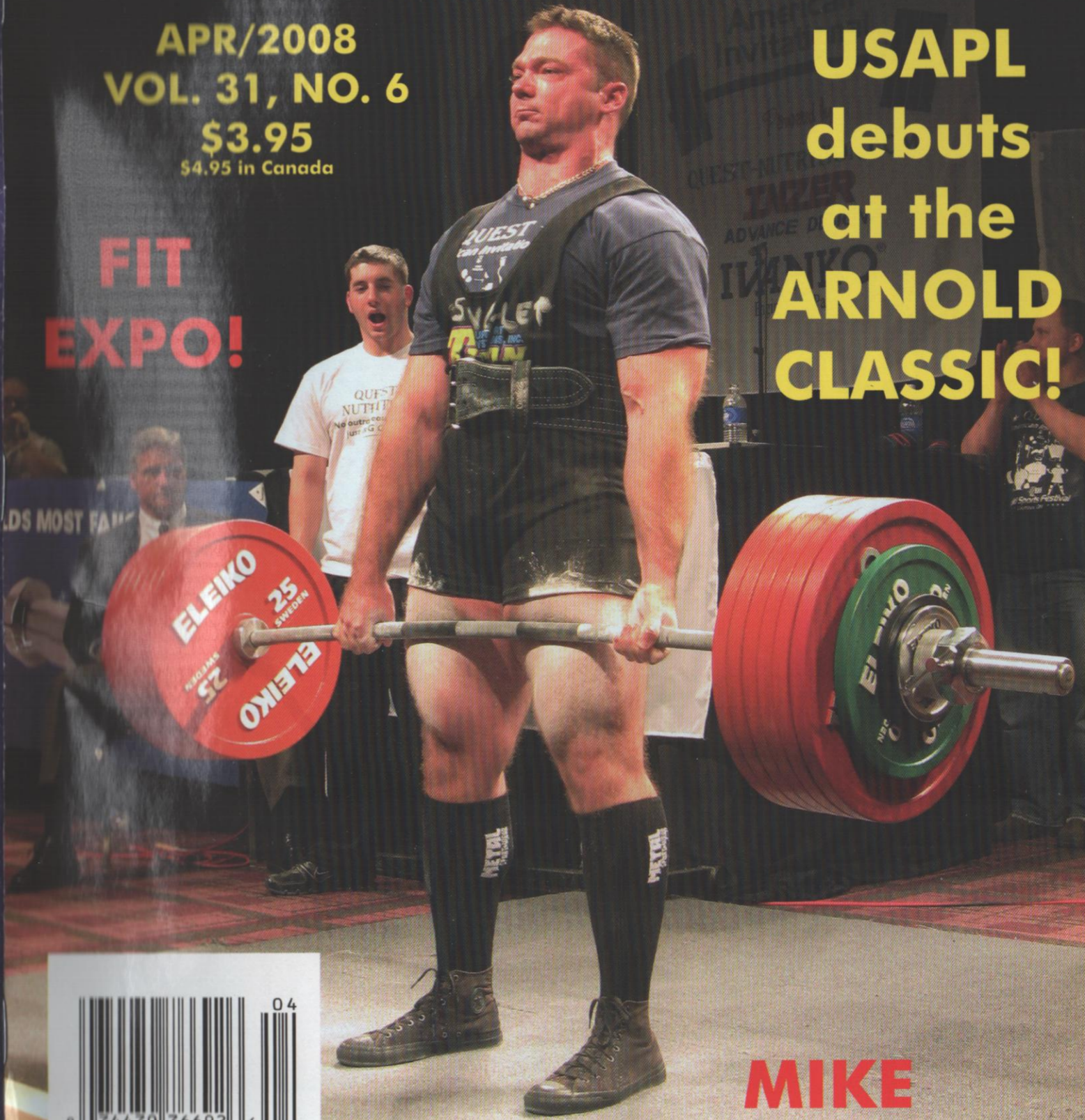
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POWERLIFTING USA (ISSN 0199-8536) is published monthly for \$36.95 by Powerlifting USA Magazine Co., 2486 Ponderosa Dr. North, Suite D-216, Camarillo, CA 93010. Periodicals postage paid at Camarillo, CA and additional mailing offices. POSTMASTER: Send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

PRINTED IN THE USA

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

Outside USA, air mail ..\$96.00 US

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ON THE COVER... Mike Tuchscherer finishing off a huge total for the 275 lb. class victory at the inaugural presence of the USAPL at the Arnold Classic (photo courtesy Brady Stewart)

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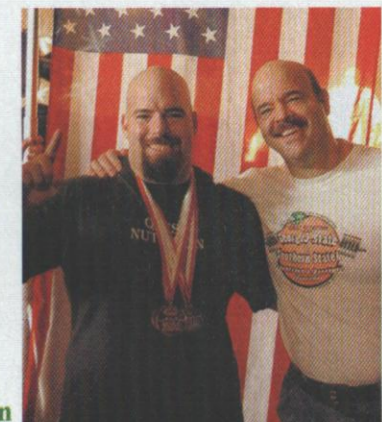
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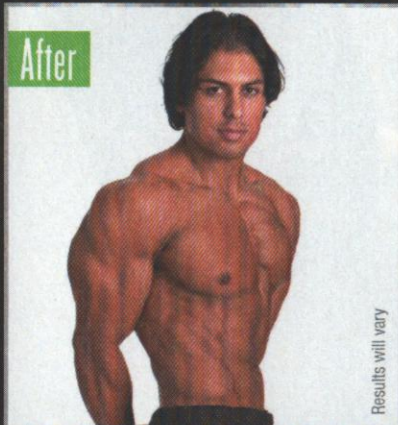
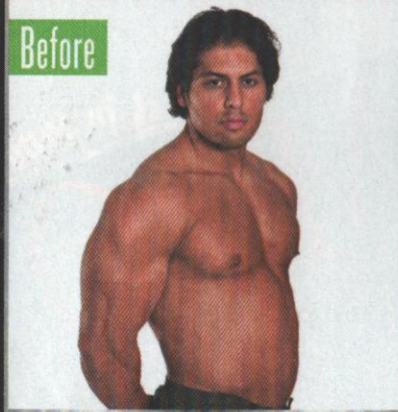
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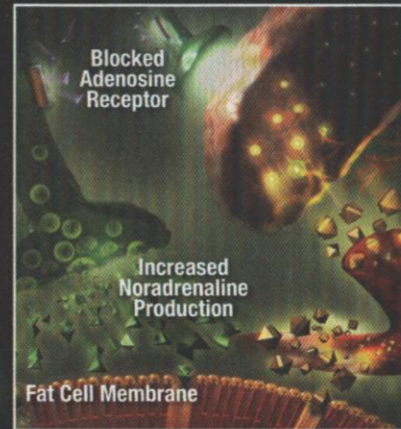
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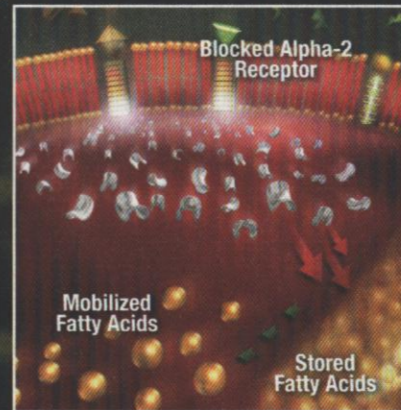
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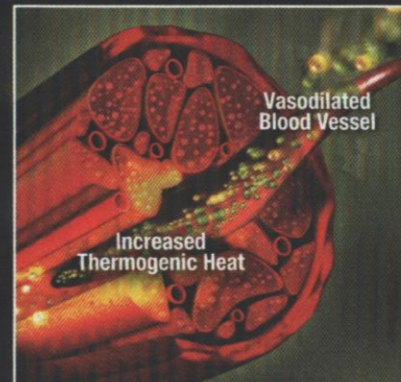
STAGE 2

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STAGE 3

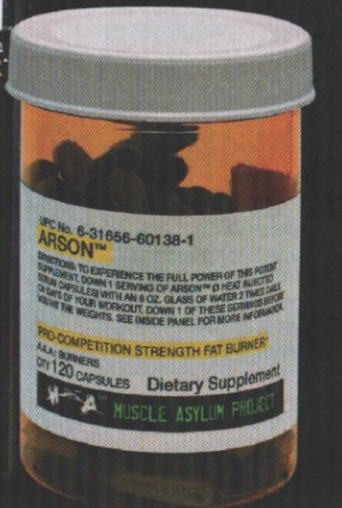
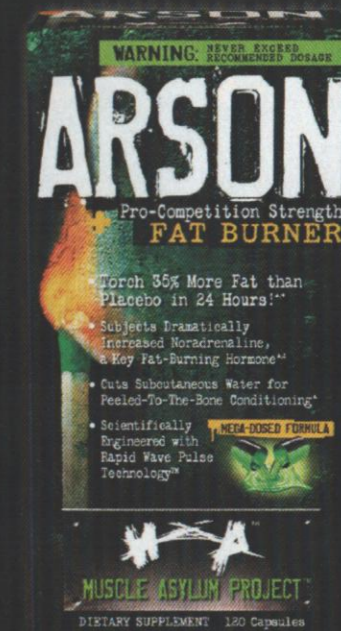
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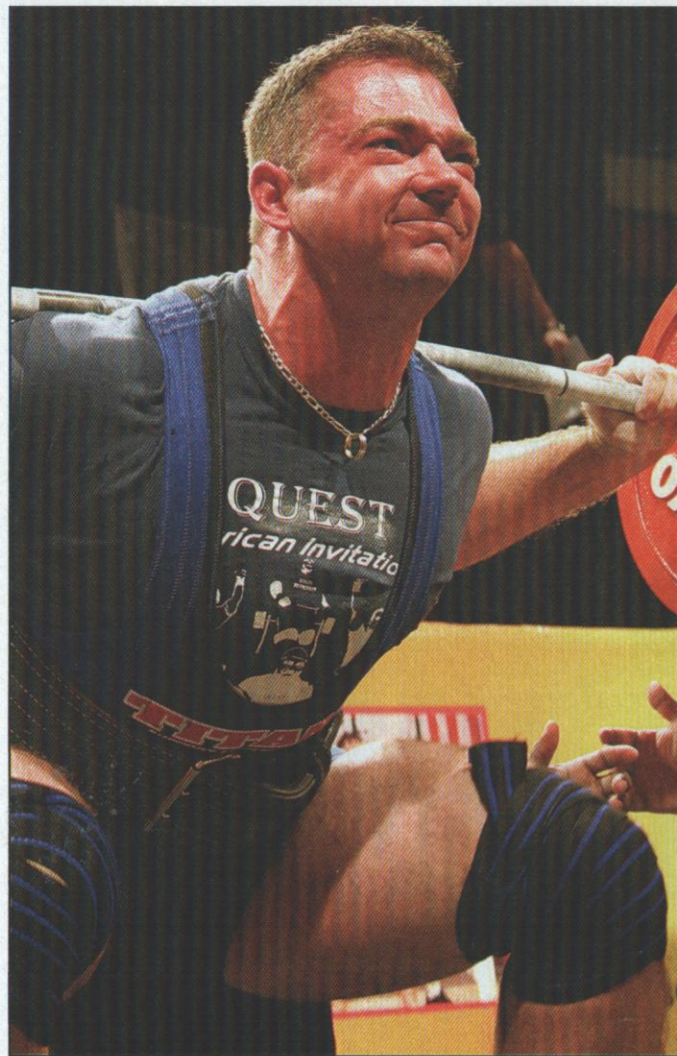
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INTERVIEW

MICHAEL TUCHSCHERER
as interviewed by **PAUL LEONARD**



Michael Tuchscherer squatting at the Arnold Classic (Scot DePanfilis)

Michael Tuchscherer is a 22-year-old 2nd Lieutenant in the United States Air Force, stationed at Vandenberg Air Force Base, in California and will be transferring to Minot, ND in April 2008. Originally from Indiana, Michael has acclimated well to training alone at the Vandenberg gym, resulting in pre-Arnold training bests of a 905 squat, 680 bench, and 835 deadlift. The Internet video clips of Michael show him performing these awesome numbers in strict IPF style, with few if any spotters present, and looking like he is capable of much more. Let's learn more about this powerlifting phenom.

PL: Mike, how long have you been

competing in powerlifting?

MT: I've been competing in Powerlifting for 7 years.

PL: Please provide a brief competition history.

MT: My first competition was the South Spencer High School Bench and Squat Championship in early 2002. It was an unsanctioned Squat/Bench meet that they run every year for football players. I got much more serious about Powerlifting while at the Air Force Academy. There, I got to compete in Collegiate National four times, Junior Nationals once, and Junior Worlds twice (including a trip to Bulgaria!). We also did a handful of local meets every year. My highest total coming out of the

Academy was 2105 @ 275 from IPF Jr. Worlds in 2006 (I won my weight class and was 2nd place in "best lifter"). Since graduation in May of 07, I've only done one other meet — the USAPL Iron Eagle Desert Thunder meet in Hemet, CA where I posted a 2210 total @ 275. My upcoming schedule is the Quest Invitational at the Arnold and Men's Nationals.

PL: Describe where you presently train:

MT: I train at the Air Force Base gym at Vandenberg AFB. It is commercial-ish, but overall, it's not bad. They have a decent power rack, a couple good bars, and 100 lb. plates. On top of that, they let me keep my chains and my Safety Squat bar in there, which saves me the inconvenience of having to bring it in and out everyday. I'll only be at Vandenberg until April. I'll be moving to Minot, North Dakota then, so I'll be training at the YMCA. I've been told the YMCA in Minot is very Powerlifter friendly, so I look forward to that. Before Vandenberg, I lifted with the Air Force Academy team. We had our own little dungeon in a converted racquetball court in the bowels of the Cadet Gym. We called it "The Pit". It was great!

PL: How do you feel about not currently having any training partners?

MT: I know a lot of people can't imagine powerlifting at a high level without them, but where there's a will, there's a way. Don't get me wrong — I had great training partners on the Academy team and I wouldn't trade them. But I don't have training partners now and, although it took a little time to get used to, I'm making fantastic progress.

PL: Could you describe some challenges you face to being an elite powerlifter due to the fact you are currently on active duty with the Air Force?

MT: I do have to pass a PT test, which consists of a 1.5 mile run, pushups, sit-ups, and a waist measurement. You get points for each "event" which is added for a final score. As long as you're scoring satisfactory or better, you're okay. If you are marginal or failing, then ... I'm not totally sure what happens, but I can't imagine it would be good for a Powerlifter! I've never been close to failing an AF fitness test, but that's because I make sure to run once or twice per week. Honestly, it hasn't affected my lifting by any noticeable amount. I have to plan for it, but that's not too big of a deal. Another "challenge" of being a Powerlifter in the Air Force is Unit PT. We have Unit PT once or twice per week with

our Squadron or Flight. That usually consists of some pushups, sit-ups, and running. It doesn't bother me too much because I try to run a few times per week anyway. Other than that, the Air Force is pretty supportive. I don't get any flak for being too heavy or anything like that.

PL: How would you describe your current training philosophy?

MT: I train using my own progression and conglomeration of methods that a few teammates of mine have dubbed RTS (the Reactive Training System). It began as a way to help intermediate lifters customize their programs to fit their individual needs and it's taken on a life of its own. It has components of the Westside program, Sheiko programs, some Inno-Sport ideas, and some of my own thoughts and it's combined into a package that is sane and personalized. I'm working on writing it all down in a book/manual format that I'd like to make available to everyone at some point. I've worked with a small, but growing, number of powerlifters who have been having very good results from this style of training and I am very excited about it! I know that some will think it sounds gimmicky or something, but there's no gimmick to the results we've been seeing!

PL: Would you please describe your current training program Michael?

MT: My main lifting sessions are Sunday, Tuesday, Thursday, and Friday. Sundays I do raw squats, full range of motion benching with bands and/or chains, and either Good Mornings or Straight leg deadlifts. Tuesdays I do shirt bench, deadlifts (I train and compete raw in the DL), and incline or standing military. Thursdays I do suit squats, raw benching, and Safety Bar Squats with various depth/shoe/chain

(continued on page 90)



With his gold at the Jr. Worlds



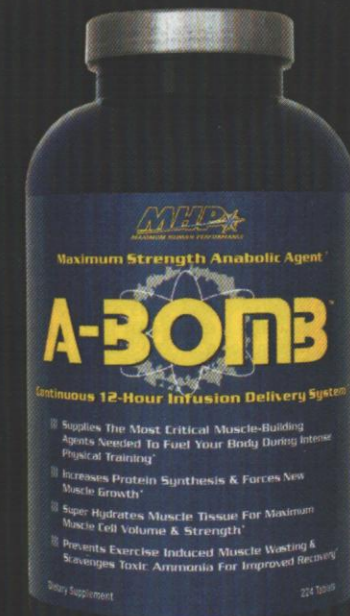
Ryan Kennelly - Team MHP Member
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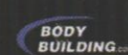
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The USAPL was invited to participate in the 2008 Arnold Sports Festival in Columbus, Ohio. The festival, centered around the Arnold Classic bodybuilding competition, has grown over the past 20 years into nearly 40 events with more than 150,000 spectators over the course of the three day event. The host is the former Mr. Olympia and current Governor of California Arnold Schwarzenegger along with his business partner Mr. Jim Lorimer. Sherman Ledford of Quest Nutrition was chosen by the USAPL to move his Quest Invitational competition up from Georgia to showcase the top USAPL lifters. Sherman asked me to announce the competition and here are my thoughts on the action.

The format was a modified version of the first two North American championships in 2003 and '04. Due to time constraints, the limit was set at 40 lifters including a team of eight from Canada. The remaining 32 lifters were broken up into four regional teams. Each team would score its best six lifters by Wilkes formula and the average score would represent the final tally in the team competition. All five teams wore different color shirts and had groups of supporters representing each region. Rick Fowler and I were chosen to announce the competition with a back and forth that was designed to inform as well as entertain. Rick would patrol the venue from the warmup room to the crowd area and behind the platform to describe the action and get the crowd fired up. I was working the scoretable along with Joe and Cathy Marksteiner to keep the crowd informed and the competition moving.

The contest began the way every USAPL Seniors has for over a decade. Ervin Gainer, 1st place. Ervin lifted uncontested at 123 and was off his performance from the '07 Worlds but his consistency is nearly unmatched in the USAPL. His early win put the Central team in the lead in team scoring.

At 123, Mike Kuhns set a PA state squat record on his opener at 578. A jump to 606 for the American Record was too much, with one of the attempts sliding up

USAPL Quest Invitational 1 MAR 08 - Columbus, OH

Lifter	SQ	BP	DL	TOT
123 lbs.				
E. Gainer	451	292	446	1190
132 lbs.				
Kupperstein	512	281	523	1317
Haffenbrack	479	286	501	1267
M. Kuhns	578	418	—	997
148 lbs.				
V. Niedollikwa	578	380	584	1543
A. Chan	462	418	518	1399
165 lbs.				
W. Hooper	777	512	562	1851
E. Nickson	611	391	628	1631
181 lbs.				
D. Hammers	606	446	589	1642
N. Gutierrez	639	418	562	1620
T. Acosta	606	347	644	1598
T. Butler	672	—	529	1202
198 lbs.				
M. Bridges	716	462	617	1797
J. Pena	699	479	584	1763
J. Walker	661	407	655	1725
D. Williams	—	451	705	1157
220 lbs.				
H. Augilar	705	485	661	1851
S. Powell	633	451	661	1747
S. Dicaldo	639	435	617	1692
242 lbs.				
M. Mastrean	903	556	744	2204
J. Emberley	771	551	683	2006
J. Douglas	804	523	672	2000
S. Mann	788	534	644	1967
J. McDonald	727	485	639	1851
J. Betzinger	—	490	639	1130
275 lbs.				
Tuchscherer	882	639	821	2342
T. Cardella	860	562	827	2249
G. Wagner	788	595	661	2045
K. Stewart	777	551	650	1979
275+ lbs.				
J. Christus	837	633	733	2204
D. Gaudreau	755	650	677	2083
M. Court	804	606	606	2017
B. Sumner	755	556	633	1945
A. Mardell	—	—	—	—
L. Karabel	942	611	—	1554
J. Lewis	931	—	—	931

Quest Invitational by Dr. Patrick Anderson

his neck. Mike went on to bench a Junior American Record 418 for a commanding subtotal lead. Unfortunately, he opened with 60 lbs. more than needed for the win and was unable to complete a successful attempt. Mike's misses would have put him over 1400 and they were all within reach so he will be a contender on the Open National stage. In 2nd place was 2006 Junior World Champ Mike Haffenbrack. Mike needed every third attempt to go his way in order to win on bodyweight. The opposite happened and Mike finished with a 6/9 day. The champ at 132 was Eric Kupperstein, representing the Atlantic team. Eric holds the unique distinction of having both a Collegiate and Masters National title on his resume. Eric used his ultra-wide stance in the squat to put a Masters American Record 512 on the board. His typically strong deadlift was not there, but a 523 opener was enough to seal the win.

Canada's Art Chan hit a strong 418 bench to take 2nd at 148. Bringing home the 2nd win for the Central team was Vince Niedollikwa. Vince hit a nice 578 squat and attempted lifts that would have put him over 1600, and that kind of total would make a contender at the Seniors this summer in Killeen, Texas.

At 165, there were only two, but they are both World Class. The Central team continued its strong run with a 2nd place by Erik Nickson. Erik hit a big 611 squat on a comeback attempt and even gave a 650 deadlift a run to finish out the day at 1631. Earlier I referenced Ervin Gainer's consistency as being "nearly" unmatched and the reason for that phrase is because our champion at 165, Wade Hooper, will be looking for a 14th consecutive Senior National title in June, the longest string in powerlifting history. Wade recorded the 1st win for the Midwest team, courtesy of a WR 777 SQ, the judges not passing his 2nd attempt on depth. Wade is not far from the 800 barrier at 165 with a possible crack at arguably the greatest WR squat in powerlifting, Mike Bridges' 837 at 181. With one more bench and deadlift, Wade would have broken the WR total, currently at 1907 by Russia's Viktor Furashkin.

Army Captain Terry Butler took the early lead at 181 with a nice 672 SQ. Capt. Butler had the crowd support behind him all day but was unable to register a bench at 396. Terry Acosta had a class high 644 DL to finish in 2nd. Terry's try at 672 would

have moved him past Nick Gutierrez. Nick was in the lead at subtotal but was only able to score an opening pull of 562 and that cost him the victory. Making it back-to-back wins for Team Midwest was University of Texas Ph.D. candidate David Hammers. Hammers pitched a "perfect" game with excellent attempt selection coupled with technical precision for his 1st ever 9/9 day. Particularly explosive deadlifting brought David the title. Midwest Team Coach Matt Gary was very complimentary discussing David's "coachability".

Junior phenom Dan Williams was unable to register a SQ at 198. He handled nearly 700 lbs. without a problem but was not able to achieve legal depth. Dan bounced back to pull a class high 705 DL. Dan will be looking towards 1900 at the USAPL Seniors. Mississippi's Justin Walker was taking the large step up to big time competition and it didn't seem to faze him. He was by far the most explosive lifter of the day and just destroyed his openers. Large 2nd attempt jumps were handled without a problem and he even went for the win with a 733 DL. John Pena, out of Arizona, was in a tie at subtotal but struggled to get his opening pull at 584 on the board. He was successful on his 3rd try, but the victory wasn't to be.

The 2008 198 lb. Quest Invitational Arnold Classic Champion is the ageless Mike Bridges. With a 3rd win for Team Central, Bridges was in top form in the squat. Watching Mike Bridges squat is like a Powerlifting textbook come to life. A 650 opener was dispatched with exquisite power and control that only Mike can achieve. Fred Hatfield has deservedly carried the moniker "Dr. Squat" for more than three decades. Maybe it's time to honor Mike with the label "Squat King" as his technique has a regalness that is unsurpassed. A large jump to a Masters American and IPF Masters World record 716 was equally strong and controlled to the delight of the large crowd that made the pilgrimage to Columbus to witness the likes of Babe Ruth hitting a home run, just one more time.

At 51, Mike wasn't finished dropping jaws. He called for a 3rd attempt Masters WR squat 755, five lbs. more than he squatted nearly 20 years ago in St. Louis during his mano a mano squatoff with Rob Wagner at the 1988 ADFFPA Nationals. Up one weight class and now in the Masters II division, Bridges was about to lift more weight in competition than he had attempted since his historic USPF days in the early 80s. Everyone in the ballroom was standing and Mike looked as focused as ever with a surreal calmness that seemed to say "relax and enjoy, I know exactly what to do with 755 on my back". A strong setup was followed by a smooth descent and a steady ascent and an explosion in the crowd, only to be crushed as the lights came on 2/1 red, with the lift not achieving depth to the judges' satisfaction. The crowd rose again to acknowledge what we had witnessed, a man who belongs on Powerlifting's Mount Rushmore doing what he does better than anyone else who has ever stepped on a platform. Mike locked out an American and Masters World Record 518 BP that was turned down and made two easy pulls to seal the win. Let's hope he sticks around long enough to put all that he is capable of together on one special day.

Veteran Nationals lifter Sean Dicaldo finished in 3rd at 220 with a couple of misses at 661 in the pull. Sean barely weighed over 200, and that put him behind a couple of solid Canadians. Steve Powell needed three tries to get in the meet at 633, then made five straight attempts to finish in 2nd with 1747. Hector Augilar gave Canada its only victory of the competition with an 1852 total. He only made five lifts but showed great potential, as the 749 squat he attempted would have moved him close to 1900.

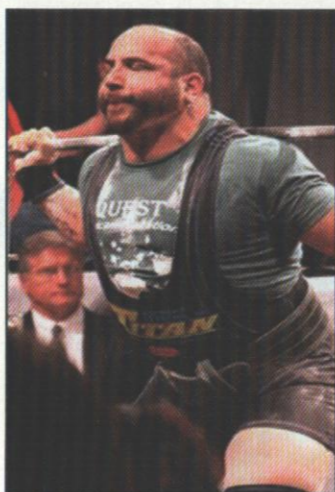
Former Junior World Champ Jesse Betzinger, suffered the same fate that his fellow Neenah, WI cohort Dan Williams had earlier in the day. Jesse showed great power on his 1st two attempts in the squat,

without reaching legal depth. His 3rd attempt at 738 appeared to be low enough but he was unable to complete it. He did stick around to go 3/3 in the bench and finish up close to 500. Canada's John McDonald made his 1st five attempts to finish in 5th place. Pennsylvania's Steve Mann gave two runs at an American Record BP of 578 but had to settle for 4th place in this deep class. Master lifter Jeff Douglas just seems to keep hitting big lifts year after year. Jeff was in 2nd with a nice 804 SQ and moved into a brief 2nd overall with three good pulls ending at 672. A 2000 total, at 242, as a Master, puts Jeff on very short list. He was bumped down to 3rd by Canada's Jaime Emberley. Jaime has been one of Canada's top lifters for several years and finished 7th at the IPF Worlds in Miami in 2005. Jamie came within one squat of our 2nd perfect day of the competition and pulled a solid 683 to break the 2000 barrier and move one spot ahead of Jeff.

The champ at 242 won by nearly 200 lbs.. Squatter Extraordinaire Mike Mastrean put on a show the likes of which U.S. powerlifting hasn't seen since the days of Kirk Karwoski. It was nearly 14 years ago that Kirk set the IPF World Record with 914 at the USPF Seniors in Houston during a battle with Steve Goggins. It's time for Kirk to move over and welcome Mike to the 900 club at 242. With a short stroke, Mike explodes out of the hole to completion. The hardest part of his lift is the setup and once he is in position, it is GAME ON!!! Mike has made great strides in his other two lifts in recent years and he took two cracks at the same American Record BP Steve Mann was hoping to break. Mike finished with three strong pulls ending at 744 and a 2204 total that broke his record of 2176 at last year's Quest Invitational in Duluth, GA. Mike, who got the 2nd win for the Atlantic team, was unable to get a squat passed at the Worlds last year and would sorely like to rectify that this fall at the Worlds in Canada. First up is the Seniors in June.

At 275, Master lifter Kevin Stewart was born and raised in Columbus, Ohio and came back to put on a show. All his squats were explosive, including a nice 3rd at 777 that had room to spare. Kevin rounded out the day in 4th with a 1978 total. Greg Wagner had a rare off day in the squat and that set him back. He rebounded with a 595 BP and a 661 DL to finish 3rd. The battle for the top spot was one for the ages. In one corner we had the defending IPF World Champion Tony Cardella. Tony has dominated this class in the U.S. since first lifting at the Open Nationals and in November achieved the ultimate dream, 2007 Champion of the World at 275. In the other corner was fast rising 2006 Junior World Champ Mike Tuchscherer, fresh out of the Air Force Academy. Mike had been generating

(article continued on page 78)



Mike Mastrean ... 1000 kg. total!



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

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

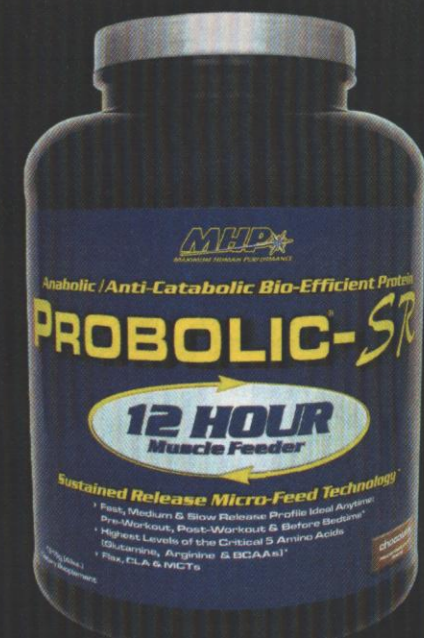
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Have you ever thought that ideas should be reversed? What if we were born with the wisdom and the reasoning of a 65-year-old. We would make more right decisions and possibly stay out of trouble and make the most of our time while we're young. Then as we get older, we could start thrill-chasing and taking chances that instinctively we would never consider. This, of course, would lead us to live by the code of the poet Dylan Thomas, "Do not go gentle into that good night, old age should burn and rage at close of day; rage, rage against the dying of the light" (1940). I try to live as Dylan Thomas put into words, and, yes, I have the scars to prove it. But, of course, we can never live our lives in reverse.

There are a few that have read the exploits of a person who has been said to have made great progress doing, let's say, eccentrics. But were there other factors involved in their training? I have read several articles by sports experts around the globe, yet none have conclusive evidence that eccentrics work. Mel Siff in *Supertraining* explains eccentrics as action in which the proximal and distal muscle attachments move away from one another. Eccentric work uses significantly less energy than concentric work. When doing slow eccentrics with large loads, there is no reason to associate these advantages with the possibility of developing the ability to move quickly and powerfully in concentric work. Lowering weights slowly builds larger muscles for body building but will not assist concentric actions.

Let's look at depth jumps. One is accelerating close to 9.8 meters/second/second when one lands on the floor. Everyone knows they work, so why would you lower a weight at 0.1 or 0.2 meters/second and destroy the stretch reflex? In the book *Science of Sports Training*, T. Kurz states that some athletes can

WESTSIDE TRAINING

ASSISTED ECCENTRICS as told to PL USA by Louie Simmons

lower 10% to 60% more than they can overcome concentrically.

All this said, slow eccentrics have no place

of a second, hold the weight statically and then raise to completion. If you load the bar with 60% more than your best squat of, say, 1000 pounds,

in powerlifting. To build larger muscles, yes. If you want to become very sore, yes. What does it matter if you can lower 60% more than you can raise? If I recall correctly, you must raise the bar from the floor in a clean, snatch, and deadlift. In the bench press after the bar is lowered to the chest, after the pause, you must raise the bar to completion. The squat is similar. After lowering to parallel, you must, for a fraction of a second, hold the weight statically and then raise to completion. If you load the bar with 60% more than your best squat of, say, 1000 pounds, the total bar weight would be 1600 pounds. Does this sound like a good idea to you?

A weight that feels fine at the top becomes much too heavy in the bottom. How can a bar weight be perfect at the top and also at the bottom? It can't. That's precisely why we use a combination of bar weight and bands or chains to accommodate resistance, causing a reactive method. But that's another story.

The key to eccentric success is overspeed eccentrics. Hopefully, you already know that force equals mass times acceleration. But the force is almost always connected to concentric movements. What about eccentric work? Light weights can be lowered with greater acceleration than heavy weights, just as in concentric movements. You must understand that the largest force may not always be associated with the heaviest loads. Jump-Stretch bands can produce much greater acceleration properties by pulling the bar down by means of great tension. This causes overspeed eccentrics, adding to kinetic energy. If one could triple the bar speed on the eccentric phase, it would produce 9 times the kinetic energy. In a simple action, such as a depth jump, a 200-pound man jumping off a platform of 10 feet will produce many times his bodyweight.

Force will decrease on concentric movements due to deceleration, while force will increase on eccentric movements due to acceleration. This

(cont. on page 72)



Louie Simmons has been raging against the dying of the light for decades ... overcoming devastating physical setbacks over many years of competition to set impressive masters records on the platform, and he has continued, with more intense focus, his quest to probe the limits of science and its application to the sport of strength for many other athletes.

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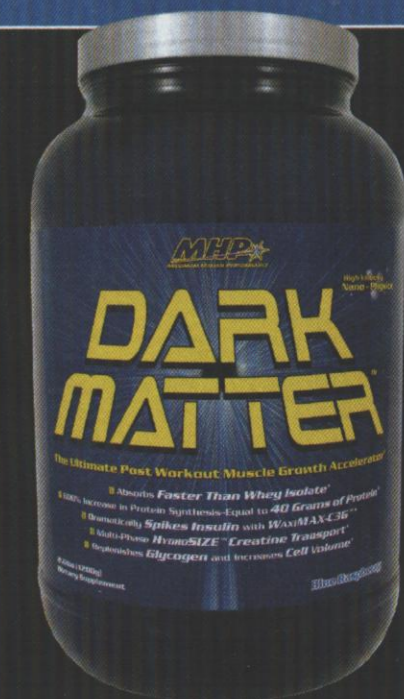
Rob Luyando
World Record Bench Press
909@275

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

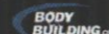
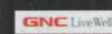
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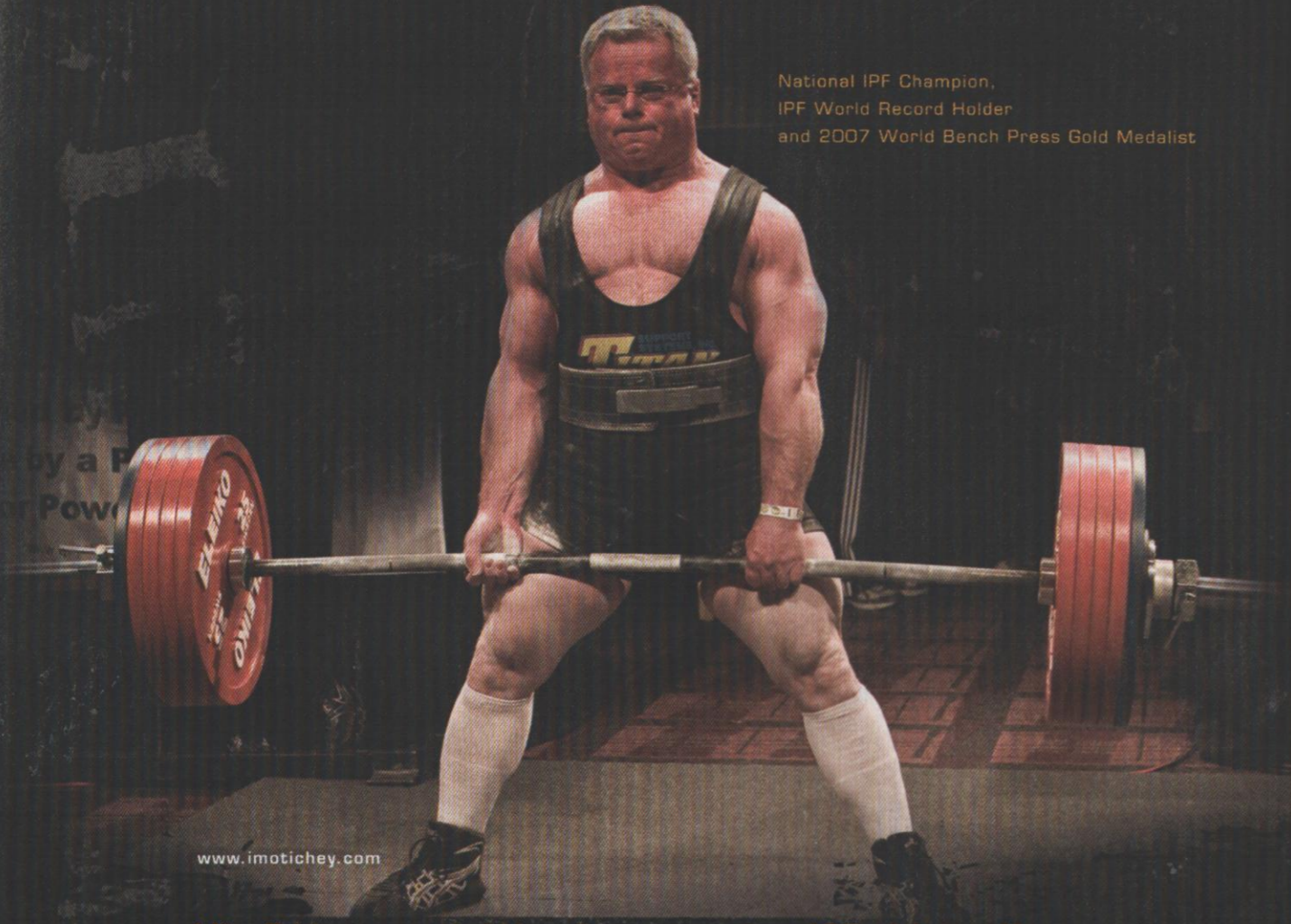
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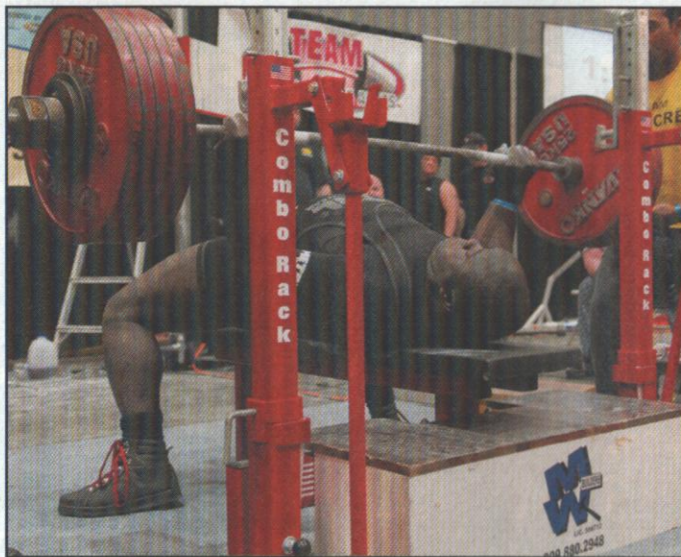
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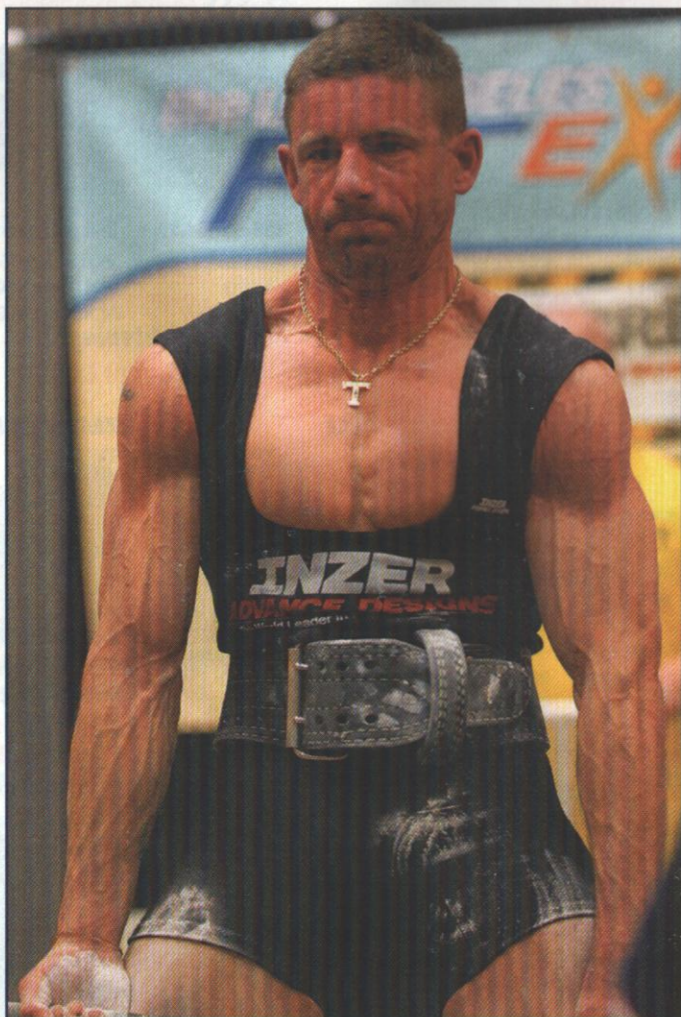
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BENCH			
114 lbs.			
Master (40-49)			
FEMALE			
114 lbs.			
Open			
B. Aerts	106	M. Hefley	314
Master (40-49)			
148 lbs.			
Junior (16-18)			
C. LaMantia 220			
Open			
B. Aerts 217			
198+ lbs.			
Open			
L. Lopez 264			
MALE			
132 lbs.			
Junior (13-15)			
B. Evans 132			
Master (40-49)			
123 lbs.			
Junior (13-15)			
J. Smullen 226			
132 lbs.			
Junior (13-15)			
R. Golgosky 231			
Open			
R. Garcia 259			
148 lbs.			
Junior (13-15)			
M. Ferrell 270			
165 lbs.			
BRisenhoover 308			
Master (60+)			
R. Hill 418			
181 lbs.			
Junior (16-18)			
B. Whitson 424			
Open			
A. Fregoso 424			
Master (50-59)			
A. Duke 253			
Master (60+)			
R. Lozano 369			
R. Simon —			
198 lbs.			
Junior (19-23)			
N. Beckmann 270			
Open			
S. Yargus 308			
220 lbs.			
Junior (13-15)			
Y. Parray —			
Junior (19-23)			
L. Andrews 330			
A. Rose —			
Open			
J. Fischbach 325			
D. Simpson 226			
242 lbs.			
Open			
R. Girard —			
J. Hoffmann —			
J. Johnson —			
Submaster			
Master (40-49)			
J. Johnson —			
Master (60+)			
H. Myers 523			
L. Negriff 402			
275 lbs.			
Open			
R. Reed 358			
S. Hoekstra 606			
Master (40-49)			
S. Hoekstra 606			
308 lbs.			
Open			
J. Johnson 407			
275 lbs.			
Junior (13-15)			
J. Rendeiro 402			
Master (50-59)			
T. Dowell 275			
A. Aerts 451			
Junior (19-23)			
J. Paredes 600			
D. Knapp —			
308 lbs.			
Open			
A. Aerts 529			
Master (50-59)			
A. Aerts 529			
DEADLIFT			
Fit Expo			
FEMALE			
123 lbs.			
Open			
S. Callahan 253			
214 275 744			
132 lbs.			
Open			
A. Barnhill 226			
143 297 666			
148 lbs.			
Open			
K. Walford 369			
242 501 1113			
M. Sparango 303			
259 363 925			
165 lbs.			
Open			
H. Harper —			
336 446 —			
181 lbs.			
Open			
T. Reed 374			
292 402 1069			
198 lbs.			
Open			
J. Loveall 385			
292 396 1074			
D. Bergfield 330			
209 325 865			



Charles Bailey had the highest total of the competition - 2210 lbs.

198+ lbs.				
Open				
N. F'Anson	325	209	330	865
MALE				
148 lbs.				
Open				
M. Caplan 650				
474 578 1703				
E. Kinsey 606				
418 534 1559				
B. Benedix 622				
363 573 1559				
198 lbs.				
Open				
R. Celli 705				
584 672 1962				
V. Calia 573				
418 606 1598				



Scott Layman went over ten times bodyweight in the lightweights.

G. Buffington 600 — — —
220 lbs.
Open
M. Laney 705 474 705 1884
M. Tronske 606 474 633 1714
J. Kelske 512 — — —
242 lbs.
Open
Didomenica 666 474 661 1802
B. Marum 617 479 556 1653
275 lbs.
Open
C. Bailey 903 622 683 2210
A. Best 865 600 733 2199
308 lbs.
Open
B. Mikesell 804 523 749 2077
D. Flonta 705 562 644 1912
W. Lee 661 529 617 1807
S. Cartwright — — —
308+ lbs.
Open
O. Roussel 644 490 512 1647
A. Patalano 606 440 584 1631
T. Coleman 865 622 — —
Powerlifting Best Lifters: Women-Kimberly Walford. Open Men Light (114-198)-Ryan Celli. Open Men Heavy (220-SHW)-Charles Bailey. Bench Best Lifters: Women-Bonnie Aerts. Junior Men-Fred Sanchez Jr. Open Men-Scott Hoekstra. Master Men-Rudy Lozano. Deadlift Best Lifters: Women-Morgan Hefley. Junior Men-Joel Paredes. Open Men-Brent Howard. Master Men-Roger Hill. Meet Director: Steve Denison. Referees: Jim Merlino-Natl, Gordon Santee-Internatl, Pete Wilson-Natl, Kevin Meske-Natl, Scott Layman-Natl, Steve Matthews-State, Karen Matthews-State, Alan Aerts-State. Spotter/loaders: Don Hodges, Eddie Laporte, Brad Iannucci, Rob Duran, & Troy Harris. Sponsors: Con-Cret, www.concret.com, Team Alan & Bonnie Aerts, Inzer Advance Designs, At Large Nutrition, Los Angeles Fit Expo & Creation Entertainment. (Steve Denison St. Chair) "The LA Fit Expo venue was very nice. The main platform was right out in the crowd at the end of the LA Fit Expo displays. Great sound system, great judges, great crowd. We had some no shows with Scott Smith getting hurt and pulling out at 275 and the 165 Russian, Victor Furazhkin, no-showed because of a shoulder problem. Brandon Cass was also scheduled to lift at 242 but hurt his shoulder too. Gene Bell at 198 had timing issues and couldn't make it and a few others fell off the invite list since I published it on Dec 15. But I expected that and I had alot of alternates lined up and several of them stepped up. We had terrific lifting by many of the guys. Everyone was solid! Scott Layman at 148, did over 10X bodyweight and was absolutely ripped with no bodyfat. Phenomenal that a guy with as small calves as he has, can squat 600 and 4X bodyweight. Scott had another great day on the platform. Scott works for UPS in Bakersfield, CA and never has a problem making weight. He also has the luxury of using one of my Combo/ER type racks. www.comborack.com By far one of the best racks on the market. At 181 we had Marc Caplan who owns his own training facility, The Dogg LB. Gym in the Portland, OR area. At age 49 Marc is still putting up great numbers with his 650 squat, 473 bench, and 578 deadlift. Marc told me he had actually lifted in this same meet over 25 years ago in Los Angeles with the same name, American PL Cup. At 198, we had Ryan Celli from Pittsburgh, PA, a phenomenal lifter. He broke Mike MacDonalds full meet American bench record that has stood since Oct 4, 1988. Ryan put up some great numbers and had the best Wilks score to come away with the best lifter for the lightweight men 148-198 and \$1000. Ryan squatted 705, benched an American Record of 584 and pulled 672 for a 1962 total. Incredible strength in this guy. This guy benches 525 raw and he's only at 193 bodyweight! My old training partner from the late 90's, Mike Laney, took the 220 class with his 705 squat, 473 bench, and 705 deadlift. Mike was using an old Inzer EHPHD

(article continued on page 79)

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To create a scientific formula so powerful that it would be superior to any regular pre-workout nitric oxide formula, scientists at the Muscle Asylum Project™ analyzed the physiological processes in the body required to trigger an unrivaled training experience. At the end of it all, a total of 64 ingredients were loaded into seven proprietary blends, creating an unimaginably potent formula aptly known as N.O. PlasmaCore™ – the hardest hitting anabolic nitric oxide formula ever made. The N.O. PlasmaCore experience begins with a pump that starts in the core of your muscle, deeper and more intense than ever before. This extreme muscle pump activates severe anabolism and unstoppable training intensity. The raw musclebuilding firepower that drives this explosive formula triggers reactions well beneath the surface, beyond the superficial pump of regular nitric oxide products and to the very core of your vasodilatory, neurological and anabolic systems for a training experience that few can handle. It's time for you to experience N.O. PlasmaCore, a scientifically superior anabolic pre-workout formula more intense than anything you've ever felt.

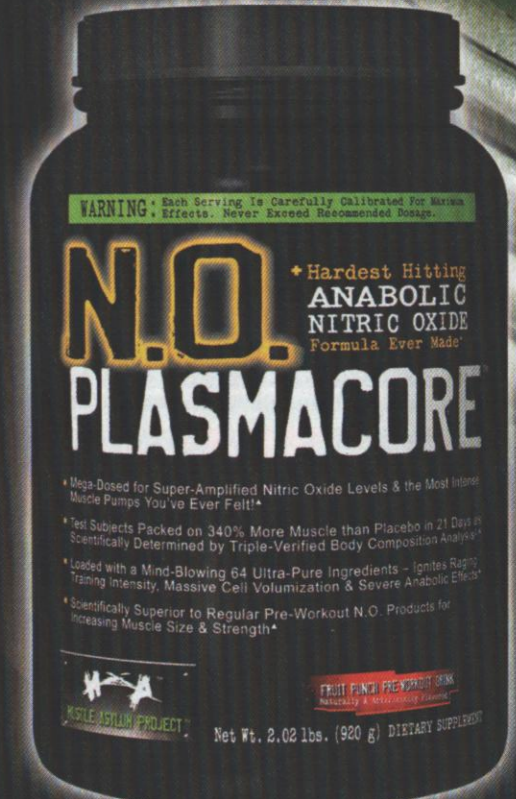


In a 21-day clinical study, test subjects consuming the key ingredient in N.O. PlasmaCore gained 340 percent more muscle than the placebo group as triple verified using calibrated skinfold calipers (4.84 vs. 1.1 lbs.).

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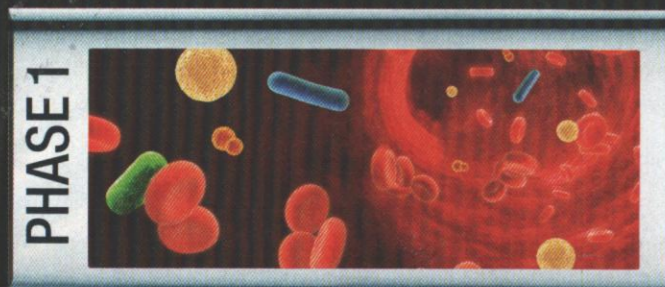


+THE MOST HARDCORE NITRIC OXIDE PILL EVER!

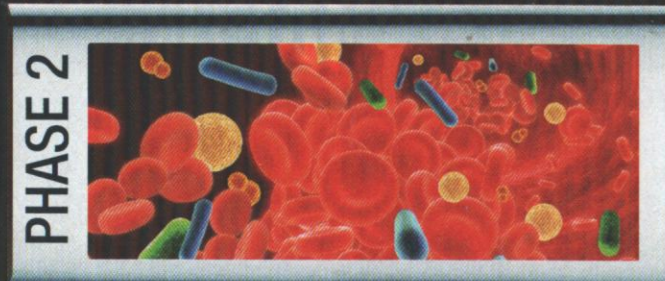
Applying over three years of state-of-the-art physiology research and dedicating countless hours to analyzing the effects of critical anabolic agents on muscle performance, MAP™ scientists have made a breakthrough like no other. This breakthrough will forever change the way you train, recover, and build muscle. Introducing Altered State™, solely engineered for serious trainers who want a scientifically superior nitric oxide pill that will absolutely shock their body into a higher state of muscle growth. Utilizing a patent-pending scientific technology, the Altered State formula forces maximum vasodilation, rapidly delivering key anabolic growth factors directly to the muscles for insanely fast recovery. MAP scientists didn't stop there.

In order to guarantee your workouts are pushed to the max, Altered State is optimally-dosed with a key ingredient that ignites extreme thermogenesis, relentless training intensity and explosive strength, as you train to torch fat. Unlike regular time-released N.O. products that don't deliver the results you need, Altered State is scientifically engineered with Rapid Wave Pulse Technology™, built to leverage and improve upon dynamic nutrient transport. With Altered State's overwhelming combination of hardcore ingredients, MAP scientists have created a scientifically superior, mega-dosed formula that will hit you like no other nitric oxide product in existence.

EXPLOSIVE POWER OF ALTERED STATE



Altered State delivers a critical anabolic agent that permeates the endothelial cells, while a cellular signal initiates nitric oxide production. Newly generated nitric oxide molecules are then driven from the endothelium into smooth muscle cells, starting the vasodilation process.



As you can see, with blood vessels dilated to the max, it's physiologically impossible not to feel an extreme rush while growth-activating compounds are being pounded through your bloodstream. Altered State's scientifically advanced formula triggers maximum pumps and rapid gains in muscle size.



Available at **GNC Live Well.** **GNC RITE AID**

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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...



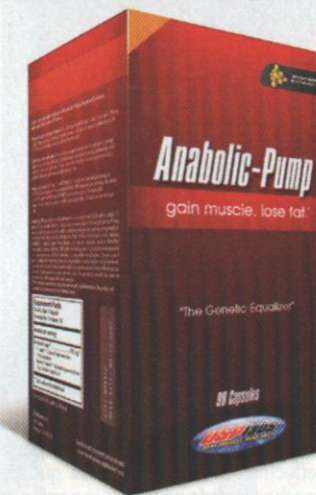
"I have gained about 10 solid pounds and a ton of strength since I started stacking three USPLabs products: Anabolic-Pump, PowerFULL and SuperCissus RX. With these supplements not only am I pushing more weight but my joints feel much better, not nearly as sore anymore. It's been a rare occurrence that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

"I went from having trouble deadlifting 675 to getting a solid 730 on deadlifts and I got a 750 but I took a step back with it. My hack squat went from 785x10 to 965x5. Shoulder press went from 405x5 to 455x3. Bench is hard to tell due to the bicep tendonitis hampering my lifting so much, but when the tendonitis was at its worst it felt like hell to do a couple reps with 515. Now, after the USPLabs stack, I am back to doing 675 with a 10 second pause, and it doesn't really hurt at all."

"I strongly recommend every powerlifter use these three effective products from USPLabs."

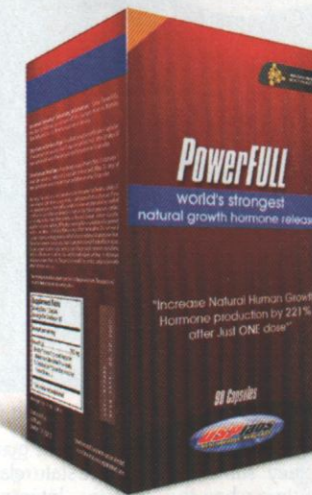
- Nick Winters
NERB champion bench - 650lb lift. Highest raw bench in world for the past two years, Best raw bench in competition 675lbs, 2 APA world records.

Anabolic-Pump™



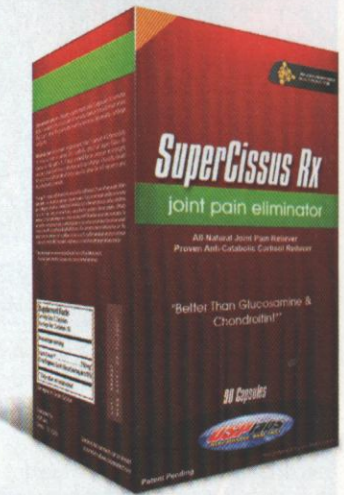
Anabolic-Pump is a proprietary blend of rare, exotic compounds in a pill that you take before a meal. "AP", as it's known on the streets, automatically "opens up" your muscle cells, forcing them to accept large amounts of proteins and carbohydrates. Effectively turning every single meal into an anabolic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

PowerFULL™



Scientifically proven to naturally increase Growth Hormone Production by 221% starting with the very first dose! No other natural product has been proven to have such a dramatic effect on Growth Hormone. In addition, its natural source is completely safe and effective, unlike its synthetic counterpart. PowerFULL can dramatically increase strength, recovery and help you feel and perform at your best. PowerFULL also promotes anabolic sleep, causing a cascade of growth hormone released while you sleep so you wake up refreshed and recovered!

SuperCissus Rx™

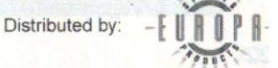
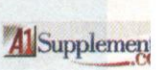


This patent-pending joint pain formula have your joints and tendons feeling great so you can attack the weights without fear addition to it's awesome joint health properties it's main ingredient has been proven to be as anti-catabolic as Deca & D-bo! It significantly lowers cortisol and even has been shown to reduce bodyfat. SuperCissus is also theorized to deliver nutrients directly to tendons keeping them healthy and strong. Do not risk injury. Lift heavy and lift often with SuperCissus RX.



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



Donnie Thompson – is certainly one of the world's strongest human beings, with the highest powerlifting total posted in the sport's history!

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

The current accepted norm for PWO nutrition is that one should consume a whey-only protein shake as soon as possible after training. The

reasoning provided is that the quick absorption rate of whey stimulates protein synthesis at a time when the body is most receptive to said stimulation. This concept is valid, but neglects the "rest of the story" as Paul Harvey used to say.

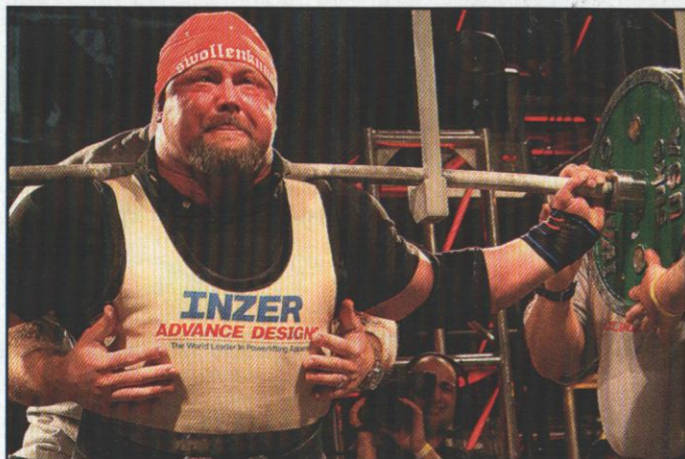
Immediately after an intense

session in the gym our body is in a net negative state relative to skeletal muscle protein. Intense training accelerates the catabolism of muscular protein and blunts its synthesis with this double whammy resulting in a net **catabolic** state.

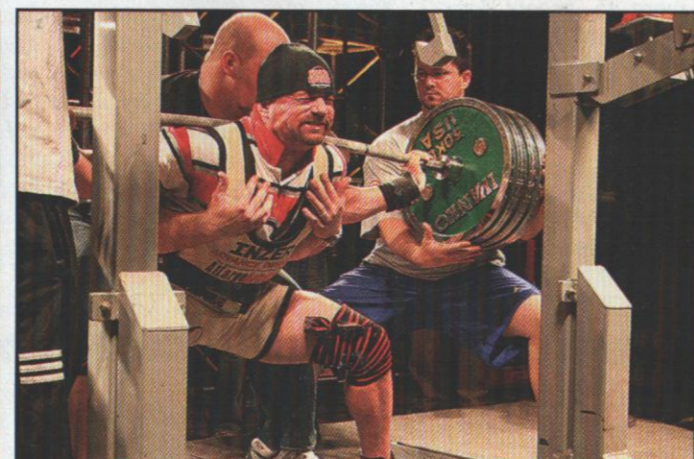
The consumption of whey

protein by itself PWO is really quite ineffective. Whey protein **is** quickly absorbed and **does** promote a spike in protein synthesis. However, whey does **very little** to attenuate protein catabolism, thus it only affects one

(continued on next page)



Chuck Vogelpohl – raw power incarnate, a ferocious competitor! **Phil Harrington** – squats over 900 lbs at 181 lbs of body weight!



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

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

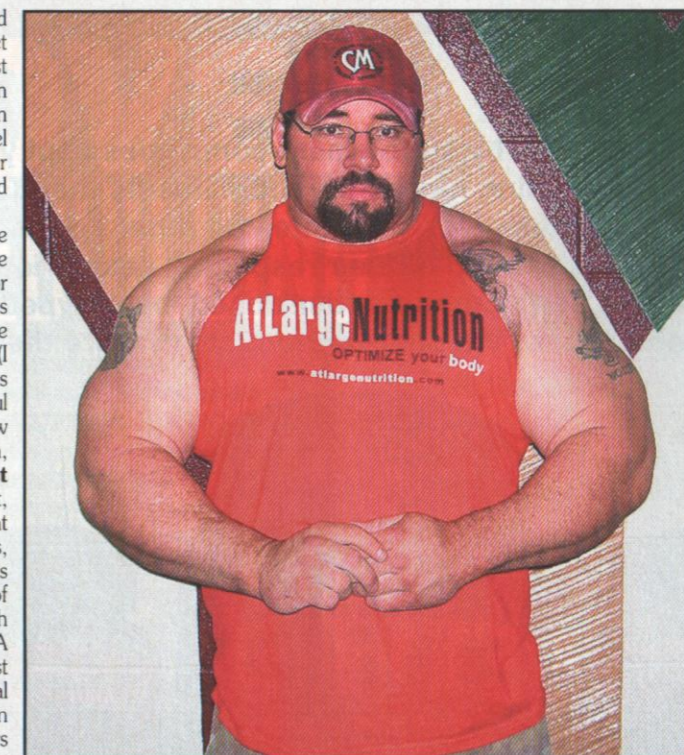
1) Insulin, a very important anabolic hormone, is released primarily in response to the ingestion of carbohydrates. Insulin provides for a "permissive" effect relative to the stimulation of protein synthesis. Its

presence in and of itself does not directly enhance protein synthesis, but its absence results in dramatically reduced protein synthesis.

2) Cortisol is a catabolic hormone released during and after training which

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

3) Amino acids from ingested



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

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

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

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

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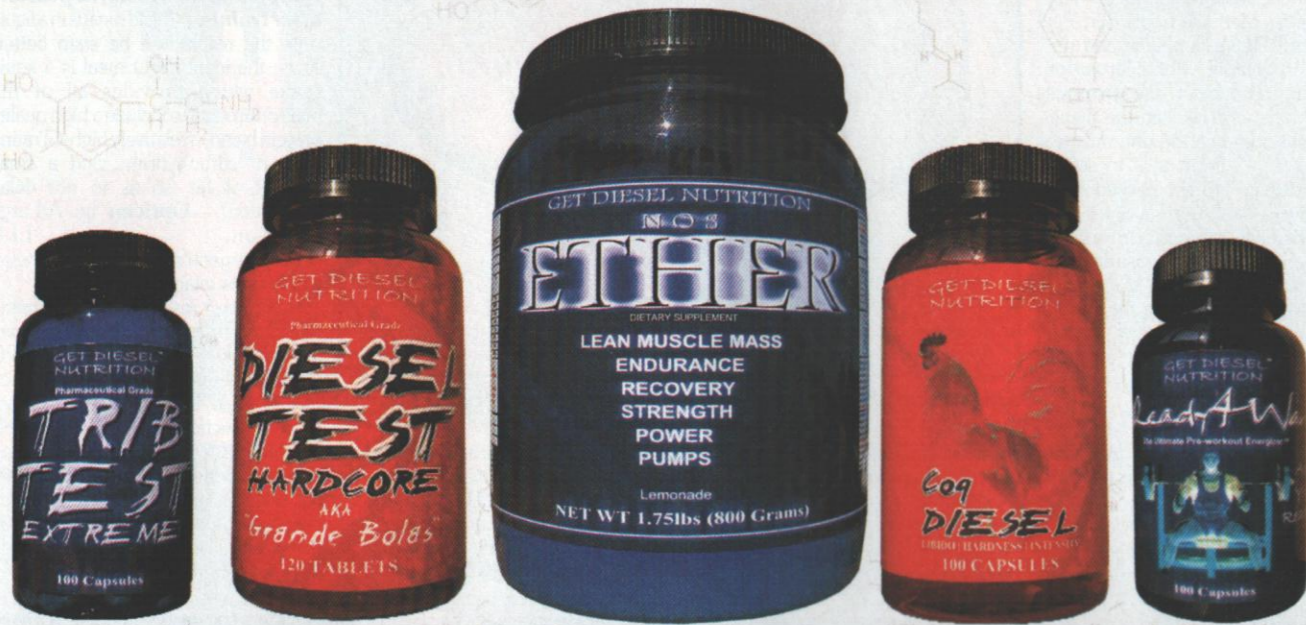


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When it comes to jacking up your muscle mass and strength, whey protein is superior to milk protein. But, not any regular whey protein can ignite the type of musclebuilding gains you're looking for and that's exactly why Freak Fix™ Muscle Whey contains over 30 grams of 100% ultra-pure and highly-potent whey protein. In fact, Freak Fix Muscle Whey is so effective at building muscle, a clinical study demonstrated that subjects ingesting a key ingredient contained in the formula gained a shocking 15 times more muscle than the placebo group in only six weeks (5.88 lbs. vs. 0.37 lbs.)! It's time for you to get on Freak Fix Muscle Whey and get absolutely jacked - FAST!

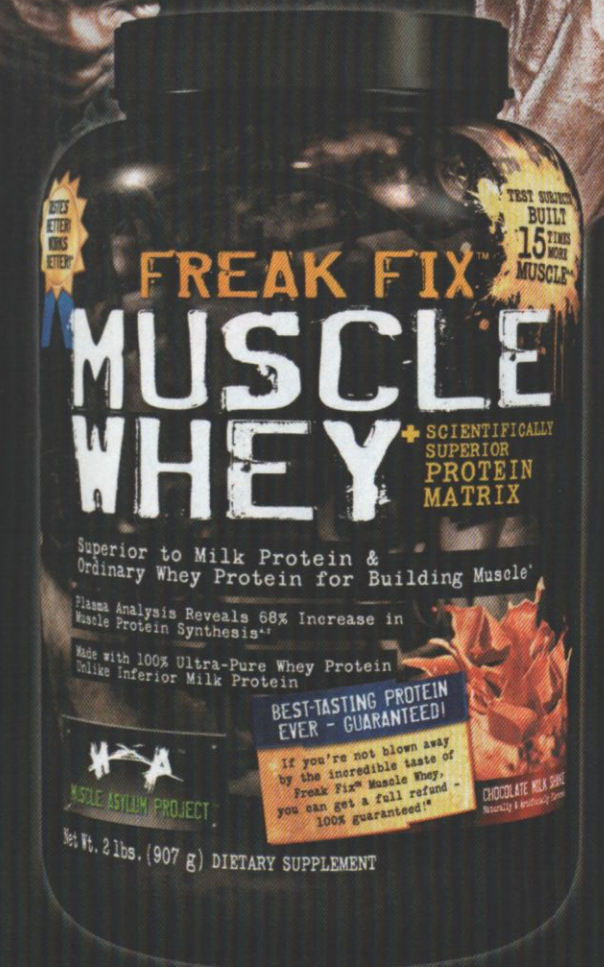
PROVEN TASTE!

In order to develop an incomparably superior tasting formula to milk-based and ordinary whey protein, the Muscle Asylum Project™ dedicated countless hours collaborating with flavoring experts to ensure it was the best tasting protein formula in existence. MAP™ researchers even went to the extreme lengths of conducting multiple color-controlled, blind comparison laboratory taste tests, where Freak Fix Muscle Whey was chosen significantly more than the competition. No other inferior milk-protein based formula can rival the delicious taste of Freak Fix Muscle Whey. In fact, MAP flavoring experts are so confident, there is a 100% money-back guarantee!

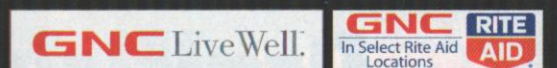
Best Tasting Protein Ever - GUARANTEED!



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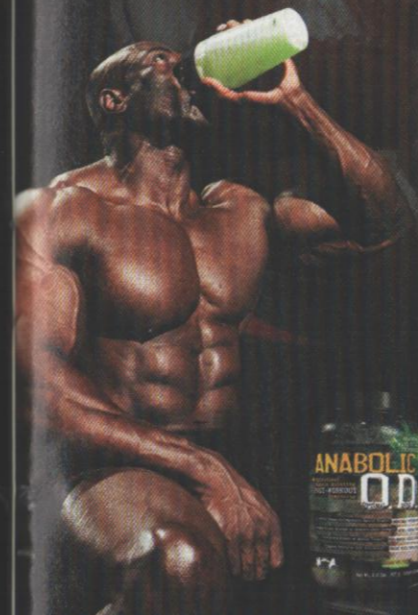
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MUSCLE BIOPSIES SHOW A 17% EXPANSION IN MUSCLE FIBER SIZE



"My muscles are freakier and more dense than ever before since taking Anabolic Optimal Dose."
— Joel Stubbs

Envision yourself with 17% more muscle fiber size. Under normal conditions, this level of dramatic physique reconstruction seems impossible to the average bodybuilder. So when Muscle Asylum Project™ scientists reviewed the results of a 16-week study in which test subjects using a key ingredient in Anabolic Optimal Dose™ experienced an average of 17% increased muscle fiber size, they were amazed. Scientifically engineered with over 40 ultra-pure ingredients, Anabolic Optimal Dose is a powerful mega-dosed post-workout hyper-anabolic creatine system. Once consumed, the cutting-edge formula goes to work stimulating muscle satellite cells. When activated, these satellite cells fuse with existing muscle fibers, forcing rapid muscle thickening. The aftermath of this growth signaling is an unparalleled muscle fiber expansion that stretches the skin with new size. Get on Anabolic Optimal Dose today and morph your muscle fibers with more size and strength than ever before.

How Anabolic Optimal Dose Builds Muscle

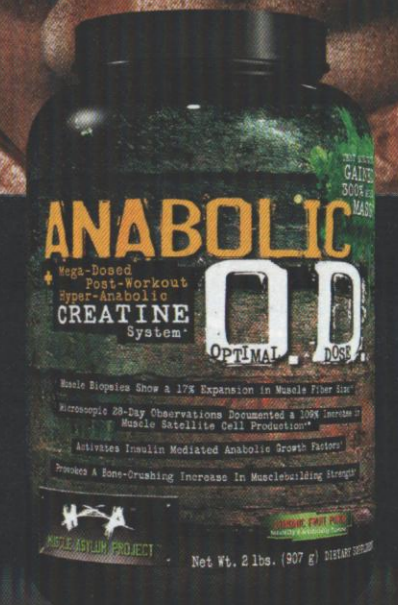


Anabolic Optimal Dose Increases Satellite Cell Production

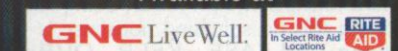


Muscle Fiber Size is Expanded by 17%

With continuous post-workout ingestion of Anabolic Optimal Dose, a key ingredient activates satellite cells to fuse with muscle fibers, which expands muscle fiber size by an unbelievable 17% in only 16 weeks.



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I want to talk to you about something that really disturbs me. I am sure most of you are familiar with honor codes such as the "The Blue Wall of Silence" (ironclad police rule) and the unspoken code of silence in journalism and sports. These are codes of ideology in which people do not snitch on other people committing crimes, breaking rules, or engaging in unethical practices. Those who live by such a code are seen to be honorable people who can be trusted to stand steadfast by their commitments even though their behavior supersedes doing what is right and, often, moral. Conversely, people who tell the truth and take responsibility for their actions are considered reprehensible snitches and rats. For example, when Andy Pettitte testified to the congressional committee on drug use in baseball that Roger Clemens told him that he had used performance-enhancing substances, there was an immediate backlash of criticism and condemnation of Pettitte. He was called a snitch, a rat, and a dirty gutless burn by literally thousands of bloggers. Perhaps one blogger summed up the sentiments of most bloggers when he wrote, "Andy is a coward, a snitch and a rat. For God's sake, he rolled over on his own father. No one likes a rat; how can anyone have respect for this guy? All he had to tell investigators is that he did not know and that he couldn't remember Roger telling him anything. Instead, since he got caught using HGH, he felt that someone had to go down with him and that was Roger Clemens. Instead of manning up to it and taking the fall, he dragged his so called "best friend" down with him. What a friend. Andy Pettitte = snake." Yes! That sums it up nicely.

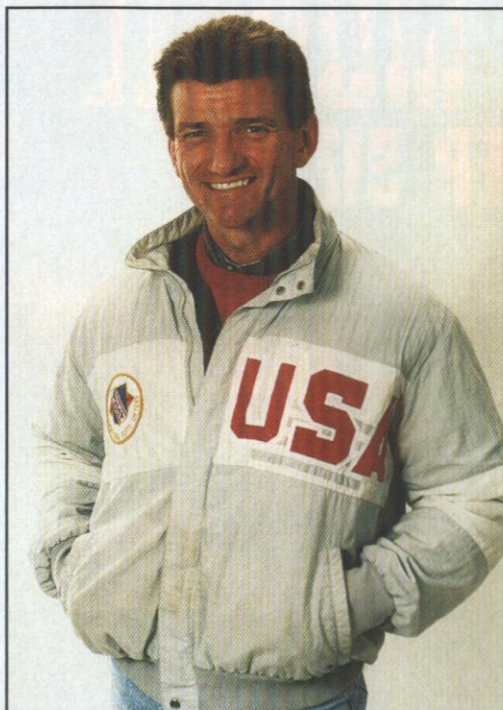
Now, from reading a prolific number of articles and blogs, I will admit that the way it looks now I am in the minority on this issue. I accept that distinction wholeheartedly. I will also admit that the origin of "stop snitching" in the late sixties was essential and beneficial for the survival of oppressed black people who were being harassed by the United States law enforcement authorities. However, in my opinion, what started out as something necessary and positive has evolved into something that is insidious and destructive. What is the honor in doing something that is dishonorable? Calling such behavior a code of honor is an oxymoron. At best, it's a code of disgrace.

Personally, what Pettitte did was the right thing to do. In the midst of all the baloney and hot air, Pettitte refused to pay tribute to a ridiculous tradition of concealing facts for the sake of protecting a teammate. Instead, he stood up and told the truth. "I have to live with myself," Pettitte said in his deposition. "And one day, I have to give an account to God—and not to nobody else—of what I've done in my life. And that's why I've said and shared the stuff with y'all that I've shared with y'all today—that I wouldn't like to share with y'all." That's courage!

The idea that people who tell the truth are rats perpetuates immoral and corrupt behavior. To paraphrase Earl Ofari Hutchinson, all of you are doing by voicing this no snitching nonsense is saying: PLEASE KEEP OUR NEIGHBORHOODS, SCHOOLS, AND SPORTS TEAMS SAFE FOR MURDERERS, THIEVES, CHEATERS,

DR. JUDD

A CODE OF HONOR as told by Judson Biasiotto Ph.D.



Dr. Judson Biasiotto is upset over some recent developments within Major League Baseball.

AND LIARS, because that is exactly what you are doing...creating a safe haven for thugs and cheaters. It seems to me that is the worst kind of self-destruction imaginable, and your self-destruction isn't just killing you; it's killing all of us.

Let's say, for the sake of argument that Clemens is guilty, which isn't a real stretch of the imagination, considering that just about every

**Nobody can acquire honor
by doing what is wrong.**

- THOMAS JEFFERSON

**Rather fail with honor than
succeed by fraud.**

- SOPHOCLES

**He has honor if he holds
himself to an ideal of conduct
though it is inconvenient,
unprofitable, or dangerous
to do so.**

- WALTER LIPPMANN

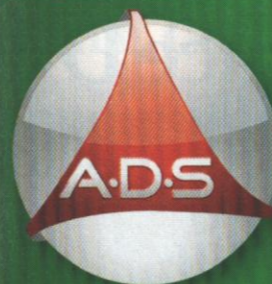
one in America thinks he is culpable. What honor is there in cheating, then lying about it, and worse yet, trying to ruin another man's character to save your own ass? That is cowardly... you do the crime, you do the time.

Let me ask you this too: if a person sees a rape or a crime being committed, should he just walk on by as if nothing is happening? I don't know about anyone else, but I'd rather take my chances standing up for what is right, instead of having to live with the guilt of knowing I could have done something to help someone. If it means getting hurt to help another...well, so be it. I would rather be a rat, even a dead rat, than an accessory to a crime. I am also willing to chance speaking out about what is wrong in sports, academia and any other institution or individual who is debasing our way of life. Call me a snitch, a rat, a stool pigeon, an informant... call me what you will. I am willing to do all of that for only one reason - IT IS THE RIGHT THING TO DO!

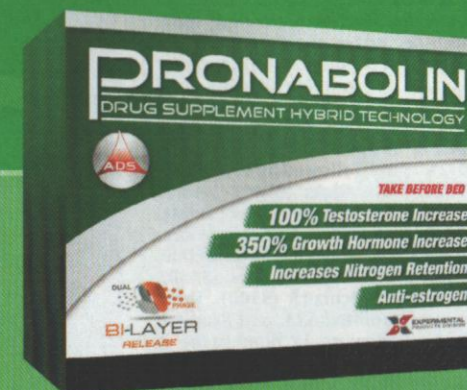
When I was in college we had an honor code, a real honor code, which stated that a person should not at any time, any place, or for any reason lie, cheat, or steal, nor tolerate those who do. In fact, we were obliged to turn in anyone who did not abide by the honor code. Everyone who agreed to the university's code of honor, which was everyone at the school, took that pledge very seriously. How serious? I will give you an example. One of my friends saw his roommate cheat on a test. In stead of reporting him to the instructor, he went to his roommate and told him to turn himself in. His roommate informed him that he had already turned himself in. This presented a problem for my friend because he had breached the honor code. He should have immediately reported the incident to the instructor. Consequently, he had to go to the instructor and acknowledge that he had also breached the honor code. As a result, they were both suspended from school. Neither my friend nor his roommate expressed any ill will towards the professor or each other because they both knew they had broken their code of honor, and they took full responsibility for their own behavior. That, too, is courage!

I'm repulsed by pathetic individuals looking the other way at wrong doing, teaching others to do the same, and categorizing those who have a sense of fairness and justice as rats and snitches. It is rather astonishing to me that children are being educated from a young age to honor these rather bizarre codes which, in truth, advocate dishonesty and corruption. Even more amazing is that the guiding principles of these codes have been embraced not only by young children, but also by adults who you would think would have enough common sense to see the absolute duplicity and hypocrisy of such a system. What you are doing is buying into this lie that you are better off letting thugs and liars go free because in some perverse distorted way you want to honor a code that supports deceit and dishonesty rather than integrity.

I will say it again, these bizarre and absurd codes are simply tactics that permit criminal and immoral behavior to proliferate, and I'm not buying into it... not for a second.



NOT GETTING THE GAINS YOU WANT?

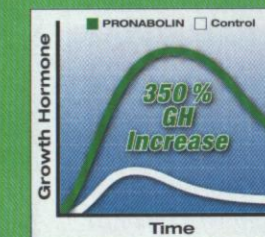
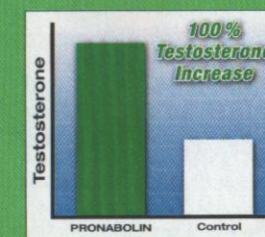


When it comes to gaining muscle everyone knows that Growth Hormone (GH) and Testosterone are king. These two hormonal "messengers" literally turn on the signal for your body to increase muscle mass. The problem is that many of legal products available do not have the technology to effectively deliver ingredients leading to an increase of both of these hormones.

New PRONABOLIN from ADS contains ingredients clinically shown to increase Testosterone by up to 100% and GH by up to 350%. Imagine what these kinds of hormonal increases would do to your gains!!! PRONABOLIN makes use of the



DUAL PHASE B-LAYER RELEASE TECHNOLOGY from ADS, which helps to deliver both an immediate dose AND a time-release of the active ingredients in PRONABOLIN. This means that you get a steady release of PRONABOLIN so that your hormone levels are more likely to be elevated throughout the day. Many users are reporting significant gains in muscle mass after using PRONABOLIN for just one week.



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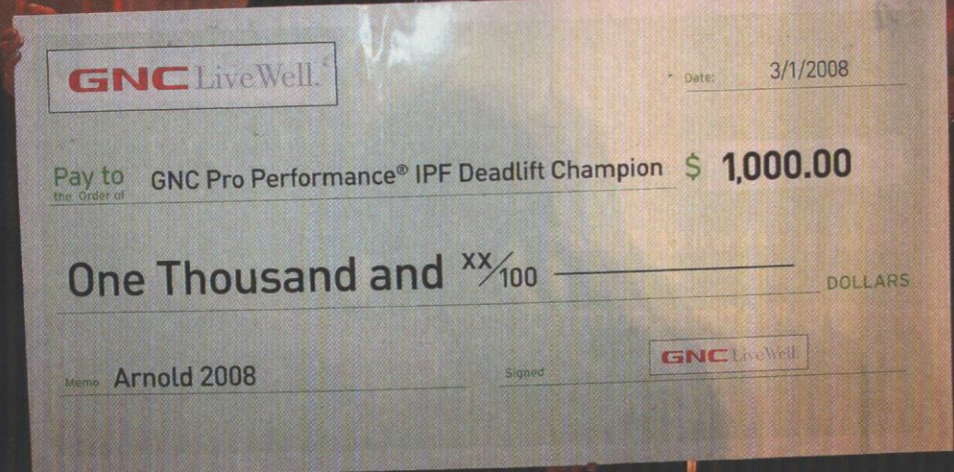
IPF GNC Pro Performance DL
1 MAR 08 - Columbus, OH

FEMALE
132 lbs. Dave Ricks 710
148 lbs. J. Hartman 766
242 lbs. N. Tylutki 782
275 lbs. S. Ceglarek 694
165 lbs. McGettigan 760
Dalian James 523 S. Culnan 760
198+ lbs. D. Rogers 716
J. O'Donnell 523 275+ lbs.

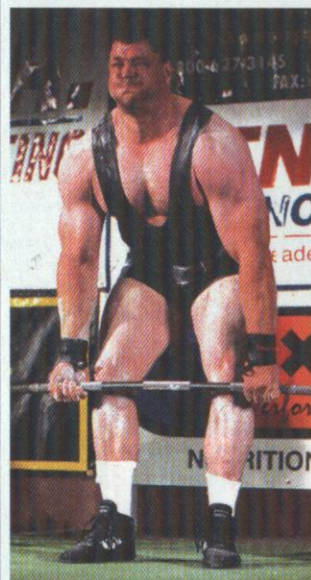
MALE
198 lbs. B. Gillingham 865
Craig Terry 749 N. Huslander ---

Held on the main stage at the Arnold Classic in front of a standing room audience, prizes were awarded for the biggest deadlift (\$1000 each for men and for women, won by Brad Gillingham and Priscilla Ribic) and by Wilkes Formula, with Brad winning another \$1000 for first in that category, followed by Craig Terry (\$750), Dave Ricks (\$500), Jeremy Hartman (\$500), and Nick Tylutki (\$500), and in the women's Wilkes Point category, Priscilla won \$1000, followed by Daliann James (\$750), and Alyssa Hitchcock (\$500). Three women deadlifted 523, and Brad felt like he had more in him, so he is optimistic about reaching 400 kilos (881 lbs.) in the future. (photographs provided courtesy of Brad Gillingham)

IPF GNC Pro Performance DL

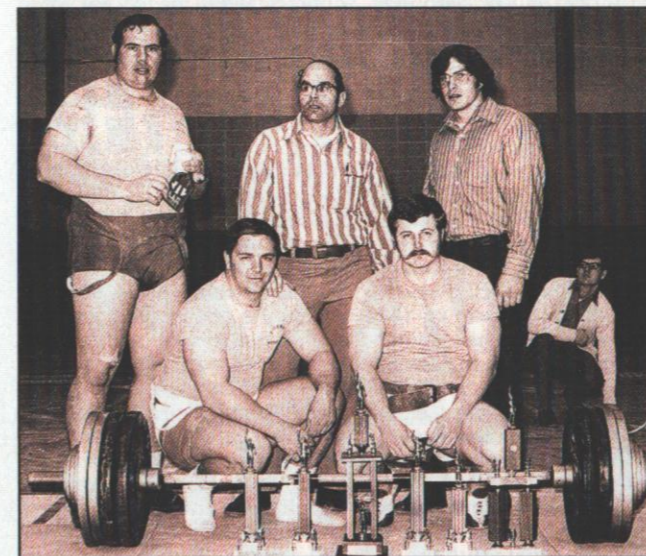


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STILL CRAZY AFTER ALL THESE YEARS



THEN ... standing, left to right, Henry (Hank) McRobie, Dick Jenkins, Brian Blough; kneeling, Rick Plummer, Brooke Blough; missing - John Lockwood. NOW ... standing, l-r, John Lockwood, Dick Jenkins, Brian Blough; kneeling - Rich Plummer, Brooke Blough, missing - Henry (Hank) McRobie (deceased).



It takes being a little crazy to be a powerlifter. No sane person would dedicate the amount of time, effort, expense, inconvenience, and pain to a sport that has as its only remuneration the satisfaction of winning a plaque or trophy. (What other sport has training facilities that have names like "House of Pain"?)

It takes being a lot crazier to be a powerlifter for forty plus years like the five powerlifters in the photos. The one photo (where we had more dark hair and less pot belly) was taken at a meet in Baltimore, Maryland in the fall of 1967. We were the Columbia (Maryland) Barbell Club and we traveled to meets primarily on the east coast to compete. We were pretty successful locally, regionally, and nationally. We often competed against some of the big names of the 60's and 70's - John Kuc, Big Jim Williams, Hugh Cassidy, Allen Lord, Larry Pacifico, Joe Weinstein, Vince Anello, etc. It was therefore interesting to reminisce about the old days while reading Bob

our case ages 59 to 70) we soon began looking at meet results and records and decided why not do it all over again?

So far we have seen some success. Dick Jenkins our 181 pounder! deadlifted a WNPF World Record 500 lbs. in the 65-69 age group. Later he set another deadlift record in the 70-74 age group with a lift of 441 lbs. Rich Plummer, in the 300 lb. class, set a WNPF bench press world record at 303 lbs. in the 65-69 age bracket. He also holds 60-64 age group bench press record at 290 lbs. Some of us plan to lift at the WNPF World Championships in Atlanta this November and hopefully set some additional records in our age and

We all lift heavily and regularly and we all live with the craziness of being powerlifters, then and now. Now there is more time/effort/expense/inconvenience and pain (especially pain) involved. But you know what, we do it simply because we love the sport.

Gaynor's article "The History of Powerlifting" in the July, 2007 issue of Powerlifting USA. (Incidentally, Bob and I lifted in the 198 lb class at the 1/71 Junior National in West Patterson, NJ).

As mentioned previously, we all did some pretty competitive powerlifting. Our 181 pounder, Dick Jenkins, held many records. His deadlifts in the 198 lb. class were always near the 700 lb. mark. I personally had my best lift in the 198 lb. class with a bench press of 450 lbs. In the 220 lb. class was Brian Blough. In the 242 lb. class we had two lifters, Rich Plummer and John Lockwood. Our super heavyweight, Henry McRobie, and I lifted in the Junior Nationals in West Patterson, NJ in August of 1971. I ended up placing in the middle of the pack. Henry, however, placed second. In 1973 Henry ended up in the "Top Ten" lifters nationally with a 710 lb. squat, 725 lb. deadlift, and an 1820 lb. total. Remember, all of our lifts back then were raw and unassisted. Henry "Hank", our friend, was lost in an auto accident in 2005.

Families and careers caused us to drift apart for awhile but we all continued lifting. Five years ago, one of our team members built a new house and put in a nicely equipped powerlifting gym. Gradually we began to drift back together and powerlifting together again. Because powerlifting had established age classifications that allowed older lifters to compete (in



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ASK THE DOCTOR

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

Dear Dr. Di Pasquale: I have periodically read your articles in Powerlifting USA for many years as I have been a competitive powerlifter in the USA for over 20 years. Thanks for contributing your medical expertise to the powerlifting community. Presently, there is conflicting advice regarding appropriate protein intake for strength athletes, endurance athletes and non-athletes. Supplement companies will typically advise that 1 to 1.5 grams of protein per pound of bodyweight is necessary for muscular repair & growth. I also understand these companies want to sell protein products and this could greatly influence their advice to consumers. On the flip side, I recently read an article by a "sports nutritionist" with a masters degree in exercise science that claimed there is no value in consuming extra protein since the body cannot store extra protein and that the USRDA for protein is around .36 gram of protein per pound of bodyweight. This "sports nutritionist" was NOT a strength athlete, but an endurance athlete having participated in track & cycling events. She also said excessive protein intake places extra burdens on the kidneys. I am not a nutritionist or a doctor, but whenever I watch the reality TV show, "Survivor", I notice the muscle mass of the losing contestants shrink dramatically in a matter of a few weeks. Seems to me, this occurs because the only protein they get is the occasional fish they catch & eat. So...how much protein do you recommend for the competitive powerlifter/strength athlete, endurance athlete and non-athlete? Which form of protein supplementation is best and easily digested? Egg or whey? Is glutamine supplementation beneficial? Thanks for taking the time to respond and have a great day. Jim

Hi Jim: One of the books was the new edition of my Amino Acids and Proteins for the Athlete, a book that would answer your questions in detail. Unfortunately that book won't be released by Francis and Taylor

(who now own CRC Press, the publisher of my first edition). On the positive side I'm doing a series of articles, that will be an ebook by late summer, that will answer some if not all of your questions. I'll have two or three of these articles done by the end of this week and will send them to you. The short answer to your questions are that yes power athletes need more protein than the average couch potato, about twice as much is a good guide. One of the articles I will send you will have substantiation for this statement. The best protein is a mix of proteins, again the article I send will explain this in detail. And glutamine definitely has its place but should be in a formulation that contains various other amino acids in specific proportions. Again..... Best regards, Mauro

Dear Mauro: First of all I want to thank you for all the advice and help you've given me over the



Dr. Mauro DiPasquale at his home with bodybuilding legend Tom Platz.

years. I'm writing again to ask you advice about something that has recently turned my world around. I used an over the counter aromatase inhibitor in order to raise testosterone levels in my body. First of all I experimented with some short cycles, 2 and 4 weeks of administration initially. I then experimented with an aggressive and longer term administration period - 13 weeks. Over the course of this time I performed periodic saliva tests of free testosterone and E2. I would always take my dose in the evening prior to bedtime. Around the 12th week I began to notice I was getting overstimulated both mentally and physically, feeling tense, anxious, difficulty sleeping and experiencing tremors. These symptoms began to become more evident so I tried administration at an earlier time of day to see if it had anything to do with the AI and it did. I applied a dose around 3:00 PM one day and within 30 minutes I became very aware of an anxious feeling and tremors, like my whole body was vibrating. Upon stopping usage I developed difficulty maintaining body temperature, severe anxiety, fatigue, lethargy, depression and the tremors that I experienced while on AI actually got worse. I am still recovering and each day I do feel a bit better - but progress is slow. I am beginning to take

some supplements again to help nudge my endocrine system 'd appreciate any feedback you can give me. Jerry

Hi Jerry: With the demise of prohormones, many are turning to aromatase inhibitors in their quest for higher degrees of the anabolic hormone testosterone. But like the prohormones, there are potentially serious adverse effects with the aromatase inhibitors (AI). While they may well be effective in increasing testosterone levels they are also associated with significant adverse effects. As you noticed extended use of the AI can overwork the hypothalamic-pituitary axis and basically stress it to the point that it functions abnormally as the AI are continued and after coming off them. As a result there can be a dysfunction in the production of various hormones, including growth hormone, testosterone, estrogen, and thyroid. Reducing estradiol levels in relation to testosterone levels can also have severe consequences, including disrupting neurotransmitter function in the brain (which can produce tremors), with resulting changes in energy, metabolism, anxiety levels, and many other harmful effects. There's much more to this story and I'm working on an article right now that will explain the effects and adverse effects of AI. I'll send it to you as soon as it's ready for publication. At this point your best bet is to see an endocrinologist who is knowledgeable in this area and to try and get your system back to normal. And obviously to stay off all of the AI now available over the counter. Keep me in the loop and I'll help where I can. Best regards, Mauro

Dear Mauro: I see a lot of amino acid products out there these days. Some are just the BCAA kind and others have all of the essential and non-essential amino acids. I've noticed that the BCAA cost more than the products that have all of the aminos acids. Why is the cost different and which one is more beneficial for bodybuilding? Thank You, Kevin Woods

Hi Kevin: Sorry for the late response but I'm way behind in my email. Proteins and amino acids are complex and it would be difficult to answer your question without going into a lot of detail. Your best bet if you're really into finding out all the details as we know them is to get a copy of my new book at http://www.crcpress.com/shopping_cart/products/product_detail.asp?sku=43803&isbn=9781420043808&parent_id=&pc=. Best, Mauro

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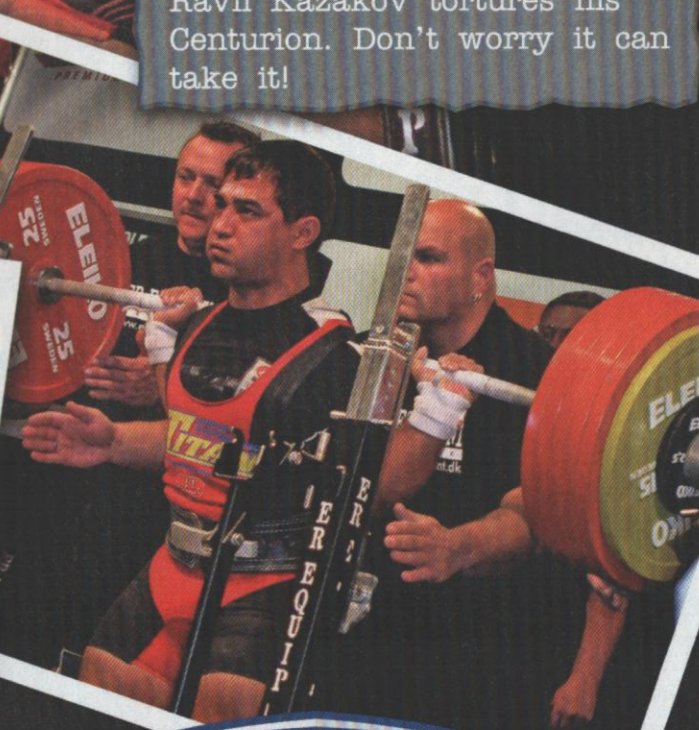
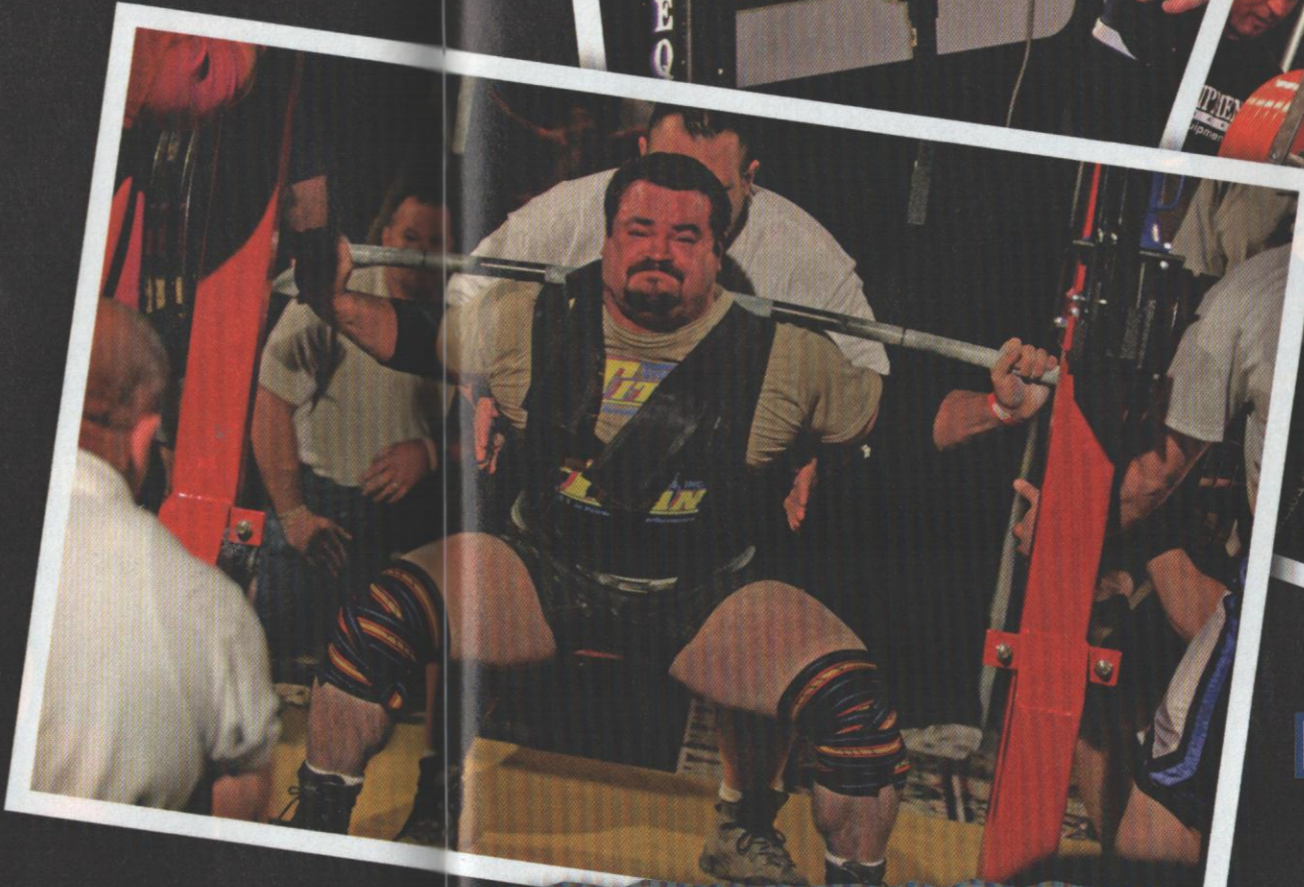
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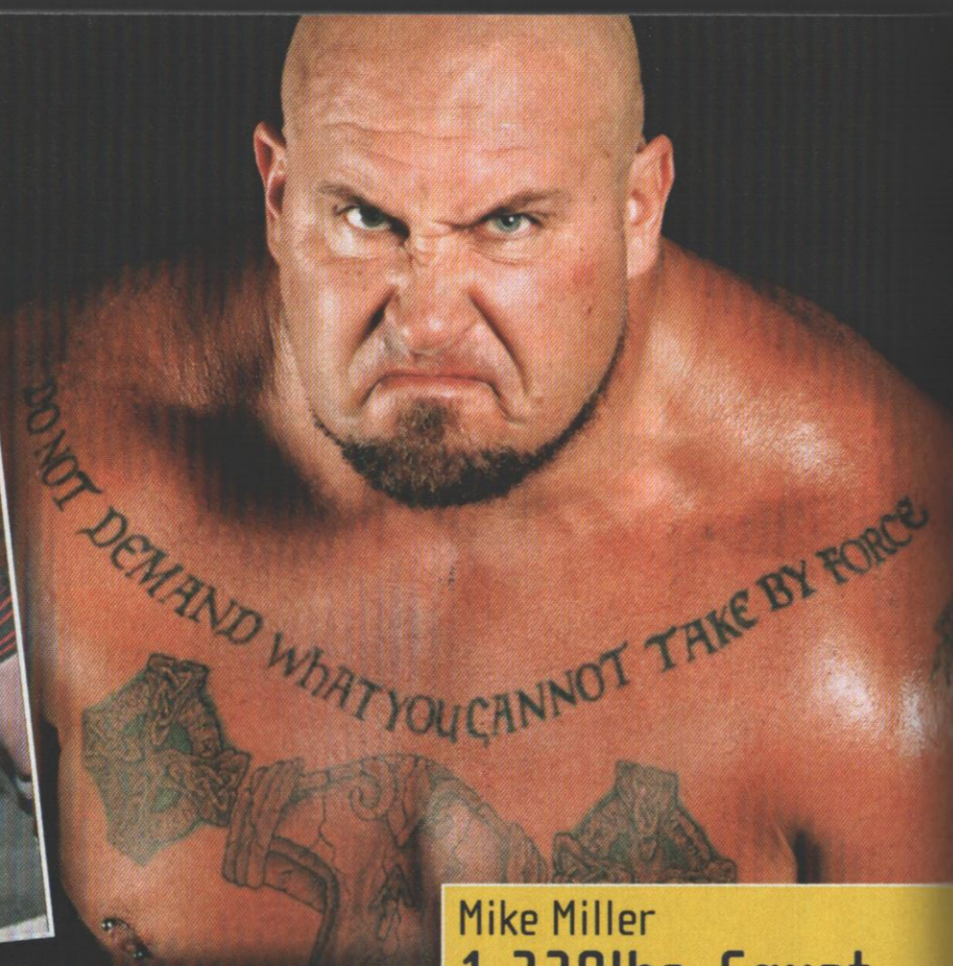


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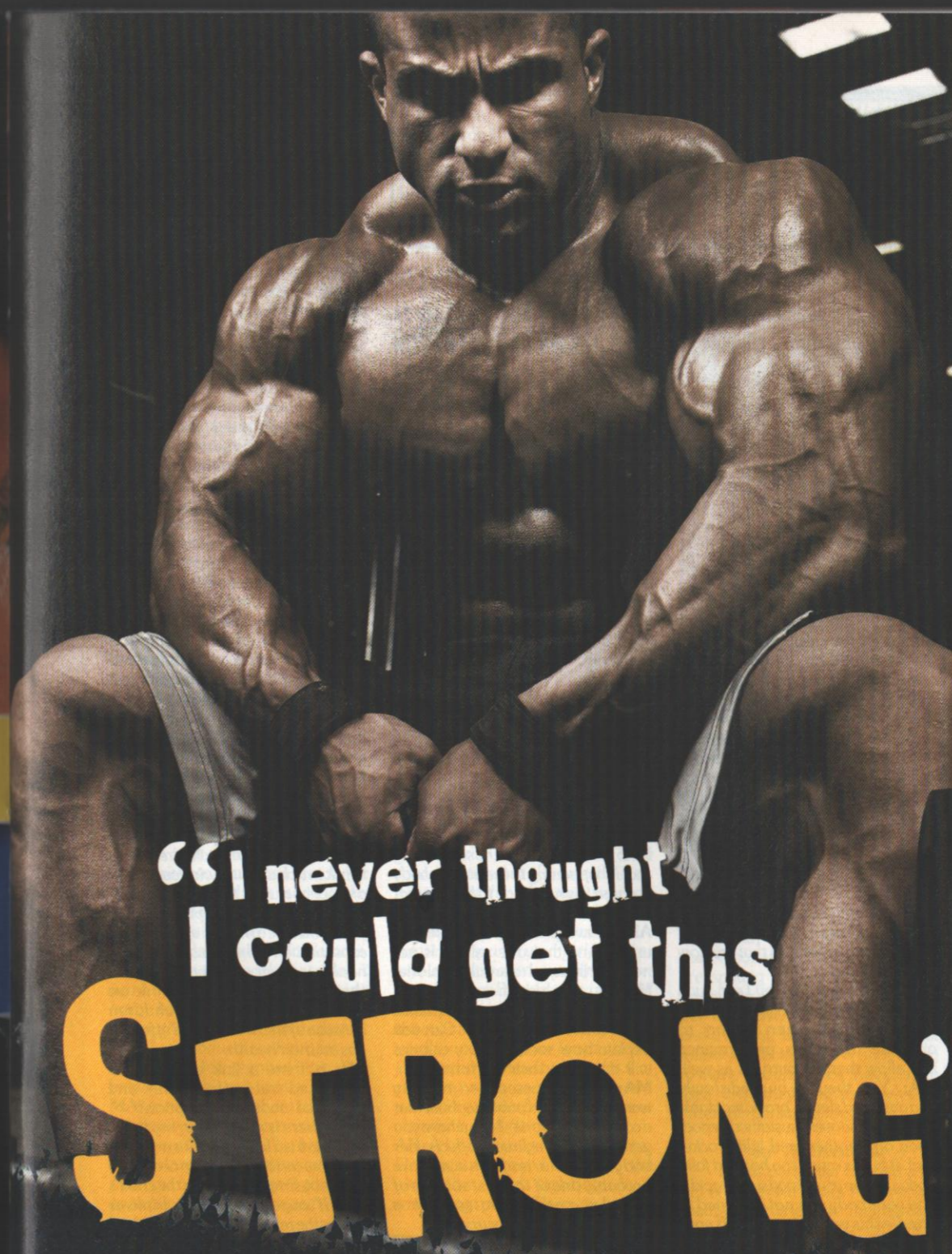
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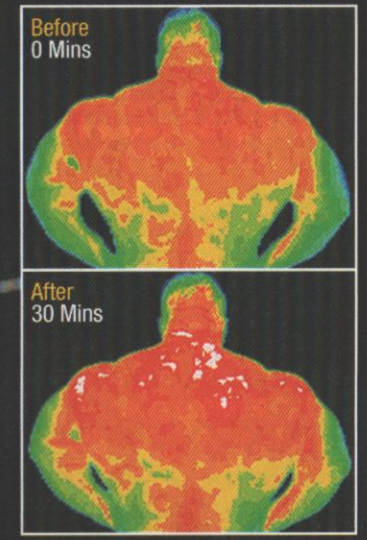
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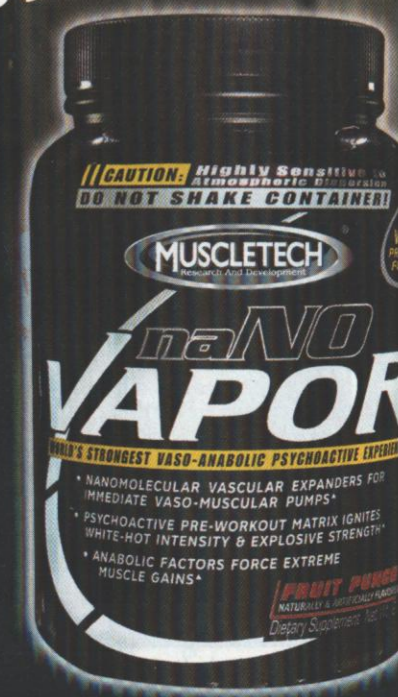
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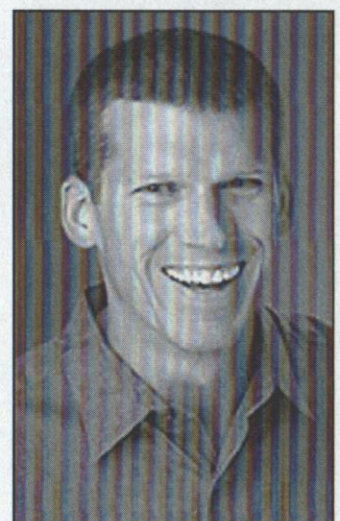
In Part 1 of this interview, Mike touched on some of the dangers drinking soda offers your health. He also informed us on the relation between soda and some of the injuries we see in the sport. In this second installment, Mike is going to shed light on the different diseases that drinking soda can lead to, like Type II Diabetes and how it affects brain function. Since Diabetes, especially Type II, is prevalent in lifters; this will be an eye opener. Since many of you reading this article have children, I asked Mike questions on how drinking soda in the younger years affects growth, on a skeletal and neurological level.

AR: Can you explain how soda destroys teeth? Is it a synergistic combination between the sugar and Phosphoric Acid?

MA: The blame lies with the sugar and the Phosphoric Acid as you mentioned. The sugar damages your teeth at the surface. This allows bacteria to grow and also wears away at enamel. That alone will cause cavities. The phosphoric acid lowers bone density in your jaw and the roots of your teeth. The Phosphoric Acid is what weakens your teeth and causes them to fall out. If you combine the two then you get cavities and weak roots. This is how a lot of people lose their teeth at a young age.

AR: In Powerlifting, Diabetes is a problem, especially for those in heavier classes. Many of the Powerlifters I have done nutritional analysis with are Diabetic, and many more are very Insulin resistant. They are on their way to welcoming Diabetes into their life if they don't clean up their eating. I would like you to elaborate on high fructose corn syrup and how it contributes to Type II Diabetes?

MA: High fructose corn syrup directly contributes to Type II Diabetes. This works in two ways. The first is that it spikes your blood sugar. This leads to Insulin resistance, i.e., the hormone



Mike Adams holistic nutritionist

NUTRITION

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

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

that is supposed to clear sugar from your bloodstream and carry it into the cells is no longer being listened to by your cells. Basically when you have Insulin resistance you have pre-Diabetes. Athletes can get away with this for a while, compared to sedentary individuals, but once they stop exercising it can blow up into full scale Type II Diabetes quickly. Along with this you get an increased rate of heart disease, obesity and moodiness. Moodiness is something you find often and is no doubt caused by the blood sugar swings that soda contributes to. With Powerlifters, many people think that this moodiness is associated with illegal steroid use. Often it's not, it's actually the soda pop that is causing these mood swings. You have to get off the sodas to stabilize your mental function.

AR: I have told readers that soda contributes to obesity. Can you explain in detail how this works?

MA: Your body is made to process complex carbohydrates that are slow burners.

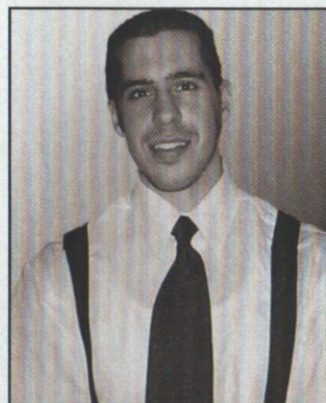
AR: Exactly, this is why I am such a proponent of Low Glycemic Index carbohydrates when trying to optimize my lifters performance and allow them to burn fat as well.

MA: Yes, they are burned slowly and absorbed slowly, providing stable blood glucose over a sustained period. Soda, on the other hand, is like rocket fuel. It burns much too hot and fast. Soda jacks up your blood sugar rapidly and your body was not designed to handle this very efficiently. If your pancreas is working properly it will produce Insulin that will cause all the extra sugar to be converted to body fat and stored. Getting rid of that body fat is difficult.

AR: Oh yeah, trying to get some lifters to eat clean so that they can get into a lower weight class is like pulling teeth, believe me!

MA: It is hard to find a sugar anywhere that has a higher Glycemic Index than high fructose corn syrup. Now let me make a metaphor. If you take your car, a diesel pickup, and you fill it with diesel fuel, then it runs correctly. If you took your pickup over to your local airport and filled it up with jet fuel what do you think would happen to the engine?

AR: I guess it would destroy the



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

engine.

MA: Exactly! That is the same thing that is happening to the human body because it is not made to handle that form of carbohydrate.

AR: I have pushed my readers to understand that one calorie is not necessarily equal to another calorie. How is a calorie from soda not going to benefit your performance like a calorie from a yam. Can you explain how soda's empty calories will decrease their performance?

MA: The processed food industry wants the general public to think that a calorie is a calorie. Now where you get calories from directly affects your body. The calories from a yam are probably one of the best sources of complex carbohydrates that a powerlifter could consume.

AR: I include plenty of yams and sweet potatoes in the plans of my athletes because of all the numerous benefits they offer their performance and health.

MA: There is a product by Jay Robb called Yam It. This provides slow released sustained energy for any athlete. Your readers need to know that calories from yams are loaded with trace minerals which you are not getting from sodas or processed foods. This is one of the best sources of natural calories. You need to understand the difference between consuming calories from processed foods and sodas and consuming calories from nutrient dense healthy whole foods. One comparison would be drinking coca leaf tea versus

smoking crack cocaine. Coca leaf tea in its natural form is completely safe. I personally drank this tea while I was hiking in the Andes Mountains in Peru. Even though I drank this tea, I would not smoke crack cocaine even though it's from the same plant. You see, crack cocaine is dangerous while drinking the coca leaf tea is safe!

AR: You couldn't have better described the difference between processed, low quality foods and natural, healthy, clean foods.

MA: It's the same story with sugars. If you take it in its natural form, it's fine. For example corn is healthy. If you take corn and extract the high fructose syrup, this is like crack and you don't want to be consuming it. The source of a calorie matters as well as the processing. Natural whole foods are the only way to go.

AR: It seems that kids are one of the largest consumers of soda. How damaging is this for a child in their growing years?

MA: I think a study done on this would show that soft drink consumption stunts growth in children, in terms of their skeletal system and also their neurological system. Since soda consumption in children causes chronic dehydration and nutrient depletion, I am of the belief that we should ban the marketing of junk foods and soda to children. With soft drink companies this is their primary market because they are easy to manipulate through advertising. Typically, children don't think much about their health and only chose what tastes good right now. This makes them prime targets for soda companies. Soda consumption will no doubt affect their health in their growing years and their entire life time. I think we should ban advertising to children because of the detrimental effects it has on their health.

AR: Is there a link between the increased rate of ADHD and increased soda consumption?

MA: There is no doubt in my mind that there is a link. ADHD is a disease we know can be reversed in about two weeks by simply changing the child's diet. If you remove the soft drinks as well as the refined sugars and artificial food coloring, then children become symptom free of ADHD. ADHD is diagnosed as a disease based on certain behaviours that are caused by poor nutrition, which can be reversed. In reality you don't need to give your kids drugs to enhance their health. What you need to do is feed them real foods.

AR: How about the business of soda in America? Can you explain more about what is going on behind the scenes?

MA: The soft drink industry is a multibillion dollar business. When you pay a dollar for a soda there is only about three cents worth of ingredients in there. In fact, the can is more expensive than the ingredients in it. It is a hugely profitable business

and these companies can afford to spend hundreds of millions of dollars on their advertising. This creates a very strong relationship between the soda companies and the mainstream media. The media begins to depend on the big dollars from soda companies spent on advertising. This causes the media to stay away from the truth on the dangers of soda because they don't want to annoy their advertisers. In my opinion, soda companies are one of the primary contributors to an epidemic of disease. Just like tobacco companies, soda manufacturers refuse to admit their products harm anyone.

AR: I guess the bottom line with many companies is the dollar.

MA: I remember reading a quote from a Vice President of one of the major soft drink companies which stated that their drink was a wholesome beverage and provided an excellent source of hydration. That makes about as much sense as tobacco companies saying "smoke cigarettes, they help you lose weight!"

AR: Do these corporations understand how harmful their products are, especially with the presence of soda machines in schools?

MA: I don't think the people that work in those companies understand the dark reality. They are not evil people, but they have blinders on. They hate to look at evidence that relates their products to Diabetes, obesity, and Osteoporosis. They don't want to hear about evidence that their products should be categorized as harmful. I think they are in a state of denial much like the tobacco industry has been for decades. The people that work there don't want to believe that they are doing harm, but as long as they are making money they selectively ignore the fact that their products are harmful.

AR: Can you explain the link between soda and mental illness?

MA: In my opinion there is a direct relation between soda consumption and mental illness. The brain is a physical organ that requires nutrients from the blood in order to function correctly. Many of the ingredients in

soda are assimilated and then brought to the brain. Everything that you drink in soda is impacting your brain health. When you have too much sugar in your blood it impairs brain function. When your blood sugar drops and leaves you in a state of Hypoglycaemia then your brain function really suffers. I am not joking here, but this is where we get a lot of criminal and aggressive behaviour in young males. It also leads to poor cognitive function and memory. If we look at one study it showed that 25% of prisoners in U.S. jails suffer from Hypoglycaemia, a blood sugar disorder. It is my opinion that soda consumption helps create Hypoglycaemia and other blood sugar problems that directly lead to criminal behaviour in young males. What if it's actually our diets that are creating criminals? If so, we could prevent crime by choosing what foods that we promote. I think we could dramatically curb criminal behaviour by looking at nutrition.

AR: I have had one of my athletes, who is a student, tell me that since he stopped drinking 4-5 cans of soda per day, he noticed a big improvement in his concentration skills. Can you explain this?

MA: It's not surprising to hear this result when soft drinks were discontinued from his diet. Soda can affect your concentration and ability to focus. The blood sugar swings that are caused by drinking soda dramatically affect not only concentration, but also mood. This is not the best thing for you when you are in a relationship. You can dramatically improve your relationship with your girlfriend or wife when you are not suffering from mood swings. Blood sugar drops will make you irritable and you just pass this on to those around you. Improving your mood with your loved ones is just another of the many benefits that stopping soda consumption and poisoning your body with these chemicals can offer you.


AR: A lot of guys get mood swings. One minute they are happy, the next they are fighting over something petty. The reaction to

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blood sugar drops can affect some more than others. It can change the personality of someone if they are spiking your blood sugar and Insulin through the roof 5-8 times per day. But, having such spikes and then the blood sugar lows that follow is exactly what is happening to many people. Once they change their diet, they find themselves a different person altogether.

PART II OVERVIEW

In this part Mike covered a lot of controversial topics that are not readily discussed in mainstream media. The reality of "Big Business" behind soda with their marketing and audiences is something that many will find disturbing. This is the reality of soda companies and many others. In the end they don't care what happens to you down the road. So the reason why I chose many of the questions I did for this interview is to help educate you not only of the dangers soda poses to your body, but also the dirty reality of what goes on behind the scenes. Many who are younger are not familiar with this reality. Mike's comparisons of processed foods and soda versus whole natural foods can be quite humorous. In all honesty, he couldn't be closer to the truth. These foods and drinks

will destroy your health and performance if you consume them as a regular part of your diet. In the end big companies don't care about the consumer and the bottom line is net profit at the end of the day. It is a sad reality, but this is how many businesses operate. It's your responsibility as an adult to help make the right choices for yourself and also your children. The health situation in America is one of the worst in the world and this is directly related to nutritional and lifestyle choices. You can either clean up your diet or feed your body healthy foods that nourish it and keep you in a healthy state, or you can pollute your body with processed foods and harmful drinks only to live a life full of disease. What you can look forward to is a quality of life that is very poor and dependent on pharmaceuticals just to keep you alive. If that is what you want for yourself and your family, then ignore the warnings I put forth because when you do too little, too late, you are the one who is going to have to live with your choices!

If you have any questions or comments you can contact me at:

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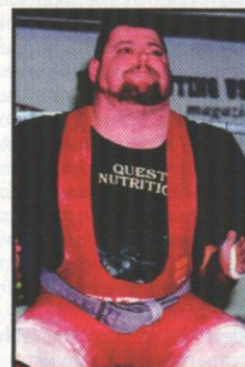
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STARTIN' OUT

MEET ASSISTANT CHECKLIST as told to by Doug Daniels

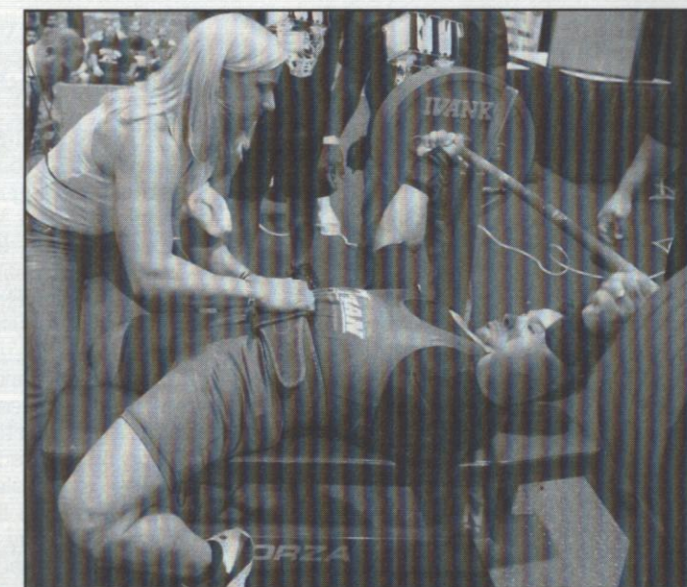
Rappers have entourages, golfers have caddies, Brad has Angelina, but when it comes down to the task at hand, the rapper, golfer and the movie star have to come through on their own. However, their assistants do play a key role in their success. The powerlifter is alone on the platform versus the weight and gravity. For best results at a meet, however, each lifter needs dedicated support and that comes from his meet assistant. This support does not stop with yelling encouragement to the lifter on the platform. This is where an individual sport gains team characteristics.

In the past, I presented a checklist for lifters to review before a meet. A pre-meet checklist can help ensure a lifter is prepared for all items and situations leading up to a meet. This checklist will describe the job description of the

meet assistant. To do this, I have broken out the checklist by categories: pre-meet, each lift, and miscellaneous.

Pre-Meet: 1. Help at weigh-in; 2. Turn in opening attempts; 3. Understand meet rules; 4. Check that all lifting gear, etc., is ready to go.

Squat: 1. Verify bar height and rack in/out setting for each attempt; 2. Help put on squat suit for each attempt; 3. Belt tightening; 4. Knee wrapping; 5. Knee wrap re-rolling after attempts; 6. Assist in loosening equipment after attempts; 7. Chalk and powder



Frank Caminita gets some assistance setting up for a big bench press attempt at this year's Scot Mendelson Bench Press meet.

application on lifter.

Bench press: 1. Assist putting on and removing bench shirt; 2. Adjust bench shirt between attempts; 3. Chalk application on lifter; 4. Belt tightening; 5. Provide hand off, if allowed.

Deadlift: 1. Assist in putting on and removing lifting gear; 2. Belt tightening; 3. Powder application to lifter's legs.

Miscellaneous: 1. Warm-up room help; 2. Monitoring lifting order; 3. Location of lifting gear; 4. Assist in determining next attempts; 5. Giving next attempts to scorer's table; 6. Quick check if bar is at least symmetrically loaded for attempt; 7. Ask for spotters to clean excess chalk, etc., from platform and bar; 8. Check lifter's standing during meet; 9. Food and beverages; 10. Take photos or videos; 11. Objective critique of lifting technique.

As you can see, the assistant's job description is substantial. I'm sure I'm missed some tasks, so your own list could grow easily. When I was an assistant, after the meet I was more exhausted than the lifter I was helping. The value of a competent aide at a meet can't be understated. I've seen lifters not show on the platform for an attempt because they didn't know it was their turn to lift. That's a costly and unnecessary mistake. This should never happen with competent meet support.

Having an assistant help you deal with the items on this checklist can mean the difference between a successful meet and a disaster. Without good meet assistance, all your hard work can quickly go right down the drain. Of course, yelling encouragement to your lifter is just as critical as any item on the list above. An effective meet assistant can make an individual sport a successful team event.

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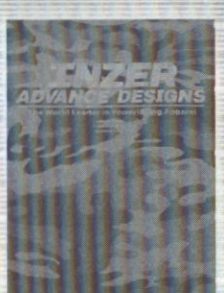
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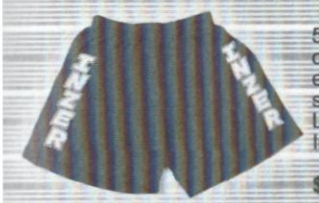
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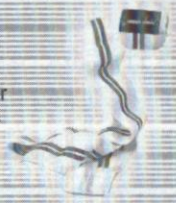
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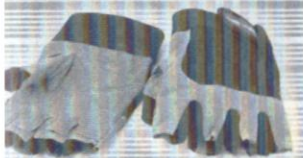
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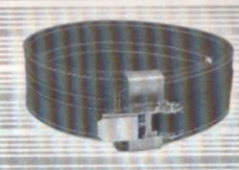
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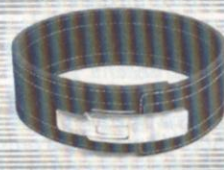
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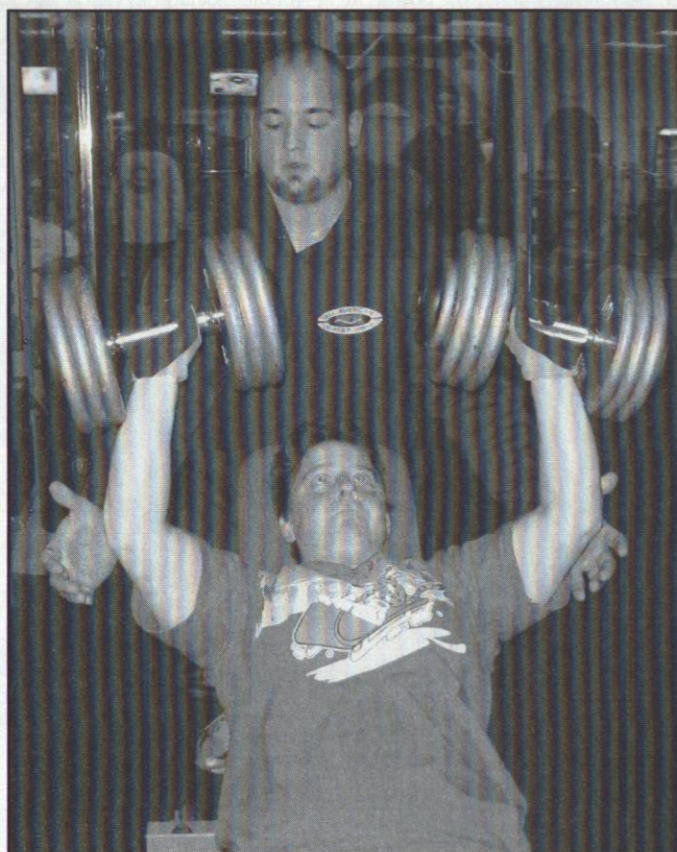
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HARD CORE GYM #73

RETRO GYM ... "Training In The Midst Of Desperate Soccer Moms" by Rick Brewer



Maura handing 65 pound dumbbells at Retro Gym. (courtesy Rick)

Last month we went to the Press Gym, and not only was it cold - we got cold ice cream protein shakes. That was colder than a well-digger's shovel. This month, we'll take a break from tradition and shock you with chrome. This month's gym follows no Hard-Core Gym rules; it's clean, it has very little powerlifting equipment, and (gasp) no 100# plates.

We can make a strong argument that this gym is the most extreme training environment we've ever seen - since it has very little to offer the powerlifter. But we've already learned that hard core lifters can survive and thrive anywhere: from training in a freezing cold shack - to training right beside wet swimmers - to training in the deserts of Afghanistan. The next time you wanna complain about your gym 'cause it doesn't have a water fountain - I want you to think of Retro Gym.

Maybe it would interest you to see the raw e-mail exchange; as Dave Petro tells me about training at the Retro Gym. The truth is that Dave is so well-spoken, we could print any one of his emails exactly as it arrived. But I will condense them

and insert unnecessary comments as we go through his e-mails, in an effort to give myself apparent value as a 'writer':

**Dear Rick, I always look forward to your articles in PLUSA, and over the years I've become a fan. I particularly enjoyed the article in which you described how young women are very attracted to us older guys, and yet they're so good at hiding it. I used to think that this was a situation unique to me. It was enlightening to learn that young women exhibit this trait universally (genetic, perhaps?). Now I walk around the gym with renewed confidence, comfortable in the knowledge that all the women there desperately want me based on how completely they ignore me. That being said, I'm writing with the hope that you might include this in your "Hardcore Gym" series. (Good intro by Dave; combining flattery with a true-life story of how he applied a tip that he learned from one of my previous PLUSA articles. Sort of a mini-success story. Oprah won't give you this sort of truth - remember where you saw it first. RB)*

I must begin by stating that the actual physical structure and accommodations of our "gym" are far from what one would describe as hardcore. Actually, we train in a (dare I say it?) fitness center - Retro Fitness in Waterbury, Connecticut, to be exact. It's big and well maintained, with lots of shiny new fitness equipment, but no powerlifting equipment, save for a single power rack and lifting platform tucked away in a remote corner. We don't have a single power bar or any 100 lb. plates. However, we make do and succeed with what we have. That brings me to my point: It is my contention that it is the members' attitudes and not the venue that determines whether a gym is hardcore or not. (True dat. RB)

While most of the membership trains primarily for general fitness or bodybuilding, there is a small, but growing contingency of powerlifters and strength athletes who train here on a regular basis. Some of us have actually achieved world class status. Most of us just do it for the sheer enjoyment. All of us, however, share the same mentality, dedication, and determination. (Can PLUSA readers define 'contingency'? RB)

We've taken to calling ourselves the Waterbury Barbell Club. It's a loosely run organization and anyone is welcome to join and train with us - even the curious who simply want to experience what powerlifting is all about. The nucleus of the club is comprised of some of the most hardcore or bizarre personalities you'll find anywhere. Except for two isolated incidents, the "cardio crowd" has been very supportive and tolerant. (So it's called Retro Gym, aka Retro Fitness, aka Waterbury Barbell Club? Umm, OK... RB)

We include: **Brian "No Neck" Ubben.** He's the only guy I know who ever won a bar brawl without ever getting off the bar stool (but that's another story). Brian pulls in the high 500s at a body weight of around 220. He is a lifer in the Air Force Reserve and has served tours of duty in both Gulf Wars. Because of his military commitment, he must often miss training for extended periods of time. Regardless, he always manages to come back without any discernable loss of power or technique (and we hate him for this). Lately, he has become our wandering ambassador at large. Then there's **Jay "The Monster" Cochiolla.** At 220#s he took 2nd place in his very first contest after only 6 months of power training. He is currently the ADAU (Anti Drug Athletes United) Connecticut State Champ in the 242# class. The ADAU is a raw

federation. Jay lifts big, but we call him "Monster" mostly because he's just plain scary. **Derek "Viper" Poundstone** (yes, Poundstone is his real name) weighed a ripped 310#s at last weigh in and stands 6'2". Many readers will recognize him. At 26 years old he has already won many amateur and professional strongman contests and is currently America's Strongest Man. In the recent World's Strongest Man contest held in Korea he placed 4th overall. He also holds ADAU American records in his class for the bench press and deadlift. Check him out on U-Tube where you'll see him deadlift 815#s raw! He may also be on network TV soon. NBC has approached him to be part of a new reality show that's in the works. Inzer already sponsors him. Since his main focus is strongman events, we haven't really tested his max bench. However, I personally spotted him when he did an easy, raw 520#s after he had repped 425 for ten! Derek is a police officer and is unofficially the world's strongest cop. There aren't many disturbances in town when he's on duty. (I'm sure that Dave's right, but readers should recall that there are a lot of strong cops; including Ronnie Coleman. This is not an easy claim. RB) Then **Big Tom "The Mastodon" McClure** lumbers in from time to time to train with us. Tom is 350#s and competes in strongman contests with Derek. He took 10th at the World's Strongest Man contest in Korea where the locals referred to him as "Godzilla". **Mike "Mikcules" Amici,** aka "Iron Mike", is not a powerlifter per se. However, his feats of strength at a body weight of 200#s are legendary here. I've seen him pull 500#s raw for a double with no warm up! He's earned the additional nick name "Bumble Bee". You see, the laws of physics have shown that the bumble bee's wings, compared to its bodyweight, are too small to permit flight. Of course, the bee doesn't know this so it flies anyway. Like wise, Mike shouldn't be able to do some of the things he does, but Mike never studied physics, and none of us has the courage to tell him. Mike is also into strongman training and placed third in his very first strongman contest. Then there's **"Little John" D'Aniello.** We call him that because when he first joined us he was...well...little. He is tenacious, though, and at just over 150#s he recently pulled 455#s raw. John's training partner, **Mark Neri,** will soon become a US Marshal. Meanwhile, **Rob Maurice** is fresh out of the Connecticut State Police

Academy and after training with us for only a short while had to buy a bigger shirt for his uniform. Rob is really into muscle cars and fast women (or is it fast cars and muscular women? - I forget). **Bono** - he's one of those guys with just a first name - is a DI in the army reserve. That pretty much tells you what his attitude is like. After just 5 months of power training and weighing 210#s, **Tony "Super T" Bell** pulls 600#s and can do a touch and go bench with 425#s. He's gentle as a lamb, but one night at a party, three guys gave his sister a hard time. Now they all qualify for handicapped parking. **Vinny "Syndrome" Paladino** is the most recent addition to our group. He's training for his first contest and just pulled 225#s. Oh, by the way, Vin is 79 (that's hardcore determination)! **Valerie "Valley Girl" Sheldon** lifts as a light weight and already deadlifts 225#s. Her squat and bench press are also coming along nicely. She plans to compete in her 1st contest soon. **"Mad" Max Dobrushkin, Sean "Hollywood" Pennington** and **Maura Gaudiosi** train with us when they can. Although they have no stories to tell yet, they are dedicated and have great potential. I'm **Dave Petro** and I started all this back in 2000. Valerie started calling me **"Boss"** Petro after watching the movie *Pretty Baby* (she has far too much time on her hands). I'm 58 and compete in the 165# class. I entered my 1st competition at age 50 and currently hold records in both the ADAU and 100% Raw Federations. My contest lifts are 425# squat, 240# bench and 485# deadlift. As a high school math teacher, I now insist that when my students call me a jerk, they must refer to me as "Mr. Jerk"! **Frank Bianchini** is the owner of the gym and has played professional football with the New England Patriots (can ya get any more hardcore?). Frank understands strength training and has been kind enough to turn a blind eye to our escapades (insanity?). Thanks, Frank!

We do our best not to deadlift as a group on the same day. Trust me; I don't care what you lift; you don't want to piss off the soccer moms during their "me" time. You'll get a lesson in attitude real fast. Occasionally, though, when four or five of us (including the big guys) are deadlifting, the building reverberates to its foundation and the

place sounds like a foundry. Still, I know that there are those who will not be impressed by some of our lifts, but I must point out that we all lift 100% steroid free.

In conclusion, I'll admit that atmosphere certainly can contribute to (a HardCore Gym), but as you can see, it's not the only aspect. Hardcore mentality is largely responsible for our success and that's why I say our "gym" and The Waterbury Barbell Club is hardcore.

Well, Rick, that pretty much sums up what the power crew at Retro Fitness in Waterbury, Connecticut, is all about. I hope you will feel that we are worthy of mention in one of your articles. (Very much so! Congrats on overcoming the shiny chrome aspect to train like real Hard-Core strength athletes! RB) Sincerely, Dave Petro

*Dear Rick, Thanks for your reply! I can't tell you how thrilled my friends and I are that you are going to run our story (everyone except the pissy soccer moms, that is). Anyway, you asked if there were any other strange/oddball things worth mentioning so here goes.

I can't be 100% sure of this, but I bet we're the only "fitness club" in the country with our own sports bar and grill housed in the gym (a partition wall was recently added as per local codes but an easy access door is located right next to the reception/supplement desk). It's called the Ultimate Cafe.

I know this seems incongruous and, to be honest, at first it had us scratching our heads. We thought Frank had lost his mind. None-the-less, it's turned out to be a great concept. The food is terrific and there's nothing better than discussing our lifts over a thick, juicy, well cooked steak after a hard training session. After hours it's a great place to gather and share our "other" lives

Derek won the Series, beating **Mariusz Pudzianowski, Karl**

together.

Hey, maybe we should call ourselves "The Waterbury Barbell Ultimate Cafe Retro Sports Bar and Grill Fitness Club". Nah, the only T-shirts on which that would fit are Derek's and Tom's. (Add this gym name to the aka list of extra aliases noted previously. RB) Sincerely, Dave Petro

PS: I've included some pictures of women who agreed to be photographed. I hope you can use them as well as the new info. Let me know if there is anything else I can provide. Thanks. (Dave, my request for photos of sweaty women was personal in nature. Why are you telling other people about my fetish; it had nothing to do with the article. RB)

*Hello again, Rick, can I add a few thank you's? I'd like to thank **Frank Bianchini** the owner of Retro Fitness; **Tom McRae**, the gym manager; **Aaron Paris**, a personal trainer at Retro; and **Rob Delavega** at Powerhouse Gym in Brookfield, Connecticut, for hosting the best powerlifting meets in the area! Sincerely, Dave Petro

*Hey Rick, I just want to update you on recent events of which you may already be aware. On January 19, 2008, **Derek Poundstone** competed in the World's Strongest Man Super Series which was held at the Mohegan Sun Casino Arena in Connecticut. It was an exciting event and a real nail biter right to the very end. Many of us from the club went to enthusiastically support Derek - perhaps too enthusiastically (I've been asked never to return). Hey, how was I to know that they frown on spectators charging the arena floor and slapping the athletes to motivate them.

Derek won the Series, beating **Mariusz Pudzianowski, Karl**

Gillingham, Mark Felix and a host of other world class athletes. It is scheduled to be broadcast on ESPN in the near future and is already on UTube. Now it's off to the World's for him where we are confident he will claim the title. We are all very proud of Derek.

Needless to say this is attracting many powerlifting and strongman athletes to our facility. Frank and Tom are planning an addition to our building to house an extensive array of strongman and powerlifting training apparatuses. We expect more exciting things to happen as a result. Not bad for a "fitness" club, eh? Sincerely, Dave Petro

"Rick, a further update on Derek's lifting success is that he was invited to the Strongest Man Contest at this year's Arnold Classic only 2 weeks before the Columbus event - and took 2nd place behind Zadrunis Savickus! Derek said that Zadrunis was awesome and absolutely unbeatable that day. (I love to hear well-deserved props like this. RB) Everyone will be thrilled to know that the article is going to run next month. Please let me know if there is anything else I may provide. Best Always, Dave Petro/Retro-Roy

P.S. By the way, we are all House of Pain fans. My all time favorite is still the chalk outline T-Shirt - "Powerlifting is not for everyone".

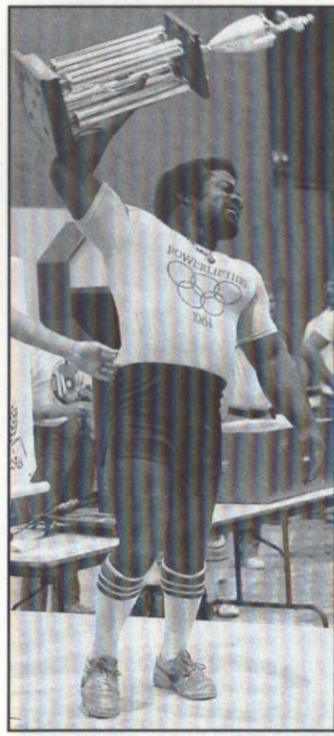
WOW, it's usually tough to get 2 or 3 complete sentences about a gym! Thanks to Dave for all of this well-written info. I don't know how to properly thank Dave; our usual entry (via mail or e-mail) reads more like this: "Dude wer rally strawng over her at hanks barbell we never stop lifting even when the mine caved in and joe wenbt to jail for that b*7\$!# he kept in trailer all them years and soon well be power lifting like in mags and kickin fire outta all, them fancy city boys Rite abot us or well get u good. Sammy Joe Straiter (DOC#317865)"

After reading dozens of these notes; it's always great to get the good e-mails - like Dave's. It never ceases to amaze me that some of you can actually read the articles!! Next month, we'll look at a gym with only one name. (Keepin' it simple for Sammy Joe Straiter.) Until then, keep training - keep reading - and keep trying to add punctuation to your e-mails.

Comments and complaints: rick@houseofpain.com



Sue, Nancy, DeeDee, Pam, and Maura bringing hard core PL spirit to Retro Fitness



Joe Bradley was the first human to bench press triple bodyweight



George Hummell .. a great bencher and an ADFPA pioneer



Jim Lawrence (above left) traveled extensively to pursue his benching goals, and Randall Kea (below at right) once defeated Lamar Gant.



Kerwin Unten - Hawaii's classic bench stylist



ALL TIME HISTORICAL TOP 50 AMERICAN MEN'S 132 Pound (60 Kilogram) Weight Division -- BENCH

BP	X-Bwt	American Athlete/ YOB/ Date/ Actual Weight/ Exact Bodyweight/ Location/ Federation
1.	463.0 (210.0)	3.50X Kerwin Unten/68 6/17/06 (210.0 kg.) (Honolulu, Hawaii) (WABDL)
2.	451.9 (205.0)	*3.42X August Clark/62 11/8/02 (205.0 kg.) (New Orleans, Louisiana) (WPO)
3.	429.9 (195.0)	*3.27X Roy Fokken/70 9/16/00 (205.0 kg.) @ 131.5 lb.) (Ocean City, Maryland) (NSM)
4.	424.4 (192.5)	3.21X Greg Warr/69 5/9/98 (192.5 kg.) (Dallas-Irving, Texas) (WABDL)
5.	415.0 (188.2)	3.14X Derek Ito 7/23/94 (415.0 lb.) (Wahiawa, Hawaii) (NSM)
6.	410.0 (186.0)	*3.13X Rick "Taz" Couch 11/20/93 (410.0 lb.) @ 131.0 lb., w/o BP shirt) (CA) (APA/WPA/UBPF)
7.	410.0 (186.0)	*3.11X Doug Heath/55 3/7/98 (410.0 lb.) @ 132.0 lb.) (Avon Lake, Ohio) (IPA)
8.	402.3 (182.5)	*3.08X Mike Kuhns/86 3/24/07 (182.5 kg.) @ 59.2 kg.) (King of Prussia, Pennsylvania) (USAPL)
9.	397.0 (180.1)	3.00X Joe Bradley/56 12/6/80 (180.0 kg., w/o a BP shirt) (Phoenix, Arizona) (USPF/IPF)
10.	390.0 (176.9)	2.95X Phil Detore/48 1/11/92 (390.0 lb.) (Greensburg, Pennsylvania) (NSM)
11.	385.0 (174.6)	2.91X Doug Ortiz/62 7/23/94 (385.0 lb.) (Wahiawa, Hawaii) (NSM)
12.	385.0 (174.6)	*2.95X Brian Goelz/77 4/17/04 (385.0 lb.) @ 130.5 lb.) (Bradenton, Florida) (APA)
13.	385.0 (174.6)	2.91X Adam Zehr/80 5/13/06 (385.0 lb.) (Albany, New York) (USAPL)
14.	382.5 (173.5)	2.89X Chris Byrnes/69 10/22/00 (382.5 lb.) (Sidney, New York) (NSM)
15.	380.3 (172.5)	*2.88X Joe Smith/76 8/23/03 (172.5 kg.) @ 59.9 kg.) (Rockaway, New Jersey) (USAPL)
16.	380.3 (172.5)	2.88X Jonathon "Joey" Bareng 7/14/07 (172.5 kg.) (Honolulu, Hawaii) (WABDL)
17.	380.0 (172.4)	*2.90X Matt Currin 5/27/89 (380.0 lb.) @ 131.0 lb.) (Pensacola Beach, Florida) (NSM)
18.	380.0 (172.4)	*2.90X Jeff Grabowski 8/28/93 (380.0 lb.) @ 131.0 lb.) (Brown Deer, Wisconsin) (NSM)
19.	375.9 (170.5)	2.84X Ata Edralin 9/8/07 (170.5 kg.) (Waimanalo, Hawaii) (WABDL)
20.	375.0 (170.1)	*2.88X D. Johnston 9/12/90 (375.0 lb.) @ 130.0 lb.) (London, Ohio) (NSM)
21.	370.0 (167.8)	2.80X R. Barton 6/91 (360.0 lb.) (Dexon, Illinois) (FCI)
22.	370.0 (167.8)	2.80X Darryl Cavin 6/26/93 (370.0 lb.) (Columbus, Ohio) (APF/WPC)
23.	370.0 (167.8)	*2.80X Eric Knight/75 4/15/06 (370.0 lb.) @ 132.0 lb.) (Charleston, South Carolina) (APF)
24.	365.0 (165.6)	2.76X Andre Jackson 3/19/94 (365.0 lb.) (Walled Lake, Michigan) (WNPF)
25.	363.8 (165.0)	2.75X Al Andrade 12/8/79 (165.0 kg., without a bench press shirt) (Honolulu, Hawaii) (USPF)
26.	363.8 (165.0)	2.75X Randall Kea/62 3/30/85 (165.0 kg.) (Enterprise, Alabama) (ADFPA)
27.	362.5 (164.4)	*2.77X Jim Lawrence 11/17/90 (362.5 lb.) @ 131.0 lb.) (Phoenix, Arizona) (ADFPA)
28.	360.0 (163.3)	2.72X Watkins 6/91 (360.0 lb.) (Dexon, Illinois) (FCI)
29.	359.8 (163.2)	2.71X Al Hart/39 7/8/78 (355.0 lb., w/o BP shirt) (Los Angeles, California) (USPF)
30.	358.3 (162.5)	*2.72X Annais Covington 6/1/85 (162.5 kg.) (Arlington, Virginia) (USPF)
31.	357.5 (162.2)	2.70X Jim Caraway 11/28/87 (357.5 lb.) (Denton, Texas) (APF/WPC/WBC)
32.	355.0 (161.0)	2.68X P. Lorenzetti 9/14/91 (355.0 lb.) (Womelsdorf, Pennsylvania) (APA)
33.	352.7 (160.0)	*2.67X Lamar Gant/57 11/7/80 (160.0 kg.) @ 60.0 kg., w/o BP shirt) (Arlington, Texas) (USPF/IPF)
34.	352.7 (160.0)	2.67X Marc Morishige 9/14/96 (160.0 kg.) (Portland, Oregon) (USPF)
35.	352.7 (160.0)	*2.67X Steve Petrencsek/68 9/17/05 (160.0 kg.) @ 59.98 kg.) (Maryland Heights, Missouri) (USAPL/IPF)
36.	350.0 (158.8)	*2.80X Mark Ferrera 4/26/86 (350.0 lb.) @ 125.0 lb.) (Lakeland, Florida) (NSM)
37.	350.0 (158.8)	2.65X Jose Perez/60 11/28/87 (350.0 lb.) (Denton, Texas) (APF/WPC/WBC)
38.	350.0 (158.8)	2.65X Joe Scalzo 7/14/91 (350.0 lb.) (Lockport, New York) (USPF)
39.	350.0 (158.8)	2.65X Roger "Red" Sandoval/71 8/1/92 (350.0 lb.) (Brownsville, Texas) (NSM)
40.	350.0 (158.8)	2.65X Glen McGowan 4/23/94 (350.0 lb.) (Des Moines, Iowa) (ADFPA)
41.	347.2 (157.5)	2.63X Phil Trujillo 11/3/77 (157.5 kg., without a bench press shirt) (Perth, Australia) (AAU/IPF)
42.	347.2 (157.5)	2.63X Claude Handsor 6/27/82 (157.5 kg., without a bench press shirt) (London, Ontario) (NSM)
43.	347.2 (157.5)	2.63X Annais Covington 12/17/83 (157.5 kg., w/o BP shirt) (North Miami Beach, Florida) (USPF/IPF)
44.	347.2 (157.5)	*2.65X Dale Yoshizu 3/3/85 (157.5 kg.) @ 59.5 kg.) (Honolulu, Hawaii) (USPF/APF/WPC)
45.	347.2 (157.5)	2.63X Mike Kimura 3/23/87 (157.5 kg.) (Honolulu, Hawaii) (USPF/APF/WPC)
46.	347.2 (157.5)	2.63X Glen McGowan 12/7/96 (157.5 kg.) (Chicago, Illinois) (ADFPA)
47.	345.0 (156.5)	*2.65X Lee Benson/66 11/23/85 (345.0 lb.) @ 130.0 lb.) (San Diego, California) (NSM)
48.	345.0 (156.5)	2.61X Joe Mukite/66 8/16/87 (345.0 lb.) (Machesney Park, Illinois) (APF/WPC)
49.	345.0 (156.5)	2.61X U. Beasty 12/15/90 (345.0 lb.) (Brownsville, Texas) (NSM)
50.	341.7 (155.0)	2.58X George Hummell/54 8/26/78 (155.0 kg., without a bench press shirt) (Los Angeles, CA) (AAU)

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

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

BP	X-Bwt	Female Athlete/ YOB/ Date/ Actual Weight/ Exact Bodyweight/ Location/ Federation
1.	319.7 (145.0)	*2.82X Janet Faraone/67 12/1/07 (145.0 kg.) @ 51.5 kg.) (Montreal, Quebec, Canada) (APF/WPC)
2.	259.0 (117.5)	*2.27X Ashley Awalt/83 10/1/05 (117.5 kg.) @ 114.0 lb.) (Elgin, Illinois) (Bench America3)
3.	259.0 (117.5)	*2.29X Jill Darling/78 5/31/07 (117.5 kg.) @ 51.38 kg.) (Thisted, Denmark) (USAPL/IPF)
4.	248.0 (112.5)	2.16X Mary Ryan-Jeffrey/60 4/2/89 (112.5 kg.) (Honolulu, Hawaii) (USPF/APF/WPC)
5.	248.0 (112.5)	*2.17X Jennie Hollar/80 9/17/05 (112.5 kg.) @ 51.96 kg.) (Maryland Heights, Missouri) (USAPL/IPF)
6.	240.0 (108.9)	*2.11X Margaret Kirkland/63 10/13/07 (240.0 lb.) @ 114.0 lb.) (Tampa, Florida) (APF)
7.	237.0 (107.5)	2.07X Dawn Baker/51 11/5/00 (107.5 kg.) (Canterbury, Connecticut) (APA/WPA)
8.	235.0 (106.6)	2.05X Tracy Jo Beard 5/9/87 (235.0 lb.) (Saint Petersburg, Florida) (APF/WPC)
9.	231.5 (105.0)	2.02X Mary Ryan-Jeffrey/60 7/26/91 (105.0 kg., without a bench press shirt) (Dallas, Texas) (USPF)
10.	231.5 (105.0)	*2.03X Jennifer Maile/84 7/16/05 (105.0 kg.) @ 51.7 kg.) (Duisburg, Germany) (USAPL/IPF)
11.	230.0 (104.3)	2.01X Lisa James 8/29/99 (230.0 lb.) (Charleston, West Virginia) (APF)
12.	226.0 (102.5)	1.97X Susan Rinn/63 3/11/00 (102.5 kg.) (Dallas, Texas) (USPF)
13.	226.0 (102.5)	*2.00X Suzanne "Sioux-Z" Hartwig-Gary/68 11/7/06 (102.5 kg.) @ 51.3 kg.) (Norway) (USAPL/IPF)
14.	226.0 (102.5)	*2.09X Teresa Putchio/73 6/30/07 (102.5 kg.) @ 49.1 kg.) (Willowbrook, Illinois) (AAPF)
15.	226.0 (102.5)	1.97X Ita Pantlil/51 11/15/07 (102.5 kg.) (Anaheim, California) (WABDL)
16.	225.0 (102.1)	*1.99X Lynn Pitts/61 5/16/99 (225.0 lb.) @ 113.0 lb.) (Northampton, Massachusetts) (APA)
17.	220.5 (100.0)	1.92X Kim Anenson/70 6/11/05 (100.0 kg.) (Rancho Cordova, California) (WABDL)
18.	215.0 (97.5)	1.88X Heena Patel/72 8/12/06 (97.5 kg.) (Denver, Colorado) (NASA)
19.	209.4 (95.0)	1.83X Cheryl Finley 11/4/90 (95.0 kg.) (San Francisco, California) (USPF)
20.	209.4 (95.0)	1.83X Caroline Garcia 12/11/94 (95.0 kg.) (Oceanside, New York) (NSM)
21.	209.4 (95.0)	*1.83X Kim Sommers/65 7/4/98 (95.0 kg.) @ 52.0 kg.) (Northbrook, Illinois) (APF/WPC)
22.	205.0 (93.0)	*1.83X Shannon Parrish/62 4/12/03 (205.0 lb.) @ 112.0 lb.) (Bangor, Pennsylvania) (IPA)
23.	203.9 (92.5)	1.78X Michelle Ervis 11/10/84 (92.5 kg.) (Huntington, West Virginia) (USPF)
24.	203.9 (92.5)	1.78X Le N. Le 8/10/96 (92.5 kg.) (Venice, California) (USPF)
25.	203.9 (92.5)	*1.80X Yueh-Chun Chang/70 4/26/97 (92.5 kg.) @ 112.9 lb.) (Lincoln, Nebraska) (USAPL)
26.	203.9 (92.5)	1.78X Valeri Tyree/73 11/16/00 (92.5 kg.) (Reno, Nevada) (WABDL)
27.	203.9 (92.5)	*1.85X Ashley Matherne/83 4/23/04 (92.5 kg.) @ 50.1 kg.) (Omaha, Nebraska) (USAPL)
28.	200.0 (90.7)	*1.80X Donna McKinney/56 2/17/96 (200.0 lb.) @ -50.5 kg.) (Cleveland, Ohio) (ADFPA)
29.	200.0 (90.7)	1.74X Jacqueline Davis-Manzo/61 11/19/99 (200.0 lb.) (York, Pennsylvania) (IPA)
30.	200.0 (90.7)	*1.83X Barbara Goodman/60 8/18/01 (200.0 lb.) @ 109.0 lb.) (Saint Petersburg, Florida) (APA)
31.	199.5 (90.5)	1.74X Suzanne Hedman/60 11/16/07 (90.5 kg.) (Anaheim, California) (WABDL)
32.	198.4 (90.0)	1.73X Kelly 11/19/94 (90.0 kg.) (Des Moines, Iowa) (NASA)
33.	198.4 (90.0)	1.73X Jenny Macy 11/15/02 (90.0 kg.) (Reno, Nevada) (WABDL)
34.	198.4 (90.0)	*1.75X Maura Shuttleworth/76 9/23/06 (90.0 kg.) @ 51.4 kg.) (Apple Valley, Minnesota) (USAPL)
35.	192.9 (87.5)	1.68X Linda Chicado-Shendow 10/2/82 (87.5 kg., without a bench press shirt) (Roy, Utah) (USPF)
36.	192.9 (87.5)	1.68X Mary Ann Price/51-05 4/9/88 (87.5 kg.) (Newport News, Virginia) (USPF)
37.	192.9 (87.5)	1.68X Lori Shope-Fisher 7/23/89 (87.5 kg.) (Columbus, Ohio) (APF/WPC)
38.	192.9 (87.5)	1.68X Jo Ann Kelly 1/7/95 (87.5 kg., without a bench press shirt) (Oklahoma City, Oklahoma) (NASA)
39.	192.9 (87.5)	*1.72X Heidi Carpenter 8/5/95 (87.5 kg.) @ 112.0 lb.) (Galt, California) (AAU)
40.	192.9 (87.5)	1.68X Doris Simmons/52 10/27/95 (87.5 kg.) (Columbus, Ohio) (APF/WPC)
41.	192.9 (87.5)	1.68X Paula Kovalchik/53 4/29/01 (87.5 kg.) (Taylor, Pennsylvania) (USAPL)
42.	192.9 (87.5)	1.68X Donna Arndt 11/15/02 (87.5 kg.) (Reno, Nevada) (WABDL)
43.	192.9 (87.5)	*1.70X Hedy Miller/52 11/15/06 (87.5 kg.) @ 113.8 lb.) (Las Vegas, Nevada) (WABDL)
44.	192.9 (87.5)	1.68X Amber Denmon/86 12/9/06 (87.5 kg.) (Beaumont, Texas) (APF)
45.	190.0 (86.2)	1.66X L. Reina 11/22/86 (190.0 lb.) (Tampa, Florida) (NSM)
46.	190.0 (86.2)	1.66X Beth Fisher-Street/65 3/8/87 (190.0 lb.) (Danvers, Massachusetts) (NSM)
47.	190.0 (86.2)	*1.71X Gay Davis 5/19/90 (190.0 lb.) @ 111.0 lb.) (Grand Rapids, Michigan) (ADFPA)
48.	187.4 (85.0)	1.63X Vicky Steenrod/49 12/11/82 (85.0., without a bench press shirt) (Grand Prairie, Texas) (USPF)
49.	187.4 (85.0)	1.63X Lesa Lemaster 4/7/84 (85.0 kg.) (Lake Saint Louis, Missouri) (USPF)
50.	187.4 (85.0)	1.63X B. Humphrey 11/19/88 (85.0 kg.) (San Jose, California) (USPF)

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



Susan Hedman at the 2007 WABDL Worlds in Anaheim, CA



Linda Chicado-Shendow, with multi-color ribbons hanging from her pigtailed at the 1982 Women's Nationals, is the wife of long time USPF officer/referee Jan Shendow



Mary Jeffrey with one of her innumerable Best Lifter awards



Janet Faraone is the leader of the pack on this ranking by a wide margin. (photographs by M. Lambert)

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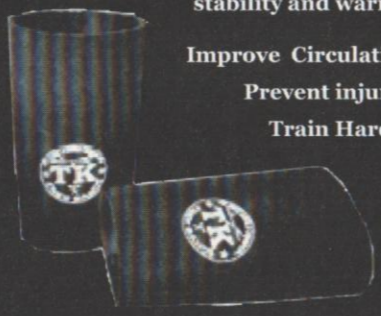
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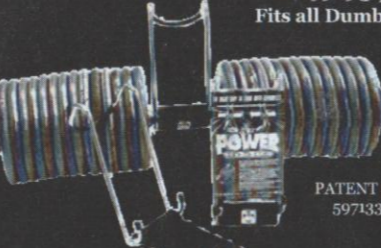
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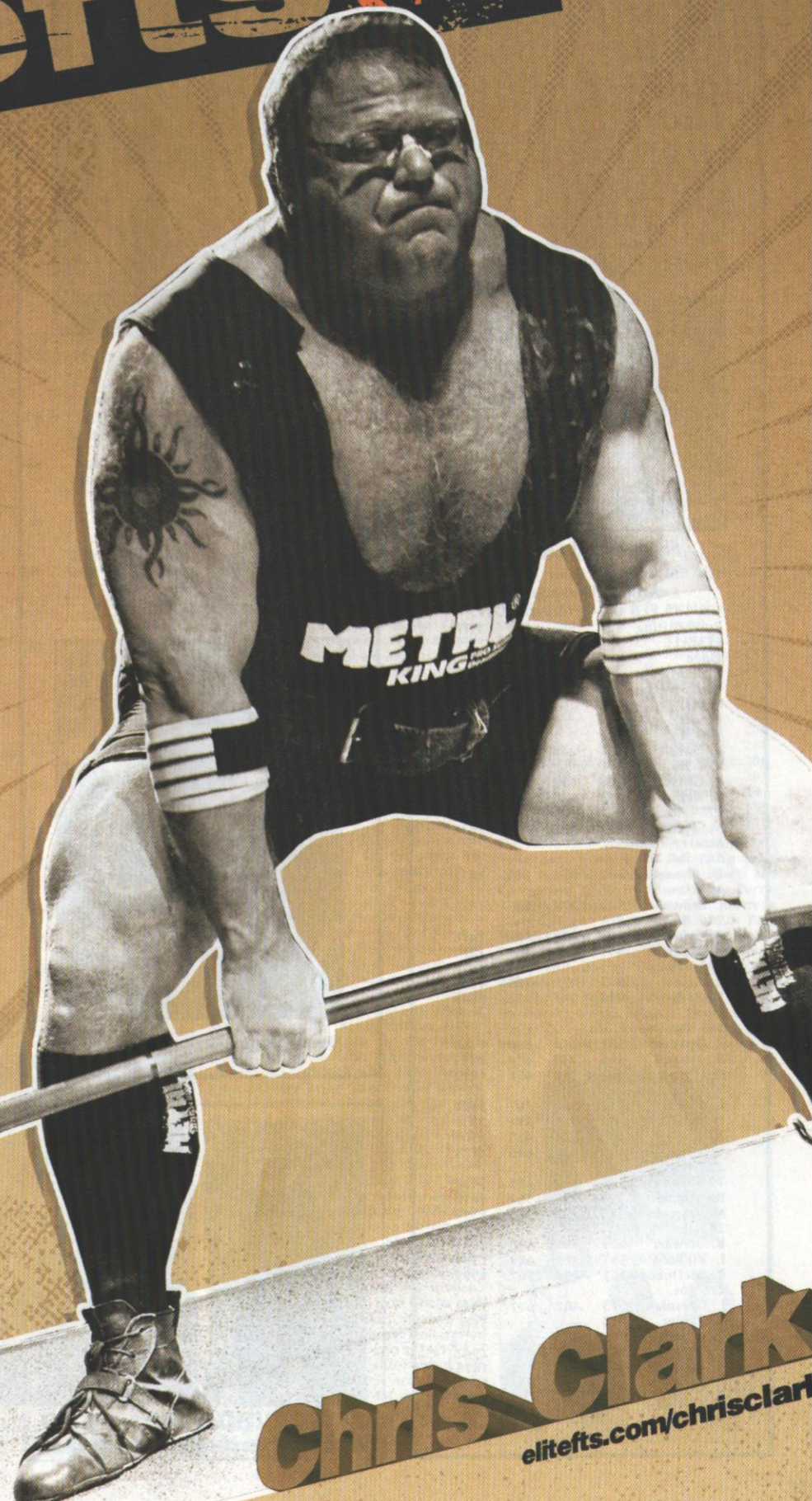
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Best Lifter for the ANPPC Nationals Bench Press **TONY NORWOOD** and friends. (photographs provided courtesy from Dr. Darrell Latch)

181 lbs. D. Newman Master (55-59)	570*	385*	525*	1480*
181 lbs. M. Caliendo Master (60-64)	465*	365*	490*	1320*
220 lbs. T. Roberts	350	250	450	1050
Open 165 lbs. P. Halverson	425	335	440	1200
181 lbs. S. Gawlik 198 lbs. T. Carnaghi J. Stanton	—	—	—	—
760 650	375 325	575 600	1710 1575	
220 lbs. S. Wagner 242 lbs. T. Wilke	680 505	450 365	565 520	1695 1390
4th-SQ-400 4th-DL-455 4th-SQ-625				

*=ANPPC National Records. Best Lifter Powerlifting: Tom Carnaghi. Best Lifter Bench Press: Tony Norwood. Best Lifter Deadlift: Keith Phillips. The ANPPC National Powerlifting Championship was held at Sun Light Power Gym. In the full meet we had some great lifters, starting with our only lady lifter, "E" Girl Reeves. Taking the title at 45-49/181 "E" Girl set all new national records with a 380 squat, 240 bench and a 365 deadlift for a great 985 total. First-time competitor Mitch Easton won at junior 242 with a fine 1350 total. Mitch set new records for the bench (360) and the deadlift (550) to go along with his 440 squat. Mitch was competing "raw". Steve Gawlik, a great lifter out of Chicago, injured his left quad on his second attempt with 620, and was forced to drop out of the competition. In the 45-49 age division it was Tom Carnaghi making just his opener squat of 760, followed by a 375 bench and his opening deadlift of 575 for a 1710 total. Tom posted new national marks in each lift

except the bench. Taking the best lifter award for the competition, Tom also won at open 198. At 220 it was John Dougherty over Mike Maxwell 1510 to 1280. John finished with all new personal bests, finishing at 575-375-560. Mike ended with a 480 squat, 375 bench and a 425 pull for his total. Dave Newman, who claimed this was his last competition, set five new national records at 50-54/181. Finishing with a 570 squat, 385 bench and a 525 pull, Dave totalled 1480. Dave has been a great lifter over the last ten years, winning many ANPPC, SLP, AAPF and AWPFF national and world titles along the way. Hopefully Dave's "retirement" will just be a temporary thing! At 55-59/181 it was Marty Caliendo going 465-365-490-1320, breaking all the national records for that class. Tom Roberts, who was also talking retirement, won at 60-64/220 with a 400 fourth attempt squat, 250 bench and a 450 deadlift for a 1050 (1100) total. In the open division Phil Halverson had his best day yet at 165.

With a new pr squat of 425, Phil benched 335, then a personal best 455 fourth attempt pull gave him a 1215 pr total. Jesse Stanton, a lifter with a great future, placed second to Tom Carnaghi at 220 with a great 650 squat, 325 "raw" bench and a 600 pull for a 1575 total. Brothers Steve and Kevin Wagner battled for the title at 220, Steve coming out the winner with a 1695 total to Kevin's 1390. Steve squatted a big 680 to Kevin's 505, then out-benched him 450 to 365. It was closer in the deadlift with Steve again out-lifting Kevin 565 to 520. Tim Wilke, who had a previous open squat competition, where he broke the existing record at open 242 with a



Tom Carnaghi's Team at the ANPPC Nationals had a guest - Ernie Frantz - who shared his plans for the future

strong 625 final attempt. In the bench press event Marjorie Vincent set the national mark at 55-59/220 with her 110 opener. Wade Wedeking broke the record at 16-17/275 with 265 while best lifter Tony Norwood broke the mark at junior 165 with 390. Dave Newman got his final national record at 50-54/181 with 385. Dr. Joe Dell'Aquila broke the national mark at 55-59/242 with 335 while local favorite Eric Ruff broke his own personal record at police & fire/242 with 365. Our final bencher was Dennis Frost, who won at open 148 with 205. For the deadlift event it was Marianne Harmon for the win at 55-59/165. Marianne, who hails from Richmond, Indiana, set the national record there with a personal best 275. Wade Wedeking won his second title of the day at 16-17/275, setting his second national record of the day with a solid 420 final pull. Our big puller of the meet, and probably the strongest lifter in the meet, Keith Phillips, won at submaster and open 242 with a strong 750 national record pull. A final attempt with 800 came within inches of locking out; if only he had his head up! He's just one good lift away from 800. And none of that sumo crap either, this guy is the real deal, a conventional puller, no wide stance, squat suit, hip lifter, but a real deadlifter! Best lifter! Taking the win at open 148 was Duane Frost, twin brother of Dennis, with a 250 national mark. We had with us, on this special day, a very special guest, Ernie Frantz. To many of us Ernie is considered the Father of Modern Powerlifting. Ernie shared with us all about his blessed life, because of power-lifting, and his concern for its future along with his dream of the CREEDO program. We were honored by your presence, Ernie. Thanks to my wife Susie, Linda Middleton and Mary Tewel, all certified national SLP judges, for doing another great job. Also to my son Joey and grandson Daniel Cordes for a fantastic job spotting and loading. See you all again next year! (Thanks to Dr. Darrell Latch for providing the results)

**Blackstone's 2nd Gym Classic
10 FEB 08 - W. Lafayette, OH**

BENCH 165 lbs. Open Raw	Submaster C. Hurst 275 lbs. Open	360		
181 lbs. Submaster	D. Bosler S. Hartzell	450 340		
198 lbs. Master	T. Bluck Z. Walker	405 275		
220 lbs. Open Raw	T. Myler J. Henkel	415 260		
Ironman 165 lbs. Teen Raw	R. Logan		200	320
220 lbs. Open Raw	J. Henkel		260	320
242 lbs. Master	T. Nubent		505	645
Openm R. Bluck			505	605
308 lbs. Open	N. Courtad		515	685
1200 Best Lifter Bench: Tracy Bluck. Best Lifter Ironman: Tim Nugent. Winner of the bodyweight rep contest and \$100 donated by K&J Nutrition was Zack Cross doing his bodyweight for 36 reps. We would like to give a special thanks to John Gladstone of K&J Nutrition for donating \$100 for the rep contest. I would also like to thank our judges, Ralph Young, Adam Hicks, Tom Sarver, and Doug Foster. Thanks to Jamie Dorsey for working the score table. (re-sults by John Blackstone, Meet Promoter)				

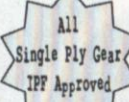
**ANPPC Nationals
27 OCT 07 - Tuscola, IL**

BENCH WOMEN	Open 148 lbs. D. Frost	205		
220 lbs. M. Vincent	DEADLIFT Master (55-59)			
110*	WOMEN			
MEN	Master (55-59)			
Teen (16-17)	165 lbs.			
275 lbs. W. Wedeking	M. Harmon	275*		
265*	MEN			
Junior	Teen (16-17)			
165 lbs.	275 lbs.			
T. Norwood	W. Wedeking	400*		
390*	4th-420*			
Master (50-54)	Submaster			
181 lbs.	242 lbs.			
D. Newman	K. Phillips	750*		
385*	Open			
Master (55-59)	148 lbs.			
242 lbs.	D. Frost	250*		
J. Dell'Aquila	242 lbs.			
335*	K. Phillips	750*		
Police/Fire	BP			
242 lbs.	DL			
E. Ruff	TOT			
365				
Powerlifting SQ				
WOMEN				
Master (45-49)				
181 lbs.				
E. Reeves	380*	240*	365*	985*
MEN				
Junior				
242 lbs.				
M. Easton	440	360*	550*	1350
Submaster				
181 lbs.				
S. Gawlik				
Master (45-49)				
198 lbs.				
T. Carnaghi	760*	375	575*	1710*
220 lbs.				
J. Dougherty	575	375	560	1510
M. Maxwell	480	375	425	1280
Master (50-54)				



Tom Carnaghi readies for his 760 lb. opener squat in the 45-49/198s at the A.N.P.P.C. Nationals

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- 12 APR.** 100% RAW Battle of the Border BP (Currituck, NC) Paul Bossi, President, 139 Marles Way, Camden, NC 27921, 252-339-5025, pres@rawpowerlifting.com, www.rawpowerlifting.com
- 12 APR.** 100% & AAU Granite City Iron Wars V (full, single, SC - First Fitness, Barre, VT) Bret Kernoff, bret@vermontpowerlifting.com
- 12 APR.** SLP National Raw BP/DL (Sallisaw, OK) Darrel Latch, 126 W. Sale, Tucula, IL 61953, 217-253-5429, sonlightgym@verizon.net, www.sonlightpower.com
- 12 APR.** USPF Works Fitness PL, BP, DL (Works Fitness World, New Martinsville, WV) Power Promotions, Matt McCasie, Director, 210 Gilbob St., Fairmont, WV 26554, mccasie@yahoo.com, 304-376-2432
- 12 APR.** WABDL Northwest Regional BP & DL (Medford, OR) Dan Guches 541-890-3258 or Sam Pecktol 541-210-2026
- 12 APR.** WABDL Heart of America BP/DL (Gateway Center, Collinsville, IL) Erica Haislar 618-530-5402
- 12 APR.** APC Georgia State Open PL/BP, L.B. Baker, 770-713-3080
- 12 APR.** APA West Coast Iron Wars PL, BP, DL, PP (Kennewick, WA) Scott Taylor, 5233 First St., #K-16, Zephyrhills, FL 33542, 941-626-4247, scott@apa-wpa.com, www.apa-wpa.com/entryforms.htm
- 12 APR.** 5th Super Bench, Louie LaPoint, 337 Roxbury St., Keene, NH 03431, 603-352-8590
- 12 APR.** 18th Weightlifting Unlimited BP (Winchester, VA) Randy Brooks, 540-667-6288, or Randy R. 304-283-6059
- 12 APR.** NASA Kansas State Equipped & Unequipped PL& BP and Power Sports & Push Pull & Pro Qualifier (Salina, KS) 405-527-8513, P.O. Box 735, Noble, OK 73068, SQBPDL@aol.com
- 12 APR.** UPA South Carolina Battle of the Beasts (PL, BP - 5820 Augusta Rd., Greenville, SC) Bart Kelley, 864-286-

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kelly@unitedpowerliftingassociation.com, k.taillon@hotmail.com
- 12 APR.** APF Gulf Coast (New Port Richey, FL) Rick Lawrence, 727-376-1707 or Bart 727-919-4738
- 12-13 APR.** AAFP Nationals (Lake George, NY) Sam Luciano, 518-747-3242
- 13 APR.** WNPF Upstate NY II (Buffalo, NY) Ron Deamicis 330-792-6670, powerit@aol.com
- 19 APR.** ADFPF Chicago PL & Single Event (Qualification for '08 WDFPF World Championships - Chicago, IL) B&W Gym, 5920 N. Ridge, Chicago, IL, 309-837-2111, adfpg.org
- 19 APR.** Bartlesville Classic (Bartlesville, OK) JDuree@aol.com
- 19 APR.** APF Classic PL Showdown (raw) & GA DL (raw or equip - Kennesaw, GA) Jon Grove, 770-426-1077
- 19 APR.** Kern County High School Meet (Bakersfield, CA) Steve Denison, 661-333-9800, pwrfltrs@msn.com, www.powerliftingCA.com
- 19 APR.** WNPF Lifetime All American Bench Press, Deadlift & Powercurl Championships (Atlantic City, NJ) WNPF Lifetime, PO Box 142347, Fayetteville, GA 30214, 678 817-4743, wnpflifetime@aol.com
- 19 APR.** PPL Georgia State Drug Free PL, PPL, 2250 Lumpkin Rd., Augusta, GA 30906, 706-790-3806, pythongym@aol.com
- 19 APR.** WNPF National BP, Bench for Reps, DL & PC Championships (Atlantic City, NJ) Troy Ford 678-817-4743, wnpf@aol.com
- 19 APR.** 100% RAW Maryland State PL & BP Open Invitational (Hagerstown, MD) Dan Corridean, Bdan1745@aol.com, 240-417-2229
- 19 APR.** Mighty Christian Powerlifting Contest IV (Dover, NJ) themightygiibbors@aol.com, 973-303-3645
- 19 APR.** Damn Large One (Madison, WI) Job Hou-Seye, Meet Director, 1-888-JOB-HOUSEYE
- 19 APR.** USPF Pro Performance

- Fitness Expo PL, Matt McCasie, 210 Gilbob St., Fairmont, WV 26554, 304-376-7538, mccasie@yahoo.com
- 19 APR.** North Georgia Barbell Club Classic PL Showdown, Georgia Deadlift (Kennesaw, GA) Jon Grove, 770-426-1077
- Kennesaw@fitnessresource.com
- 19 APR.** WABDL Florida BP/DL (Lakeland, FL) Louis Baltz 863-687-6268
- 19 APR.** USPF "Lock N' Load Buckaroo" PL/BP/DL (Cold Iron Gym, Tombstone, AZ) 520-457-3955, www.coldirongym.com.
- 19 APR.** NASA Ohio State, Equipped

- & Unequipped PL & BP and Power Sports & Push Pull & Pro Qualifier (Lancaster, OH) 405-527-8513, P.O. Box 735, Noble, OK 73068, SQBPDL@aol.com
- 19 APR.** Pride Pro-Am BP & DL (single, raw, equipped) Judy Sverchek, 401 N. 2nd St., Coeur d'Alene, ID 83814, 208-964-5066, www.pridepowerlifting.com
- 19 APR.** APA Thunder Bay Open PL, PP, BP, DL (Tampa, FL) Scott Taylor, 5233 First St., #K-16, Zephyrhills, FL 33542, 941-626-4247, scott@apa-wpa.com, www.apa-wpa.com/entryforms.htm
- 19 APR.** WABDL River Country Classic (Gadsden, AL) Brent Bishop 256-390-4436
- 19 APR.** 13th Dungeon Powerworks Slam BP/DL (3 Rivers, MI) Mark Mellinger, 369-435-7586, 15681 Featherstone, Constantine, MI 4+053.

APF/AAPF/WPO Schedule

- 12 APR.** APF Gulf Coast Open
- 12-13 APR.** AAFP Nationals
- 19 APR.** APF Classic Showdown
- 3-4 MAY.** APF Master, Teen & Junior Nationals
- 5 MAY.** APF Bench Press Meet
- 17-18 MAY.** APF Maine State
- 30-31 MAY, 1 JUN.** 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.** AAPF 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
- DEC.** APF/AAPF Southern States

Dates subject to change Call 886-389-4744 for info. (worldpowerlifting.org) (worldpowerliftingcongress)

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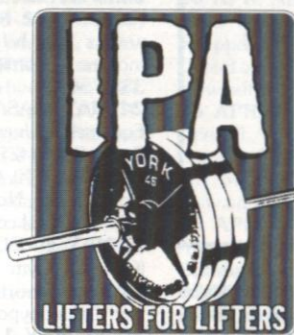
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6670 or 330-519-3078
7-8 JUN, USAPL NJ State HS PL, Mark Salandra, 5 Thompson Close, Hillsborough, NJ 08844, 908-874-6125, www.strengthcondition.com
8 JUN, Summer Push Pull Contest (Granger, IN) Jon Smoker, jjrcsmoker@hotmail.com
13 JUN, USAPL Sunshine State Games BP & PL (Lakeland/Tampa, FL) Robert Keller, Box 281571, Davie, FL 33329, 954-790-2249, rhk@verizon.net, www.geocities.com/floridausapl
14 JUN, NASA East Texas State, Equipped & Unequipped PL & BP and Power Sports & Push Pull & Pro Qualifier (Tyler, TX) 405-527-8513, P.O. Box 735, Noble, OK 73068, SQBPD@aol.com
14 JUN, SLP Superman Classic BP/DL (Metropolis, IL) Darrel Latch, 126 W. Sale, Tucola, IL 61953, 217-253-5429, sonlightgym@verizon.net, www.sonlightpower.com
14 JUN, WABDL Rocky Mountain Regional BP/DL (Hampton Inn, Salt Lake City, UT) David Edgell 81-721-5438
13-14 JUN, USAPL Teen Junior Nationals (St. Louis, MO) Harold Gaines Sr., 2 Tristan Terrace, St. Charles, MO 63303, 314-805-2044
13-15 JUN, USAPL Men's, Teen, Junior Nationals, Johnny A. Graham, 2203 Excel Dr., Killeen, TX 76542, 254-526-0779
14 JUN, USPF Muscle Beach BP/DL (Venice Beach, CA) Steve Denison, 661-333-9800, pwrlftrs@msn.com, www.powerliftingCA.com
21 JUN, WADL Northeastern Regional BP/DL (Newport, ME) Al Stork 207-223-5945
21 JUN, Iron Chamber Gym Summer Bench Bash (Sandy Valley High School - Magnolia, OH - 125 entry limit) Jeff Begue, 330-844-1011 ICG-Pride@hotmail.com
21 JUN, Sonny's 4th WABDL Push Pull (Sheraton Waikiki Hotel, Honolulu, HI) Mike Saito 808-221-0129, Jocelyn Ronolo 808-387-8776, Levana Furtado 808-368-6727
21 JUN, USA Raw Bench Press Federation Summer Nationals (Tuscola, IL) Darrel Latch,

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Events Calendar

2008 IPA WORLD POWERLIFTING CHAMPIONSHIPS

York Barbell Company
 York, Pennsylvania
June 28 - 29, 2008

2008 IPA SENIOR NATIONAL POWERLIFTING CHAMPIONSHIPS
 York Barbell Company
 York, Pennsylvania
November 22- 23, 2008

For information about the meet and lodging, visit www.IPAPOWER.com for a downloadable entry form.

Meet Directors

Mark Chaillet at 717-495-0024,
 Chaillet's Private Fitness,
 190 Arsenal Rd., York, PA 17404
 Or Email: Ellen.Chaillet@aol.com

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Serum Protein, 90%, 1 pound	16.50
Whey Protein 90% instant isolate, 24oz	18.00
Tribulus Ext. 45% 100gm	7.50
Long Jack 100:1, 20gm	37.50
Yohimbe 2% Std. Extract 50gm	7.50
Glutamine 300gm/1kg	10.50/28.50
Glucosamine Sulfate, 250gm	9.50

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126 W. Sale, Tucola, IL 61953, 217-253-5429, sonlightgym@verizon.net, www.sonlightpower.com
21 JUN, USAPL SC State (Brickhouse Gym) Dan Austin, 215 Windsorcrest Rd., Columbia, SC 29229, 803-736-1956
21 JUN, ADPF PL National & WDFPF World Qualifier (equipped, raw, men, women, Open, 3 teens, 10 masters, police/fire/military - Evansville, IN) Meet directors: Mike Stagg 812-204-3755, Derek Wallace 812-217-0939, Dick Connor 812-867-1736, or 309-837-2111, www.adpf.org
21 JUN, 100% RAW & AAU RAW Twisted Fitness Push-Pull, Bench, Deadlift & Strict Curl (Claremont, NH) Meet Director, Bret Kernoff 802-865-2747, bret@vermontpowerlifting.com, www.vermontpowerlifting.com
21-22 JUN, NASA USA Nationals, Equipped & Unequipped PL & BP and Power Sports & Push Pull & Pro Qualifier (Lancaster, OH) 405-527-8513, P.O. Box 735, Noble, OK 73068, SQBPD@aol.com
26-29 JUN, WPF European PL, BP, DL (Kulturhalle Stadt Forchheim (Jahnalle), Friedrich-Ludwig-Jan-Strasse, 91301 Forchheim, Germany, Peter and Jorg Wiemann, www.wpfpowerlifting.com

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28 JUN, ADAU National Powerlifting (men, women, all ages) Joe Oreglia, 4319 W. 26 St., Erie, PA 16506, 814-833-3727
28 JUN - WNPFL 17th New Jersey PL, BP, DL, PC (Bordentown, NJ) Troy Ford 678-817-4743, wnpf@aol.com
28 JUN - WNPFL Lifetime Raw Nationals & Powerfest 2K8 (Bordentown, NJ) WNPFL Lifetime, PO Box 142347, Fayetteville, GA 30214, 678 817-4743, wnpflifetime@aol.com
28 JUN, 100% Raw Freedom USA Open BP/CR, John Shifflett, 186 Happy Hollow Rd., Ruckersville, VA 22968, valifiting@aol.com, www.rawpowerlifting.com
28 JUN, AAU Sooner State Summer Games PL/BP/DL (Shawnee, OK) Rickey Dale Crain, rcrain@allegiance.tv
28 JUN, WABDL 12th Alki Beach BP/DL (Seattle, WA) Bull Stewart 206-725-7894
28, 29 JUN, IPA World PL/BP, York Barbell, 3300 Board Rd., York, PA 17406, Mark Chaillet, 717-495-0024, chailfit@yahoo.com, Ellen Chaillet, echaillet@aol.com
28, 29 JUN, USPF Multi-Nationals (Men, Women, Junior, Masters, Police & Fire, BP & DL, Sheraton-Providence Airport Hotel, Warwick, RI) Ted J. Isabella, 401-946-5350, uspf-ri@cox.net, www.ripl.org
JUN, APF/AAPF Chicago Summer Bash 5 (Willowbrook, IL) Eric Stone, 630-794-0594, thestone@chicagopowerlifting.com
JUN - WNPFL Lifetime Pan-Americans PL, BP, DL, PC Champs (Nanuet, NY) WNPFL Lifetime, PO Box 142347, Fayetteville, GA 30214, 678 817-4743, wnpflifetime@aol.com
JUN, APF/AAPF Florida State, Kieran Kidder, 866-389-4744, amyjackson@aol.com
JUN - WNPFL Powerfest 2K8 PL, BP, DL, PC (Nanuet, NY) Troy Ford 678-817-4743, wnpf@aol.com
JUN, USPF Multi-National Junior, Senior, Masters PL/BP/DL Championship (Providence, RI) Ted Isabella, uspf-ri@cox.net, MattMcCase@mccase@yahoo.com
3-5 JUL, IBSA/USAPL World BP & Powerlifting Championships for the Blind and Visually Impaired (Miami, FL) Robert Keller, Box 281571, Davie, FL 33329, 954-790-2249, rhk@verizon.net, www.geocities.com/floridausapl
5 JUL, SLP Samson's Gym Open BP/DL (Hamilton, OH) Darrel Latch, 126 W. Sale, Tucola, IL 61953, 217-253-5429, sonlightgym@verizon.net, www.sonlightpower.com
5, 6 JUL (additional day), NASA East Coast Nationals & Pro Qualifier, Equipped & Unequipped PL & BP and Power Sports & Push Pull (includes qualifier for all NASA Pro events - NC) 405-527-8513, P.O. Box 735, Noble, OK 73068, SQBPD@aol.com
6 JUL, USAPL U.S. Open BP & DL (Miami, FL) Robert Keller, Box 281571, Davie, FL 33329, 954-790-2249, rhk@verizon.net, www.geocities.com/floridausapl
12 JUL, Monster Muscle Record



2008 AAU Junior Olympic Games Detroit, MI Bench Press Meet July 26, 2008

Schedule: Weigh-Ins will be held on Saturday, July 26 from 4:00 pm to 5:30 pm. Competition starts at 6:00 pm.

Divisions: All male and female weight and age classes.

Men: 114, 123, 132, 148, 165, 181, 198, 220, 242, 275, 308 SHW
 Women: 97, 105, 114, 123, 132, 148, 165, 181, 198 HWT

Teen (11 & under) (12-13) (14-15) (16-17) (18-19) Junior (20-23) Sub-master (35-39) Masters (40-44) (45-49) (50-54) (55-59) (60-64) (65+) (OPEN) (RAW)

Membership: All participants must be members of the AAU. AAU athlete membership is \$12 for youth and \$32 for adult.

Entry Fee: \$40 per athlete for Bench Press meet

Deadline: Register online at www.aaujrogames.org by July 11, 2008.

More Info: A Full Power World meet is also being held July 26-27. Visit www.aaujrogames.org for more information.

What are the AAU Junior Olympic Games?

Don't miss out on the largest, multi-sport youth event in the country. Over 16,000 participants will compete in 22 sports in Detroit, Michigan from July 23-August 2, 2008.

Breakers BP & DL (single lift, raw, equipped) Judy Sverchek, 401 N. 2nd St., Coeur d'Alene, ID 83814, 208-964-5066, www.pridepowerlifting.com
12 JUL, Nebraska Strongest Man Strongman Competition (American Legion, 230 W. Lincoln Rd., Papillion, NE 68046) DJ Satterfield 402-592-1243, djnechair@yahoo.com
12 JUL, NASA Youth Nationals & WV Open BP, PP & PS (Ravenswood, WV) Greg Van Hoose, RR1 Box 166, Ravenswood, WV 26164, www.vhepower.com
12 JUL, USPF Fresno Open PL/BP/DL, Steve Denison, 661-333-9800, pwrlftrs@msn.com, www.powerliftingCA.com
12 JUL - WNPFL North Americans PL, BP, DL, PC Championships (Atlanta, GA) Troy Ford 678-817-4743, wnpf@aol.com
12 JUL, NASA WV Open BP, PP, PS, Greg Van Hoose, RR1 Box 166, Ravenswood, WV 26164, www.vhepower.com
12 JUL, ANPPC World Cup PL, Darrel Latch, 126 W. Sale, Tucola, IL 61953, 217-253-5429, sonlightgym@verizon.net, www.sonlightpower.com
12 JUL, WABDL Midwest Regional BP/DL (Marriott Hotel, Minneapolis West, MN) Gus Rethwisch 763-545-8654 or 503-901-1622
12-13 JUL (NEW DATE), UPA Power Weekend, Bench Bash for Cash, Pro Powerlifting, Amateur Strongman, Amateur Bench Press, Bill Carpenter 563-599-1390, Kenny Patterson 614-563-0279
19 JUL, PPL Southeasterns, Tee Meyers, 2250 Lumpkin Rd., Augusta, GA 30906, 706-790-3806, pythongym@aol.com
19 JUL, SLP Northwest Arkansas Open BP/DL Classic, 479-636-0996, Darrel Latch, 126 W. Sale, Tucola, IL 61953, 217-253-5429, sonlightgym@verizon.net, www.sonlightpower.com
19 JUL, WABDL Great Lakes Regional BP/DL (Holiday Inn South, Lansing, MI) Jim Thompson, 406-208-8654 or 503-901-1622
19 JUL, AAPF Big Sky State Games (Billing, MT) Jim Thompson, 406-208-6094, ironjim@bresnan.net
19 JUL, APF Barbee Classic (Houston, TX) Gary Pendergrass, 800-378-6460, www.seguinfitness.com
19 JUL, USAPL Mid Atlantic Open (PL/BP/DL/Ironman, raw, assisted -

30214, 678 817-4743, wnpflifetime@aol.com
28 SEP, (tentative) IPA Pennsylvania PL, BP (location tba), Gene Rychlak Jr., 143 Second Ave., Royersford, PA 19468, 610-948-7823, bench_a_grand@yahoo.com
28 SEP - WNPFL 17th Penn States Open PL, BP, DL Champs (Ephrata, PA) contact Troy Ford 678-817-4743, wnpf@aol.com
29 SEP-4 OCT, IPF Masters Worlds (Palm Springs, CA) Lance Slaughter, 310-995-0047, www.powerlifting-ipf.com, 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 Tshontikidis, 4353 Collinwood Dr., Melbourne, FL 32901, 321-505-1194, tshontis@brevard.k12.fl.us
4 OCT, NASA 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, SQBPDL@aol.com
4 OCT, SPF/WBPLA World PL/BP (Gaitlinburg, TN) Jesse Rodgers, 423-344-7161, rogersmadmax@bellsouth.net
4 OCT, SLP Tennessee State BP/DL (Lexington, TN) Darrel Latch, 126 W. Sale, Tucola, IL 61953, 217-253-5429, sonlightgym@verizon.net, www.sonlightpower.com
10-12 OCT, WDPF Single Event Worlds (equipped, raw, men, women, Open, teen, masters, police/fire/military - Antwerp, BEL) Wim Backelant, 309-837-2111, www.adpf.org

11 OCT - WNPFL 9th Palmetto PL, BP, DL, PC (Clemson, SC) Troy Ford 678-817-4743, wnpf@aol.com
11 OCT, 17th annual Special Olympics Liffoff, Venice Beach Recreation Center, 1800 Ocean Front Walk, Venice, CA 90291, Karlon Mack & Kevin Meskew 310-399-2775, Rosie Garcia 310-794-3393
11 OCT - WNPFL Lifetime Carolina State BP, DL, PC Championships (Greenville, SC) WNPFL Lifetime, PO Box 142347, Fayetteville, GA 30214, 678-817-4743, wnpflifetime@aol.com
11 OCT, SSA Full Power/Ironman/Single Lift (Iron Asylum Gym, Tribes Hill, NY) Sandi McCaslin, 518-858-7002, www.ironasylumgym.com
18 OCT, SLP Monon Fitness BP/DL (Indianapolis, IN) Darrel Latch, 126 W. Sale, Tucola, IL 61953, 217-253-5429, sonlightgym@verizon.net, www.sonlightpower.com
18 OCT, PPL Nationals, Tee Meyers, 2250 Lumpkin Rd., Augusta, GA 30906, 706-790-3806, pythongym@aol.com
18 OCT, USPF Monster Beach & Night of the Living Deadlift (Chatsworth, CA) Kevin Meskew, 818-899-7555, warrior01@earthlink.net, www.powerliftingCA.com
18 OCT, APC Northern California Open PL/BP, John Ford 650-303-7518
18 OCT, NASA Unequipped Nationals, Unequipped Powerlifting, Power Sports, Unequipped Push Pull, Unequipped BP (OKC, OK) 405-527-8513, P.O. Box 735, Noble, OK 73068, SQBPDL@aol.com
19 OCT, NASA 1st Annual Pro Unequipped Championships, Unequipped Powerlifting, Power Sports, Unequipped Push Pull, Unequipped BP (OKC, OK) 405-527-8513, P.O. Box 735, Noble, OK 73068, SQBPDL@aol.com
25 OCT, 4th Westminster Family

Paul Kelso's POWERLIFTING BASICS - TEXAS STYLE. The Game's Funniest Book: .. join Lope and Lavonda in the "ultimate blend of hilarity and common sense .." \$14.95 plus s/h, from IronMind Ent. Box 1228, Nevada City, CA95959, 916-265-6725, www.ironmind.com

Center BP, WFC, 11 Longwell Ave., Westminster, MD 21157, Scott Bixler, 443-789-9452
25 OCT, SSA West Coast Fall Ironman Classic (Newport, OR) Jason Centoni 540-336-2779, www.strengthalliance.com
25 OCT, APF Halloween Monster Bench Bash (Eagle Nest, NM) Anita Ramsey/Churtis Schultz, 505-377-3099
25 OCT, 26th Raw ADAU Central PA Open PL (open, all age groups, men and women) Al Siegel 304 Daisy St., Clearfield, PA 16830, 814-765-3214, al@pikitung.com
25 OCT, AAU 11th Annual Crain BP/DL Open (Shawnee, OK) Rickey Dale Crain, 405-275-3689, rcrain@allegiance.tv
25 OCT, NASA Iowa Regional, Equipped & Unequipped PL, Power Sports, Push Pull, Equipped & Unequipped BP Only (Des Moines, IA) 405-527-8513, P.O. Box 735, Noble, OK 73068, SQBPDL@aol.com
25 OCT, USPF Pro Performance Strongman/PL (Morgantown, WV) Matt McCaslin, 210 Gilbob St., Fairmont, WV 26554, 304-376-7538, mcase@yahoo.com
25 OCT, ANPPC National Powerlifting Championship (Tuscola, IL) Darrel Latch, 126 W. Sale, Tucola, IL 61953, 217-253-5429, sonlightgym@verizon.net, www.sonlightpower.com

25-26 OCT - WNPFL Lifetime 1ST International Cup Championships (PC, BP, DL (Atlantic City, NJ) WNPFL Lifetime, PO Box 142347, Fayetteville, GA 30214, 678-817-4743, wnpflifetime@aol.com
OCT, APF Mississippi State PL/BP (Pascagoula, MS) Joe Ladnier, 228-669-4240, theladinc@bellsouth.net
OCT, APF/AAPF Snake River PL/BP/DL & Special Olympics (Idaho Falls, ID) Mike & Linda Higgins, 208-521-3434
1 NOV, USA Raw Bench Press Federation World Championship, Darrel Latch, 126 W. Sale, Tucola, IL 61953, 217-253-5429, sonlightgym@verizon.net, www.sonlightpower.com
1 NOV, APF Texas Cup (Plano, TX) Gary Pendergrass, 800-378-6460, www.seguinfitness.com
1 NOV, NASA Masters & Submasters Nationals, Equipped & Unequipped PL, Power Sports, Push Pull, Equipped & Unequipped BP (Mesa, AZ) 405-527-8513, P.O. Box 735, Noble, OK 73068, SQBPDL@aol.com
2 NOV, APL New England Open BP/DL (equipped, raw) Dave Follansbee & IFBB Pro Maggie Blanchard, 865 Second St., Manchester, NH 03102, 603-626-5489, NHBodybuilding@yahoo.com, AmericanPowerlifting.com
8 NOV, SLP Ohio State BP/DL (Hamilton, OH) Darrel Latch, 126 W. Sale, Tucola, IL 61953, 217-253-5429, sonlightgym@verizon.net, www.sonlightpower.com
8 NOV, Regionals (Kansas City, KS) JDuree@aol.com
8 NOV, APF Bench Press (Phoenix, AZ) J.R. Bolger, 602-218-6489, azapf@cox.net
8 NOV, USAPL Florida Collegiate State BP & PL (Miami) Robert Keller, Box 281571, Davie, FL 33329, 954-790-2249, rhk@verizon.net, www.geocities.com/floridausapl
9 NOV, USAPL Southeastern USA Regional BP & PL (Miami, FL) Robert Keller, Box 281571, Davie, FL 33329, 954-790-2249, rhk@verizon.net, www.geocities.com/floridausapl
12-17 NOV, WABDL World BP/DL (Riviera Hotel, Las Vegas, NV) Gus Rethwisch 763-545-8654 or 503-901-1622
13-16 NOV, WPF World PL, BP, DL (Austragungsart, Jedlersdorferstrasse 94, A1210, Wien, Austria, Gerhard Holleitner, www.wpfpowerlifting.com
15 NOV, USAPL Ohio PL/BP (Men-Women - Masters - Open/Raw, Teen, Team) Ed or Frank King, 440-439-5464, www.kingsgymohio.com
15 NOV, SLP Kentucky State BP/DL (Louisville, KY) Darrel Latch, 126 W.

Sale, Tucola, IL 61953, 217-253-5429, sonlightgym@verizon.net, www.sonlightpower.com
15 NOV, N. Virginia Raw PL/BP, John James 703-475-9885, www.northernvirginiarawpower.com
15 NOV, NASA Colorado Regional, Equipped & Unequipped PL & BP and Power Sports & Push Pull (Loveland, CO) 405-527-8513, P.O. Box 735, Noble, OK 73068, SQBPDL@aol.com
22 NOV, NASA Kansas Regional, Equipped & Unequipped PL & BP and Power Sports & Push Pull (Salina, KS) 405-527-8513, P.O. Box 735, Noble, OK 73068, SQBPDL@aol.com
22-23 NOV, IPA Sr. National PL/BP, York Barbell, 3300 Board Rd., York, PA 17406, Mark Chaillet, 717-490-0024, chailfit@yahoo.com, Ellen Chaillet, echaillet@aol.com
22-23 NOV - WNPFL Lifetime 1st All-Raw World Cup Powerlifting, BP, DL & PC (Atlanta, GA or Orlando, FL) WNPFL Lifetime, PO Box 142347, Fayetteville, GA 30214, 678 817-4743, wnpflifetime@aol.com
22-23 NOV - WNPFL 17th WNPFL World PL BP, DL & PC Championships (Atlanta, GA) Troy Ford 678-817-4743, wnpf@aol.com
29 NOV, PPL National Strongman, PPL, 2250 Lumpkin Rd., Augusta, GA 30906, 706-790-3806, pythongym@aol.com
29 NOV, NASA Oklahoma Open, Equipped & Unequipped PL & BP and Power Sports & Push Pull, 405-527-8513, P.O. Box 735, Noble, OK 73068, SQBPDL@aol.com
NOV, AAU World Military PL/World Bench Press/World Full Power/International BP, DL, Push-Pull (Virginia) Judy & Steve Wood, Jill Meads, 804-559-4624, vapowerlifting@aol.com
NOV, WPC World PL/BP, Amy Jackson, 505 Westgate Dr., Aurora, IL 60506, 866-389-4744
5-7 DEC, 100% RAW/RAW United Worlds (all current membership cards honored, all lifters & teams receive awards, entry deadline Saturday, November 8) Spero Tshontikidis, 4353 Collinwood Dr., Melbourne, FL 32901, 321-505-1194, tshontis@brevard.k12.fl.us
6 DEC, NASA Missouri Regional, Equipped & Unequipped PL & BP and Power Sports & Push Pull, 405-527-8513, P.O. Box 735, Noble, OK 73068, SQBPDL@aol.com
6 DEC, APC Iron Man (Fresno, CA) Bob & Kim Packer, 559-322-6805, 559-323-3892
6 DEC, USPF NorCal Open PL, BP, DL (Sacramento, CA) Steve Denison, 661-333-9800, pwrlifts@msn.com, www.powerliftingCA.com
6 DEC, USAPL Virginia State PL/BP/DL/Ironman, raw, assisted - Standardsville, VA) John Shifflett, 186 Happy Hollow Rd., Ruckersville, VA 22968, valifting@aol.com, www.virginiausapl.com
6 DEC - WNPFL McCray/Peace Memorial BP, DL, PC & Police/Fire/Military Nationals (Bordentown, NJ) Troy Ford 678-817-4743, wnpf@aol.com

6 DEC - WNPFL Lifetime Ironman Nationals & East Coast BP, DL, PC (Bordentown, NJ) WNPFL Lifetime, PO Box 142347, Fayetteville, GA 30214, 678 817-4743, Wnpflifetime@aol.com
7 DEC - WNPFL 7th Eastern USA PL, BP, DL, PC (Seaford, DE) Troy Ford 678-817-4743, wnpf@aol.com
6 DEC, SLP Tennessee Christmas for Kids BP/DL (Memphis, TN) Darrel Latch, 126 W. Sale, Tucola, IL 61953, 217-253-5429, sonlightgym@verizon.net, www.sonlightpower.com
6 DEC, APF Gulf Coast (Beaumont, TX) Gary Pendergrass, 800-378-6460, www.seguinfitness.com
7 DEC, 16th Raw ADAU Coal Country Classic (separate SQ, BP, DL, open and all age groups, men and women - Bigler, PA) Al Siegel 304 Daisy St., Clearfield, PA 16830, 814-765-3214, al@pikitung.com
7 DEC, BPO British BP & DL Record Breakers (Four Seasons, Trallwn Road, Llansamlet, Swansea) Ken Williams (07970 625946), Nigel Wilding (07814 939047) www.wpfpowerlifting.com
13 DEC, APF Rio Grande Valley Championship (McAllen, TX) Gary Pendergrass, 800-378-6460, www.seguinfitness.com
13 DEC, SLP Arkansas BP/DL (Rogers, AR) Darrel Latch, 126 W. Sale, Tucola, IL 61953, 217-253-5429, sonlightgym@verizon.net, www.sonlightpower.com
13 DEC, 100% Raw Christmas Classic BP/CR, John Shifflett, 186 Happy Hollow Rd., Ruckersville, VA 22968, valifting@aol.com, www.rawpowerlifting.com
13 DEC, Golden Bear Bench Press Classic (WI) Steve Fronk, 715-736-7560, unitedag@chibardun.net
13 DEC, NASA West Texas Regional, Equipped & Unequipped PL & BP and Power Sports & Push Pull, 405-527-8513, P.O. Box 735, Noble, OK 73068, SQBPDL@aol.com
20 DEC, NASA Illinois Christmas Regional, Equipped & Unequipped PL & BP and Power Sports & Push Pull, 405-527-8513, P.O. Box 735, Noble, OK 73068, SQBPDL@aol.com
27 DEC, 3rd annual Gene Rychlak Jr. Bench Press Classic (Boyertown YMCA) Gene Rychlak Jr., 143 Second Ave., Royersford, PA 19468, 610-948-7823, bench_a_grand@yahoo.com
27 DEC, SLP The Last One! BP/DL (Tuscola, IL) Darrel Latch, 126 W. Sale, Tucola, 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, rhk@verizon.net, www.geocities.com/floridausapl
DEC, APF-AAPF Southern States PL/BP, Kieran Kidder, 866-389-4744, amyjackson@aol.com
24-25 JAN, Raw Unity Meet (New Port Richey, FL) erictalment@yahoo.com, www.rawunitymeet.com



The SAAS's Own MIKE COLLETT

USA Raw BP Federation Worlds
 3 NOV 07 - Tuscola, IL

BENCH FEMALE	Master (50-59)	
198 lbs.	R. Kuhn	330
Teen (13-15)	242 lbs.	
97 lbs.	H. Jackson	400
K. Hislop 60*	Master (60-69)	181 lbs.
Submaster	130*	R. Peterson 200*
123 lbs.	220 lbs.	
M. McElroy	M. Collett	240
MALE	Master (70-79)	
Teen (13-15)	220 lbs.	
148 lbs.	G. Good	275*
S. Wellman 185*	Police/Fire	
Teen (18-19)	198 lbs.	
198 lbs.	Z. Marvel 380*	Submaster 198 lbs.
J. Hunter 385*	Junior	181 lbs. 335
Submaster	181 lbs.	
181 lbs.	T. Hague	275 lbs.
E. Meinders 250	Open	165 lbs.
242 lbs.	335	T. Norwood 385*
B. Hislop 435*	181 lbs.	
4th-450*	220 lbs.	335*
Master (40-49)	220 lbs.	
308 lbs.	K. Derossett	385*
O. Boyd, Jr. 420*	242 lbs.	
	A. Barnhart	475*
	275 lbs.	
	C. Kozeluh	475
	I. Robie	365
	SHW	
	D. Patrick	530*



Kaley Hislop at the USA RAW BP

*=USA Raw Bench Press Federation World Records. Best Lifter Open Men: Dru Patrick. Best Lifter Master Men: Henry Jackson. The USA Raw Bench Press Federation World Championship was once again a big success with lifters from Illinois, Indiana, Michigan, Wisconsin and Georgia. Thanks to our spotters and loaders, Phil Halverson, Eric Ruff and my son Joey for doing a great job, as well as my side judges, Linda Middleton and my wife Susie, both fantastic national and world class judges. In the teenage women's 13-15 age division, first time competitor Kaley Hislop set the world mark at 97 with 60. Marla McElroy set the world record at submaster 123 with 130. For the teenage men's 13-15 148 class it was Stephen Wellman, who probably had the best form of any of the lifters that day. Stephen finished with a new world record of 185 for his class. Our only other teenager was 18-19/198 winner Zach Marvel, who set the mark there with 380. Trey Hague won at junior 181 with 335 while Josh Hunter took the junior 275 class with a new world record of 385. At submaster it was Ed Meinders at 181 with 250 while Bill Hislop won at 242 with 435, before coming back with a great 450 fourth! Both were new world marks for Bill. Otha Boyd, Jr. returned to competition, breaking the world record at 40-49/308 with 420. Teammate Robert Kuhn, a world arm wrestling champion, took the 50-59/198 class with 330 while Henry Jackson did the same at 242 with a big 400. Robert Peterson broke the world mark at 60-69/181 with 200 while Mike Collett, founder of SAAS, won at 220 with 240. Gaylord Good, who as competed in over 500 meets since he was 14 years of age, broke the world record at 70-79/220 with a solid 275. Chuck Barth, record-holder at police & fire/submaster/198, won there with 335. In the open division Tony Norwood broke the world record at 165 with a strong 385. Trey Hague did the same at 181 with 335 while Kenneth Derossett got his world record at 220 with 385. Aaron Barnart won at 242 with 475, tying his own world mark there. Charlie Kozeluh took the 275 class with 475 over Ian Robie, who finished with 365. Then at shw it was Big Dru Parick with a world record 530. The best over lifter award went to Dru Patrick while the best master award went to Henry Jackson. Thanks again to all who helped out, and to the spectators who came to cheer on all the lifters. See you all again next year! (results provided by Darrel Latch)



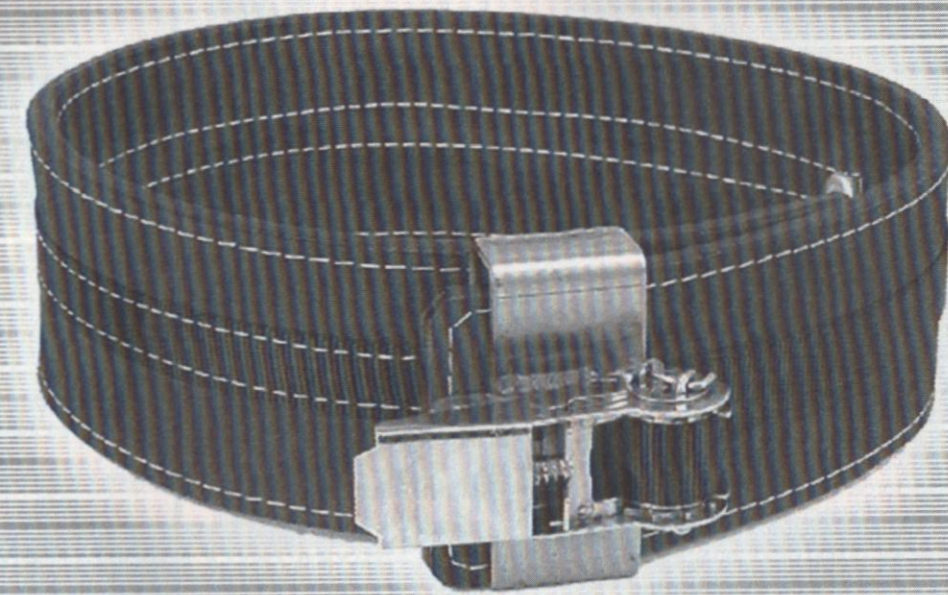
14 year old Stephen Wellman. (all photographs by Darrell Latch)

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WPA Championships
3 NOV 07 - Blue Springs, MO

BENCH	Open	J. Hammond	425	
198 lbs.	Teen (14-15)	Z. Ufford	240	
Open NT	275 lbs.			
C. Flick	300	Master (50-54)	480	
Open Raw NT	Open	J. Humbyrd	500	
J. Johnston	475	4th-520		
220 lbs.	BP	DL	TOT	
Master (55-54)				
M. Hammond	405			
Push Pull				
MEN				
132 lbs.				
Youth (9-11)				
N. Duncan	60	175	235	
Powerlifting	SQ	BP	DL	TOT
FEMALE				
148 lbs.				
Submaster NT				
S. Culbertson	225	270	300	795
181 lbs.				
Master (45-49)				
D. Gordon	160	100	180	440
Raw				
132 lbs.				
Open				
B. Rich	265	165	285	715
MALE				
148 lbs.				
Open				
D. Ratcliff	400	290	400	1090
165 lbs.				
Master (45-49)				
I. Clark	560	345	465	1370
Teen (14-16)				
B. Acid	235	190	275	700
181 lbs.				
Junior				
A. Odenwald	590	405	575	1570
198 lbs.				
Junior				
J. Noell	500	365	570	1435
Open NT				
J. Johnston	525	475	500	1500
Teen (14-16)				
D. Duncan	255	145	300	700
220 lbs.				
Junior				



The Mighty Christian Powerlifting Contest III Participants: back row, Contest Director Newton Romualdo, John Young, Dave Zanettie, Cosimo Marion, Joel Martinez; front row - Chris Welsch, Arlene Modafferi, Nancy Lopez, Special Guest Speaker Joel Toranzo, Jairo Baretto Jr., Many Cruzado, Adam Zaloshinsky. (photograph was provided by the courtesy of the Mighty Gibbors Strength Center, Dover, New Jersey)

K. Rekowski	525	355	575	1455
Submaster NT				
B. Cass	860	500	600	1960
308 lbs.				
Master (40-44)				
K. Ufford	835	550	740	2125
SHW				
Master (50-54)				
D. Oaks	530	327	462	1319
Raw				
198 lbs.				
Open				
M. Lane	500	280	625	1405
242 lbs.				
Open NT				
P. Stevens	450	280	650	1380
275 lbs.				
Open				
B. Moore	600	390	705	1695
Submaster NT				
T. Nash	700	435	710	1845
308 lbs.				
Open				
J. Leon	400	320	500	1220
SHW				
Master (45-49)				
B. Duncan	465	275	475	1215
NT=Not Tested. (Thanks to William E. Duncan for providing these meet results)				

Mighty Christian Powerlifting III
20 OCT 07 - Dover, NJ

Powerlifting	SQ	BP	DL	TOT
WOMEN				
N. Perez	260	120	230	610

WOMEN continued

A. Modafferi	140	85	150	375
MEN				
148 lbs.				
M. Cruzado	280	190	315	785
165 lbs.				
Zaloshinsky	280	225	280	785
181 lbs.				
J. Barreto Jr.	330	300	440	1070
198 lbs.				
C. Welsch	315	405	505	1225
C. Marino	405	320	476	1200
S. Zanetti	345	195	365	905
220 lbs.				
A. Sorce	315	245	440	1000
242 lbs.				
J. Young	365	325	550	1240

Best Lifter: Chris Welsch. First Place Team: The Mighty Gibbors Strength Center. Special thanks to: Joel Toranzo, Guest Speaker and Guest Lifter, Joel Martinez, Guest Speaker, Tom Hallet, Guest Singer, John Neidhart Photographer, Gus Jaramillo, Registration, Rosine Imperato, Registration, Wilson Martinez, Loader & Spotter, Jose Cabrero, Loader & Spotter, Larry Gonzalez, Loader & Spotter, David Lopez-Loader & Spotter. (Thanks to Newton Romualdo, Contest Director, for results)

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Troy Nash with an APA raw World Record 710 deadlift at the WPA Worlds (courtesy of Rod Wood)

(continued from page 12)

at around 0.5 meters/second.

Watching Elite benchers at Westside perform at similar eccentric speed, I noticed that this has led to a faster concentric phase. How did we learn to lower heavier loads in the bench and squat? We use foam blocks to bench off of, lowering the plates onto the foam. We sit on the foam for box squatting. Here are some of the methods we use.

For floor pressing, lie on a 7-inch foam pad. Your entire torso will sink into the foam, which causes an unstable effect. Floor presses can be done while lying on the floor and adding small, 18 x 18 inch, foam pads under the arms only. This will enable the arms to relax concentrically more than normal.

The king of all optimal eccentrics for benching is to lower the bar so that the plates are lowered into the foam blocks. One can almost totally relax eccentrically. This contributes to a fast rate of reversal strength, adding to a powerful concentric phase. This will undoubtedly help not only raw benching but also lowering weights in bench shirts.

For deadlifting, we stand on foam pads while doing pulls. It will immediately build leg drive, in conventional or sumo style. For box squatting, we sit on a 24 x 28 inch foam block. It feels like a half box squat and half regular squat. We also stand on a foam pad while box squatting to get extra leg drive and

leads us to a problem that many never consider: optimal eccentrics. How much muscle tension should one use on eccentric movements? If it is true that an individual can lower 60% more than they can raise, then applying 100% of his eccentric strength, he could hold the bar at any position. However, he would destroy the stretch reflex with heavy weights. Overcoming inertia is done with light weights with a fast eccentric stop to build reversal strength. This is ballistic training. The bar never touches the chest. One to three inches off the chest is recommended. If you drop a 10 pound rock and a 1 pound rock from the same distance, they hit the ground at the same time. But as one lowers a heavy weight, as the weight increases, the eccentric phase slows down. This is due to too much eccentric muscle action.

There are optimal bar speeds for velocity training, where the objective is fast movements with light loads, and for force training, where the bar speed may be zero or very low, to produce maximum force. There are optimal bar speeds for these efforts, and they are always measured in concentric movements. So should there not be an optimal eccentric speed? Of course, it is just that no one has ever considered it. Until now.

How can you learn to optimally lower heavy loads in the pressing and squatting or good morning exercises? You can use a foam block for assisted eccentrics training. In my experiments with a Tendo unit, comparing the eccentric and concentric bar speed with speed strength benching and squatting, the difference was one-tenth of a meter per second. The same was true for a circa-max phase in the squat. A combination of band tension and weight was used. The bands cause an accommodating resistance effect on the concentric phase and an overspeed eccentric effect on the eccentric phase, increasing kinetic energy in the stretch reflex.

The eccentric/concentric phase on speed strength should be 0.7 to 0.8 meters/second. On near-max weights, this should be 0.5 meters/second. Remember, this was done with adding bands to the bar. But how do you lower just weight in a fast manner? This is done by using roughly 60% of your eccentric potential. I have done ballistic benching with 200 pounds when my raw bench was 500. As you can see, I am dropping almost 40% of my best raw bench. I was lowering the bar

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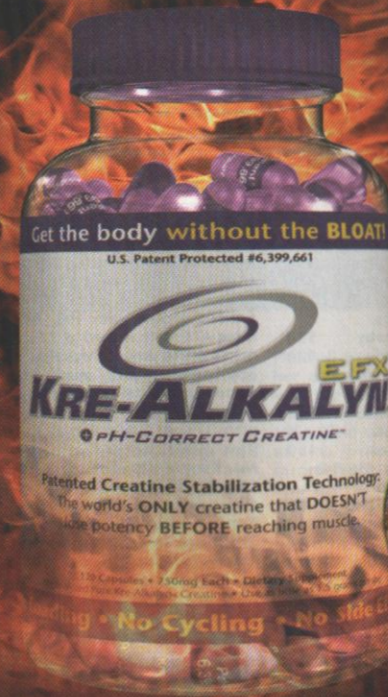
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Optimal eccentrics, a muscular and reflex phase of strength training, can bring about superior gains, just as Verkhoshansky found shock training produced after watching triple jumpers perform. A new idea, a new training method can revolutionize strength. So don't quit; rather, don't go gently into that good night. "Old age should burn and rage at close of day. Rage, rage against the dying of the light."

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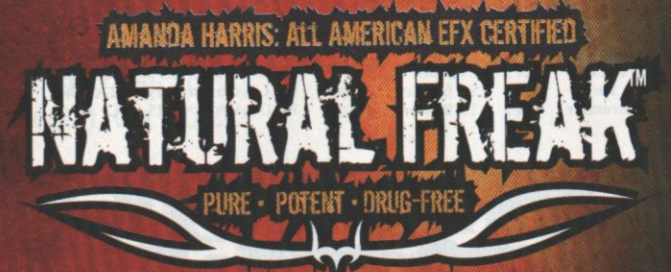
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Photo of Amanda Harris, courtesy of Don Ray Photography



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SLP Indiana State Fair 12 AUG 07 - Beech Grove, IN				
BENCH WOMEN	Junior	275 lbs.	198 lbs.	308 lbs.
Teen (18-19)	198 lbs.	D. Smith 600*	M. Munro 375	J. Dibert 535*
105 lbs.	L. Ruiz 380*	Novice	B. Brown 355	SHW
D. Brunton 65*	Submaster	181 lbs.	J. Thompson 165*	165 lbs.
Master (55-59)	242 lbs.	Q. Brown 315	E. Vaughn 190	DEADLIFT WOMEN
132 lbs.	M. Struck 435	A. Kocks 330*	275 lbs.	Teen (18-19)
M. Hampton 60	D. Smith 600*	220 lbs.	B. Bowling 415*	105 lbs.
Master (60-64)	Master (40-44)	W. Mehaffey 150*	Master (40-44)	D. Brunton 165*
148 lbs.	220 lbs.	275 lbs.	165 lbs.	Submaster
E. Reece 145*	M. Hinders 460	J. Walton 525*	R. Hampton 380*	E. Vaughn 365
Master (65-69)	242 lbs.	I. Robie 460	Master (45-49)	242 lbs.
181 lbs.	M. Lewis 530*	C. Gudakunst 450*	4th-225	K. Phillips 740*
J. Berry 160*	275 lbs.	Teen (13-15)	Master (55-59)	B. Berryman 585
Raw	R. Tilson	132 lbs.	D. George 315*	Master (40-44)
Teen (13-15)	Master (45-49)	S. Wellman 150*	M. Harmon 260*	242 lbs.
148 lbs.	198 lbs.	220 lbs.	Master (60-64)	B. Newby 530*
J. Alexander 90*	T. Conner 540*	148 lbs.	K. Lee 400*	M. Lewis 530*
Submaster	242 lbs.	P. Shanley 285*	E. MacKenzie 190	Master (45-49)
165 lbs.	K. Piper 340	198 lbs.	Master (55-59)	242 lbs.
C. Tompkins 145*	Master (50-54)	K. Lehner 230*	165 lbs.	J. Willis 550*
MEN	242 lbs.	Teen (18-19)	F. Gudakunst 270*	Open
Novice	D. Goble 510*	198 lbs.	Master (70-74)	165 lbs.
181 lbs.	J. Willis 260	275 lbs.	220 lbs.	J. Thompson 200*
A. Myer 270	Master (55-59)	S. King 300*	114 lbs.	Teen (13-15)
242 lbs.	220 lbs.	N. Murray 330*	G. Good 280*	220 lbs.
J. Horn 435	D. Shorter 225	Junior	L. Zielinski 245*	J. Lantz 390
Teen (13-15)	Master (65-69)	148 lbs.	4th-255**	242 lbs.
114 lbs.	181 lbs.	J. Joyner 260*	P. Lotkov 265*	K. Phillips 740*
L. Zielinski 155*	D. Vogler 225	165 lbs.	J. Ford 450	R. Chambers 475
Teen (16-17)	Open	D. Raines 290*	R. Chambers 420	SHW
165 lbs.	242 lbs.	285	275 lbs.	Teen (18-19)
C. Becker 215	S. Barrick 505	C. Glassburn 285	C. Beck 405	D. Lockridge 585*
220 lbs.	T. Resser 425	B. Davich 225		SHW
R. Brenner 315				

Lifter Bench Press Raw: Joe Dibert. Best Lifter Deadlift: Keithan Phillips. Team Champions: Cardinal Fitness. The Son Light Power Indiana State Fair Bench Press & Deadlift Championship was held at Leo's Black Iron Gym. Thanks to owner Beth Starker for hosting this event and to Joey Latch and his crew for once again doing a great job loading and spotting this event. This year the championship was dedicated to Gary Starker, who passed away almost a year ago. Gary, along with his wife Beth were owners of Leo's Black Iron Gym. Gary was a coach, trainer and competitor who touched the lives of so many over the years. He will be missed by all he knew, but his memory will live on with this annual event. Turning now to the competition, we look first at the raw bench pressers. In the teenage women's 13- 15 age group Jodi Alexander set the Indiana state record for the 148 class with 90. Cora Tompkins finished with a new state record 145 at submaster 165. For the novice men it was Quincy Brown at 181 with 315 while Andrew Kocks broke the record at 198 with 330. William Mehaffey, lifting in his first competition, set the record at 220 with 150. James Walton got a big 525 state record at 275 while Ian Robie finished second there with 460. Then at SHW Chad Gudakunst broke the state record with 450. For the teenage men's 13-15 age group it was Stephen Wellman at 132 with 150 while Angelo Aburabi got the win at 220 with 120. Patrick Shanley won at 16-17/148 with 285 while Karsten Lehner got the win at 198 with 230. For the 18-19 agers it was Skyler King with 300 at 198 and Nate Murray with 330 at 275. All of these teenagers set new state records for their respective classes! Our junior men's division also had some great lifters. At 148 Jovan Joyner got his state record with 260. David Raines won at 165, establishing the state record there with 290. A close second with 285 was Chase Glassburn while Buck Davich was third with 225. At 198 Mark Munro won over Buster Brown 375 to 355. Lamont White broke the state record at submaster 165 with 265 while Eric Vaughn finished second with 190. Bill Bowling got a big 415 state record at 275. In the master men's 40-44 group it was Ron Hampton with 380, another state mark. Dennis George came down from Wisconsin for the win at 45-49/220, getting the state record there with 315. At 50-54 it was Kurt Lee with a new state record of 400 while Ed MacKenzie finished second there with 190. David Farmer got the win and new state record at 55-59/165 over David Corsaro, who finished with 190. At 65-69/275 it was Fred Gudakunst with a new state mark of 270 while our oldest and most distinguished lifter, Gaylord Good, broke his own state record at 70-74/220 with 280. Gaylord has competed in over 500 competitions since the age of 14! For the open men it was Pavel Lotkov with a new state record of 265 at 148. Jamie Ford won over Richard Chambers 450 to 420 at 242 while Chip Beck took the 275's with 405. Best lifter and 308 open winner, Joe Dibert, set the record there with 535! James Thompson, our final

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Your Inside Source

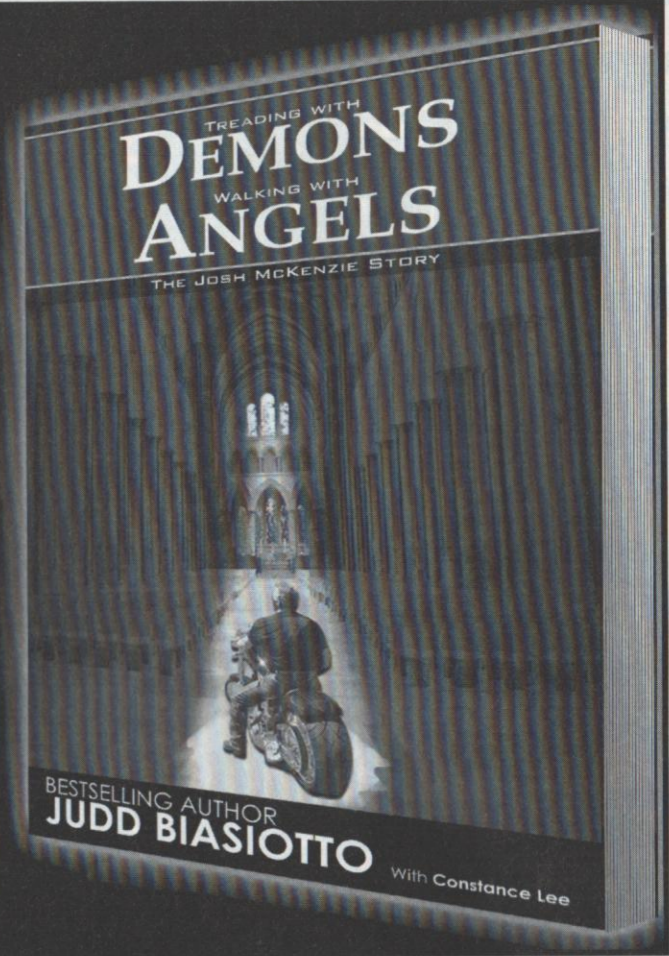
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raw lifter, won at SHW with a new state record 165. In the shirt division Danielle Brunton set the state mark at 18-19/ 105 with 65. Mary Hampton (brace and all - from a broken leg earlier this year) won at 55-59/132 with 60 while Eva Reece took the 60-64/148 class, breaking her own state record with a new personal best 145. Janet Berry also got a new state record for her class with 160 at 65-69/181. Albert Myer won at novice 181 with 270 while fellow novice lifter Jason Horn took the 242 class with 435. Logan Zielinski broke the state record for the 13-15/114 class with a solid 155. At 16-17 Cody Becker won at 165 with 215 while Ross Brenner took the 220's with 315. Junior winner at 198, Luis Ruiz, who always lifts raw, set the state record here with 380. Mark Struck returned to competition after a little layoff, but won at submaster 242 with 435. Dennis Smith, who is always a little "off" got his first ever 600 bench at submaster 275! Weighing in at just 248 Dennis also won the best lifter award. In the master 40-44 division Mike Hinders won at 220 with 460 while Mike Lewis won over James Harvey 530 to 460. Mike's final attempt set the state record there. Rocky Tilson made a valiant effort with a personal best 510 at 275 but failed with the weight three times. At 45-49/198 Tracy Conner got a new PR and state record with 540, finishing a close second in the best lifter award. Kevin Piper finished with 340 at 242. For the 50-54 division Dan Goble got a new PR and state record 510 in the 242 class. Jon Willis finished second with 260. Dave Shorter won at 55-59/220 with 225, the same weight Dorran Vogler finished with at 65-69/181. In the open division Steve Barrick won at 242 over Tedd Resser 505 to 425. Dennis Smith won at open 275, tying the state record there and at submaster, held by George Lealifano! In the deadlift event Daniella Brunton set the state mark at 18-19/105 with 165. Cora Tompkins won at submaster 165 with 225 while Marianne

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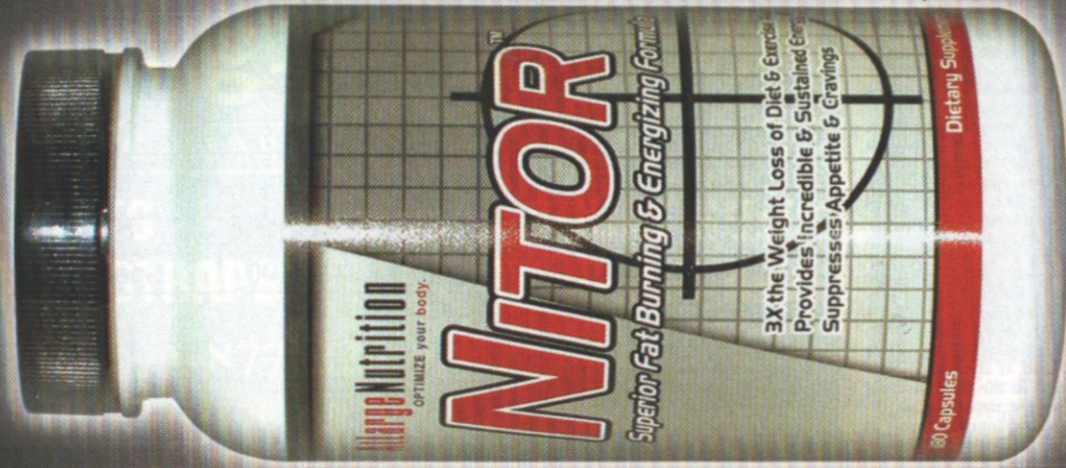
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Gaylord Good with his SLP state record 280 BP at 220/70-74 at the Indiana State Fair. (Latch photo)

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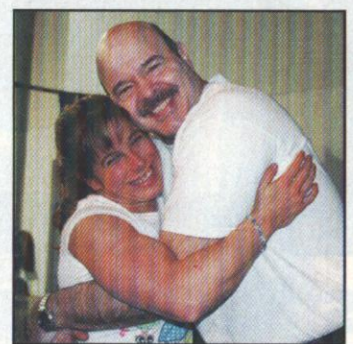


(article continued from pg. 10)

large interest heading into the meet, by virtue of some internet training videos that showed him posting a 2400+ gym total heading into the Arnold. His videos showed tremendous power and control but the question was, "Would it translate on the platform?". The answer was a decisive YES!

Tony was up for the young bull's challenge and motored through three strong squats to finish with 859. Mike calmly smoked a class high 826 opener, but was turned down on a strong 2nd at 865. He had designs on a 900+ squat and the strength was definitely there, but a wise choice of 881 was selected. Once again the lift was completed with room to spare but turned down 2/1, giving Cardella a large 33 lb. lead heading to the bench. A few lifts later, Technical Secretary Rob Keller asked me to make the announcement that, based on a unanimous decision by the three person jury, Mike's third squat decision was overturned and the lift was passed. This put 55 lbs. on Mike's total and moved him into the lead. In recent years, Tony Cardella has been off his game in the bench but on this day he really had a difficult time and was left with just an opener at 562. In 2004 at the Worlds in South Africa, I witnessed a strong 622 BP by Tony and felt that he was headed towards 650+ in that lift. All of us who have competed for some time have gone into a slump in one lift and Tony is just showing that he is mortal. One 3/3 Bench over 600 will get Tony back on track and my guess is that it will be sooner rather than later. Meanwhile, Tuchscherer showed poise beyond his scant 22 years and refused to let the champ have a glimmer of hope. Three solid benches ending at a huge 639, opened up a 99 lb. lead going into the pulls. Mike had to work a little on the 639 to reach the highest USAPL subtotal ever, in this class, at 1520. Tony rebounded from the disappointment in the bench like the champ he is, with a PR 826 DL to finish at 2248. Tony has his eyes on a 2300+ total and will now head to the Nationals in Texas and a defense of his title. Mike showed just a glimpse of mortality in the deadlift where he pulled a strong 821 on a 2nd and then jumped to a Junior World Record 861. He got it moving, but never past his knees, the only time, all day he was unable to complete a lift. Mike's victory was the 1st and only for Team Pacific.

Here is a summary of what he had just witnessed, 7/9 with PRs across the board, Junior American Records in all three lifts, a Junior and Open American Record total by almost 100 lbs., a tie for the 2nd highest USAPL total of all time at 2342 and a 94 lb. victory over the #1 275er in the World in 2007. That total equals Hall of Famer Brad Gillingham's best as a SHW at the '04 Seniors in Baton Rouge. Only the colossal totals put up by Brian Siders are ahead of Mike. As someone who competes in this class and has spent the better part of the last 20 years climbing towards a 2000 lb. total, it is stunning to see a lifter abuse that



Gundula von Bachhaus (who took photos!) and Sherman Ledford (who directed this great contest!)

significant benchmark by over 300 lbs.. Based on the lifts we saw, a 2500+ total at 275 doesn't seem hard to fathom and that leaves only a move to SHW and what would be a tussle the likes of which this sport has never seen between Siders and Tuchscherer down the road. During the awards ceremony, Mike Bridges and Mike Tuchscherer were on the stage together having their picture taken and it wasn't hard to visualize a symbolic torch being passed from one Powerlifting Megastar to a future Megastar. Let's hope Mike T. has half as many great years ahead of him as Mike B. has accomplished.

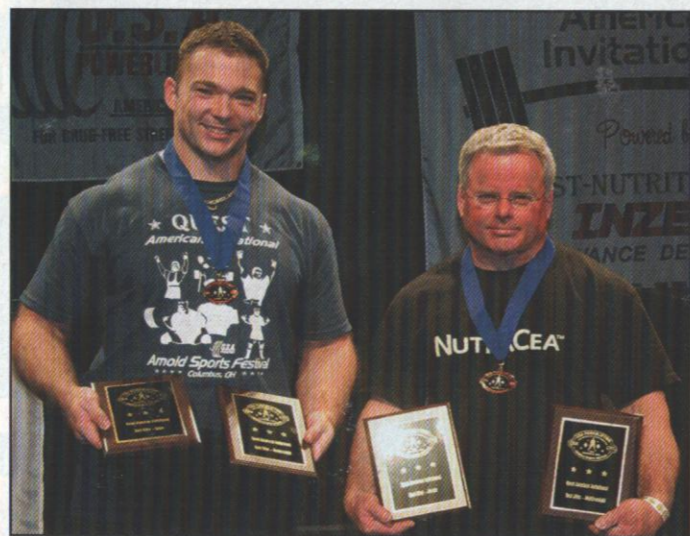
The giants hit the platform in the form of seven SHW's, with the "smallest" being over 310 lbs.. Canada's Alex Mardell suffered an injury in warmups and was unable to step onto the platform. Two others were unable to register a total. Runner-up at last years Seniors, Jeff Lewis, came in with some enormous numbers in mind. A 870 opening squat had the crowd at a fever pitch. The lift was smooth and steady, which usually means Jeff has another 100 or so lbs. left in him. A move up to 931 was solid as well, although Jeff seemed to get slightly out of the groove and almost paused at the bottom of the lift. The weight chosen for a 3rd was 975, the highest squat in USAPL history and an American Record to break Brian Siders' 970. The packed ballroom rose in unison for this momentous occasion. After a solid setup and a smooth descent, Jeff began the ride upward. As the bar moved up about halfway it began to slow, this is usually where the patented King Louie gut kicks in, and sure enough he kept it moving. As he was just beginning to move past the end of his normal sticking point his weight shifted backward slightly. Jeff continued pushing and tried to bring it back into the groove, but the combination of over 1500 lbs. of bar and lifter is too much even for Jeff to change. Jeff stayed with the bar but stepped back on the right side and that's when chaos ensued. When Jeff's right foot hit the ground his entire right leg buckled instantly. The spotters made a courageous effort to keep Jeff upright but once his leg gave way, he was unable to help and fell back with his knees underneath. Amazingly enough the rear spotter stayed with Jeff the whole time and was uninjured, but Jeff was on the ground and not able to put weight on either leg in order to attempt to stand. After the medical staff looked Jeff over it was decided to send him to a local hospital for evaluation. After several hours in the hospital, it was determined that surgery was necessary, and Jeff was driven home in the back of an SUV by some of the St. Louis crew who helped him at the meet. Several days later, Jeff had surgery and it was found that he had torn the patella tendon in both legs. Jeff will have an extended hospital stay and even longer rehab but he fully expects to return and put up big numbers. He specifically asked that we thank all of those who have offered support and words of encouragement, both in Columbus that weekend and in the weeks since the meet. He has heard from a large number of lifters and truly appreciates the kindness that has been shown to him.

Jeff's main competition appeared to be Lance Karabel from the Central Team. Lance exploded up with an 881 opener that was turned down, but he didn't miss a beat and went on to hit strong lifts of 914 and a competition best 942. With Jeff out of the meet, Lance was in the driver's seat but he seemed to be off his game the rest of the day. In the bench it took three tries to get one in at 611 and upon stepping back with a solid DL opener at 738, Lance inexplicably jumped to 760 and after two close misses he failed to register a total. Lance is unquestionably capable of well over 2300. He just needs to bring all of his immense strength together on meet day. Junior lifter Blaine Sumner isn't far out of the teen ranks and showed great potential. He used a 3/3 day in the BP with 556 to finish in 4th place. Canada's Mat Court needed three attempts to get on the board in the squat to end in 3rd. Mat was one of only four lifters in the competition to

post an over 800 SQ and a 600 BP. Masters lifter Dan Gaudreau also needed to hit a do or bomb 3rd squat to stay in the competition and from there used a meet high 650 BP and a try at a Masters WR 685 to move into 2nd with a 2083 total. Winning for the 4th time for Team Central was the fast rising Jason Christus. Jason only made six attempts, an off day for him, but he made enough of the important ones to end on top with a PR 2204 total. Jason was especially happy with a 733 DL that was a good bit higher than he had done previously. With lifters like Jason and Lance, along with Jeff Lewis and Randall Harris, the USAPL has quite the stable of Supers to push the two big dogs Gillingham and Siders. Both of these men were in Columbus for the Arnold Expo, demonstrating USAPL strength in a variety of ways. Brian not only competed in the Arnold Strongman on Friday and Saturday, he finished in 2nd overall in the IPF bench competition held on Sunday. Brad had the expo hall in a frenzy with his PR 865 pull to win the highest deadlift overall and by formula competition on Saturday afternoon. Brad is knocking on the door of 400 kgs. with a WR 900 pull not far behind.

Congrats to the Team champs from Team Midwest, coached by Matt and Sioux-Z Gary, who won despite only starting with seven lifters and losing one of those on Jeff Lewis' injury. They needed everyone to score and the team of Haffenbrack, Hooper, Hammers, Douglas, Cardella and Wagner brought home the title. Team Pacific was nearly 20 Wilkes pts. behind in 2nd with Team Canada a strong 3rd. Team Central dropped to 4th due to three costly bombouts and Team Atlantic finished in 5th with two bombouts. The best lifters were Hooper, Bridges and Tuchscherer with Mike T. having the highest Wilkes of the contest. Best lifters in the squat went to Hooper, Bridges and Mastrean with Wade having the best overall squat of the contest. Hooper, Hammers and Tuchscherer were the best benchers with Mike T's 639 being the best overall. The best pullers went to Niedoliwka, Dan Williams and Cardella with Tony's 826 being the best DL of the contest.

That brings to a close the 1st Quest Invitational to be held at the Arnold Sports Festival. All in all it was a great success. Governor Schwarzenegger made his usual stop by the power room during the heavy-weight deadlifts. He stayed for more than 20 minutes and saw 10 straight deadlifts. He clearly enjoyed the lifting and was clapping and smiling upon completion of the successful attempts. During a brief break in the action, I approached him for an interview and he couldn't have been more gracious. We walked to the front of the platform and spoke for the entire venue to hear and see. He had very complimentary words to say about the powerlifters



Passing the Torch ... Mike Tuchscherer and Mike Bridges (Scot D.)



Jeff Lewis ... before his accident

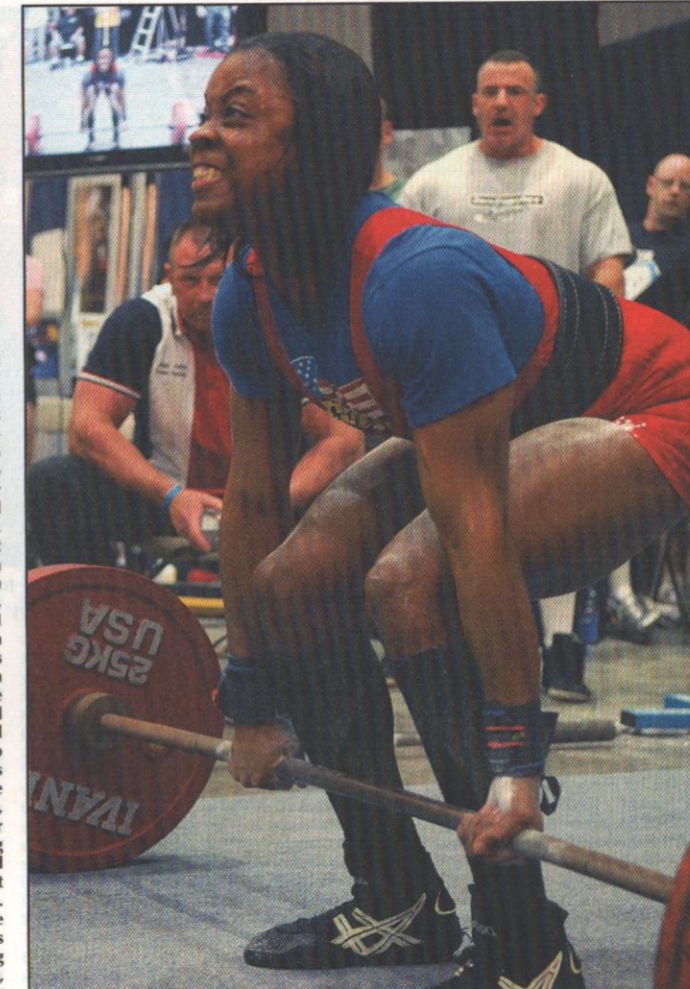
and even finished with his trademark "I'll Be Back!". Earlier in the day, Jim Lorimer and IFBB President Ben Weider made visits to watch the lifting. The crowd support was tremendous with the room being filled from front to back and side to side during the heavy squat session. We were also honored to have newly elected IPF President Detlev Albrings and IPF Executive Committee Member Susumu Yoshida in attendance, working the Jury table.

USAPL President Larry Maile and Vice-President Johnny Graham were performing various duties throughout the weekend with Johnny swiftly hopping out of his head judge's chair to pull Jeff Lewis legs out from underneath after his fall. Robert Keller was Technical Secretary and Head of the Jury. Eliot Feldman expedited the lifters entering and leaving the platform. Putt Houston stepped up along with a local crew from Greg Page's gym to serve as spotters. The Marksteiners ran a phenomenally smooth scoretable with Joe's computer scoring program being the most user-friendly in powerlifting. Last and most important, Sherman Ledford from Quest Nutrition spent literally hundreds of hours and thousands of dollars to make this the best meet possible and he looked like a proud father watching his baby for the first time when it was all said and done. Congrats to all of the lifters and the USAPL as a whole and we look forward to seeing you at next year's Arnold.


(article continued from page 18)

bench shirt. I told him he needs to upgrade to the Inzer Rage X and his bench will be in the 500's. He looked great on this day and stronger than I ever saw him 10 years ago. Getting stronger with age I guess. Antonio Didomenico came all the way from Morgantown, WV and took the 242 class over Barrett Marum from San Diego. Antonio put up some decent numbers with a 666 squat, 473 bench, and 661 deadlift. He's young and has a tremendous amount of potential in the 275 class we had a battle with two great lifters Charles Bailey and Alan Best. The funniest outfit had to go to Alan Best. Apparently this guy has only been training 2 years and comes in wearing pink sweats. I'm telling you, it takes a man to wear pink sweats around in the LA Fit Expo. WoW. The dude squatted 865 and totaled 2199. Unbelievable, considering his physique looks like he's never hit a weight in his life. If he puts it all together, watch out for this dude. Charles Bailey at 275 won best lifter for the Heavywts 220 and up and earned \$1000. He dunked 903, benched 622 and pulled 683. He was most likely the best built guy in the show. Freaky strong. What I like about Charles, is that he's put his test of strength out on the line, whether it's single ply or double, and he's very, tough to beat. Mikesell said he has video of him benching with one attempt taking him 10 seconds to touch in his shirt and the other is almost 12 seconds. That has got to be killing him after the show! At 308 we had four lifters competing. Scott Cartwright was a late entry and bombed, but was still incredibly powerful in the squat. He had trouble setting up on all three attempts in the squat, but absolutely destroyed the weight all three times only to be called on depth. His last attempt was at 914. I agreed with the judges on the depth call, but I will say, it was very, close. Danny Flonta, one of the IronGladiators team members, competed at 308, drug free and only 19. He hit a 705 squat, 562 bench and pulled 644. He's another one to watch as he puts all his lifts together and matures. Big William Lee came up from Texas and put up some good numbers for third place. As for Brent Mikesell, he dunked 804 and took first place in the 308 class. 804 was his major goal in the meet. He said it wasn't easy. He benched a single ply pr, 523 with a little more room to go. Pulled 749 rather easy, but as usual, felt his hand tear on his second attempt. He called for 804 on a third, his other main goal, and was going to pass it. But there's something about powerlifting... when you're about to go, you hear your name called in the hole, and you see the crowd and there had to be over 500 hundred watching at this time, and he decided to give it a shot. He got it just under his knees before his left hand gave out. Superglue and neosporin are his two friends... In the SHW class, Thad Coleman was strong as hell too. He hit a nice squat with 865, benched 622 and had 705 up to his knees three times in a row but couldn't finish it. He will be back. I can easily see him squatting a G with double ply gear. He took 900 for a ride and has tremendous overall body strength. Local up and coming lifter O'Neil Roussell took the SHW class. O'Neil has a lot of potential and I can see him putting up some big numbers in the near future. For the Women, I want to note the fine lifting of Kimberly Walford at 148. She hadn't competed in two years and Gene Bell was the one that encouraged her to come out and lift here. Gene unfortunately couldn't make it because of timing issues. Maybe next year for Gene. But Kimberly finished with a 369 squat and had 396 on her 3rd but got called on it for some infraction. But her depth was there. She benched 242 and deadlifted a huge 501 on her 3rd attempt at a bodywt of 146 lbs! Great lifter! She inspired many of the other women as well with her technique, form, and strength. She was also the best lifter for the women and took home a \$1000 for her efforts. Great job Kimberly! Other notable efforts for the women were Tanya

Reed at 181. Tanya hasn't done a full meet in awhile and she was very strong today! She put up a nice 374 squat, 292 bench and 402 deadlift. I was impressed by her lifting. I hope to see more full meets from her and hopefully she will make Nationals in Rhode Island in June. Hillary Harper lifted at 165 and had trouble getting a squat in. She missed 413 all three times but I allowed her to bench and deadlift and she put up a nice 336 bench and 446 deadlift. I thought the judging was very good. I thought the venue was good. The warmup room left a lot to be desired, with about eight feet from the curtain to the wall, but we were in a fit expo and I know they have space limitations, so everyone dealt with it and it worked out fine. Thanks to Lisa Wheeler and Chuck LaMantia for announcing. I will also say that the spotting crew, in my opinion, was first rate. I'm not aware of any misloads or mishaps. They were on top of everything and worked very hard. Great job gentleman. Thanks to the judges who volunteered and gave up their time. Your dedication to the sport is admired and appreciated. As for myself, I dunked 804. It was my major goal in the meet. Wasn't easy, I'll give it that much. I benched a single ply PR, 523 with a little more room to go. Pulled 749 rather easy, but as usual, felt my hand tear on that attempt (2nd). I called for 804 on a third, my other main goal, and was going to pass it. But there's something about powerlifting... when you're about to go, you hear your name called in the hole, and you see the crowd and there had to be over 500 hundred watching at this time, and I decided to give it a shot. I got it just under my knees before my left hand gave out. Superglue and neosporin are my two friends. Hey, and a shout out to Mike Tusherer (sp) for introducing himself to me. What a strong dude he is! Good luck at the Arnold coming up. We have over 500 pics to post up and some limited video of this meet. We'll probably post about 150 pics of the American Cup and some from Mendy's bench meet in the next few days. Looking forward to doing it again soon. Again, thanks Steve Denison! (this is based on the conterst writeup by Brent Mikesell)



Kimberly Walford pulled a very strong 501 in the women's 148 class



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100% Raw/AAU Record Breakers
31 DEC 07 - Burlington, VT

BENCH	D. Kernoff	176
FEMALE	Masters (45-49)	
181 lbs.	D. Kernoff	176
Special Athlete	J. Aikey	100
AAU	Open	
123 lbs.	A. Shedrick	320
Lifetime (45-49)	A. Shedrick	319
D. Kernoff	66	181 lbs.
181 lbs.	Special Athlete	
Special Athlete	J. Aikey	202
J. Aikey	100	MALE
MALE	AAU	
181 lbs.	165 lbs.	
Open	Masters (45-49)	
M. Berby	362	B. Kernoff
AAU	Lifetime (45-49)	425
165 lbs.	B. Kernoff	425
Masters (45-49)	181 lbs.	
B. Kernoff	276	Lifetime Open
Lifetime (45-49)	J. Langevin	515
B. Kernoff	276	STRICT CURL
181 lbs.	FEMALE	
Lifetime Open	123 lbs.	
M. Berby	361	Masters (45-49)
DEADLIFT	D. Kernoff	51
FEMALE	MALE	
123 lbs.	132 lbs.	
Masters (45-49)	Open	
D. Kernoff	176	D. Blake
148 lbs.	148 lbs.	88
Open	Submasters	
A. Shedrick	320	S. Ball
181 lbs.	165 lbs.	138
Special Athlete	Masters (45-49)	
J. Aikey	203	B. Kernoff
AAU	181 lbs.	141
123 lbs.	Open	
Lifetime (45-49)	M. Berby	166
FEMALE	BP	DL
123 lbs.	TOT	
Masters (45-49)	D. Blake	226
D. Kernoff	105	66
148 lbs.	176	347
Open	A. Shedrick	209
A. Shedrick	209	103
AAU	320	632
123 lbs.	M. Berby	132
Masters (45-49)	J. Aikey	480
D. Kernoff	104	66
Lifetime (45-49)	176	347
D. Kernoff	104	66
148 lbs.	176	347
Lifetime Open	M. Berby	132
A. Shedrick	209	101
MALE	320	631
132 lbs.	J. Aikey	479
	339	231
	1050	



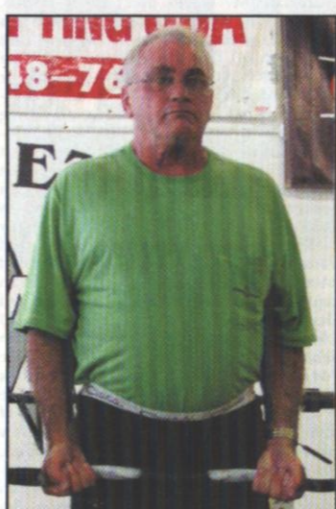
Record Breakers ... (front row, l-r) Diana Kernoff (123, 45-49), Scott Ball (148 Submaster), Dan Blake (Open 132), James Aikey (181 Open), Bret Kernoff (165, 45-49); (back row) Joshua Langevin (181 Jr.), Michael Berby (181 Open). Not in this photo Amy Shedrick and Janelle Aikey. There were a total of 40 World Records between the two meets (AAU Raw and 100% Raw): Diana Kernoff - 7, Michael Berby - 4, Amy Shedrick - 5, Dan Blake - 4, James Aikey - 1, Bret Kernoff - 5, Janelle Aikey - 4, Joshua Langevin - 1. (photo courtesy Bret Kernoff)

competing for World Records in both, AAU Raw powerlifting and 100% Raw Powerlifting. Forty World records were set in four hours of intense competition. Diana Kernoff 123/45-49 led the record count with 17 of the forty world records. Amy Shedrick 148/Open pulled an incredible 320. When she went for a fourth lift, she got stuck half way up and hurt her back. Janelle Aikey, a junior special athlete, won four world records with a bench of 100 and a deadlift of 203! James Aikey (Janelle's older brother and trainer) lifted the heaviest squat of the night with 480, although he pulled a hamstring which kept him from taking a third and going over 500. Dan Blake 132/Open Lifetime set his world

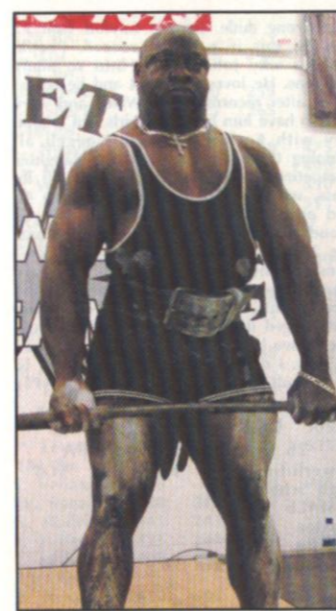


Amy Shedrick set 5 new records at the Record Breakers contest.

records in each individual lift and total. Michael Berby came into the meet wearing his traditional kilt. He lifted token squats and deadlifts on his way to breaking several bench world records. He benched double his body weight with a beautiful 362 on his second attempt. Bret Kernoff, benched his way to a world record while pulling in lifetime PR in a lighter class. Last December Bret won the World championship at 181, and now is totaling even higher at 165. Joshua Langevin pulled his way to an AAU Jr. record, just three weeks after competing and breaking world records in the APA. Scott Ball waited until nearly 11 pm to get his chance to curl his way to a 100% raw strict curl record. At 148, he curled an amazing 137, just 11 lbs. shy of his bodyweight. Although the lifting started at 7 pm, it took almost four hours to complete the meet. By the time the trucks were unloaded back at the Vermont Powerlifting gym, it was eight minutes until midnight. After taking a group photo, everyone ran to their respective transportation discussing where on the road they would be when the New Year begins. Vermont Powerlifting would like to thank the Greater Burlington YMCA and First Night Burlington for hosting the meet and adding us to the New Year's Eve festivities. Although every lifter helped out with this meet, we still had some extra people we need to thank. Special thanks go to World Record holder and International Judge Joan Gardner for being our head judge. Drew Markey and Charlie Ploof gave up their New Year's Eve plans to help with spotting and loading. They did an awesome job of saving Dan Blake when he collapsed on his third squat attempt. I know the lifters appreciate their time and effort. Thank you to Kevin Hatin, Jamie and Hannah of the Greater Burlington YMCA for all their help. (from Bret Kernoff)



Jimmy May curling at the APA US Open. (Scott Taylor photographs)



James Jacobs deadlifted 740 in the open raw 242s at the APA US Open held in Zephyrhills, Florida

APA United States Open
15 DEC 07 - Zephyrhills, FL

BENCH	Master I DT	R. Suk	305
148 lbs.	Master III DT	Churchman	385
Submaster Raw	275 lbs.		
S. O'Grady	310	Master I DT	
Master I	350	J. Zmyewski	480
165 lbs.	198 lbs.		
Master I DT	310	M. Guerra	310
M. Guerra	310	J. Herring	585
198 lbs.	Open DT		
Master II Raw DT	J. McNeal	420	
C. Smith	300s	341 lbs.	
Master II DT	Open		
B. Grey	—	J. McNeal	420
Master III Raw DT	Master I	J. McNeal	420
J. May	215	341 lbs.	
220 lbs.	Open		
Open DT	G. Steele	335	
G. Steele	335	SHW	
Submaster DT	S. Eastburn	405	
S. Eastburn	405	Master I	
Master I	S. Lee	505	
R. McLeod	460	DEADLIFT	
Master III DT	114 lbs.		
L. Barry	385	Sub-Teen DT	
242 lbs.	W. Slepinski	155	
Open	4th-165s		
Rectenwald	—	198 lbs.	

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Sex	Social Security Number	Signature (Parent if under 18 years old)	

\$25 Adult Membership \$15 High School Student

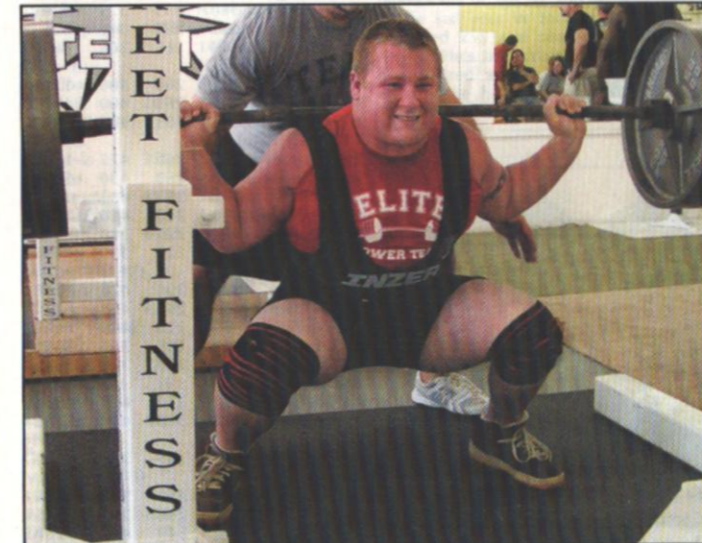
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Master III Raw DT	R. Smith	700	J. Sundry	185	105f	230!*s	520!*s
L. Russell	620!*s	STRICT CURL	132 lbs.				
Open Raw DT	181 lbs.	Open DT	Washington	485	320	520s	132s
L. Russell	620!*s	Open Raw DT	Teen (13-15) Raw DT				
Open Raw	D. Stevens	172	A. Dodgson	175s	130s	250s	555s
T. Mutaffis	575	Master III Raw DT	148 lbs.				
242 lbs.	J. May	100	Raw DT				
Open Raw DT	220 lbs.	T. Standifer	170s	120s	275s	565s	
J. Jacobs	740	Teen (16-17) Raw DT	R. Fay	350!*s	230	450!*s	1030
275 lbs.	C. Ferraro	245	165 lbs.				
Open	G. Jurkowski	700	Master I Raw DT				
Master II	R. Suk	150	K. Peck	340s	165s	440s	945s
Push Pull	BP	DL	181 lbs.				
165 lbs.		TOT	Teen (13-15) Raw DT				
Master III Raw DT	A. Annunziato	225	305	200s	400s	905s	
220 lbs.	220 lbs.		4th-SQ-320!*s				
Teen (18-19) Raw DT	C. Ferraro	245	370	615			
242 lbs.	Open						
Master II	D. Poucher	435	640	1075			
275 lbs.	Submaster Raw DT						
Submaster Raw DT	D. Smith	370	450	820			
D. Smith	Powerlifting	SQ	BP	DL	TOT		
114 lbs.	Open						
Sub-Teen DT	Rectenwald	—					

Best Lifter: James Jacobs. Curl Event Best Lifter: David Stevens. 1st Place Team: Team Elite of Lakeland, Florida, Coach Keith Sundry. Meet Site: Main Street Fitness. Referee's: Ed Fitzpatrick, Mike Witmer, and Christi Witmer. Sponsor: Powerlifting USA Magazine. A very special thanks to Powerlifting USA magazine for sponsoring this event, Main Street Fitness for providing a great meet venue, our judges for doing an excellent job, our spotters and loaders for doing an outstanding job and keeping the lifters safe during a few close calls, and Coach Keith Sundry for bringing a fine crew of enthusiastic and polite young lifters. Several records were set at this event and we saw some exceptional RAW lifting throughout the day ending with a huge 740 RAW deadlift by James Jacobs who took the best lifter award in the deadlift event. Special thanks to all who made this a great day. (Thanks to APA President Scott Taylor for these results)

USPF 3rd PowerBowl BP/DL
26 JAN 08 - Fairmont, WV

BENCH	J. Stottlemire!	473
FEMALE	242 lbs.	
148 lbs.	Master (40-49)	402
Master (40-49)	D. Wamsley	402
C. Williams!	303	Master (40-49)
Open	R. Perkins	385
C. Williams!	303	Submaster (35-39)
MALE	R. Harbert	529
148 lbs.	DEADLIFT	
Junior (16-17)	MALE	
T. Tatro	182	181 lbs.
Junior Men	Junior (20-23)	
P. Surface	55	S. Calp
165 lbs.	Open	
Junior (18-19)	R. Miller	386
D. Saffle	193	198 lbs.
181 lbs.	Junior (20-23)	
Junior (16-17)	S. Brooks!	599*
T. Saffle	297	242 lbs.
198 lbs.	Junior (20-23)	
Open	Ddom	655
Open Raw DT	BP	DL
S. Rawl	500	345
600	1445	
Junior DT		
D. Beers	620	340
680	1640	
275 lbs.		
Master I DT	D. Brown	625s
455s	565	1645
!=APA American Records. *=WPA World Records. S=APA Florida or Illinois records. DT=Drug Tested. Powerlifting Event Best Lifter: Hennis Washington. Powerlifting Event "Raw" Best Lifter: Ryan Bivens. Push-Pull Event Best Lifter: Dwayne Poucher. Bench Press Event Best Lifter: Jeremy Herring. Bench Press Event "RAW" Best Lifter: Shawn O'Grady. Deadlift Event		



Anthony Pacheco, 18, won the Teen 18-19 220s at the U.S. Open

100% RAW Powerlifting Federation
Membership Application

LAST NAME: _____ FIRST NAME: _____ INT. _____

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\$25 - ADULTS	139 MARLAS WAY, CAMDEN, NC 27921
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LIFTERS SIGNATURE: _____ PARENTS SIGNATURE IF UNDER 18 YRS. OLD _____

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

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

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Mike at the Air Force Academy.
(continued from page 8)

combinations. Friday I do a raw bench variation, a deadlift variation (often deadlifts with chains or standing on a block), and some board presses for higher reps. I vary the volume, intensity, and the exercise selection. There's actually a lot of planning that goes into my training. I've picked it up from a ton of different sources and it seems like it constantly changes/becomes more refined, so this is really just a snapshot of what I'm doing now.

PL: Could you detail your source of motivation Michael?

MT: I've gotten training info from all kinds of sources. I've got elements of Westside mixed with elements of the Sheiko programs. There are other parts I have learned from Russian manuals. Some of the parts I've come up with myself. I not only read about Powerlifting, but any kind of athletic development almost constantly! Because of that, I've managed to develop what I think is a good idea of how the training process should go. It's proven to be effective, not just with me, but with the people I've helped train over the years. It's like I used to tell the guys on my team, to get good at this, you really have to be a student of the sport and take every possible opportunity to learn. I read a ton about Powerlifting, I

keep very detailed training logs and analyze them to see how my body responds to different combinations of stimuli, and so on. There is a lot to learn in Powerlifting, and the more you learn, the better you get.

As far as motivation... I look ahead and I look behind. I know my competition is working hard to beat me. To win, I need to work harder and smarter than they can. I also give this statement some thought from time to time: "Sometimes you go in the gym and you just don't feel like training, even though you should. If you decide to slack off, somewhere there is some kid that is training to be the best ever, and he just had the best training session of his life. That's ground you may never make up." I don't know who said that (probably a lot of people), but it always resonated with me, because I used to be that kid! Now I'm gunning for the top spot and I don't want to give that up without a fight.

PL: Please describe a typical week of training leading up to the 2008 Arnold.

MT: Sunday - SBD: Raw Squat - 80-90%, 5-6 sets, 635x2, 675x1, 705x2, 705x1, 635x2 (28 minutes); Bench +doubled light bands +90 pounds of chain - 80-90%, 5-6 sets, 305x2, 345x1, 370x2, 370x1, 305x3 (20

minutes); SLDL off 2x45lb plates - 3-4x8, 475x8, 495x8, 525x8 (17 minutes); Total Training Time: 108min

Tuesday: Shirt Bench- 75-85%, 5-6 sets, 535x3, 575x2, 605x3, 605x2, 605x2 (32 minutes); Deadlift w/belt - 75-85%, 5-6 sets, 655x3, 705x2, 750x3, 750x1 (25 minutes); Incline (thumb from smooth) - 4-5x6, 315x6, 335x6, 355x6 (9 minutes); Total training time: 103min

Wednesday - Extra: Single Arm External Rotation - 30x12x3; Decline Sit-ups - 10x10x2; Stretching Elliptical - 4x.2mi (2mingoes); **Thursday:** Suit Squat +wraps - 75-85%, 5-6 sets, 705x3, 755x2, 800x3, 800x2, 705x3 (41 minutes); Bench - 75-85%, 5-6 sets, 415x3, 435x2, 470x3, 470x2 (15 minutes); SSB 12" Oly Squat +90 pounds of chain - 4-5x4, 405x4, 445x4, 470x4, 445x4 (27 minutes) talk too much. Total Training Time: 133min

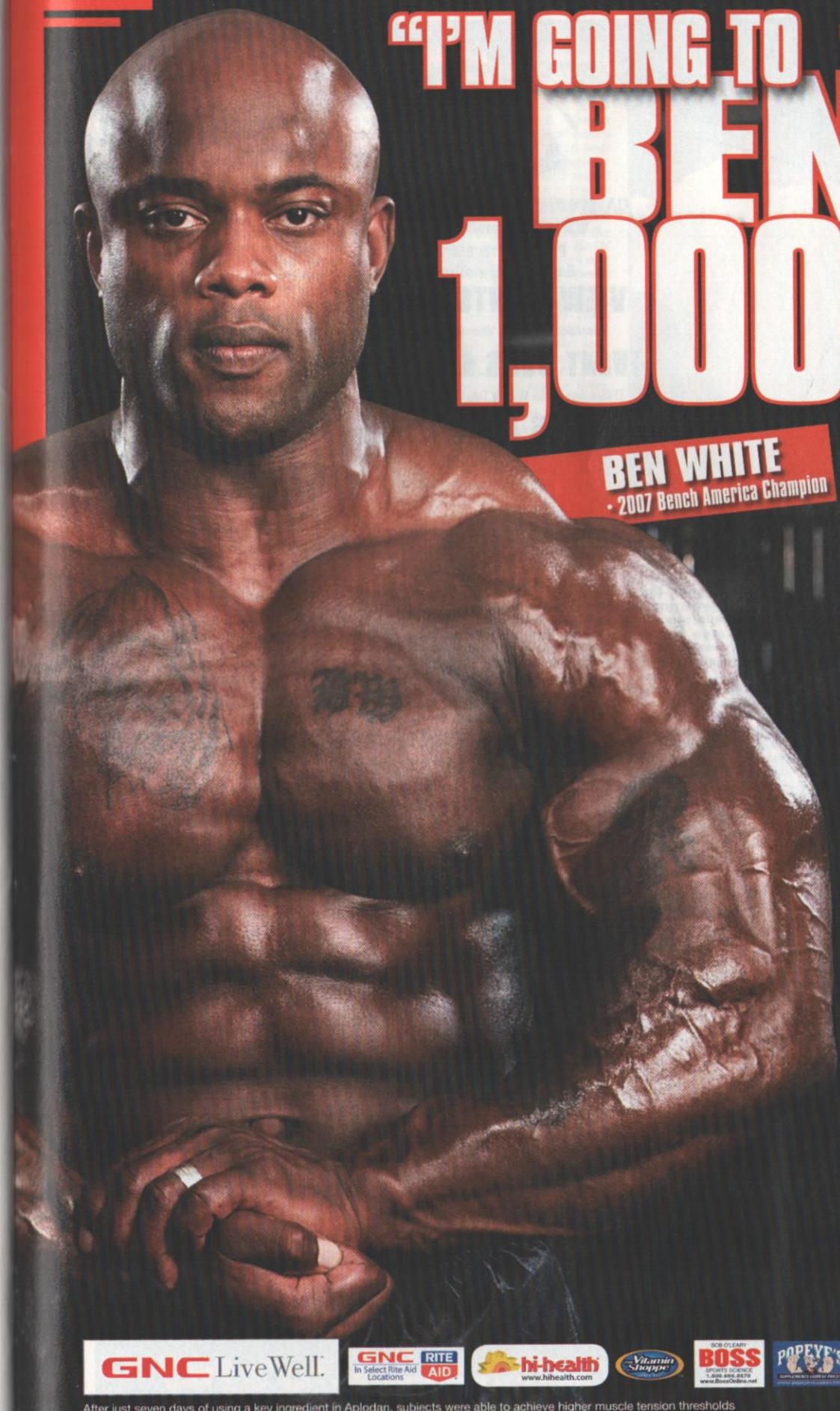
Friday: Ply Press +doubled mini band - 80-90%, 5-6 sets, 405x2, 425x, 445x2, 385x2, 445x1 miss 2 (25 minutes); Deadlift +90 pounds of chain - 80-90%, 5-6 sets, 605x2, 655x2, 675x2, 675x, 605x2 (27 minutes); Pin 12 Lockouts +90 pounds of chain - 75-85%, 4-5 sets, 425x4, 455x3, 475x3, 455x4, 455x3 (21 minutes); Total Training time: 106min

PL: Anything you would like to say in closing Michael?

MT: I would like to thank my wife, Ayana. She's without a doubt my biggest fan and is 100% supportive of my powerlifting habit. She has flown across the country several times to help and encourage me at meets. She has taken it upon herself to learn a lot about powerlifting so that I can bounce ideas off her. There's no way I'd be in the same place without her support. I'd like to thank my parents, too. They have also followed me around the country to watch my meets. Mom helps by taking video of my attempts and Dad handles me backstage. They're great! My Dad even flew to Bulgaria to help handle me backstage at Jr. Worlds in 2006! That was an expensive trip, but he didn't hesitate - he knew I needed help and he was there! I'd like to thank Sherman Ledford of Quest Nutrition for his support not only with supplements and nutrition advice, but with feedback on my training also. I'd also like to thank Titan Support Systems for the supportive equipment. They have certainly made my life easier and my lifting better. Most of all, I'd like to thank God for the talent He has given me and the desire to do something with it. Without Him, I'm not having this conversation right now!



Mike has things figured out... he's getting stronger in all the lifts at the same time. (Scot DePanilis photograph.)



"I'M GOING TO BENCH 1,000 LBS!"

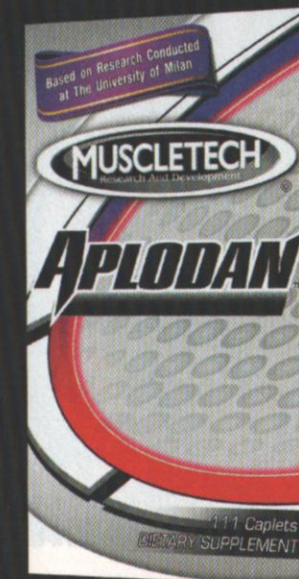
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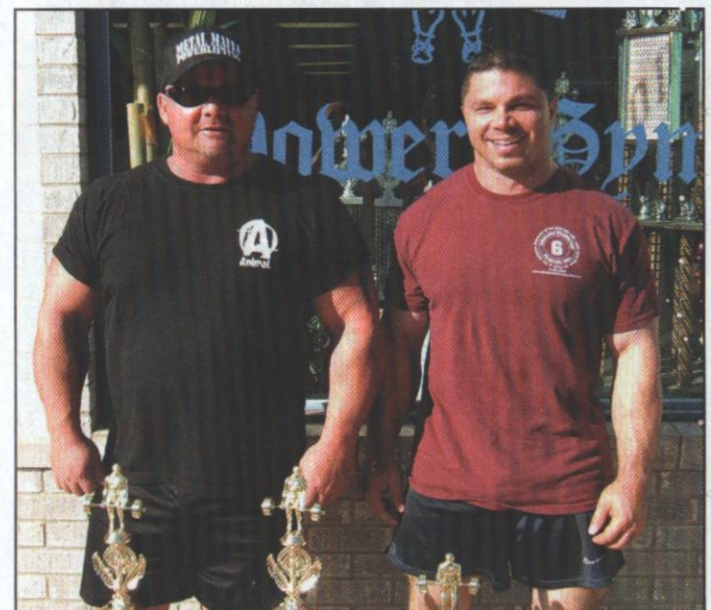
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SLP National Championship
29 SEP 07 - Tuscola, IL

BENCH WOMEN		DEADLIFT WOMEN	
Master (45-49)	181 lbs.	Master (40-44)	148 lbs.
D. Covington	225*	S. Bick	210*
Raw	4th-225*		
Master (40-44)	148 lbs.	Master (45-49)	181 lbs.
S. Bick	105*	D. Covington	360*
4th-110*			
MEN		MEN	
Police/Fire Open	198 lbs.	Teen (13-15)	198 lbs.
E. Ruff	345	L. Heater	410*
Raw	181 lbs.		
Teen (13-15)	198 lbs.	Master (45-49)	181 lbs.
L. Heater	270*	D. Felton	580*
Master (65-69)	242 lbs.	Master (55-59)	198 lbs.
F. Gudakunst	270*	L. Readman	430*
Powerlifting	SQ		
	BP	DL	TOT
Teen (13-15)	198 lbs.		
L. Heater	375*	270*	410*
		4th-DL-420*	1055*
Submaster			
181 lbs.			
M. Gugino	635*	525*	570*
Master (40-44)	275 lbs.	570*	1730*
T. Oberle	700	435	520
Master (45-49)	242 lbs.		1655
M. Chellino	735*	600*	525*
Master (50-54)	165 lbs.		1860*
D. Anderson	520*	250*	550*
Police/Fire (40-44)	220 lbs.		1320*
B. Stanley	530*	410*	560*
Police/Fire Open	4th: BP-430*	DL-580*	1500*
M. Ritchie	330	345	405
308 lbs.	4th-DL-420		1080
S. Winters	340	355	465*
	4th: SQ-370	DL-500*	1160



SLP PL Nationals Best Lifters: Mark Chellino and Mike Gugino (Latch)

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most respected judges in the sport. Thanks also to Phil Halverson for doing a great job loading and spotting while serving as platform manager. And many thanks as well to Buddy Hall and his team for all their help as well. In the full meet first-time national competitor Lewis Heater had a great day, setting all new national records for the 13-15/198 class. Starting with a 375 squat, Lewis benched 270 then pulled a 410 deadlift for a 1055 total. A successful 420 fourth attempt pull gave Lewis a great 1065 total! Mike Gugino won at submaster 181 with all new national records as well, finishing with a 1745 total. Mike struggled with his squat, making just his opener of 635 but came back strong in the bench with a 540 fourth attempt. His 570 opening deadlift gave him his total and the best lifter award for the open lifters. Tom Oberle won at 40-44/275, just missing a 740 record-breaking final squat. Settling with a strong 700, Tom finished the competition with a 435 bench and a 520 pull for a 1655 total. Mark Chellino got the biggest

total of the day and the award for the best overall master lifter as well. Making a 735 squat, 600 bench and a 525 deadlift, along with his 1860 total m Mark broke all the existing national records at 45-49/242. Another great master lifter, 162 lb. David Anderson, also established all new records for his class. Lifting at 50-54/165, David made all three of his squats, finishing with 520 and finished with three perfect pulls, ending with 550 for a 1320 total! Fifty years old and 160 lbs.! Brent Stanley had his best day ever, setting new PRs in the squat (530), deadlift (580) and total (1540) on his way to the title at police & fire 40-44/220 class. Along with his 430 bench, Brent set all new national records for his class. Also at police & fire were newcomers Matt Ritchie and Steve Winters. At 242 Matt finished with 330-345-420 for a 1095 total while Steve went 370-365-500-1235 at 308. Steve's final pull of 500 broke the national record there by fifty pounds. In the bench press event it was Sharon Bick breaking the raw national mark with her 110 final attempt. Diane Covington broke the record at 45-49/181 with 225. It was



Sharon Bick with her SLP PL National Record 225 @ 148/40-44 (photo courtesy Dr. Darrell Latch)

SLP Missouri State Fair
18 AUG 07 - Sedalia, MO

BENCH WOMEN		F. Ouderkirk 345*	
Raw	132 lbs.	G. Stacherski	280
Master (40-44)	132 lbs.	M. Hammond	445*
S. Darrow	145*	4th-460*	
181 lbs.		Open	220 lbs.
C. Crossland	285*	T. Luke	—
4th-300*		242 lbs.	
MEN		K. Parrish 680*	
Novice	198 lbs.	275 lbs.	
C. Flick	275	M. Guthery	415
Junior	198 lbs.	RAW	
E. Leitman	400	Novice	181 lbs.
242 lbs.		J. Luke	260*
N. Gentges	600*	4th-270*	
Submaster	181 lbs.	Teen (13-15)	97 lbs.
J. Kookan	325	Z. McClure	90*
4th-335		165 lbs.	
D. Charron	615*	E. Jennings	205*
4th-625*		L. Heater	270*
Master (40-44)	220 lbs.	4th-275*	
B. Stevens	580*	Submaster	220 lbs.
Master (45-49)	198 lbs.	S. Kujawski	365*
G. Bauer	410*	4th-405	
Master (55-59)	198 lbs.	Master (45-49)	181 lbs.
		T. Carlisle	255*
		Open	

198 lbs. Schamburg 565*
M. Lane 325* Master (45-49)
DEADLIFT 181 lbs.
MEN R. Heater 365*
Teen (13-15) Open
97 lbs. 165 lbs.
Z. McClure 170* R. Snelling 600
4th-180* 181 lbs.
198 lbs. J. Kline 465
L. Heater 405* 4th-485
Junior 198 lbs.
198 lbs. M. Lane 640*
E. Leitman 600* 275 lbs.
220 lbs. M. Guthery 550

*Son Light Power Missouri State Records. Best Lifter Bench Press: Keith Parrish. Best Lifter Deadlift: Ryan Snelling. The Son Light Power Missouri State Fair Bench Press & Deadlift Championship was held at the state fairgrounds. Thanks to my son Joey and grandson Daniel for doing such a great job once again loading and spotting. Also a special thanks to Putt Houston for all his help during the meet. Putt, who recently won the AWPFF Worlds, is that special kind of powerlifter who comes to meets, when he's not competing, and simply helps with whatever needs to be done! A great spirit! In the bench press event first-time lifter Susan Darrow won at 40-44/132 with a new Missouri state record of 145. She is trained by our next lifter, Cyndi Crossland. Cyndi won at 40-44/181 with a new raw record of 285. We all talked her into a fourth with 300, which she made with ease! Not too many women can boast a 300 raw bench! Also lifting in the raw division was novice 181 winner Justin Luke. Justin finished with a new state record of 270. In the men's 13-15 age group we had three fine young lifters, all of which set new records for their respective classes. At 97 it was Zac McClure with 90. Evan Jennings finished with 205 at 165 while Lewis Heater, lifting in just his second competition, got a new personal best 275. Shawn Kujawski set the mark at submaster 220 with 365, before finishing the competition with a 405 assisted lift.

Terry Carlisle, state record-holder at 45-49/181, upped that mark by five pounds to 255. Our final raw lifter was Mike Lane, who won at open 198, setting the raw state record there with 325. In the shirt division Chris Flick won at novice 198 with 275 while Eric Leitman took the title at junior 198 with a personal best 400. Nathan Gentges got his first official 600 bench with his win at 242! All this at a 230 bwt! Jim Kookan had a good day at submaster 181, finishing with a new personal record 335 fourth attempt! Daryl Charron, a great single ply lifter, finished with a personal and state record 625 at submaster 308. Bruce Stevens, who recently joined the 600 club, finished here with 580 at 40-44/220, weighing in at just 204.5. Bruce's next personal goal is a triple bodyweight bench at master 198! At master 45-49/198 it was Gene Bauer, breaking his own state record with 410 while training partner Floyd Ouderkirk did the same at 55-59/198 with 345. Greg Stacherski, who has been away with some health problems, returned to finish second to Floyd with 280. Mark Hammond, another great master lifter, blew away the state record at 55-59/220 by 100 pounds, finishing with a personal best 460! Moving to the open division we had one bomb-out in the form of Tiral Luke. The current state record-holder at 220, Tiral was just "off" on this day, missing with 555 three times. Taking the 242's, as well as the best lifter award was Keith Parrish. Still using his older shirt, Keith upped his own state record there with 680. Get that new shirt on and get that 750! Sounds good to me! Mike Guthery rounded out the benchers with his win at 275, finishing with 415. In the deadlift competition Zac McClure captured his second title and state record at 13-15/97 with his final pull of 180. Lewis Heater also did well, taking the win at 13-15/198 with another state record of 405. Eric Leitman won again at junior 198, this time with a new state record of 600. Taking the win at junior 220 was Matt Schamburg who finished with 565. First-time competitor R.L. Heater pulled a personal best 365 for the win at 45-49/181. This was also a new state record for R. L. In the open division best lifter Ryan Snelling looked strong at open 165 with his 600 second attempt, but a 640 final attempt stalled halfway up. Loss of weight and the hot temperatures didn't help! Taking the win at 181 was Joe Kline



The Best Lifters at the SLP Missouri State Fair BP/DL competition were: Keith Parrish and Ryan Snelling (photo courtesy of Dr. Darrell Latch)

with 485. The biggest lift of the day (640) came from 198 winner Mike Lane, who finished a close second to Ryan for the best lifter award. Mike Guthery won again at 275 with 550, just missing a PR fourth attempt with 585. Thanks again to all the lifters and helpers who helped make this annual event another success. See you all again next year! (courtesy of Dr. Latch)

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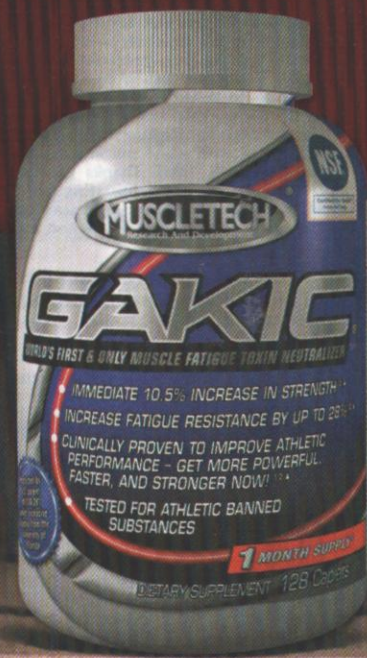
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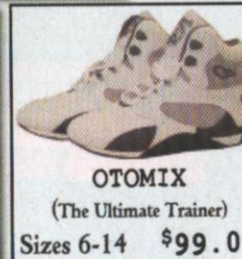
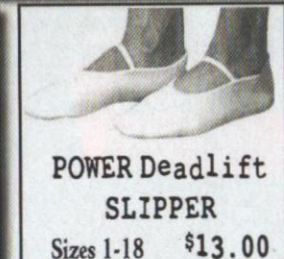
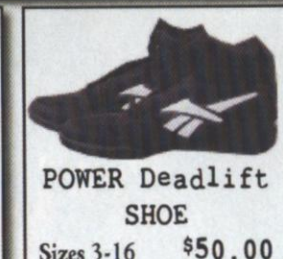
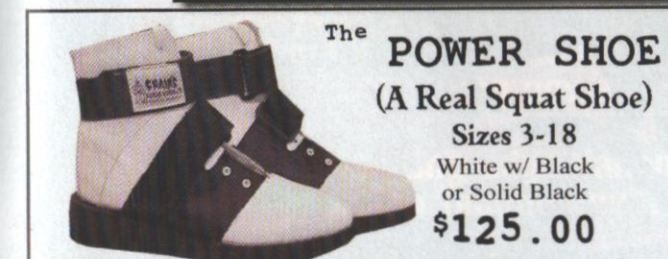
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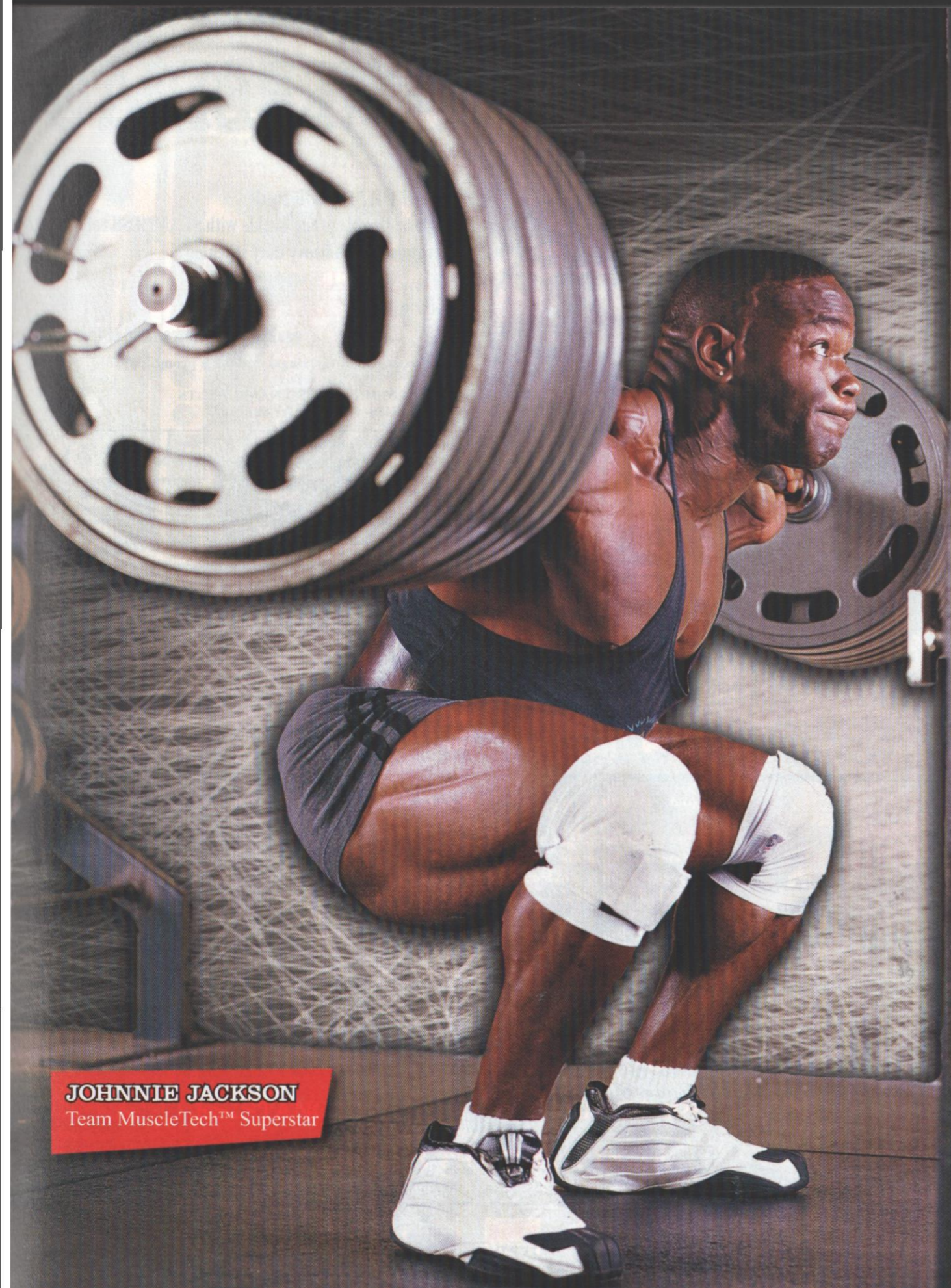
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IPA Jersey Power Challenge 20 JAN 08 - Carteret, NJ

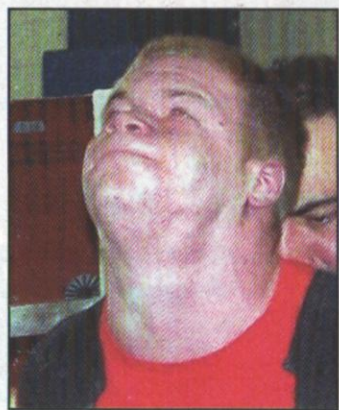
BENCH WOMEN	
97 lbs.	
Open Am. McCaslin	140
148 lbs.	
Sub Am. West	280
308 lbs.	
Open Am. Raw Rychlak	190
MEN	
148 lbs.	
Open Am. Ceklovsky	600*
Master (45-49) Amateur Raw Stewart	255
181 lbs.	
Open Am. Velygan	500
Sub Am. Langone	355*
Master (40-44) Am. Caliguieri	420*
198 lbs.	
Master (40-44) Raw Am. Hooper	380
Swanson	420
Open Am. Swanson	420
Master (40-44) Am. Raw Trout	350
Powerlifting All Lifters	
114 lbs.	
Teen (18-19) Am. Tafuri	275 210 280 770
132 lbs.	
Master (50-54) Am. Raw Stein	220 125 260 605
Master (50-54) Open Am. Raw Stein	295 140 350 785
148 lbs.	
Teen (16-17) Am. Raw Patterson	215 155 265 635
165 lbs.	
Ironman Am. Cruz	250 360 610
Open Am. Raw Trapani	420* 255 520* 1195
181 lbs.	
Junior Am. Marino	425 280 515 1220
Open Am. Muscianisi	650 385 500 1535
Open Sub Am. Raw Hanley	415 270 510 1195
198 lbs.	
Teen (16-17) Open Am. McCloskey	575 245 440 1260



12 year old Kerri McCaslin benched a record 140 lbs.

Open Master (50-54) Pro Ruquet	
530	370
455	1355
Teen (16-17) Am. Raw Malavi	
525*	410*
500*	1435*
275 lbs.	
Junior Am. Woody	
475	385
530	1390
Master (50-54) Am. Mattei	
575	385
500	1460
Master (55-59) Pro Patterson	
405	460
440	1305
Open Sub Pro Raw Moore	
640*	430*
600*	1670*
308 lbs.	
Junior Am. Damminga	
725	465
625	1815
Master (45-49) Open Am. Raw Loria	
575*	350
505	1450*
4th-DL-525*	
Open Sub Am. Becker	
675	475
615*	1765*

equipped. Our judges were Gene Rychlak, Carl Seeker, Bobby and Cathy Fields, Shawn Lattimer, Dave Kirshen, and myself. When these people are in the chairs I know the lifters will be judged strictly and fairly. They have been around a long time and are not intimidated by big numbers and call what they see! I feel if you can walk away from a meet without feeling that the judges were giving away the house (passing obviously poor lifts) or stealing from the house (turning down obviously good lifts) then the meet was judged well! We all make mistakes from time to time and we will never all agree on each call, but that is why there are three judges. The spotting and loading was excellent under the direction of Tony Barbaccio, Chris DelPreore, Damon Byrd, Andy Williams, and Brian Bott. They had many helpers throughout the day, but all took their jobs seriously and kept the lifters safe. Sandy McCaslin, Kia Seaberry and Jules Furniss handled the head table and announcing like the veterans they are. Thanks, you guys kept everything running smoothly. I would like to mention that the platform and warm-up room equipment were top notch. We had a 12x12 carpeted platform, a brand new Metal Militia Monolift made by Bill Crawford and provided by Gene, a Texas Squat Bar provided by Elite Fitness, an EFS Competition Bench w/suede top, a York Power Bar, and a Texas Deadlift Bar provided by Elite Fitness Systems. Last year, many lifters were disappointed with the warm-up facilities, but we vowed to resolve that and we did. This year we had 2 Monolifts (equipped with squat bars), two competition benches (equipped with bench bars), and two deadlift areas (equipped with deadlift bars). The warm-up area is the most overlooked area when preparing to run a meet, but the most important area because that's where the lifter spends most of their time and that can set the stage for a good or bad day. We had 58 lifters compete in our 2nd Annual IPA Jersey Open, up from 44 last year! We agreed to stick to a 60 lifter maximum, so the meet ended at a reasonable hour. The highlight of the day in my eyes was the All-Time World Record Bench Press by Joe Ceklovsky at 148! Joe came into the meet as the current WR Holder with a 560 done at the IPA Nationals in November (with a close miss at 600!) and decided to give it one more shot before recycling! We are grateful to Joe and his coaches Sandy and Zane McCaslin for selecting our meet to get the job done! Joe weighed 147.6 and made the record setting lift on a second attempt. He tried 620 on a third, but missed lockout! I believe he has a lot more in the tank, but the third lift was anti-climatic. At 33, Joe is at the top of his game, but you would never know it by talking to him or seeing him interact at meets. He is always willing to pitch in and help a fellow lifter out, a fine example of what athletes should represent! Congratulations Joe! The rest of Joe's teammates at the Iron Asylum Gym, located in Tribes Hill, NY had great perfor-



Anthony McCloskey, still a teen, totaled 1905 at 220. (Photographs courtesy from Sandi McCaslin)

mances as well. 12 year old, Kerri McCaslin benched 140 at only 83.4 pounds. She could teach us all a thing or two about the technical aspects of benching and has a bright future ahead of her, not only in powerlifting, but also in life. Rheta West benched 280 as a 148 Submaster and although she just benched in this meet, she has tremendous balance in all three lifts. Jim Farina also had a huge PR with a 500 raw bench at 275. Jim has chased this milestone for a while, and I was glad to see him make it, after I caught a misload on the bar as he was taking it out of the rack, and had him re-rack it. The bar was misloaded to 495 and I knew he wouldn't be satisfied with that! Last, but not least, we have the owner/coach of the Iron Asylum Team, Zane McCaslin. Zane opened with a PR 735 and made it easily, but wrenched his wrist getting the weight to touch properly, so after misgrooving 805 on a second attempt, he decided to pass his third to avoid injury. Zane is special because he is always willing to sacrifice his own lifting for that of his teammates. Time and time again, I see him at meets handling several lifters, only to find out that he is lifting in the afternoon session or the next day. Not many would do that! He is a great bench press coach and that is evident by the numbers that his lifters and all those that he has helped, put up in meets. Josh Tafuri represented the Monsignor Donovan H.S. Team, under the watchful eye of coach Mark Deppen! I have had the pleasure of seeing this team compete in the past, but every time I am in their presence I can't stop thinking, "Why can't this be the way high school strength training programs are run around the country?" Mark's team exemplify what a well-coached team in any sport should be. It is obvious that they are being taught the proper way to train and compete because every member of the team has solid form and refuses to quit on a weight! Coach Deppen is also very protective of his young lifters and carefully selects their attempts

based on their previous training cycle and how they look that day! Most of his lifters go 7-9,8-9,or 9-9 with room to spare. Josh had a great day going 280,210,280 for a 770 total weighing only 109.8. A few other teenagers deserve special recognition. Anna McCloskey, 15, hit huge lifts of 575,245,440 for a 1260 total. Her brother Anthony McCloskey, 16, 209.2, went 805,470,630 for a 1905 total. Just to put things in perspective, that is 80 lbs. more than the 220 lb. Open Elite Total! Anna and Anthony are coached by their dad using the principles put together by Louie Simmons of the Westside Barbell Club. They both compete in Metal Gear available at www.elitefts.com. The last teen lifter I want to mention is Tony Malavi, 17, 237, who hit 525,410,500, for a 1435 Raw Total. There were several other outstanding performances from our Master's and Open Lifters that deserve special mention. Ellen Stein is a former IPF Women's Master World Champ, whom I've known for years, but she continues to impress with lifts of 295,140,350 for a 785 total at 132 in the 50-54 age group. In the 242 Master Raw Division, another of my long time friends, Pat Susco, 56, continues to move tremendous weights in the squat and deadlift. This former Roller Derby star squatted 675 and deadlifted 640 without any modern powerlifting equipment. Pat is giving back to the sport by training many up and coming lifters in his home in Brooklyn. In the 275 Division, it was great to see long time Iron Island Teammate Lou Loria back on the platform after a several year hiatus due to work and raising a family. Lou went 575,350,525 raw, but has the potential for much more considering he was an 800 lb. squatter before the modern age of equipment! Another Iron Island Teammate Ed Ruquet was able to get back on the platform after a 6 year layoff due to injury. Ed did not have the day he hoped for, but it was a step in the right direction. He has the heart of a lion and I am confident that big



Joe Ceklovsky crushed the 148 class all time record, becoming the lightest man in history to ever hit a 600 bench in competition.

numbers are possible for him again! Local Ricardo Ingravera has been doing his homework and it showed with a 1675 total at 47 years old in the 198 class. Joe Caliguieri, and John Mitsopoulos were impressive Masters benchers going 420 at 181/40-44 and 320 at 198/60-64, respectively! The Open Division had its share of great performances as well. Jeff Carr is a trainer at DeFranco's Training Center in Wyckoff, NJ. This was his first meet since relocating and he was able to post a solid 1700 lb. total at 220 via 655,475,570. He has the ability to total elite, and I'm sure he will not let up until he reaches that goal! Anthony Ditillo joined Eastside Barbell Club (my basement gym) about 4 months

ago and we were very happy with his training habits and progress. In his second meet, he totaled 1800 via a 725,500,575. Our goal for him was to get his Masters Total at 242, 1740, but we knew that 1800+ was possible! He went 9-9 and now we will begin to prepare him for an Elite Ranking (1890) in his next meet! Anthony is only 25 and has a bright future. His dad wrote for Strength & Health Magazine and was 5'5", 360 lbs. in his prime! Mike Moore was our best raw lifter going 640,430,600 for an impressive 1670 total. Mike is as kind as he is strong! Dave Damminga had the second highest total of the meet, but probably has the highest IQ or SAT score of the bunch! He came down from Yale to lift with us and had a good day considering he has lost a lot of bodyweight since August. Dave went 725,465,625 for an 1815 total at 308. We hope he can make it again next year. Slav Velygan, formerly of the Ukrainian National Team, now training at Skiba's Barbell Club turned in a solid performance with a 500 lb. bench press at 181. He is very strong and we will see much more from him in the near future! Where do we go from here? I hope to see more power meets run in New Jersey! (IPA, APF, SSA, UPA, etc.) I have learned over the years that it is not the letters in front of the meet name that determines the success of the meet, but rather the people and support staff that run the meet! I have always done my best to support powerlifting throughout the country and will continue to do so as long as people are interested in running quality meets with the lifter's needs first and foremost in mind. I would like to see two major meets run in New Jersey each year, with the possibility of running a third separate meet for HS lifters only, in the near future. If anyone is interested in running a meet from single lift to full power with either the APF, IPA, UPA or SSA, please don't hesitate to contact me at jtb2040@aol.com. Until next time, Stay Healthy & Strong! God Bless! - John Bott

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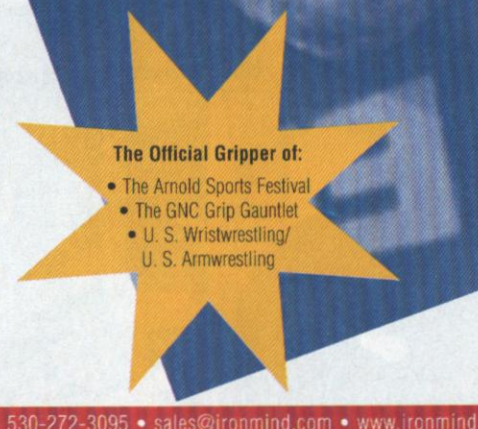
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Sign if above answers are correct. Parents sign if under 18 years.		Date			

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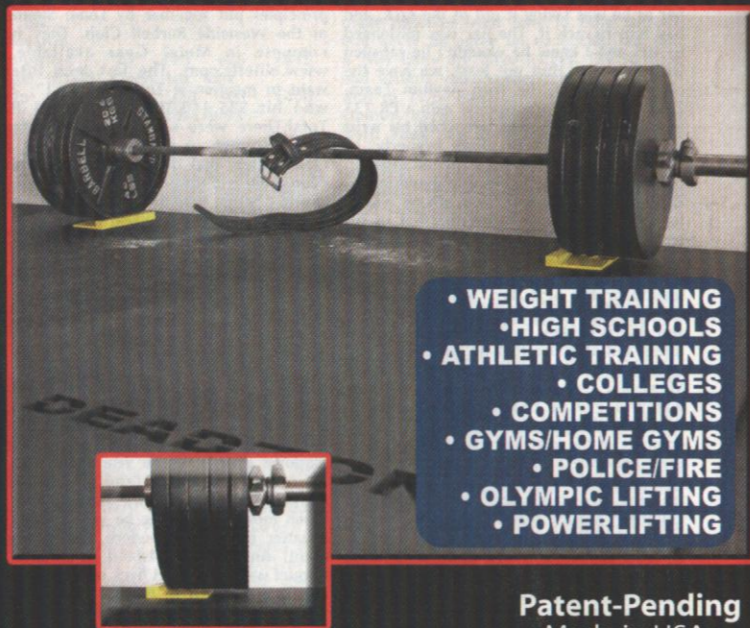
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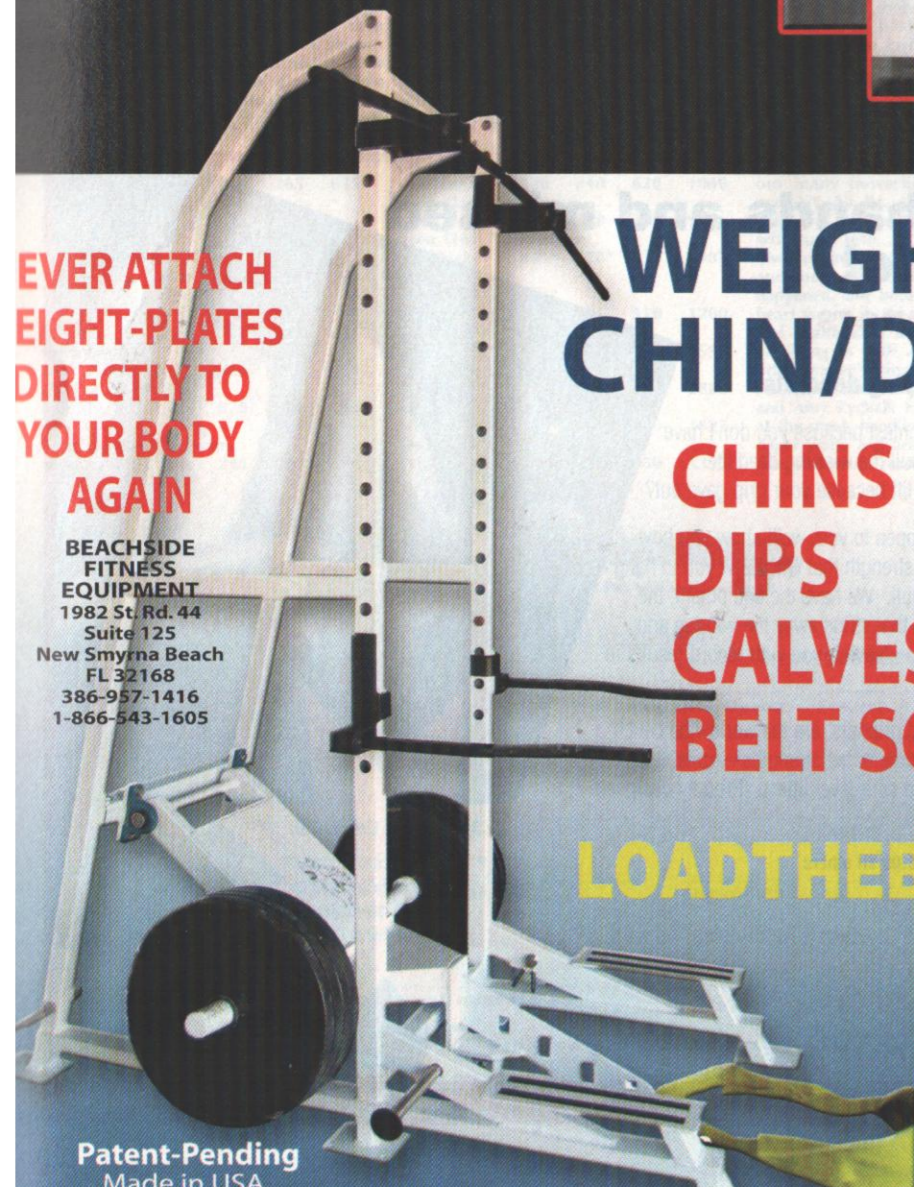
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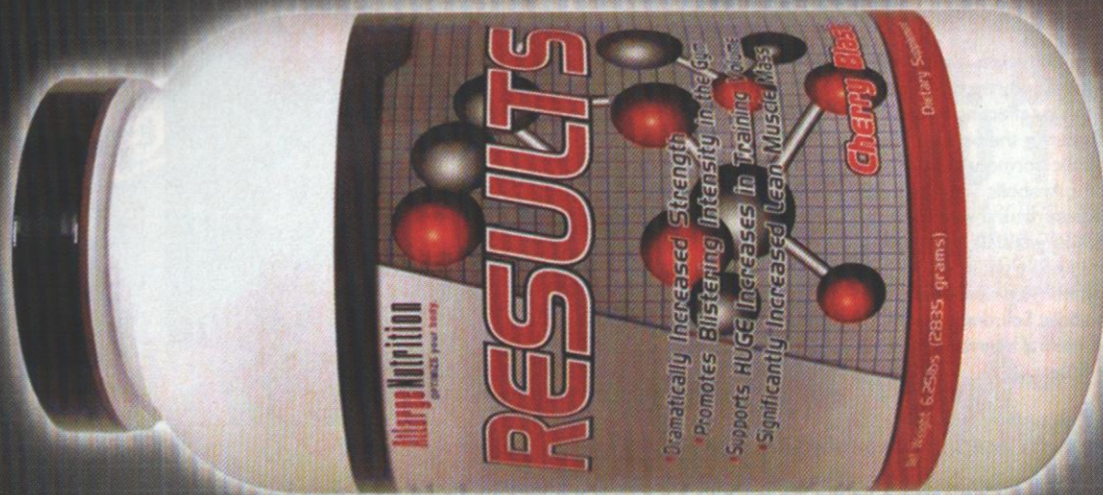


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**SLP Kentucky State Fair
25 AUG 07 - Louisville, KY**

BENCH		A. Ferguson	450*
MEN		Submaster	198 lbs.
Special Olympic	198 lbs.	R. Deppen	350
S. Currey	200	J. Bowling	455*
Novice	148 lbs.	4th-475*	
R. Carr	235*	Master (50-54)	132 lbs.
Junior	220 lbs.	B. Lamb	190*
J. Thomas	405	M. Evans	220
4th-505*		Open	165 lbs.
Master (65-69)	275 lbs.	K. Hoback	265
T. Chapala	350*	198 lbs.	
Open	308 lbs.	L. Wolz	360*
J. Phillips	385	4th-370*	
Raw	DEADLIFT		
Special Olympic	MEN		
198 lbs.	Novice		
S. Chapala	235*	242 lbs.	
4th-250*		M. Rescke	520
Novice	Junior		
275 lbs.	242 lbs.		

W. Batty 600* Open
Master (60-64)
308 lbs.
J. Phillips 440
D. Scott 385*
*Son Light Power Kentucky state records.
Best Lifter Bench Press: Joe Bowling, The Son Light Power Kentucky State Fair Bench Press & Deadlift Championship was held at Hester's Family Fitness. Thanks to my son Joey and others who helped make the competition run smooth once again. In the raw bench press event Sam Chapala broke the existing Kentucky state record for the special olympic/198 class with his great 250 final attempt. Andy Ferguson broke the state record with each of his attempts at novice 275, finishing with 450. It was Rob Deppen at submaster 198 with 350 while Big Joe Bowling took the win at submaster 275 with 475. Not only did Joe set the state record there, but he also captured the best lifter award for the competition. Bob Lamb set the state record for the 50-54/132 class with 190, just missing a final with 200. Mark Evans, just back from his best lifter performance at the SLP Illinois State Fair of last weekend, won at 50-54/148 with

220. It was Kevin Hoback at open 165 for the win with 265, just missing a state record 280 final attempt. Our final raw lifter was Lenny Wolz, who broke the record at open 198 with a personal best 370. In the assisted division Steven Currey won at special Olympic/198 with 200, making just his opener. Rick Carr upped the state record for the novice 148 class with his 235 personal record effort while John Thomas took the win at junior 220. John finished with 405, but came back with a great final lift of 505! Not only a new personal mark, but a new Kentucky state record as well! Tom Chapala moved up to the 65-69 age division where he set the state record at 275 with his 350 opener. John Phillips won at open 308 with 385. In the deadlift event Michael Reschke showed plenty of potential with his 520 pull at novice 242. Also at 242 was William Batty, who broke the state record there with a great 600 pull. William certainly has the strength for much more, but failed to get beyond his opener as 640 failed twice. Dave Scott set the state record at 60-64/275 with his 385 pull, breaking the previ-



Sam Chapala ... Special Olympic 198 State Champion at the SLP Kentucky State Fair contest (photograph courtesy Dr. Darrell Latch)

ous record held by the "World's Oldest Hippy Lifter", Jimmy Duckett! John Phillips won his second title of the day at open 308 with 440. Thanks again to the staff at Hester's and all those who helped with the competition. See you all again next year. (Thanks to Dr. Darrell Latch for results)

**USAPL Fife Power Holiday Classic
15 DEC 07 - Tacoma, WA**

Powerlifting	SQ	BP	DL	TOT
FEMALE				
114 lbs.				
Teen (16-17)				
V. Shaw	154	88	243	485
123 lbs.				
Open				
K. Clark	292	176	309	777
Master I				
L. Lamp	—	165	209	375
132 lbs.				
Junior				
E. Anderson	204	—	—	204
Teen (16-17)				
S. Lewis	198	110	231	540
Open Raw				
R. Unson	—	160	259	419
148 lbs.				
Open Raw				
M. Collier	231	110	320	661
Teen (18-19)				
A. McWeeny	—	138	281	419
165 lbs.				
Teen (16-17)				
E. Gremer	243	94	226	562
181 lbs.				
Open				
P. Martinez	314	165	314	794
Open Raw/Police/Fire				
T. Gack	193	138	237	568
Master I				
N. Harmon	320	165	320	805
Master II				
E. Harwood	243	165	292	700
MEN				
123 lbs.				
Teen (14-15)				
Christensen	—	83	204	287
132 lbs.				
Teen (16-17)				
W. Smith	320	198	303	821
148 lbs.				
Teen (14-15) Raw				
W. Hoyt	—	132	—	132
Teen (16-17)				
S. Lee	254	110	309	672
Teen (18-19) Raw				
J. Prater	—	—	408	408
165 lbs.				
Teen (16-17)				
R. Gaurishov	265	—	314	579
Teen (18-19)				
A. Schaefer	303	182	353	838
Junior				

P. Cooley	—	254	—	254
Master I				
M. Hara	369	287	419	1075
Open				
T. Steichen	298	287	386	970
Open Raw				
C. Wood	331	254	397	981
181 lbs.				
Teen (19)				
C. Granados	342	204	353	898
198 lbs.				
Teen (16-17)				
J. Garbush	331	281	507	1119
Teen (18-19)				
P. Lofton	342	226	402	970
D. Kohls	—	—	485	485
Junior Raw				
J. Siregar	408	342	463	1213
Master III				
R. Chwaler	—	254	—	254
Master V				
R. Schuller	320	220	402	942
Master V Raw				
B. Knudsen	254	248	320	821
Open Raw				
B. Franklin	—	320	—	320
220 lbs.				
Teen (14-15)				
I. Allen	209	182	353	744
Master I				
G. Reboton	452	276	502	1229
Master II				
J. Dietz	—	375	424	799
Master V Raw				
R. White	—	276	—	276
Open				
K. Gack	—	518	601	1119
Open Raw				
N. DuFour	529	386	634	1549
Special Raw				
S. Harp	—	154	254	408
242 lbs.				
Teen (16-17) Raw				
D. Hatfield	—	204	380	584
Junior				
D. Marx	524	336	573	1433
J. Kline	683	452	595	1731
Open				
D. Dietz	402	215	634	1251
T. Waters	601	358	502	1461
275 lbs.				
Teen (16)				
J. Rhodes	320	276	386	981
Master I/Open				
M. Stewart	722	562	601	1885
275+ lbs.				
Teen (16-17) Raw				
R. Gutierrez	320	204	375	898
Junior				
W. Rogers	606	424	600	1630
Master III				
Hendrix Sr.	716	452	694	1863

the women's side with a big 805 total followed by Patricia Martinez at 793 and Katherine Chwaler-Clark with 777 at a bodyweight of 123. Tori Shaw was Best Teen Female in her first meet ever. Prerty good for our Homecoming Queen. Will Smith came up as Best Teen Male in his first USAPL meet at 132 lbs. Traci Gack was Best Female Raw Lifter and newcomer Jonathan Siregar took the Raw Junior award. A lot of newcomers and some veterans like Dick Schuller, Bob Knudsen, and Robert White made the day enjoyable and fun. However, none of it happens without the work of volunteers. Jerry Schaefer never left the platform, Terry Lee ran the table along with Faith Ireland. One of our football coaches got an eyeeful helping out and our principal Mark Knight, also a lifter, helped also. Pauls Houston, Roger Silva, and Dana Backiel ran the chairs. Special kudos to Kevin Stewart and Brad Coury for letting the high school use their racks and weights. (results provided from USAPL)

**SLP YMCA of Kansas City
28 JUL 07 - Kansas City, KS**

BENCH	Teen (13-15)		
WOMEN		198 lbs.	
Open Raw	L. Heater	250*	
123 lbs.	Master (40-44)		
L. Little	115*	275 lbs.	
MEN		J. Jones	360*
Novice	Master (45-49)	220 lbs.	
181 lbs.	T. Nassen	335*	
J. Kookan	325*	DEADLIFT	
4th-335*		Open	
Teen (16-17)		123 lbs.	
123 lbs.	K. Divers	185*	
K. Divers	185*	198 lbs.	
198 lbs.	L. Little	200*	
C. Green	265*	MEN	
4th-275*		Teen (13-15)	
Teen (18-19)		198 lbs.	
220 lbs.	L. Heater	385*	
K. Schempp	260*	4th-390*	
4th-275*		Teen (16-17)	
Submaster		165 lbs.	
308 lbs.	A. Ward, Jr.	415*	
D. Charron	600*	4th-450*	
4th-610*		198 lbs.	
Master (40-44)		C. Green	415*
220 lbs.		4th-425*	
B. Stevens	560*	Teen (18-19)	
4th-600*		220 lbs.	
Master (55-59)		K. Schempp	450*
242 lbs.		4th-475*	
M. Hammond	465*	Master (45-49)	
Police/Fire		220 lbs.	
Submaster		T. Nassen	450*
275 lbs.		4th-475*	
J. Hudson	405*	Master (40-44)	
Open		242 lbs.	
242 lbs.		S. Philpot	635*
K. Parrish	650*	Man/Woman	
Raw		181 lbs.	
		Philpot/Little	600*

*=Son Light Power Kansas state records.
Best Lifter Bench Press: Keith Parrish. Best



Sam Philpot with his SLP Kansas State Record 635 deadlift at 242/40-44, done at the YMCA of Kansas City Push Pull. (Latch photo)

Lifter Deadlift: Sam Philpot. The Son Light Power YMCA of Kansas City Push/Pull Classic was held at the YMCA. A very special thanks to Justin Cantwell for all his help organizing and promoting this competition locally. In the bench press event we had one lady, first-timer Leigh Little, who won at open 123 with 115. For the men it was Jim Kookan at novice 181 with a personal best 335. Lewis Heater took home the trophy for the 13-15/198 class, finishing with 250. At 16-17 it was Kody Divers at 123 with 185 while Cody Green won at 198 with 275. Kyle Schempp got the win at 18-19/220 with 275. In the submaster division it was a great bencher, Daryl Charron, for the win at 308 with his first official 600 bench! A fourth with 610 was also good! All this in a single ply shirt with a lift that would have passed anywhere! Another great lifter, Bruce Stevens, also got his first 600 bench with his win at 40-44/220! Bruce, weighing in at just 207, slowly inched the weight to lockout; one of the greatest efforts of the day! James T. Jones won at 40-44/275 raw with 360. Tim Nassen got his win at 45-49/220 with a solid 335 raw. One of the strongest master benchers anywhere, Mark Hammond, won

at 55-59/242 with a personal best 465. John Hudson finished with 405 at police & fire/submaster 275. Our final lifter, best lifter Keith Parrish, won at open 242 with 650. However, a great effort with 740 may have locked out if he had been able to touch his chest! In the deadlift competition Leigh Little won her second title of the day at open 123, finishing with a personal best 200! Lewis Heater posted his second win of the day at 13-15/198 with 390. Cody Green won at 16-17/198 with 425 while Anthony Ward, Jr. pulled a great 450 at 165. Kyle Schempp took the 18-19/220 class with 450, just missing a final attempt with 500! At 45-49/220 Tim Nassen continued to show excellent form with a personal best 475. Our best lifter, Sam Philpot, pulled an easy 635 at 40-44/242, but failed with 680 due only to some grip problems he's had lately with his left hand. Sam also teamed up with Leigh for the man/woman title at 181, finishing with 600. This was our first meet in the state of Kansas, so each winner actually set a SLP Kansas state record for their class. This turned out to be a great small meet with three benchers going over 600 and several lifters posting new personal records. Thanks again to Justin Cantwell and David Lindstrom for loading and spotting, and the rest of the staff at the YMCA who helped out. Also to our trophy girl, eight year old Amira Bryant, who did a great job. See you all again next year! (Thank you to Dr. Darrell Latch for providing these contest results)

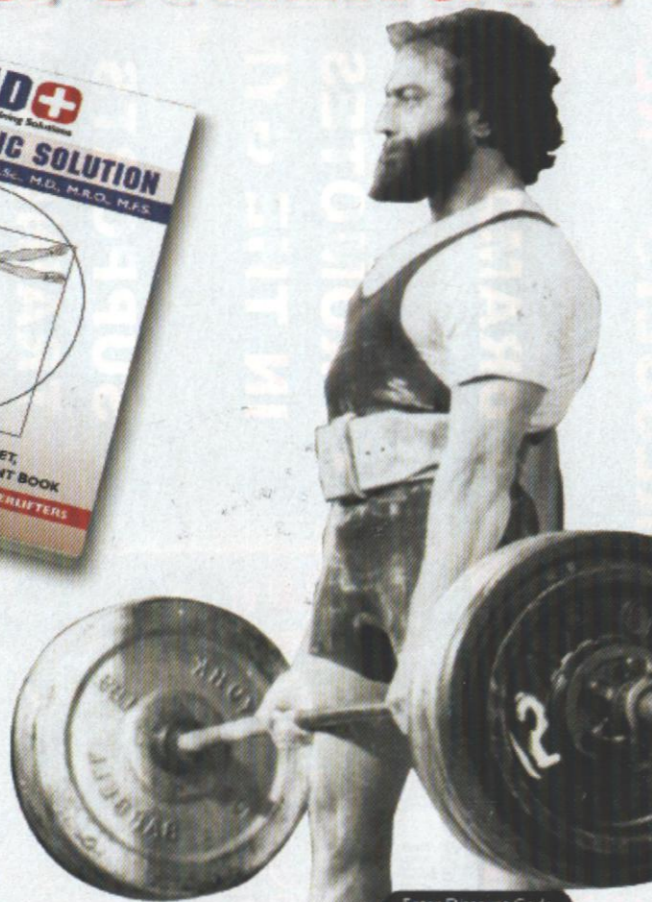
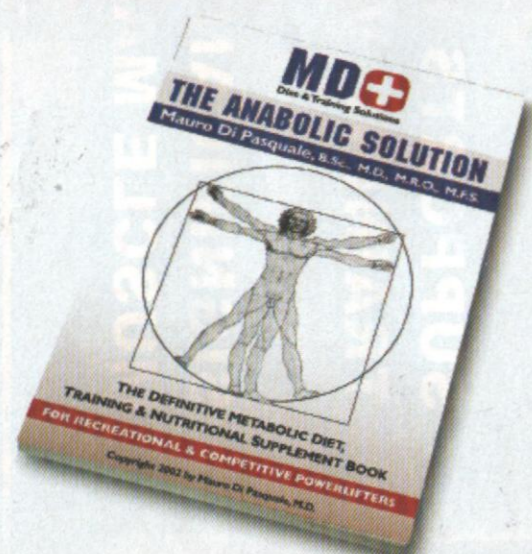
**USAPL 15th Ketchikan Meet
15 DEC 07 - Ketchikan, AK**

Powerlifting	SQ	BP	DL	TOT
FEMALE				
123 lbs.				
T. Gregg	155	130*	220*	505
MALE				
148 lbs.				
D. Daniels	250	145	360*	755
181 lbs.				
H. Hubbard	—	185	405	590
242 lbs.				
G. Turner	300	330*	365	995
275 lbs.				
A. Svenson	—	—	365	365

!*=K-High Records. *=State Records. The 15th annual Ketchikan Powerlifting meet was held at the Get Fit Stay Fit Gym. The lifters continue to prove that Ketchikan is a force in Alaska USA powerlifting, three of the lifters were in their first meet and four were K-High students. Taylor Gregg set two new state records breaking her old records in the bench press and deadlift, Gary Turner set a new state bench record, Gary Turner set a new state bench press record, and Dylon Daniels set a state record in the deadlift, breaking former K-High student houston Laws' record. Gary and Dylon set new Ketchikan High School records. The next meet will be the Ketchikan Spring Recordbreakers in May of 2008. (results provided by courtesy of USAPL)

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L. Wilcoxon 220 lbs.	420	181 lbs.	
J. Pfeiffer 4th-340 242 lbs.	330	M. Lechler 275 lbs.	325*
K. Bardos 405 Master (45-49) 198 lbs.	405	R. Dixon Master (60-64) 242 lbs.	325*
R. Hamsher 220 lbs.	400	M. Brown 4th-355* 340*	
J. Thomas 308 lbs.	505*		
R. James 4th-600* 220 lbs.	560*		
Master (50-54) 198 lbs.			
G. Benford 485* B. Jakeway 440 220 lbs.			
R. Leedy 410 4th-420			
Master (65-69) 165 lbs.			
D. Lindsley 250* Master (70-74) 220 lbs.			
C. Workman 280 Raw			
Teen (16-17) 148 lbs.			
G. Collins 4th-235* 242 lbs.	230*		
Novice 97 lbs.			
J. Mobley 275 lbs.	50*		
A. Jones 4th-350* 220 lbs.	330*		
Teen (13-15) 275 lbs.			
J. Shelton 285* 4th-305*			
Junior 165 lbs.			
J. Wolfe 255* 4th-260* 242 lbs.			
W. Quinn 305* Master (40-44) 165 lbs.			
SHW T. Cromer 390* 4th-400* 242 lbs.			
Master (45-49) 305*			



David Raines with his 660 lb. SLP State Record at Submaster/SHW at the Vince Soto Memorial Ohio State Fair meet (LATCH photograph)

SLP Vince Soto/OH State Fair 5 AUG 07 - Columbus, OH

BENCH 220 lbs.	D. Williams 265
WOMEN 275 lbs.	W. Mannings 450*
Junior 132 lbs.	J. Forgatsch 250*
J. Forgatsch 250*	Submaster 148 lbs.
C. Headrich 405	S. Haller 200* 4th-210*
Open 165 lbs.	K. Trausch 160
K. Trausch 160	Raw 148 lbs.
Submaster 148 lbs.	K. Burns 120*
Master (40-44) 132 lbs.	S. Olds 140* 4th-145*
Master (45-49) 114 lbs.	L. Muniga 105* Master (50-54) 165 lbs.
D. Mitchell 150* 4th-165*	MEN 132 lbs.
Novice 148 lbs.	D. Riddle 95*
D. Riddle 95*	D. Pfeiffer 105 4th-110

Forgatsch with a fantastic 250 lbs. personal best and Ohio state record! Breaking her own state record by 55 pounds also gave her the best lifter award for the women. At submaster 148 lbs. Susie Haller also broke her state record with a great 210 lb. fourth attempt. For the raw division at 148 lbs. it was Kim Burns with a new state record of 120 lbs. Susan Olds got her state record in the 40-44/132 division with 145 lbs. while Lynn Muniga finished with a state record 105 lbs. in the 114 lb. class. Both women set new state raw records for their classes. Deb Mitchell also got a new raw state record for her division (50-54/165) with 165 lbs. Our final lady competitor was Kim Trausch, who won at open 165 lbs. with 160 lbs. Moving to the men's competition, at novice we had seven lifters. For the 97 lb. class it was Joseph Mobley with a new state raw mark of 50. Dakota Riddle, another newcomer, got his state record at 132 with 95. Dustin Pfeiffer won at 181 with 110 while at 220 it was Dan Williams with 265. Wade Mannings put on quite a show at 275 with a new state record of 450 while fellow 275 lifter Aaron Jones captured the state raw record with 350. Charles Headrich won at 308 with 405. In the teenage men's 13-15 age group it was Cody Thomas at 148 with 175 and John Shelton with a new state record of 305 at 275. In the 16-17 age division Garrett Collins set the raw state record at 148 with 235 while E.J. Craycraft won at 165 with 285. Our only 18-19 lifter was 181 winner Brad Young. Weighing in at 179, Brad captured the best lifter for the lightweight men with his 425 state record performance. David Stuck, at 242 won with 475. For the junior men's division it was John Wolfe with a state record 260 at 165. David Kuck won at 242 with 520 while Will Quinn set the raw state record there with 305. Ron Schoffner broke the state record at submaster 198 with 440 while Todd Warner took the 275 class with 440. David Raines was the big lifter of the day with a strong 660 state record for the shw class. Weighing in at 310, David also won the best heavy weight lifter award. Returning to competition after a few years off was 40-44/148 winner Frank Ranelli. Frank finished with 320, with room to spare. Lee Wilcoxon took the 181 class with 420 while John Pfeiffer won at 220 with 340. Kirk Bardos, who had suffered a stroke earlier in the year, was back almost as strong as ever, taking the 242 class with and easy 405. Thomas Cromer, who is legally blind, set a new personal and state record at shw with his first official 400 bench. At 45-49 Mike Lechler broke the state raw record at 198 with 400. John Thomas broke his state record at 220 with 505 while Russell Dixon got his state record at 275 raw with 325. Next up was Randy James, who got his first official 600 bench with his win at 308. Missing that weight on his third attempt, we got Scott Vickery to lift-off to Randy for

his final attempt. Perfect lift-off, perfect lift! 600, all natural! Garry Benford won the best lifter award for the master men, breaking the state record at 50-54/198 with 485. 500 came within inches of locking out twice! Brian Jakeway was second at 198 with 440. Taking the win at 220 was Roy Leedy, who finished with 420. Newcomer Mike Brown won at 60-64/242 with a new state record 355 for both the open and equipped division. Drew Lindsley broke the state record at 65-69/165 with a great 250. Charles Workman another great master lifter, only got in his opener of 280, but still won his class at 70-74/220 with 280. In the open classes it was Charles Venturella with 300 while Dale Sledge won at 242 with 480. Both were lifting raw, setting new state records for their respective classes. In the deadlift event lone women's competitor Kim Burns got her second win of the day at submaster 148, setting the state record there with 240. For the men's novice division Dakota Riddle broke the state record at 132 with 185 while Dustin Pfeiffer won at 181 with 200. E.J. Craycraft tied the existing state record for the 16-17/165 class with his 475 final pull while John Marshall won at junior 198 with 500. Will Quinn won again at 242 with 480. In the master men's 40-44 division it was John Pfeiffer at 220 with 340 and Kirk Bardos at 242 with a big 570. Rick Hamsher broke the state record for the 45-49/198 class with his 530 final pull while Kurt Hall did the same at 242 with 570. Roger Ellebruch pulled a pr 465 at 50-54/198 for the win there. Russ Dodson broke his won state record at 65-69/165 with 380. Dale Sledge won his second gold of the day at open 242 with an easy 700 pull. Dale was also awarded the best lifter trophy for the deadlift competition. Thanks to everyone who helped with this meet, especially my sons D.C. and Joey, who always do a great job loading and spotting. A big thanks also to Donna Fontana for helping me with the awards. Also recognized by the crowd was Scott Vickery and Jason Fry, two of the greatest Ohio lifters of today. See you all again next year! (from Dr. Darrell Latch)

SPF Iron Chain Classic

16 FEB 08 - Woodbury, TN

BENCH		MALE	
Teen (13-15) 242 lbs.		J. Miller 400	
J. Hill 270		Raw 259 lbs.	
Teen (16-17) 275 lbs.		J. Miller 270	465
Submasters 259 lbs.		J. Hill 575	
DEADLIFT			
Push Pull 148 lbs.			
R. Farnworth 275	415	690	
K. Taylor 420	525	945	
J. Wells 420	480	900	
	4th-BP-445		
275 lbs.			
L. Vinson 405	505	910	
Masters (55-59) 259 lbs.			
J. Robinson 295	525	820	
Raw 97 lbs.			
C. Nunnley 120	225	345	
	4th-DL-235		
148 lbs.			
W. Parsley 175	325	490	
	4th-DL-340		
R. Ramirez 170	300	470	
198 lbs.			
J. Melton 185	385	570	
220 lbs.			
T. King 170	300	470	
	4th-DL-325		
308 lbs.			
S. King 245	445	690	
Teen (16-17) 198 lbs.			
M. Cancino 230	400	630	
	4th-BP-240		

(Results from SPF President Jesse Rodgers)

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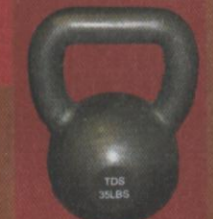
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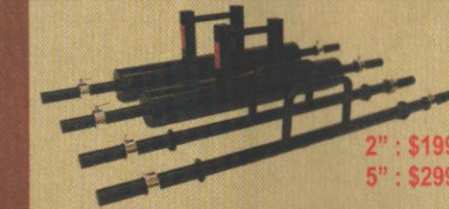


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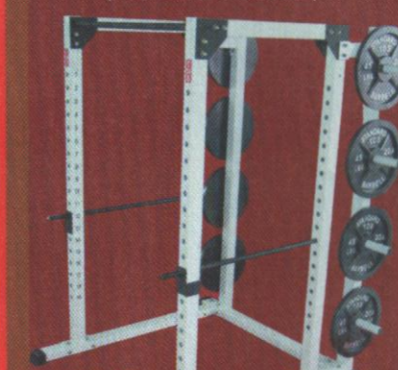
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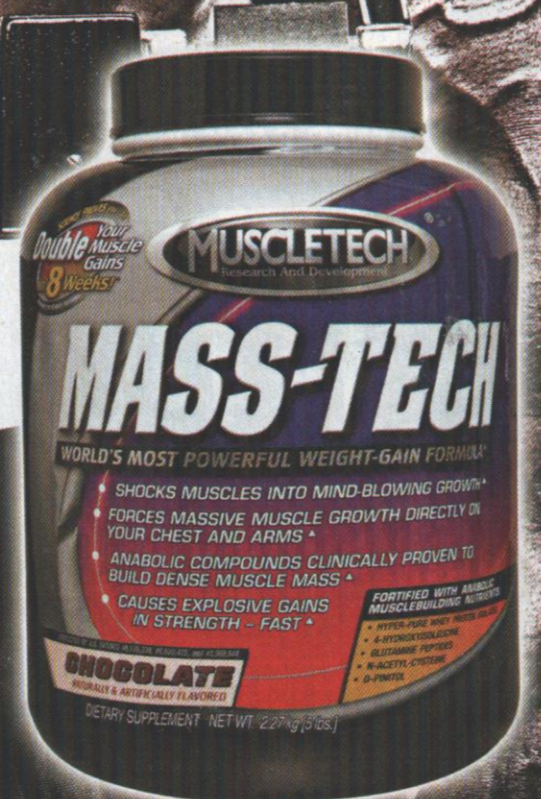
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FIG. 12

FIG. 10

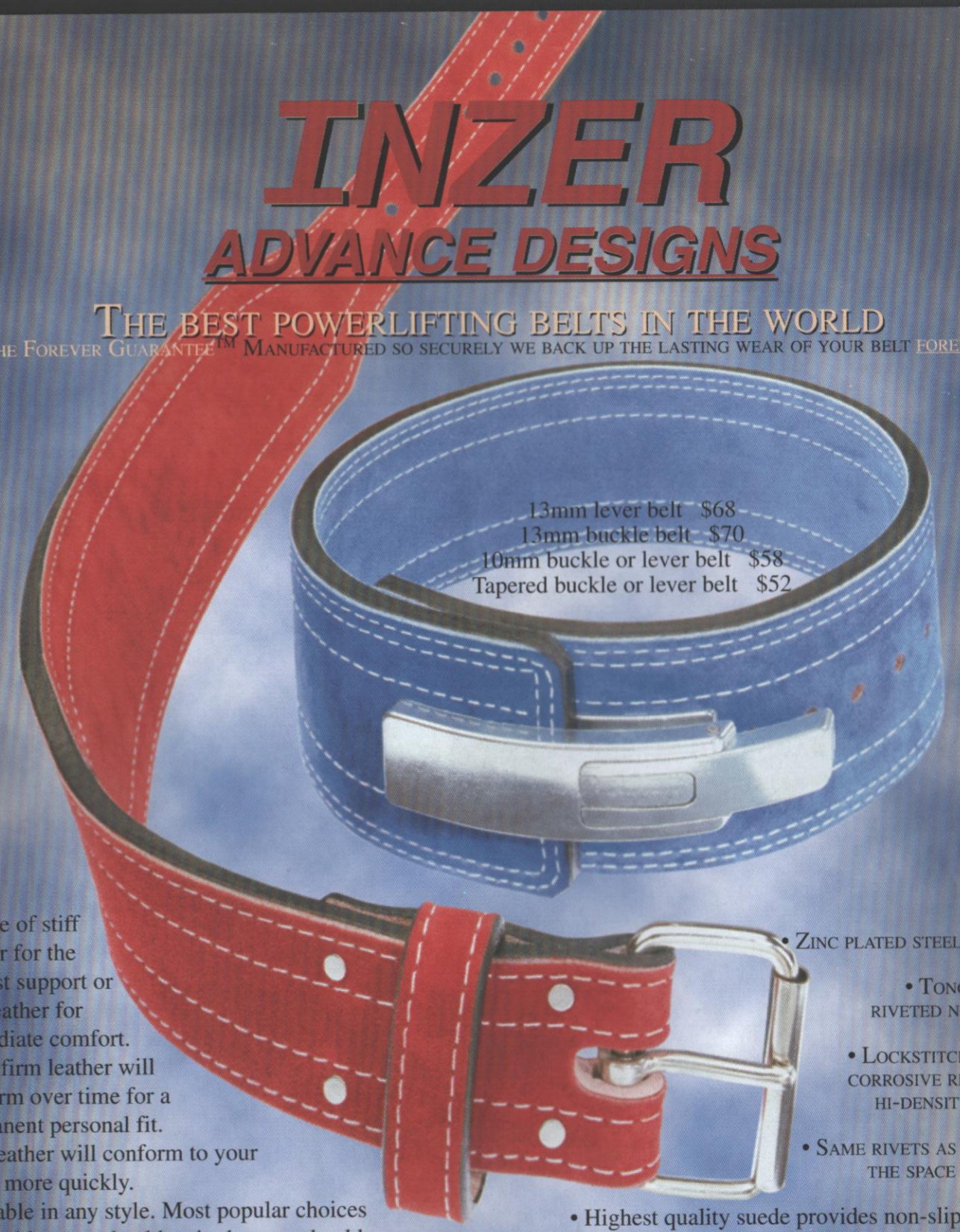
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