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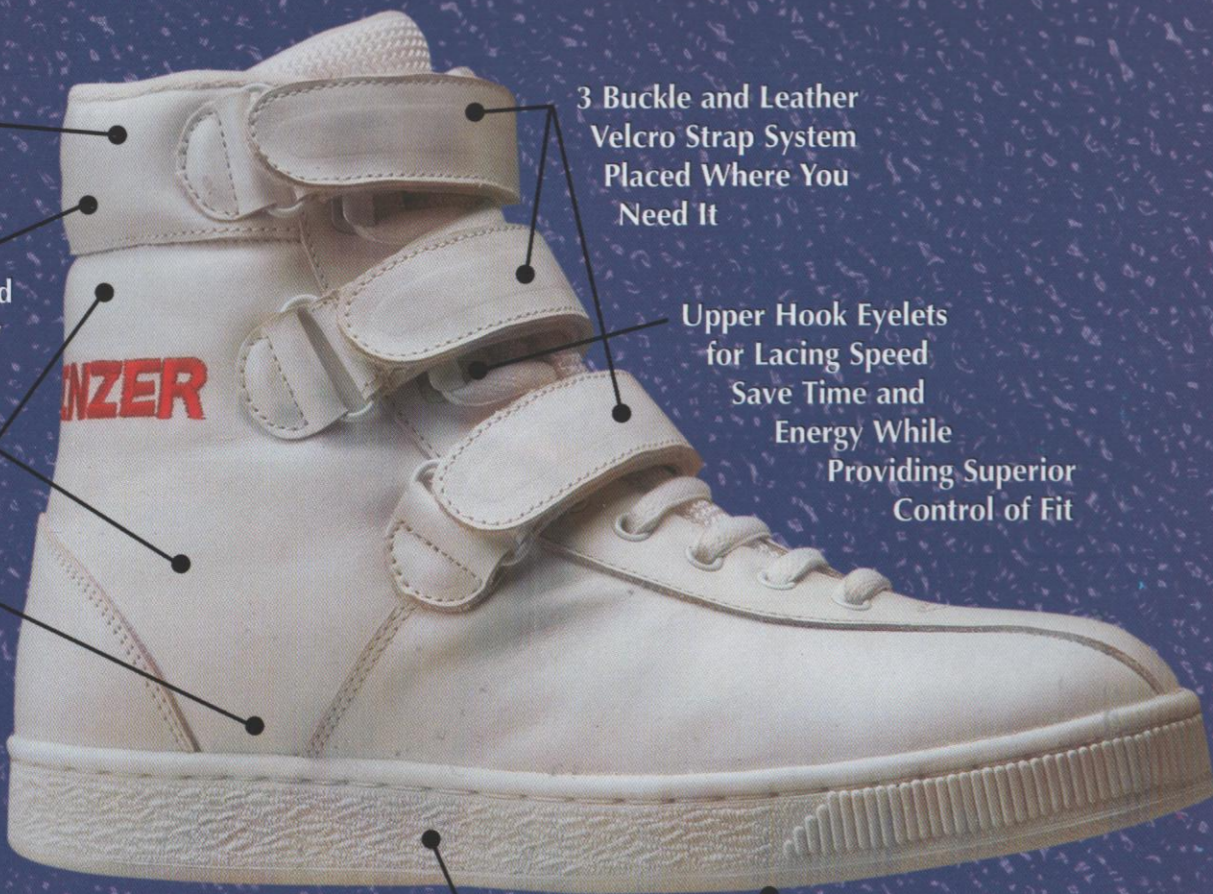
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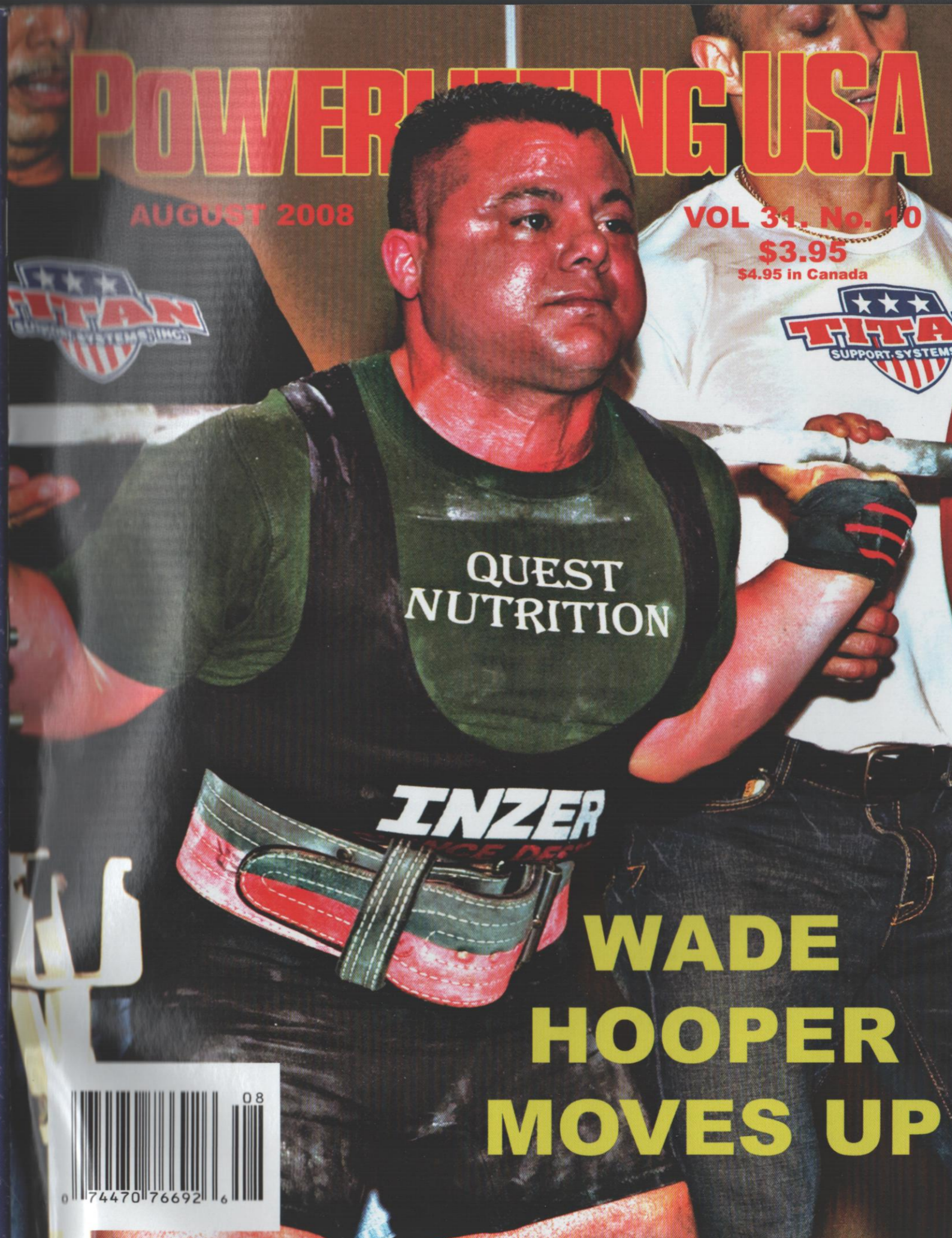
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ON THE COVER ... Wade Hooper made a spectacular move up to the 181 lb. class at the USAPL Nationals (C. Turco photo)

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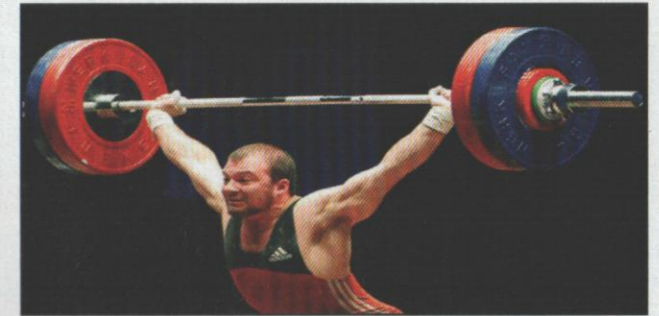
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3 J. Cole	267	2363	770	3133	1231	781	2003
4 M. Henry	405	2382	881	3264	1106	881	1988
5 K. Patera	332	2165	891	3046	1066	891	1957

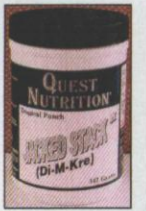


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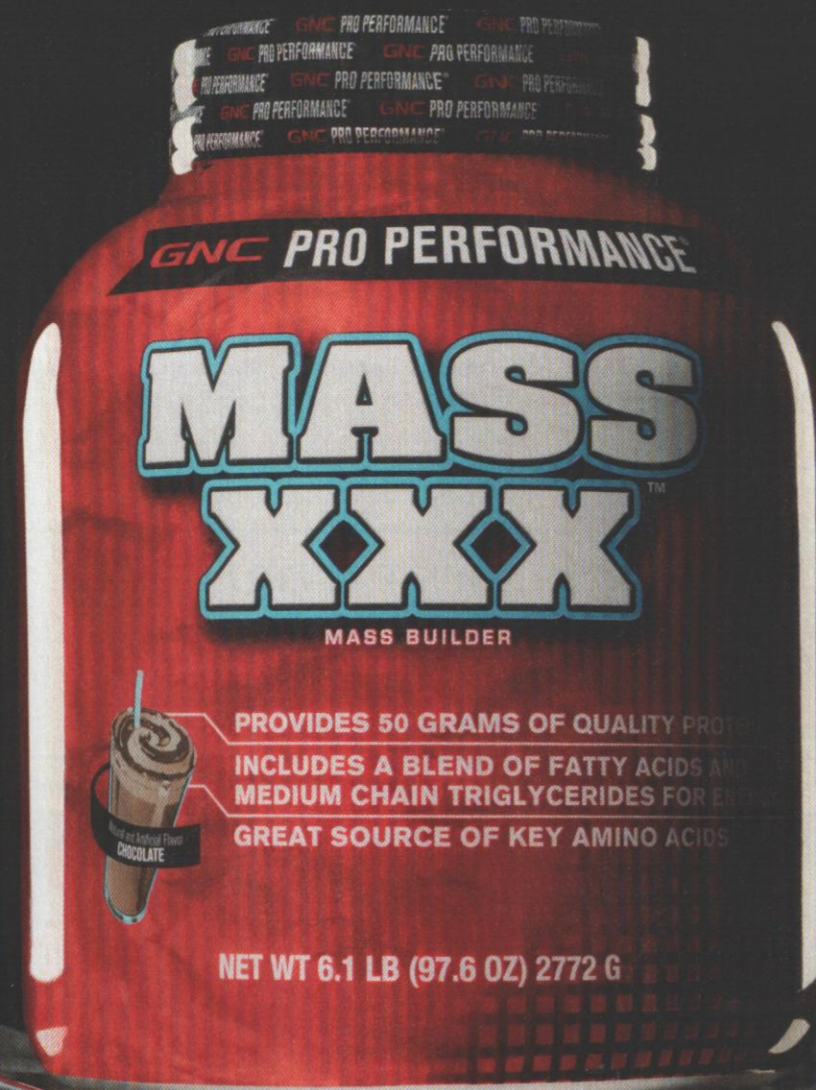
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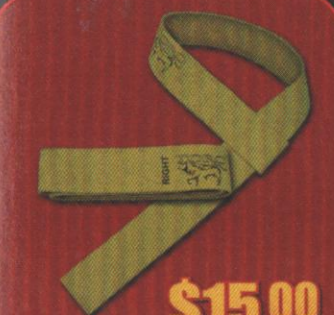
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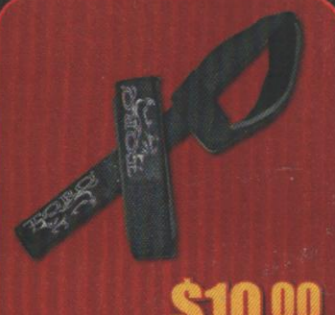
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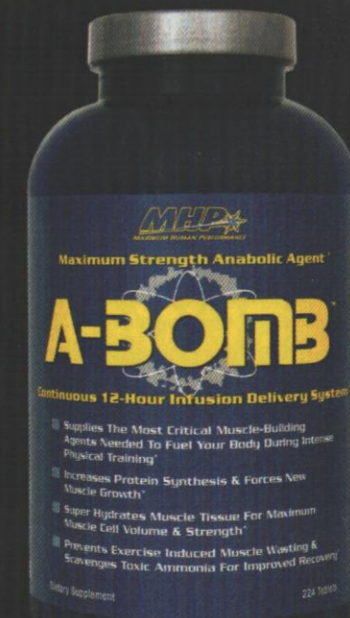
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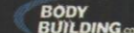
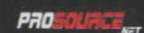
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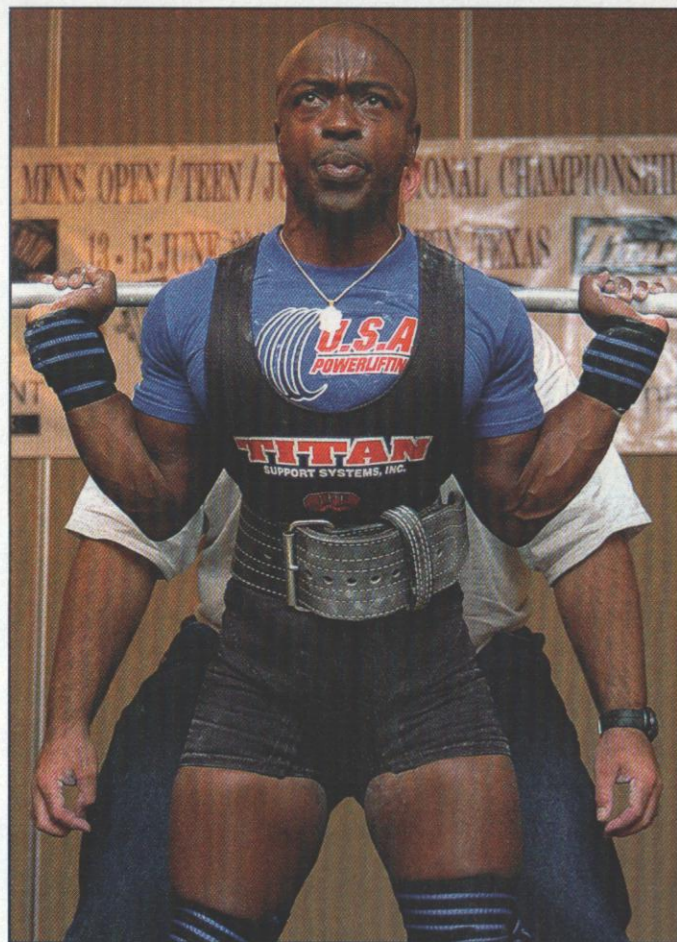


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# USAPL Men's Nationals

as told to Powerlifting USA by Johnny Graham



Hennis Washington (Christy Newman photos, except where noted)

The Phantom Warriors Powerlifting Team was the host for the 2008 USAPL Men's Open Teen Junior Nationals. This was the first year that USAPL has combined this event, and the task of putting it on was a big one. Because of the change of dates, from July to June, we had to move this event next door of the Civic Center, to the Shiloh Hotel. This was a first for the Shiloh, but, by luck, we had people working there who had been at the Plaza Hotel when we hosted events there. The Shiloh is the newest hotel in the city, and with it being an all suites hotel, with two ballrooms, we had the facility we needed, and the lifters were happy with the rooms. Once the management got over the shock of thinking this was weightlifting, and seeing a DVD of previous meets, it was time for contract talks. We were able to get a reduced rate from \$157 per night to \$95 for this meet. After seeing the rooms, I think everyone was more than satisfied with the rates. The National meeting starting on Thursday afternoon, and the hot topic was the new knee sleeves for raw events. I'm sure everyone has read about this topic, on the forums, so I won't go further on that. Elections were also held, and Angela Simons was elected the new Secretary, and Greg Page was elected as a new EC member. I have had the honor to work with both over the years, and I'm sure they will do great things to improve our organization. Welcome Aboard. Before I begin, with this being a new event for the Shiloh Hotel, and not being in the Civic Center, which is operated by the City of Killeen, we couldn't get the discounts the City has given us in the past, so I must give a big thank you, to my sponsors who helped us out greatly. Titan Support Systems, House of Pain Ironwear, Con-cret, Er Equipment, Quest Nutrition, Universal Boots, Cedar Hill Cattle Company,

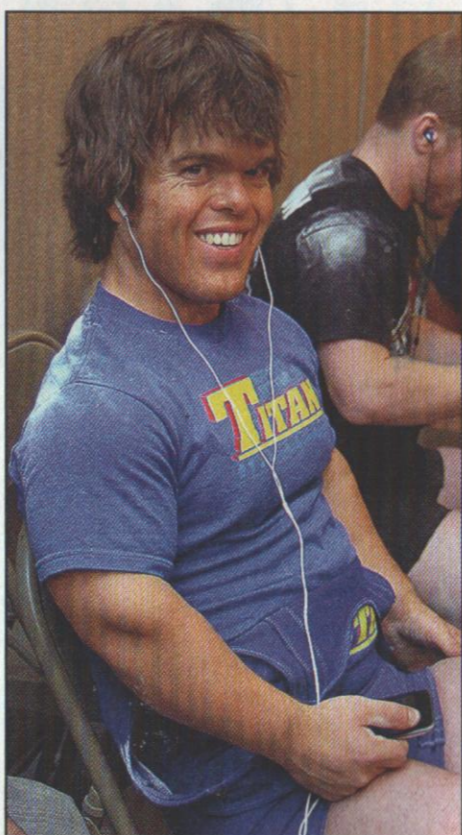
Dental Images, and Indeco Sales. Without these great, great sponsors, we couldn't have made this work. Another big thank you goes out to the Phantom Warriors Powerlifting Team, for working all weekend spotting, loading, and tearing down; and to Tony Cardella, for changing right after his last deadlift, and helping with the spotting. Bill Sindelar, USAPL President, Dr. Larry Maile, and Greg Jones, who also assisted with the platform when they weren't lifting or officiating. Terry Brady, and Dr. Patrick Anderson, (\*I said Patrick, not Pat), for the fine job announcing. To the referees who worked a loooooong Saturday, and every day, to insure the highest standards were met. Lynne Smith for manning the door all weekend, while still watching two young girls playing with bugs. My right arm and Asst. coach, Lanette Lopez, who worked double duty at her new job as the Team Training Facility Manager, and being there all weekend with the registration. 1sg Anderson, of III Corps Signal Co., and 1sg Greening, of A Co. 57th Signal, for the outstanding support they gave us with soldiers from their units to help with the setup and the event. And, last but not least, Mr. Joe Marksteiner, who has the best scoring system in all of powerlifting. Joe also won the Brother Bennet Award, which is the highest award given to anyone in USA Powerlifting. This award is well deserved. Without this great support staff, we would not have made this happen. The equipment was all new Eleiko bars and plates, fresh out the box, that were first used at this event. Boy, did that change some lifting!! The platform was a 16x12 foot carpeted floor, with ER Racks. Day one started with some upsets and disappointments for some of our elite lifters, and some surprises from some new ones also. The T14 class consisted of all

T2/16-17 Age group, and Phillip Rotar was on with his squats, which gave him a lead over Ivan Gray, which he couldn't make up. Another young lifter to watch out for in this class is Caleb Messimer of Texas. This class is going to be a fight for some time with these guys. In fourth place was James Severs, who had a bad day on the bench, making only his third attempt to stay in the meet. In the 123 lb. open class, Multi-National Champ and World Team member Ervin Gainer, just couldn't get a squat passed, and left the door open for a fight between Billy Naquin Jr. and Chris Tran. Both lifters only got one squat passed, and Chris' bench put him in a subtotal lead. Billy's pulling power, pulled him to the win, as he was crowned National Champion by 2.5 kilos over Chris. Adam Roth won the T1 class, and Joey Rein beat Michael Depreist in the T2. What makes the T# so exciting, is that the winner of this division, Jimmy Lawrence, beat the Open National Champion by 80 lbs. This young kid, is going to shake up this weight class if he continues the way he is now. Remember this name, Jimmy Lawrence. The 132 lb. class was also full of surprises. Everyone was expecting a three way battle in the Open class with Hennis Washington, Mike Kuhns, and Eric Kupperstein. And it went until the deadlift. Just to give you an idea of this battle, during the squat and bench press, only one lift was missed among these lifters. Mike had a commanding lead of 50 kilos after these lifts, but, as usual, his deadlift was where the battle shifted. Hennis is a smooth operator in the deadlift, and great coaching kept him in the lead over Mike. Mike did win the Junior division, and will be going on to South Africa for the Junior Worlds. It wasn't over with yet, as Hennis' final pull of 235 kilos gave him a 2.5 kilo lead over Mike, but Eric still had one more pull to try. Eric is one of the BEST deadlifters in the country in this class, but this was not the day. I have seen Eric compete for over 20 years, and to see him miss three deadlifts was something we are not used to. Eric is a very successful attorney, so we knew he wasn't going to just give in, as his last attempt was for the win at 262.5 kilos. Eric will be defending his IPF Masters Championships in Palm Springs in October. Tim Smith had a 4 for 9 day to finish in third, and Wes McCormick of

Mi. was fourth. The state of Mississippi had the most lifters in this meet, and Bradley Starling jumped off to a great win in the T1 class with a 412.5 kilo win. Greag Schraub of Ga., and Steven Oswald, also of Ms, rounded out the other two spots. Its hard to beat a guy who had a perfect day, but that's what Derek Murphy of LA had to do to win the T2 division over another La. lifter, Garth Sullivan. Floyd Sullivan, another Ms. Lifter was in third. Nick Stevenson, and Wes McCormick had a see-saw battle in the T3 class. Nick left the door open for Wes, by making only one squat, but Wes had the same problem in the bench press, making only his second attempt. After Nick missed his second and third deadlift, Wes went for the win with a 226 lb. attempt, but couldn't lock it out. Daniel Miller showed that he can stay in there with the squats, but only made one bench and deadlift to lock up third. Eric Renfrow went 8 for 9 to finish in fourth. Another classic battle went on in the 148 lb. open class, between Marcus Williams and Vincent Niedoliwka. Both of these guys have all three lifts that can

compare to each other, and the fight was on. Marcus missed his 1st squat of 260 kg., and had to take it again, and Vinnie went ahead on his second attempt of 267.5. After Vinnie missed his third attempt, Marcus went to a 600 lb. attempt and came back with a 5 kg. lead. Marcus only made one bench of 160, and Vinnie took the lead back with a 172.5 bench. Both of these guys can pull, and Marcus opened with a 282.5 to Vinnie's 265 to take the lead back. Both missed the other two attempts, giving Marcus the National title, and a trip to Canada. Vinnie will be making the trip to South Africa for the Jr. worlds, as he also won the Jr. division. Michael Broussard started off with a bad day, by missing his 1st and second squat, but after he got the third, he didn't miss another lift to lock up the bronze medal. Jamaal Neal traveled from Fla. and got second in the Jr. division, beating out TX lifter Eric Calloway. As we were watching Marcus and Vinnie, another battle was brewing between Texas lifter Stephen Rios, and Michael Broussard in the T3 division. Once again, its hard to beat a lifter that goes 9 for 9, and Stephen needed all of this, to bear Michael on bodyweight. third and fourth place in this division was also decided on bodyweight, as Steven Rodriguez edged out Ryan Savell, by weighing .10 of a kilo lighter. After the nominations were in, we knew Day two was going to be a long one. With over half of the lifters competing on Saturday, it was time to buckle up for the long ride. When it was known that Wade Hooper had moved up to the 181 lb. class, the battle was on to see who would take that seat. I can't count how many times Erik Nickson has come second to Wade, but he was not ready to turn it over to someone else. The battle started in the 165 lb. open class between Erik and Dave Hammers. Dave has been on several Jr. World Teams, but now it was time to make the move to the open division. At sub-total, Dave had a 20 kilo lead, but Erik is known for his pulling power, and pull he did, all the way to a World Team slot in Canada. Erik made all three deadlifts, to edge out Dave by 7.5 kilos for the win. Another young teen lifter was also in the open class, and he is one lifter to

(continued on page 46)



Mike Kuhns and his Schwarzenegger-like grin



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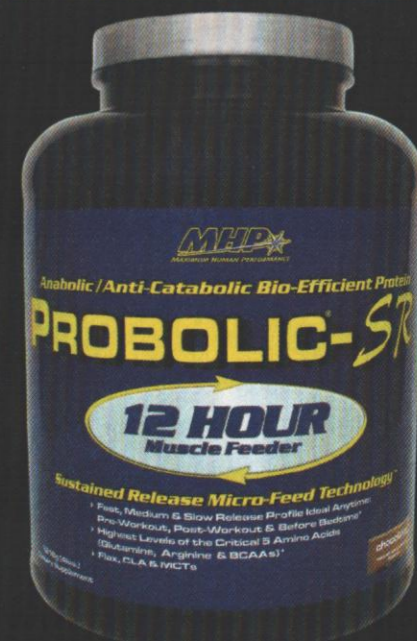
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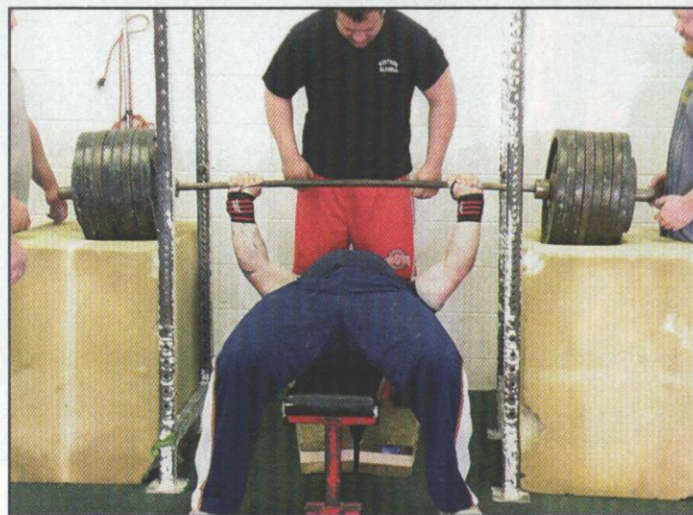
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## WESTSIDE TRAINING

# BENCH LOCKOUT

as told to PL USA by Louie Simmons



Benching Off Foam Blocks at the Westside Barbell Club. (L. Simmons)

Have you been to a bench meet lately? There are a lot more misses than benches made. How can this be when all they do is bench? In my own gym at the last two meets the statistics are as follows.

At the first only 1 of their 12 attempts was good. A week later four were good out of 22 attempts. How can someone who only benches be so inconsistent? I watch all workouts at Westside. I see what works and what does not. One group of bench-only lifters will use bench shirts every Sunday or max effort day. They work their way up in weight, as they use lower and lower board presses. For example, George Halbert made 870 off a half-inch board. At 198 Jason Fry made 700 off the same half-inch board. Two weeks later George missed 800 pounds at the very top, about 1/2 to 1 inch from lockout three times. Jason missed 700 pounds at the very same place. How can this be possible? By the way, they were 0 for 12 at that meet. For one thing, they seldom if ever touch their chest while training with bench shirts. They set the shirt to touch 3, 2, or 1 board. This is how they do an unheard-of number of board presses.

We are not the only ones guilty of this. I know everyone practices the same methods. How can someone bench 870 a half-inch off his chest, yet fail to lock out 800 pounds at the meet? One reason I believe is the fact that after they do board work they go home. No lats,

triceps, no nothing. The second reason is deceleration. If you can press with max force for 15 inches and you lower the bar to the chest, which is 1 or 2 inches lower than the board, for the first time, you may stop pushing 1 or 2 inches from lockout. Why else would your lockout disappear on the day of the meet?

In physics, work is defined as the product of the net force and the displacement through which that force is exerted, or  $W = Fd$ . If you can run full speed for 100 feet and you move the starting line back 20 feet, you will stop running full speed 20 feet from the previous finish line. I watched a lifter miss 788 pounds at the top in the meet, yet lock out 855 pounds on two boards a week later.

How many times do you see a lifter roll the bar onto his stomach at meet time? Madonna said it the best. "Like a virgin, touched for the very first time." After months of training and almost never touching their chest, what do you expect?

Jason Fry was having trouble at meets

either touching the chest or locking out. I suggested he replace his shirt that he was breaking board press records with and use a more manageable shirt for the meet. Jason changed from a 47 double Rage X to a 49 double Rage and set the 181 bench record with 707 pounds. Congratulations Jason. I am in no way responsible for Jason's record; his hard work and better judgment was the key.

A second key was to bring up his raw strength. I saw him do a 405 raw bench like an empty bar in the warmup room before his world record 707-pound bench. I suggest doing board presses raw before going to board presses with a shirt. Jesse Kellum re-introduced board pressing to me back in 1993. Then through my articles in *Powerlifting USA* everyone started doing them, but I think they lost track why we do them. Remember, your arms have to extend to lock out, right? Then it makes sense to do extensions: roll-back dumbbell extensions with your elbows out to the sides and triceps extensions. The late, great Jim Williams made them popular in the early 1970s, and they still work. Sometimes we use bands behind the back to do them, with a straight bar or curl bar, or triceps extensions to the forehead, nose, chin, or throat. J.M. presses were a favorite of mine, as well as very steep inclines with a close grip. This one kills the triceps.

I can go on and on, but you know a lot of exercises for the triceps.

George Halbert has said if your upper back is weak, you can't use your triceps to the fullest. Chins, rows, power cleans, face pulls, rear pec deck, and inverted flys can be used. You cannot let your raw bench go down when you continuously use a stronger and stronger shirt; it's a dead-end street. Remember to use a manageable shirt. What happened to getting 300 pounds out of your shirt? Push your raw bench with a bar or dumbbells; don't forget to try all angles and switch them regularly. It's not only Westside that has this problem. The next time you go to a bench meet keep track of how many attempts are good compared to how many are not. I am in no way criticizing but analyzing the problem. Westside has held world records at 132 (Heath), 181 (Fry), 198 (Halbert), 220 (Halbert), 242 (Halbert), 275 (Patterson), and 308 (Fusner). This shows that we have been very successful, but there is a lot of competition out there. With two 198 full powerlifters out there doing 800+ benches (Frankl and Coker) at 198, can anyone take it easy? I don't think so.

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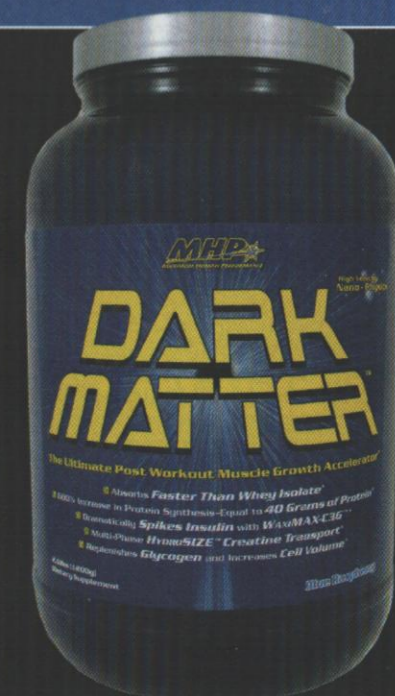
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**Phil Pfister Wins The MHP Liberty Strongman Classic!  
as told to Powerlifting USA by Al Thompson**



Josh Thigpen was most impressive (photograph by D2D Photography)

PHILADELPHIA: It was supposed to be a nice, little independent pro/am strongman show for the city of Philadelphia's "Welcome America!" July 4th festivities and the thousands of fans who showed up to watch; what it turned into was a badass battle between some of the biggest and strongest competitors this side of the Arnold Classic at the MHP 2008 Liberty Strongman Classic.

2006 "World's Strongest Man" champion and MHP athlete Phil Pfister finished first or tied for first in four of six events to win the Strongman Battle amongst a competitive field.

The event was performed in front of a breathtaking backdrop of the city of Philadelphia's Billy

Penn skyline on one side and the iconic Art Museum, world famous for its classic scenes in the "Rocky" motion picture franchise, on the other.

The spirited competition pressed the 6'7", 375-pound monster Pfister all weekend with Houston's Josh Thigpen - a "World's Strongest Man" competitor at 6'4", 310 pounds finishing second, Pittsburgh's Steve MacDonald - the 2006 American champion who weighed in at 305 pounds - taking third and the mammoth 5'11", 360-pound Gerard "White Rhino" Benderoth - a former New York City cop and September 11th hero - claiming fourth among the pros.

Four top heavyweight

amateurs competed with Philadelphia area resident 6'4", 320-pound Doug Kirby finishing fifth overall but tops among the amateurs, followed by a tie between California native Ricky LaRocca (6'0", 330) and Barry Perkins (6'3", 300) of Virginia. Maryland's Gavin Westenberger - the "little" guy of the show at 5'10", 293 was eighth.

"I think that any time strongmen get together, whether it's friends goofing around at a local show, or at the 'World's Strongest Man,' guys will always want to put forth their best effort," said Pfister, who has had five top five finishes at the "World's Strongest Man" including the 2006 championship. "That competitive element is always there for everybody."

The MHP Liberty Strongman Classic was performed in front of a large crowd each day so much so that city officials already asked to have the show back as a headliner for "Welcome America!" for a third consecutive year.

"Welcome America!" is the official July 4th celebration for the city of Philadelphia and is the largest of its kind in the United States, drawing an estimated one million tourists to the City of

Brotherly Love each year for the nine-day festival.

The show opened on Saturday afternoon with the Ramada Log Press. The amateurs went first and were understandably nervous in front of the crowd and TV cameras.

Only Kirby and Perkins managed to get a rep of the 310-pound log.

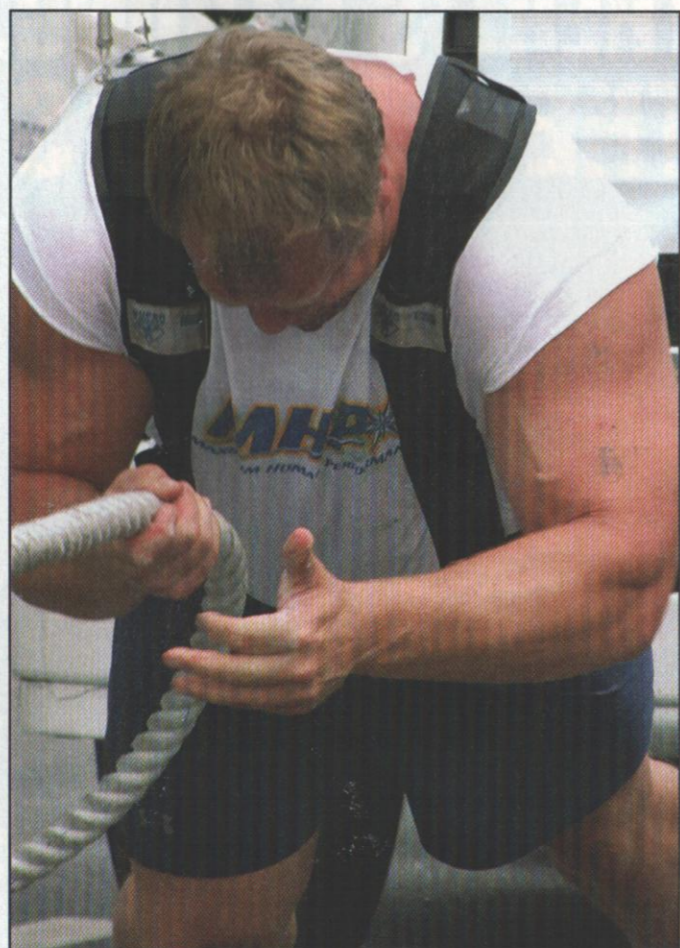
Then the pros took over. Pfister, Benderoth and Thigpen each cranked out five reps making it look easy. MacDonald carded four reps.

Next was the Mighty Muffler Hummer Tire Deadlift. Last Man Standing was the format. This was probably the highest quality, most competitive event of the weekend.

All eight competitors made it through four rounds that were set at weights of 645, 685, 735 and 775 pounds.

At 825 pounds, three guys missed: Kirby, LaRocca and Steve MacDonald bowed out. At the incredible weight of 865 pounds only Perkins failed to lock out. Now at an unbelievable 915 pounds, Pfister, Westenberger and Thigpen showed their mortality.

(article continued on page 92)



Phil Pfister has entered a whole new realm of physical mass. (D2D)



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Vlad Alhazov-Team MHP Member  
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This month we will cover the 198 and 220 lb. classes. It just seems to get more difficult as we move forward.

What we are trying to do is rank the Top 10 America Lifters of all-time by weight class. In any sport determining who is the best is difficult and opinions vary. Who is the best currently, Peyton Manning or Tom Brady, Kobe Bryant or LeBron James, Alex Rodriguez or Albert Pujols?

When you try to go all-time the process is much tougher. Powerlifting is just about 50 years old. So much has changed in these 50 years, including the lifts, in the beginning there were four, and the sequence, up to 1973 the bench press was first. The equipment and the enforcement of the rules of performance are different.

The panel members had to take all these factors into account. As an example how do you compare Bill "Peanuts" West squat with a current day

lifter. Bill squatted with non-adjustable squat rack, had only Ace bandages for his knees, and had to walk out with the weight. Most judges in that era required olympic type squats. It is tough to make these comparisons.

Everyone used their own method, but all recognized success over a period of time as the best measurement.

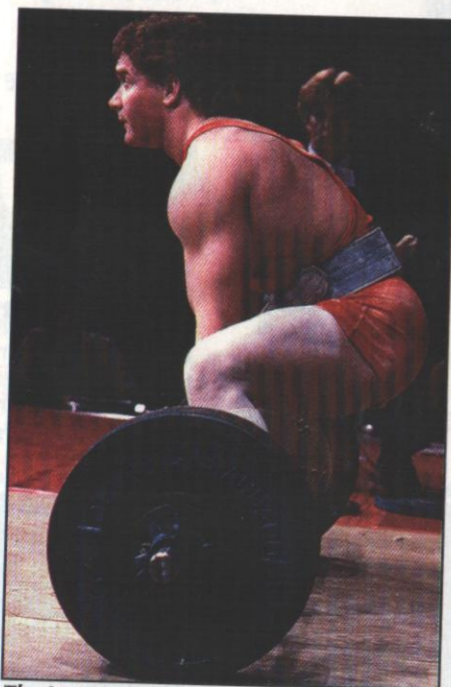
The 198 lb. class was one of the original weight classes. There was a time in the 60s when after 198s you went right to Superheavyweight. You had to think long and hard before making that jump.

In 1973 the 220 lb. class was added. You will see many of the same names in the 198 and 220 lb. lists.

Let's get started with the 198 lb. class.

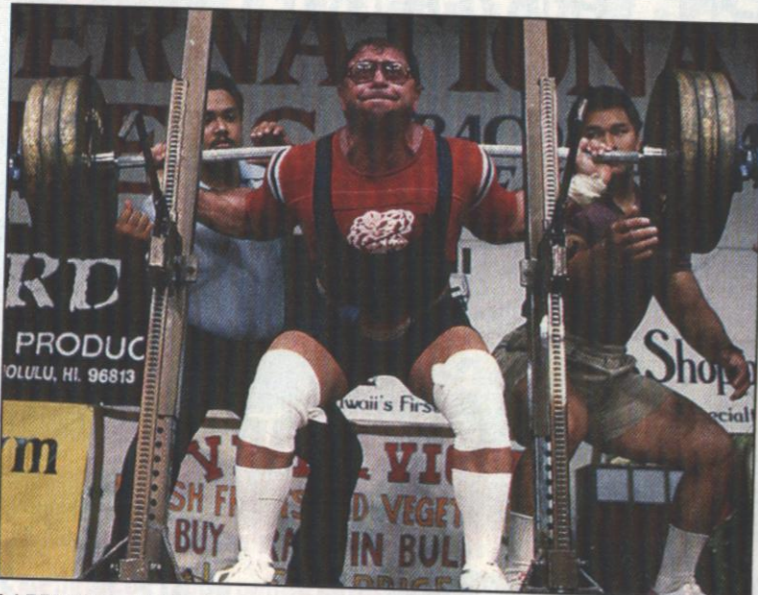
#### #1 Larry Pacifico

"The champion of champions." What can



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## The ULTIMATE TOP TEN



LARRY PACIFICO ... nine time IPF World Champion, and much more to PL.

you say about Larry. Larry won World Titles in three different weight classes ("198 was the perfect weight class." Jon Smoker) Larry was the face of powerlifting for many years. He was a World Champion lifter and one of the best meet promoters of all-time. *Sports Illustrated* did a feature story on Larry. At different times he set squat, bench press and total records. Larry lifted before equipment took over, and routinely benched over 500 lbs. raw at 198. Not only was Larry one of the all-time greats, he was a great all round athlete. On occasion he would do a back flip after setting a record. In my opinion, the only pick at 198. Larry won 9 straight world titles.

#### #2 Ed Coan

Another icon of powerlifting. Ed's career started in the mid 80s, and he retired after the

2007 USPF Nationals. Just as Larry Pacifico was the face of powerlifting in the 70's, Ed was the face from the mid 80's to late 90's. Ed was another lifter who competed in many weight classes, 165 through 242. Ed spent most of his career in the USPF, but did some lifting in the APF and WPO. Competing at 198 Ed would out-total many of the Supers. In my opinion one of the top 5 lifters of all time. Probably has had more PL USA covers than any other lifter.

#### #3 Gene Bell

There are three straight

weight classes that Gene has appeared in. Some think 198 was his best weight class. ("Hard as a rock, indomitable." Jon Smoker) Gene won the USPF Senior Nationals at 198 in 1988, 1990, 1993, 1994, 1995 and 1996. What a record. A true fantasy matchup would be Larry Pacifico, Ed Coan and Gene Bell lifting against each other at 198, under the same rules. Gene was a very consistent lifter with three very good lifts. Gene is still active today. Gene was one of those lifters who could adapt to the conditions of the day.

#### #4 Ernie Frantz

Ernie was great for a long time in many weight classes. His career started in the late 50s, and he lifted in early 2008. Ernie was very competitive for a very long time. He was the master of manufacturing and lifting in multi-ply gear. Look at some of the all-time Master Records, and it is hard to believe some of the weights he squatted with. Ernie is still active in the sport. He had a large mail order business and a fitness center in Aurora, Illinois. As a lifter, organizer, meet director and manufacturer, Ernie had a tremendous effect on powerlifting. In the 70s Ernie would do power meets and physique contests on the same weekend.

#### #5 Roger Estep

This is one lifter you had to see to believe. ("Roger's muscular development was nothing short of awesome." Paul Sutphin) This man literally looked like he could lift a house ("A World Champion whose physique was so

(continued on page 20)

**Who is the best** - at anything - that is something very difficult to determine. How do you compare Babe Ruth to Alex Rodriguez, Peyton Manning with Johnny Unitas, Michael Jordan with Wilt Chamberlain?

Everyone has their opinion as to whom is the best, and Powerlifting is no exception. When I first discussed this project with Mike Lambert, we decided that a panel of folks would pick the best lifters.

In assembling the panel, I tried to find men with the experience to span the 40 or 50 years of formal powerlifting. What we needed were people who have seen the changes in Powerlifting, and have the ability to make decisions in a fair and honest method.

As I began to contact people, some were very enthusiastic, and others were apprehensive. The first thing that was needed was a list of potential candidates by weight classes. Rickey Dale Crain, Bob Packer, Bill Ennis, Joe Pyra and myself worked on that list.

The 2nd step was to find panel members to vote. The final panel members had over 550 combined years of powerlifting experience. The panel consisted of Gus Rethwisch, Jon Smoker, Joe Pyra, Gordon Santee, Rickey Crain, Fred Glass, Jim McCarty, Kenny Croxdale, Vince Anello, Steve Denison, Kevin Meske, and Bob Gaynor.

The panel members all received the list of potential candidates, but were free to add in whatever manner they want.

Some of the comments I received was how difficult this process was. How do you compare different eras, changes in equipment, and rules in performance.

The consensus was to judge each lifter on his total body of work. Outstanding performance over a period of time makes an all-time great in any sport. All-time high lifts do not necessarily make one an all-time great. Roger Maris held the most sacred record in baseball for 35 years, but was not an all time great.

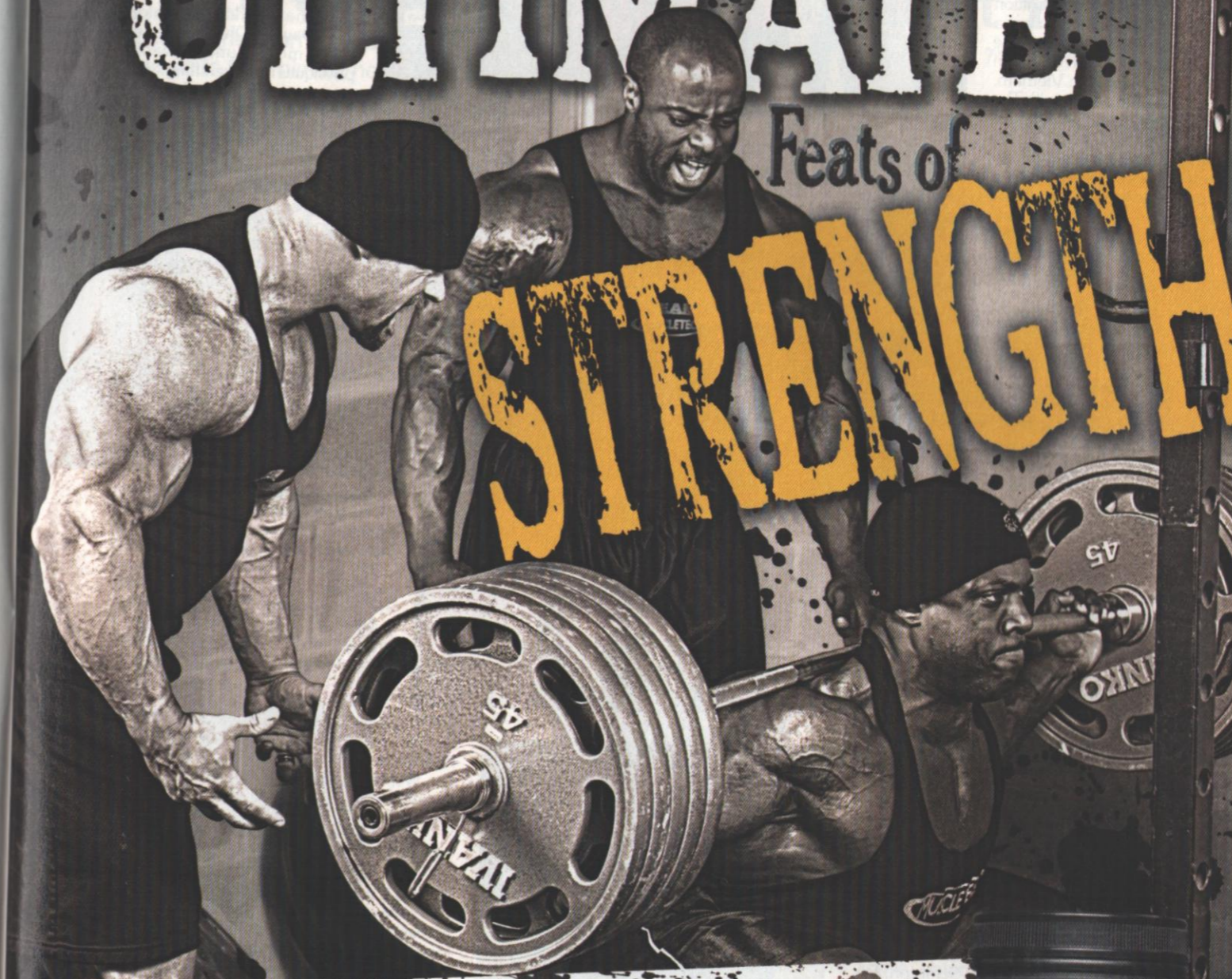
I am sure there will be different opinions and if this list is done 5 years from now there might be some different results.

A lifter was not limited to not just one weight class, and some will appear in two or more weight classes.

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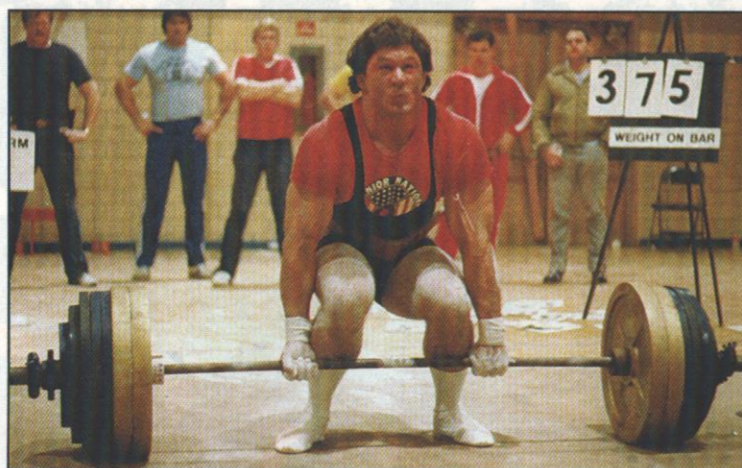
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(continued from page 18)

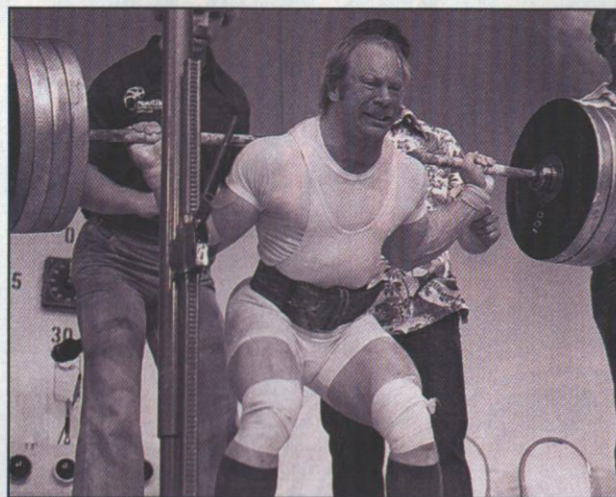
impressive that Joe Weider took him under his wing." Jon Smoker) In addition to World Records, Roger was a great all round athlete. He served his country as an Airborne Ranger in Vietnam. He trained for a while with The Wild Bunch in West Virginia. World Records, National and World Championships were just part of Roger's life. Roger used box squatting, the same method as "Peanuts" West and George Frenn. Roger died prematurely and will be missed by all who knew him. ("I saw many of his squats, and it was truly a work of art moving heavy weights in his close stance." Bob Packer)



Jim Cash ... ripped and getting ready to haul in a record 826 pound deadlift

### #6 Vince Anello

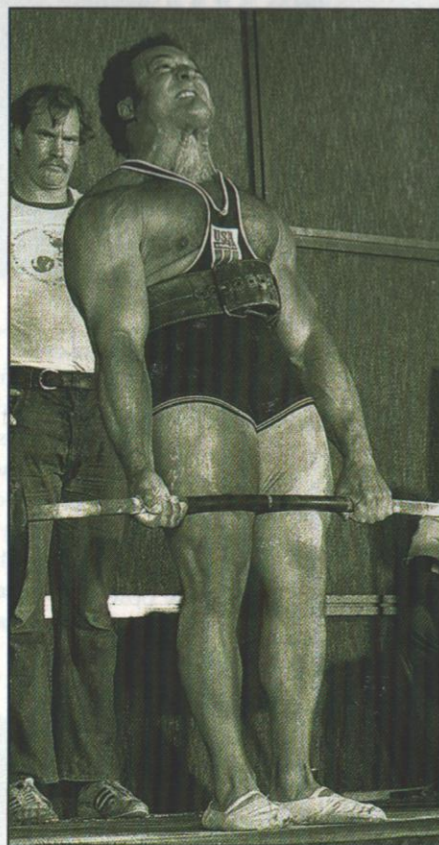
When you think of Vince Anello you think of 800 lb. deadlifts. National Championships, World Championships and World Records were commonplace for Vince. Vince worked hard on his squat and bench press and they continued to improve throughout his career. A common theme at National and World Championships during the 70's and early 80's was Vince sitting in 4th or 5th place at sub-total. The next thing you know he was pulling a World Record Deadlift to take the title. Vince lifted in 3 different weight classes and set records in all three.



Jerry Jones ... squatting a new world record at 198 in Hawaii

### 7. Jerry Jones

Jerry had a very long and successful career. One of the most colorful lifters. Jerry had an outstanding squat, average bench and a very good deadlift. You could expect a World Record Squat every time he lifted. ("A great squatter." Vince Anello) Before the lifting uniform became controlled Jerry would lift in psychedelic colors, tassles, colorful socks and shoes and a long blond wig. ("What a colorful figure." Jon Smoker) At one meet he wore an Indian headdress. Jerry had the lifting ability to get away with all of this. The 1973 Senior Nationals were held in Scranton, PA. Jerry rode his motorcycle from Minneapolis to Scranton. He won the meet, hopped on his motorcycle and returned to Minneapolis. Larry died a few years ago of an apparent heart attack. ("A great guy and a squatting phenom." Rickey Crain)



Vince Anello ... always a threat in the deadlift

### #8 Bill "Peanuts" West

Bill was in his prime when powerlifting was just getting started. Lifting was Peanuts life, and the ups and downs took a tremendous toll on him. The training methods of today have their origin with Bill, and his Westside Gym. The gym was a 2 car garage. In the 1960's most powerlifters did the powerlifts. Bill was always looking for other ways to get stronger. Box squat, deadlifting off tires for rebound, belly benching, etc. were just some of his methods. ("This man was the father of innovative training ideas for powerlifting." Bob Packer) Peanuts was a pioneer and extremely strong. He held many unofficial records and left his mark on the sport.

Bill's life outside of powerlifting was not

good. He died homeless. Bill Ennis raised some funds and obtained a marker for his grave.

### #9 Jim Cash

The World Champion from Dayton, Ohio had one of the most unbelievable physiques in powerlifting. Jim was a great all round athlete and an outstanding college wrestler. He competed in the 198 and 220 lb. weight classes. Jim had a good squat and bench, but his deadlift was one of the best in the World. Jim had a long career that began in the 70's, and lasted over 30 years. ("When it came to psyching up for the deadlift, this man had a propensity for intensity." Bob Packer)

### #10 Fred Hatfield

There are few in powerlifting who don't know the name of "Dr. Squat". Fred competed at 181, 198, 220, 242 and above. Fred was known for his squat, but his other 2 lifts made him world class. Fred had very scientific methods about training. ("The best squatter of all-time." Gus Rethwisch) Fred at one time or another held squat records at 181/198/220/242. Fred believed in compensatory acceleration. Prior to a heavy deadlift he would leap into the air. Explosion and quick movement were a trademark of "Dr. Squat". Fred is still promoting his training methods.

The 198 lb. class was one tough weight class. The individuals who did not make it are a Who's Who of Powerlifting, Steve Miller, Bud Ravenscroft, Joe Weinstein, Jesse Kellum, Buddy Duke, Dennis Wright, Shawn Frankl, Bill Seno, John Kanter, Paul Woods, all received some support. The 220 lb. weight class was added in 1973 and became very popular.

### #1 Ed Coan

Ed was so good it is hard to say what was his best weight class. Many think 220 was his ideal weight class. When Ed lifted records fell. He was probably on the cover of *Powerlifting USA* more than any other lifter. Ed's first major National Championship was the 1983 YMCA Nationals. His first ever competition was the 1980 Central USA bodybuilding Contest. Ed's lifting was spectacular and there is no need to review what everyone already knows. ("This should be a unanimous selection." Jon Smoker) One of the all time greats. We all remember Ed lifting in his QUADS GYM t-shirt.

### #2 Larry Pacifico

There is no need to go through Larry's lifting records. Nine consecutive world titles speak for themselves. Larry was interested in all aspects of the sport, competing, promoting, officiating and the administrative side. Dayton, Ohio was a huge name in powerlifting because of Larry. To Larry, winning was the prime objective, records were 2nd. ("was ahead of his competition most of the time, but always acted wisely in his lifts." Bob Packer) At some of the

(continued on page 103)

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

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



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

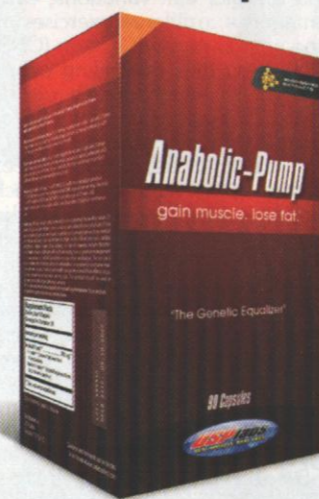
I went from having trouble deadlifting 675 to getting a solid 730 on deadlifts and I got a 750 but I took a step back with it. My hack squat went from 785x10 to 965x5. Shoulder press went from 405x5 to 455x3. Bench is hard to tell due to the bicep tendonitis hampering my lifting so much, but when the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

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

- Nick Winters

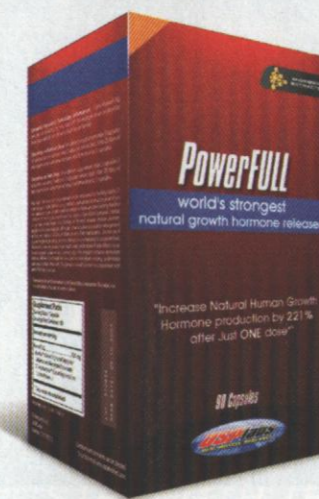
NERB champion bench - 650lb lift, Highest raw bench in world for the past two years, Best raw bench in competition 675lbs, 2 APA world records.

## Anabolic-Pump™



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

## 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™

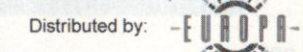
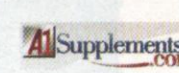


This patent-pending joint pain formula will have your joints and tendons feeling great so you can attack the weights without fear! In addition to its awesome joint health properties, its main ingredient has been proven to be as anti-catabolic as Deca & D-bol! It also significantly lowers cortisol and even has been shown to reduce bodyfat. SuperCissus Rx 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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# The Making of a POWERLIFTER!

as told to Powerlifting USA by Travis Bell and his Westside Odyssey

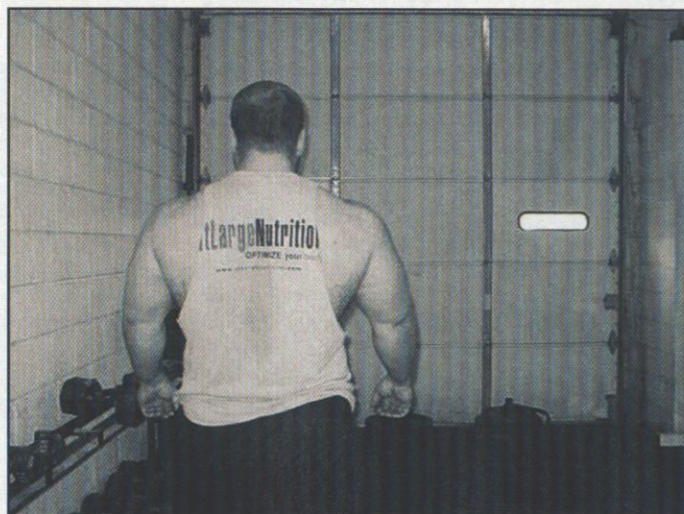
The thought of Westside Barbell and its iconic owner, Louie Simmons, can be an intimidating one for many an aspiring powerlifter. As we all know, thoughts and myths sometimes stray far from reality. For those who know Louie, or who have met him, they will tell you that he is one of the most accessible men in his field. Louie is a busy guy, but he is known for taking a few minutes out of his hectic days to dole out training advice to those who seek it via a phone call to Westside. So it was with Travis Bell...

Travis Bell was exposed to the iron game at an early age. His father trained at home with weights as far back as he can remember. As so many young men do, Travis wanted to emulate his father and began lifting weights on his own at the tender age of 12. At 16 he was given a membership to the local Powerhouse Gym franchise along with some training sessions from an ex-bodybuilder. Those sessions lead to his early interest in the sport of bodybuilding. Travis did well in the sport, but quickly concluded the grueling pre-contest dieting required was just not his cup of tea.

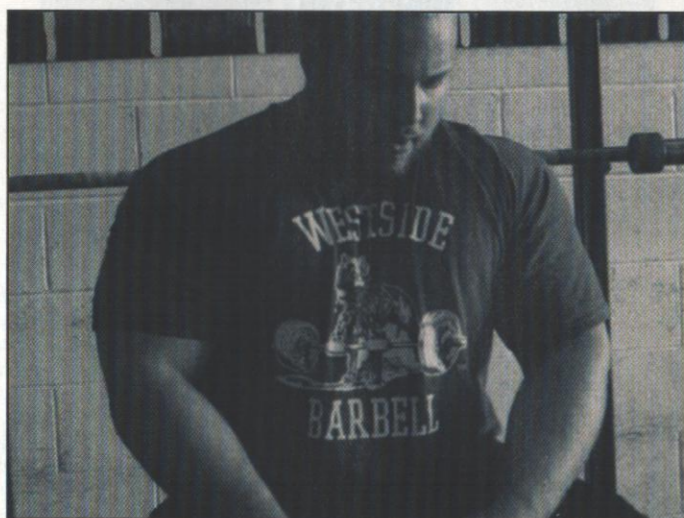
Enter powerlifting. Travis was highly competitive by nature and knew he loved the iron, so powerlifting was the obvious choice as it did not require the aforementioned starvation diets. Early success only proved to fuel his fire with a win in his very first meet (a solid 320 lbs raw bench in the 181 lbs class).

His early success quickly devolved to training frustration. He had obtained a single ply bench shirt and was struggling with it. The nuances of geared benching eluded him, and he simply did not have access to the proper help. As often happens, fate intervened in the form of a recommendation from a friend at home that Travis check out the Westside Barbell website (www.westside-barbell.com). Travis did just that and was amazed to find that he had arguably the greatest powerlifting mind and resource in the world literally only a 1 hour drive away!

With some trepidation (remember the Westside intimidation factor) Travis decided to give Westside a call. To his surprise, Louie himself got on the line and spoke with him. Showing some of the steely resolve that makes him such a fierce competitor, Travis



Travis Bell (image above) and contemplating his next move (below)



had the gumption to ask Louie if he could come to Westside for some direct training advice. Louie agreed, and the next phase of Travis' powerlifting evolution had begun.

Travis recalls well his first Westside visit. Perhaps it was nerves, but getting lost 3 times on his way to Westside did not bode well for the budding powerlifter. He finally arrived at the gym. Taking a few moments to collect himself, he entered Westside with visions of a crazed, super-intense and frightening Louie Simmons impatiently awaiting him (despite their amicable phone call days earlier). Nothing could have been further from the truth! Louie was indeed awaiting his arrival, but instead of being angry and intense he was filled with energy and excitement! He was ready to work with this newcomer and to do as he always does, school him in the ways of proper training and help him to

optimize his strength potential. In short, teach him the Westside training methodology.

As has been the case so many times prior, Travis' training at Westside took him to strength heights he could only previously have dreamed of! Travis' best benching prior to joining Westside was a 365 lbs raw and a 475 lbs equipped press. In short order, Louie's instruction took him to his current tested PRs of 520 lbs raw and 725 lbs equipped! In fact, he is currently tantalizingly close to an 800 lbs equipped press at 242 lbs body weight and has that as his goal for the upcoming Pro-Am meet in August.

## TRAVIS' WESTSIDE TRAINING TEMPLATE

Travis is a quick study and his thirst for power spurred him to eagerly absorb everything Louie and the great lifters at Westside

(George Halbert, Mike Wolfe, Greg Panora, Matt Smith, and Phil Harrington just to name a few) threw his way. Below is the resultant training template he currently follows: **Monday:** Back and Shoulders; **Tuesday:** Light Biceps; **Wednesday:** ME Bench; **Thursday:** Squat; **Friday:** Back and Shoulders; **Saturday:** DE Bench; **Sunday:** Off.

As you can see, Travis is a bench specialist, but he trains his entire body.

For the uninitiated, ME work consists of the lifter warming up to a 1 repetition maximum (1RM) personal record (PR) attempt on a given exercise which is rotated weekly usually for 3-4 week cycles. The rotation of exercises is referred to as the conjugate method. The conjugate method allows for weekly 1RM attempts without overtraining via the fact that variations, even small ones, in different exercises tax the central nervous system (CNS) differently thus precluding neural stagnation which is one of the primary underlying factors of generalized overtraining.

DE day usually consists of speed work. Speed work for the bench press consists of 3 reps completed in a target time of 3 seconds or less. This timeframe mimics that of a 1RM attempt (as 1RM attempts are slower by definition) thus allowing the lifter to train their nervous system to fire explosively in less time than it takes to perform a 1RM. Resistance used for speed work should be no more than 60% of one's tested raw (no special bench shirt) 1RM, or 55% of one's tested equipped 1RM. The use of jump stretch bands and or chains is recommended (see www.westside-barbell.com) to provide for accommodating resistance and thus to overcome the inherent limitations of the barbell.

A recent ME Wednesday for Travis:

### FOAM PRESS

Travis: "I've never done these before so it was a new experience for me. I must say I really liked them! All sets were done raw with a medium grip (pinkie on the ring)." 135x8; 225x5; 315x3; 405x1; 495x1; 585x1; 675x1; 725x1; 765x1; 815x1; 835x1.

"I then moved my grip in a bit (about thumb length from the smooth part of the bar) and did some foam presses for reps." ... 500x10; 500x10.

"Next was some triceps work. I did what we (at Westside) call Panora Presses. These are named

(continued on next page)

for Greg Panora, one of the top powerlifters in the world. They are basically a triceps rope pressdown with a range of motion (ROM) which is limited to the bottom half of the movement." 80x10; 80x10; 80x10; 80x10.

Pec Deck: 140x15; 140x15; 140x15; 140x15.

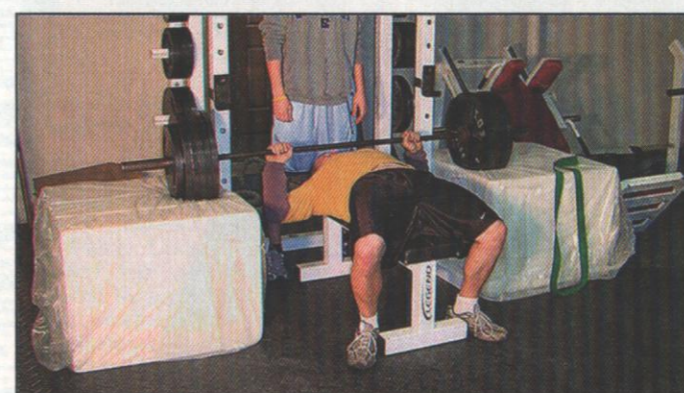
### TRAVIS' DIET AND SUPPLEMENTATION

Like most powerlifters, Travis does not follow a regimented diet in the classic sense of calorie counting and the consumption of specific foods at specific times. Travis is a lifter who has a hard time putting on and maintaining body weight thus he consumes a minimum of 5, and up to 7 meals per day. The meals consist of high protein, calorie dense foods such as meats, eggs, whole

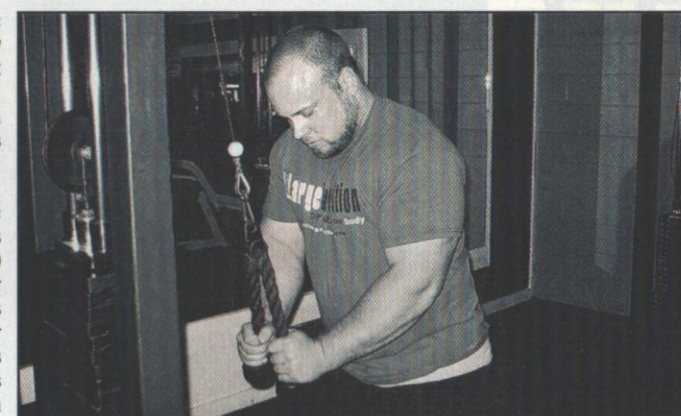
milk, and just about anything else that he feels will add to his daily calorie count and be of some benefit to building size and strength.

Travis' supplementation regimen is a direct result of his affiliation with Westside Barbell. Louie Simmons personally uses, endorses, and has his athletes take AtLarge's supplements. Louie's (and the other lifters at the gym) endorsement was good enough for Travis. He tried some of the products and was hooked! About a year after initially trying the products Travis was offered a sponsorship and is now one of an elite group of strength athletes sponsored by AtLarge Nutrition, LLC.

Travis' daily supplement intake includes the following AtLarge Nutrition (only available at



A recent ME Wednesday workout for Travis: The Foam Press



Above: Travis performing a Panora Press to focus work his triceps

www.atlargenutrition.com) products: Nitrean, Opticen, ETS, RESULTS, Multi-Plus; Fish Oil.

Here are Travis' thoughts on the products in his own words:

"I feel that a high protein intake is vital for powerlifters, so I supplement 200g+ of Nitrean daily in addition to the protein I get from solid foods. Opticen is my supplement of choice for post-workout purposes. ETS, RESULTS, Multi-Plus, and Fish Oil are all taken daily. I honestly cannot say enough about RESULTS. I've been taking it for almost 3 months now and I've never felt this strong before! I typically hit PRs on ME day, but right now

they are coming in **much** bigger jumps than before. I recover faster and have gotten significantly bigger. What more could you ask for from a supplement?"

### WRAP

Travis entered Westside a neophyte powerlifter with a burning desire to be the best. His accomplishments thus far have far exceeded his wildest dreams. Follow the Westside template (www.westside-barbell.com), make sure you are consuming sufficient calories for growth, use the best supplements on the planet (www.atlargenutrition.com), and perhaps you too can blow away your powerlifting goals!

# STRENGTH TRAINING BOOK

Z LAST BOOK You'll Ever Need On

## STRENGTH TRAINING

By Todd E. Bostrom



"You Hold In Your Hands Z Last Book You'll Ever Need To Get Strong."

Bill Kazmaier- World's Strongest Man '80, '81, '82 IPF World Champion Powerlifter '79, '83

"Z LAST BOOK YOU'LL EVER NEED ON STRENGTH TRAINING"

by Todd E. Bostrom

"This book will give you all you need to plan your quest for greater strength."

"His insightful paths to successful training will transform your body into a kinetic machine."

-BILL KAZMAIER

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THESE MEN KNOW THE POWER OF ATLARGE NUTRITION'S RESULTS WHAT ABOUT YOU?

The stage for the 2008 American Powerlifting Federation Senior Nationals was downtown Omaha, Nebraska at the Doubletree hotel. The hosts were Rick Hussey and Becca Swanson of Big Iron Gym. The meet ran Friday thru Sunday starting May 30. Big, huge thanks to the Big Iron Gym lifters for moving weights, working tables, loading and spotting. Also, big thanks to our judges, Mike and Beverly McDaniels, who are full of wisdom, and JR Bolger, who is always taking care of lifter's needs.

It was a family! It was one big team! As if we had picked up on old times. Our theme was 'United We Stand', as the APF is 26 years strong. The back of our meet shirts stated "26 Years of Building Legends". And this weekend continued molding those legends. Meet shirts still available, find info on this page. Videos will be available shortly. Email [becca@beccaswanson.com](mailto:becca@beccaswanson.com) for details. For an excellent picture of any lifter at this contest, go to [www.kpsfoto.smugmug.com](http://www.kpsfoto.smugmug.com).

**BENCH ONLY**

148 lb: Chris Svoboda, 20, opened with an easy 319.7, ground through the middle on 336.2 and barely missed 352.7. He walked away with a first place.

181 lb: Brad Heck, 30, had a lot of weight to cut for this meet and didn't feel up to par. But, he doesn't believe in backing out, so he gave it his best. Heck attempted 683.4 and 711.0. None were completed. Heck is working through a bilateral triceps injury. The 181 class winner, Nick Farley-Wamberg, 25, missed his opener, 463.0, but came back to get it and finished with a good lift at 485.

198 lb: For a first place in the 198, Gary Stillman, 31, had a good first attempt at 347.2. He got stuck a few inches from top on 374.8 lbs, so no lift on his second and third attempt.

220 lb: Although John Falcon, 40, of Raymore, MO, locked out

**A.P.F. Senior Nationals**  
as told to Powerlifting USA by Becca Swanson



The 242 Class Winners: Justin Redding, Jim Grandick, Brian Carroll

595.2 lbs, the lift was not credited due a technicality. Falcon's 606.3 was also unsuccessful, so no placing. Clint Smith, 28, of SOS Gym, lost the battle with 782.6, no placing. Rod Bauer, 46, went 3 for 3 in the bench, 429.9, 440.9 and 457.5. The judging was so fine tuned they noticed Bauer didn't cover the left line on the bar. But, this error was forgiven, as Bauer has no index finger on the left side. Jacob Schmidt, 24, missed 551.2, but came back and locked it out on a second attempt. The third attempt, 562.2, proved to be no match for Schmidt. Sliding into the top three, Dr John McClaren,

30, went 3 for 3. McClaren sealed his first 600 lb bench press on a second attempt and finished with a powerful 617.3. Big thanks to Dr McClaren for buying the entire venue pizza on Friday night and Saturday. Bauer, Schmidt and McClaren are all out of Big Iron Gym in Omaha. Squeaking into 2nd, Tom Bollig, 30, of Manhattan, KS, missed his first two attempts 628.3 and 644.9. His third attempt, 644.9, was successful. First place in the 220 class goes to Matthew Minuth, 27, of Dekalb, IL. Minuth likes to do some vertical jumps to channel his energy before his lifts. It works as he went 3 for 3, 705.5, 722.0 and 749.6. Minuth took home the Lightweight Bench Only Best Lifter Award.

242 lb: Mike Taylor, 46, showed some audible excitement after his good attempt at 655.9. His second attempt 672.4 proved to be difficult, but he captured it on a third. He went for a 4th at 705.5, but called for the spotters to take it. Jakob Cook, 28, a new comer, barely missed 705.5 in his second meet and the audience

was pulling for him. He did two slow and steady successful lifts, 661.4 and 677.9. For a third place finish, Tony Acome, 35, executed 733 with perfect form on his 2nd after mis-grooving it on his first. His third at 777.1 was not in the cards. Cory Dexter, 34, of Las Vegas, NV, played possum with an easy 672.4 opener because he had only touched his chest once in his Titan F6 over the last three months. Dexter followed that up with a smooth 705.5, then a 738.5 that he earned every ounce of. He earned 2nd place and a WPC Sub-master record. After a 2 year hiatus, Bradley Hein, 28, needed help of his team and coach, Rick Hussey, to gain back 40 lbs of bodyweight and a seemingly infinite amount of strength loss. They did it, and it showed when Hein captured 804.7 on his first attempt. His legs were shaking from the effort (you gotta see this guy's legs). Following attempts were denied at 821.2, but, he had already earned 1st and Best Heavyweight Bench Only Award. Taylor, Cook, Acome and Hein are all of Big Iron Gym in Omaha, NE.

275 lb: This was one of those days for Richie Briggs, 23, of Big Iron Gym in Omaha, NE. 848.8 was locked out on the third, but

called on technicality. Briggs did prove stronger at his next meet, 859 at an APF meet in Chicago, IL a few weeks later.

308 lb: Joseph Laski, 23, was scheduled to lift, but bowed out due to a pec injury. Dan

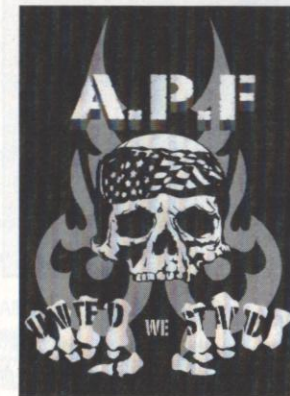


Brad Hein Comes Back: 804

Gross, 29, gave a valiant effort at 650.4 and 661.4, but turned up short. For 2nd place, Rob Kolberer, 42, locked in a grinding 600.8 bench on his 2nd try. Then Kolberer captured 633.8 on his 3rd. Scott Barnes, 39, drives down from Sioux Falls, SD weekly to train with Big Iron Gym. Barnes had a rough start with 666.9. On his 2nd attempt, Scott was swimming for quite a while at the bottom, but hit after the press command for the 308 class win. His attempt at 672.4 will be waiting for him at his next meet.

SHW: A new shirt had JR Bolger opening with a PR. Though "his girl" Christina Aguilera was singing over the loud speaker, JR Bolger fell short in three attempts with 677.9. Dave Dickey, 46, of Big Iron Gym in Omaha, was slow out of

(continued on page 50)



T-Shirt ... front (left) and back, [www.bigirongym.com](http://www.bigirongym.com)



## STARTIN' OUT

### FEET OFF THE FLOOR BENCH PRESS as told to *Powerlifting USA* by Doug Daniels

It seems there can never been too many articles on methods to increase the bench press. My contribution this time around is a great assistance exercise called the feet off the floor bench press. Simply put, this variation is just like the regular bench except that your back is flat on the bench with your feet off the ground, above the bench with your ankles crossed.

This variation accomplishes several things. First, it forces the upper body to do all the work by taking away any leverage advantage or stabilization that your legs can provide. In the regular bench style, the legs can potentially add significantly to pushing power. This forces your upper body to develop the stabilizing muscles used in the lift. As I have said countless times before, controlling the weight in any lift is at least half the battle.

Next, the feet off the floor style does not stress the spine like the competitive bench does. Many lifters arch to get maximum leverage and reduce the distance the bar must travel. Over time, this can add up on the lumbar discs. Giving your back a break from arching can hopefully mean a longer lifting career with decreased pain and injuries. Also, if you're suffering from a lower back problem, this variation could enable you to get in productive bench work.

This variation also adds variety to your training program and it is also a great choice as a substitute for the regular

benches in the off season. It can be used along with regular benches for down sets or as a finisher. I don't advise going below 5 reps in a set with this exercise because of the inherent decreased stability of this movement. You will not be able to use as much weight on this exercise as you would for a normal style bench. Start with 70% of your regular bench weight to get accustomed to the feel of this variation as the balance will be markedly different and charging ahead too fast and too furious may cause an injury. Your spotters must remain especially alert as the lifter could lose the bar to either side.

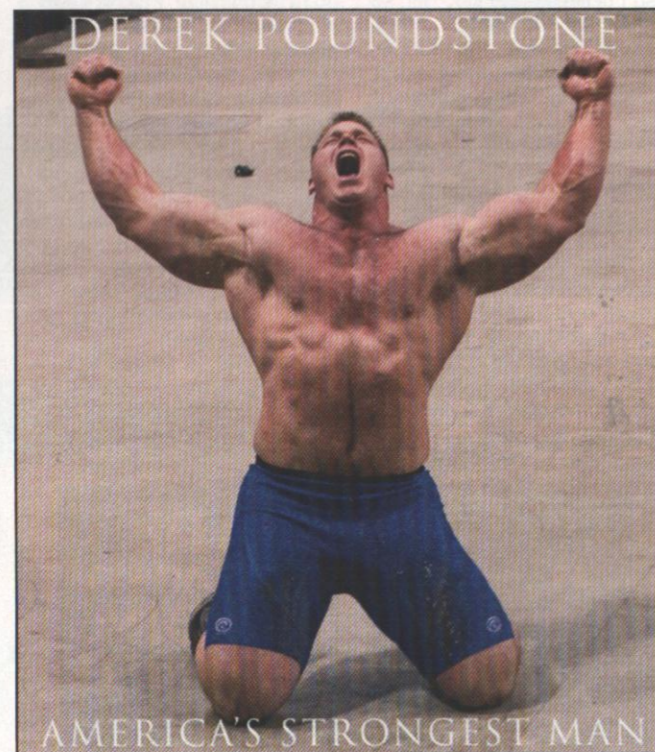
Keeping your back flat and your feet off the floor insures maximum strictness. Don't swing or flail your legs to gain extra leverage or you'll defeat the purpose of the movement. These types of unnecessary, jerky movements also raise the chance of pulling a muscle or losing control of the bar.

This bench variation can also be customized. It's easy to perform close grips, wide grips, benches to the neck, etc., with your feet off the floor. For example, you can do a wide grip set with your elbows at right angles to the body to stress the pecs. Close grips can emphasize your triceps. Don't go crazy and perform every type of variation you can think of. Always remember that quality is superior to quantity when training with weights.

Hopefully this article on the feet off the floor bench press gave you a few ideas on bench press training. Since the feet off the floor is a bench press, strength and power developed training this lift will readily transfer over to your competitive bench. Variations of grip etc. can also be used on this exercise. If you choose to use this style during the off season, switch back to your competitive style at least 6-8 weeks prior a contest to re-acustom yourself to contest form. Hopefully, you will realize a measurable strength gain at contest time.

### MHP Signs Derek Poundstone!

MHP has just signed the 2007 America's Strongest Man, Derek Poundstone to their already impressive roster of athletes! At 6'1" and 315lbs, Derek is the 2007 American Strongman Champion who holds three world records: the block press 319lb set in Scotland in July 2007, the 202lb Circus Dumbbell Clean and Press for 9 reps and the world record for the Clean and Press at 286lbs for 13 reps. He also holds the Unofficial World Record for the heaviest atlas stone ever lifted at 555lbs. Derek uses MHP's Trac Extreme-NO to fuel his body for his workout followed by a pre-workout Probiotic-SR protein shake. He includes Up Your Mass weight gainer to his arsenal as he gets closer to contest time to add in the extra calories. Post-training, Derek slams down MHP's Dark Matter formula for recovery after a tough workout, followed by a high-protein dinner. He ends his long day as a Police Officer with another Probiotic shake before bed. He also takes MHP's multi-vitamin Activite and also Releve, a joint support formula daily to keep his body and joints strong. Derek just competed in the World's Strongest Man Super Series Event on June 21<sup>st</sup> at Madison Square Garden, and the next competition Derek can be found competing at is the World's Strongest Man to be held in September. Team MHP is growing bigger and bigger with the



addition of this mammoth athlete who fuels his body with MHP supplements to help him achieve unimaginable lifts and impressive goals!



TEST SUBJECTS INCREASE THEIR BENCH BY OVER

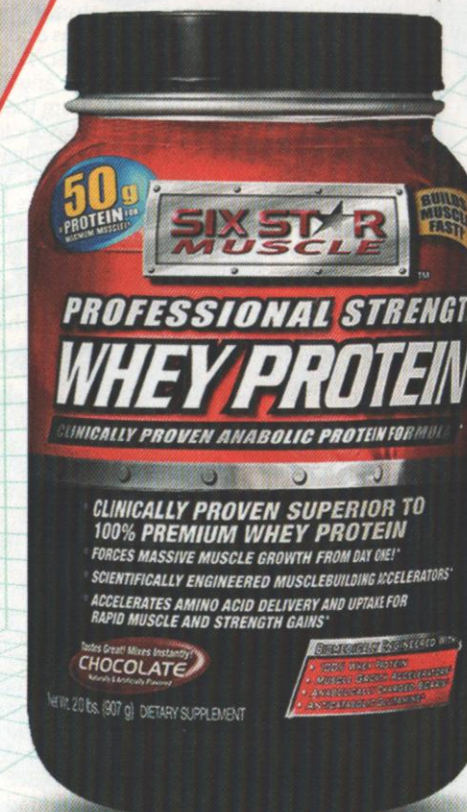
**100 LBS.**

**A**s your back hits the bench and your chalked-up, callous-ridden hands grip the bar, your mind flashes back to your training. The hours spent pushing and pulling the iron, constantly manipulating your rep ranges and bar speed, blasting through your sticking points with board presses while supplementing daily with several potent doses of Six Star® Muscle Professional Strength Whey Protein – it's finally time! With 50 grams of high-powered, 100 percent whey protein per maximum serving coursing through your veins and a staggering 6,676 milligram dose of 21 individually selected muscle growth accelerators invading your muscle tissues, you'll push that fully loaded bar with maximal force. Science proves that test subjects consuming the key compounds in Professional Strength Whey Protein increased their bench by a jaw-dropping 105 pounds in 10 weeks\*. You've got three shots to lock it out but with the scientifically engineered Six Star Muscle Professional Strength Whey Protein formula fueling this lift, you'll only need one. Get your Six Star® Muscle today at The Vitamin Shoppe®, SuperCenters and other fine retailers – **not only will it up your bench, it will up all your lifts.**

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\*In a 10-week study, individuals using the key ingredient in Six Star Muscle Whey Protein increased their max bench by an incredible average of 105 pounds. Carefully read the label before use. All trademarks are owned by their respective trademark owners and are used with permission. © 2008.

Simple facts and figures don't do justice to my father. So, for any who are interested I will try and tell you what molded my father and what helped make him the man he was.

Pedro (Pete) F. Alaniz was born in 1937 in San Antonio, Texas, the first son of two immigrants from Mexico. His father was a baker of mostly Mexican Indian heritage and his mother was the daughter of a Spanish ranching family. They had to elope to the US in order to get married. This union was the first event that helped shape the man who became my father.

Like many others of the time, he was a child of the Depression who grew up during World War II. There wasn't much to go around, but he had his older sisters and parents whom he adored. Even though they grew up poor, they were raised with strict values. Before he even entered elementary school, he lost his mother to a brain tumor. His earliest memories were of a husband who in an effort to save his wife drove the entire family in 1930 era cars over pre-interstate roads to hospitals as far away as California to look for any type of help.

His father eventually re-married and moved to Corpus Christi where the family grew with the addition of four brothers. Even as a young boy, he helped diaper and raise every brother. With a father and stepmother who worked long hard hours, he was as much father as brother to the boys.

Growing up, his father instilled pride of country in his children. He was taught that the old country defined the family's heritage and it should always be kept dear. But, his country was the USA and his pride and allegiance was to the stars and stripes. One of my father's fondest memories was of the day his father received his citizenship. He described a man beaming with pride, his citizenship papers his most valuable possession.

So, at 17 he asked his father to sign for him so he could join the Navy and serve his country. He only served one hitch because he fell in love with his childhood

## IN MEMORY OF PEDRO (PETE) F. ALANIZ as told to Powerlifting USA by his son P.M. Alaniz

friend, Irma Perez, who he married in 1959. He told me on one occasion that had it not been for love, he probably would have made the Navy his career.

He came back to Corpus Christi to start his family which resulted in three children, Pedro (Pete) Martin, David Perez and Cynthia Ann Alaniz. A defining moment came in 1962 when during the birth of his daughter, the doctor gave the wrong medication to his wife and oxygen was cut off to the baby. Cynthia Ann suffered oxygen deprivation and was diagnosed with severe retardation. It was suggested to him that he could sue and win big money. After all, Cynthia would need money for the care she would need for the rest of her life. Hard times and a difficult life could have made this a no-brainer for most people. But, he was raised differently. My parents have told me that they knew there was true sorrow and remorse for the human error made by the doctor. Dad refused to sue, because after all, the doctor was a good man who had tried his best. A bill was never presented for any health care ever provided from that doctor. And whenever that doctor saw Cynthia in public, there was always a loving touch of her hair and a tear in that doctor's eye. Other doctors told my parents to lock my sister away and forget about her. It wasn't unusual for the times. Not his daughter. His whole life, Dad always had Mexican/Spanish folk sayings that were passed from generation to generation that he would share with us. He and my mother always repeated two in particular about Cynthia, "God does not give you more than you can bear" and "God has things happen for a reason".

That one action alone could define my father's heart. But, there is so much more. During the period between the loss of his mother and his father's marriage to his stepmother, my father was influenced by a "Tio" an uncle who my father very much resembled and loved. I believe my father received much of his patience and his demeanor from this kind hearted, generous man.

In many ways, Dad was the typical first generation American,



Pedro (Pete) F. Alaniz

the link from the old world to the new. He worked hard, long days, many times logging 60-70 hours a week. He had no college education and yet worked his way to managing multi-million dollar stores. He was a people person. He loved people. His own parents history created what I consider to be one of the biggest hearts ever put in a little man. Dad taught us that every person had worth, every person was a child of God and at the core we are all brothers and sisters. I will never forget Dad's view on religion and people. By definition Dad was Catholic, but a label can not truly define him. His heart was open to all people of every race and every religion. I remember he even had his own yarmulke for the times he would go to temple because of some friend's special occasion or because of a death of a friend.

Just a few years ago, Dad told me something that was so simple, yet so profound that I've tried to make it my guiding principle in life. There was some controversy going on about religion and he told me, "Son, if there is a little Indian deep in the Amazon jungle and he's never known any organized religion, none at all, and he worships a rock in the stream and that rock tells him to love his fellow man and do right by his fellow man, and he does, well then, ... he's alright by me. There is a special place for him"

My Dad and uncle drove me and my brother to our first meet in 1978. We were hooked. Then in 1981, Mom's home sewing skills produced the seed of what would become the family business. The initial idea for it was mine, but Mom and Dad embraced it and as co-founders, gave it its first home in the family garage. My girlfriend, now my wife, defied her parents wishes to become our first employee and Titan was born.

As Titan grew, Dad grew. When Titan went international, Dad went international and took his big smile and his generosity with him all over the world. In Brazil, they knew him as a modern day Santa as he brought donation

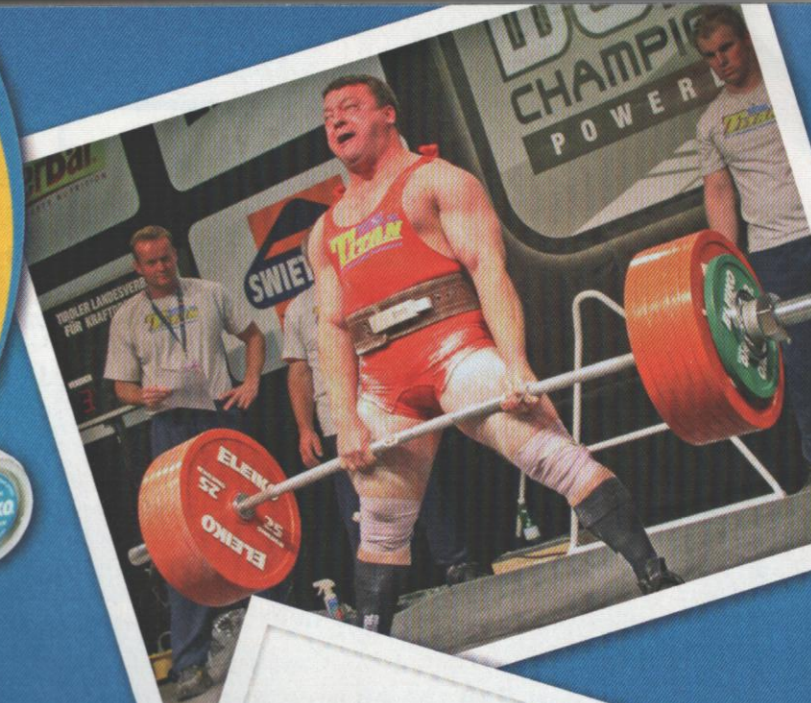
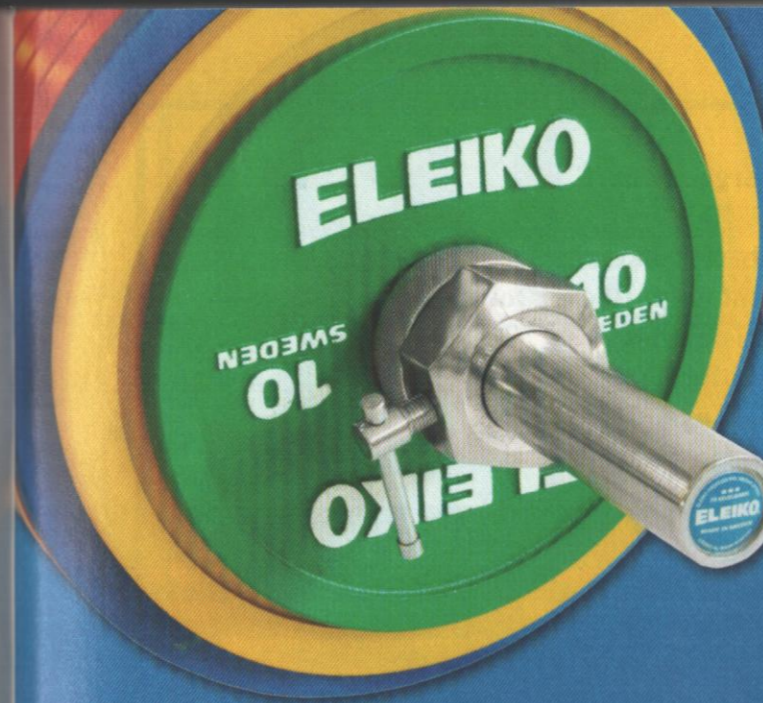
gear and monetary donations for the Brazilian Federation. In North and South America, Europe, Africa, Oceania and Australia lifters and officials called him friend and respected him for his honesty and integrity.

But Dad's heart was more than large and warm hearted. It was stout, full of resolve and had a firm moral compass. Dad was also known as a man who stood for what was right. He fought many an international political battle standing not on self profit but on what was right, even if it wasn't the profitable thing to do. Dad's lesson was to follow your moral compass. He gained so much respect for who he was that eventually he was treated as a guest of honor at international events and even asked to present medals. I don't believe it was simply a sponsorship courtesy. There was genuine respect and admiration for the man.

Dad has left, but I have a reminder in my safe, one last lesson he has left me. A few years ago, the family business fell on lean times. An international shipment had been lost and the insurance had finally issued a check for it. As we were getting ready to cash the check, the shipment was found in another country. A phone call to the freight company made it clear that it was no skin off their back, the insurer was a separate company and they were the only one who would lose money. Cash the check they told me. I asked Dad what he thought and he told me, "Son, you know what the right thing to do is". We really needed the money. But that check remains uncashed and in my safe as a reminder to follow the moral compass that my father helped set.

A friend once stated that I have probably seen a lot of great strength feats in my time. I said yes. He asked me, who do you think is the strongest man in the world? My Dad, I answered.

**P.M. ALANIZ,**  
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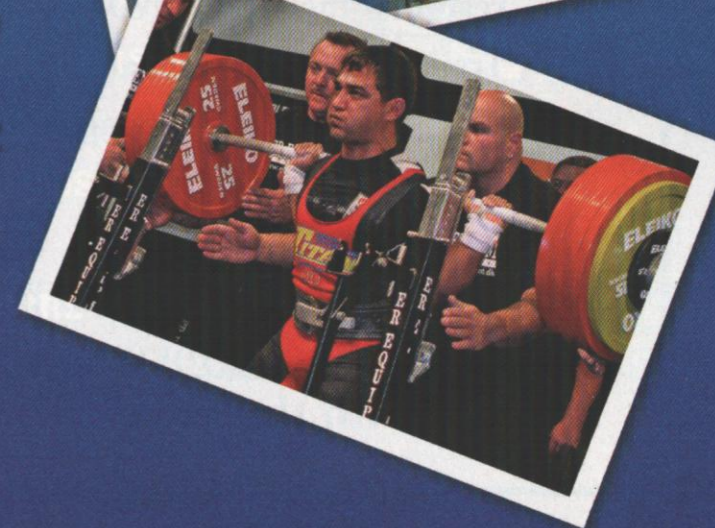
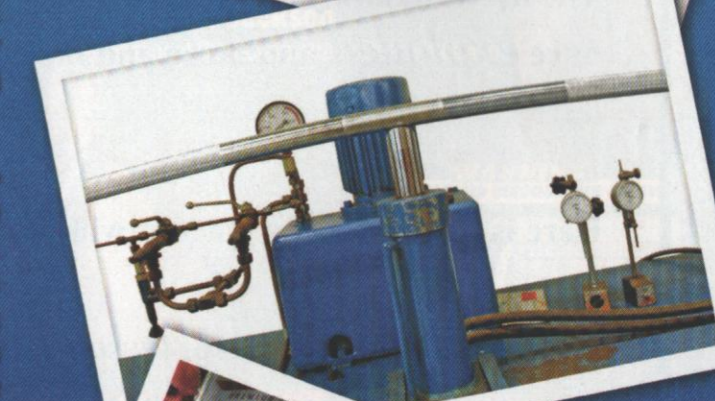
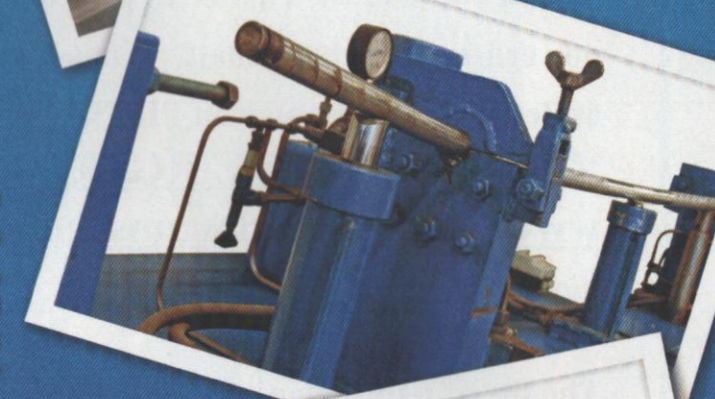
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**Many of life's failures are people who did not realize how close they were to success when they gave up.**

THOMAS EDISON

We all have the potential to be far greater than we even imagine. In fact, few of us even come close to reaching our optimal capacity. We can achieve most anything in life if we are willing to pay the price. Only our thoughts, desire, and work ethic limit us. While it is true that success may come easier for some people, we have to believe that anyone can achieve greatness if they are willing to work. Like Buck Williams once said, "it's not who jumps the highest - it's who wants it the most."

**PERSEVERANCE**

Think about what Spud Webb or Mugsy Bogues has accomplished. These guys are barely five feet tall and they started in the NBA, a league that is dominated by athletes who are in most cases pushing seven feet tall. Heck, Spud Webb won the NBA "slam dunk" contest competing against guys who were almost two feet taller than him. Is that incredible or what? These guys are living proof that ordinary people can achieve great things if they work hard. And they are just the tip of the iceberg. Professional sports, and every other field of endeavor for that matter, are full of individuals who have reached mind-boggling heights through persistence and hard work.

Think about Pete Rose. Pete Rose, without question, was one of the greatest baseball players of all time. What you may not know is that Rose never displayed any special physical aptitude for baseball. In fact, in comparison to most major league ballplayers, his physical skills were considerably below average. Rex Bowen, the head scout for the Reds, once told me that if he was out scouting and ran across Rose, and he didn't know who he was, he wouldn't even consider drafting him. He told me that Rose had below average speed, a terrible arm, and poor bat velocity. Yet Rose became one of the greatest players of all time, setting numerous Major League hitting records in the process. How did he do it? He developed his abilities through assiduous practice. In other words, he worked his butt off - that's how.

Hard work and perseverance are incredibly powerful and effective assets if put to use.

**GENETIC SUPERIORITY**

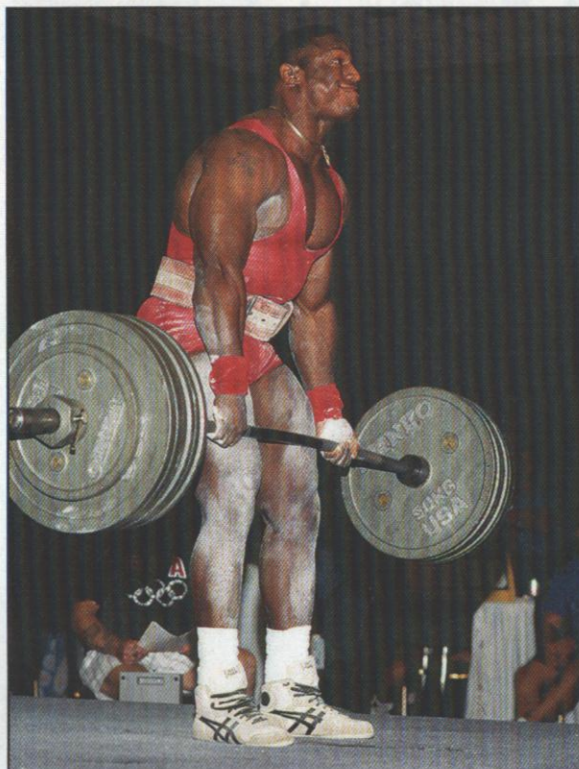
Think about Michael Jordan for a second. There is no athlete that appears to be more gifted. He is a physiological marvel. Physically speaking, he is an absolute genius. Lets be real, few men who have walked the face of the earth could run and jump like Jordan, and no man has ever played the game of basketball better. Yet when Jordan was in high school he was cut from the basketball team not once, but twice, because he wasn't good enough. What does that say about genetic superiority and natural ability? I will tell you what it says. You can have all the natural ability in the world, but if you are not willing to work at developing that ability you will never reach your full potential. Like Jordan, if you want to be great, or even good for that matter, you have to work hard.

**ADVERSITY**

Think about all of this. Einstein was four years old before he could speak and seven before he could read. Isaac Newton failed a number of times in grade school and high school. Walt Disney was fired as a newspaper reporter because he was not a "creative thinker." And did you know that he was also given a dishonorable discharge from the United States Marine Corps? Leo Tolstoy flunked out of college and Winston Churchill failed the sixth grade. Jim Plunkett was cut from his high school football team. Both Mike Tyson and Larry Holmes were defeated a

**DR. JUDD**

**THINGS TO THINK ABOUT as told by Judson Biasiotto Ph.D.**



Curtis Leslie didn't start out on top in PL, but ended up there.

number of times as amateurs. Curt Leslie lost the first eleven contests he entered in powerlifting. Bill Russell was cut from both his junior and senior high school basketball teams when he was in the ninth grade. Roger Staubach was at best a mediocre football player in high school. And here's something that really boggles the mind. Sholly Mahn was completely paralyzed as a child, but went on to win two gold medals in the 1964 Olympics at the age of fifteen. There are literally thousands of people who have achieved greatness by overcoming failure and/or adversity. The world belongs to such people. As Martin Luther King said, "The ultimate measure of a man is not where he stands in moments of comfort and convenience, but where he stands in moments of challenge amid controversy."

**RESPONSIBILITY**

Think about our former President John F. Kennedy. Kennedy seemed to have everything in his favor. He was a Harvard dropout (he gets points for that), a war hero, and the President of the most powerful country in the world. He was rich, handsome, articulate, and the most popular President since FDR.

Half way into his Presidency though he made a major mistake by authorizing the invasion of Cuba. As you are probably aware the invasion was a historic military and political disaster. Consequently, most of Kennedy's political advisors recommended that he either deny that he had major involvement in the invasion, or at very least not address the issue. Kennedy did just the opposite.

He stood before the American people and said that the Bay of Pigs was an atrocity that should have never happened. Then he took total responsibility for the invasion. He said, "It was my decision to invade Cuba, it was my mistake, and I take full responsibility for this horrific blunder." He basically said, "I really screwed up big time on this one."

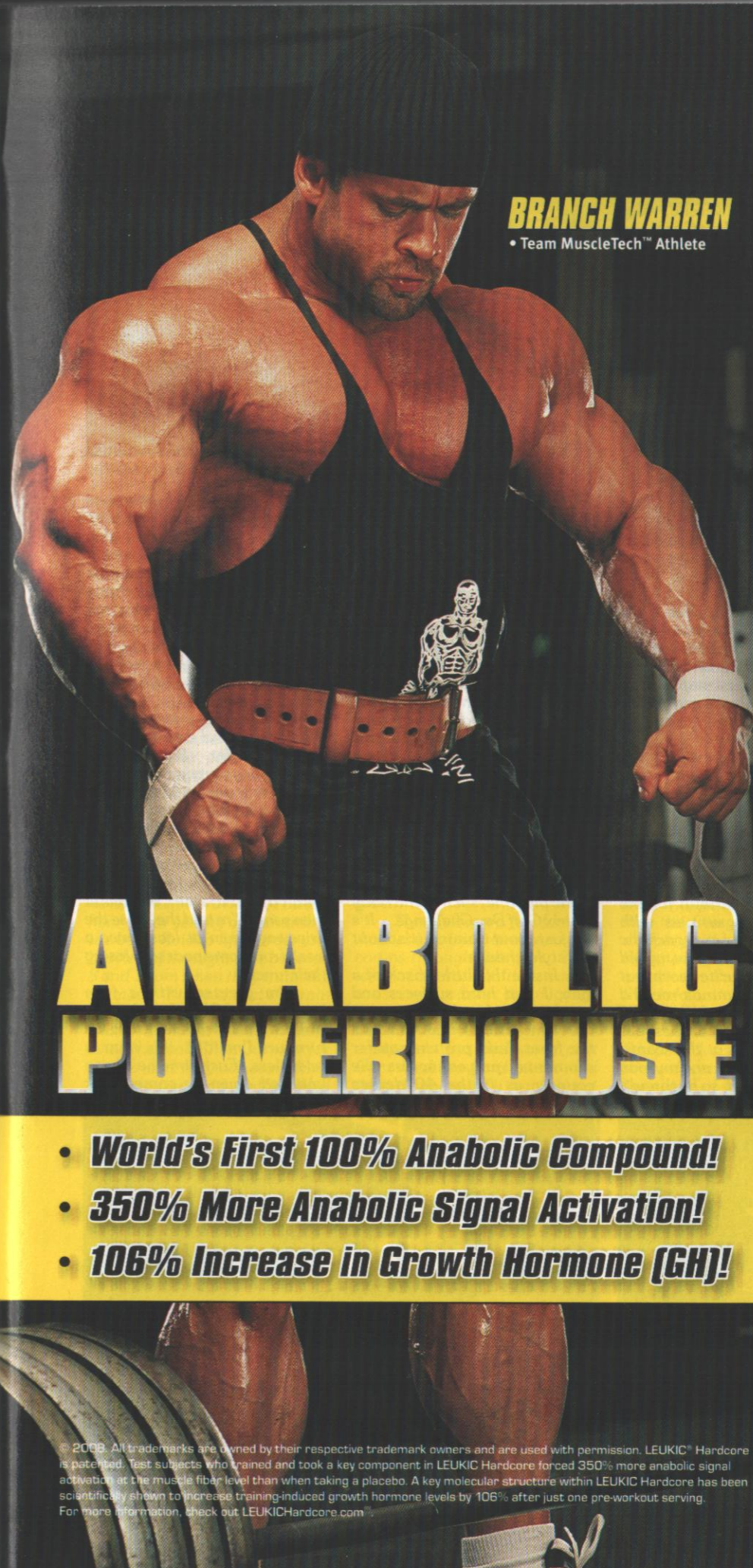
Surprisingly, at least to his political advisers, Kennedy's popularity actually increased after he took responsibility for the humiliating defeat. By taking responsibility for his mistake Kennedy empowered himself. Successful people accept the necessity for taking risk in life and for being wrong now and then. It comes with the territory. They don't waste their time and energy trying to justify their mistakes; they spend their time correcting them. Nothing makes someone look more foolish or impotent than the inability to admit a mistake and take responsibility.

**Risking**

Now think about this:

- To laugh is to risk appearing the fool.
- To weep is to risk appearing sentimental.
- To reach out for another is to risk involvement.
- To expose feelings is to risk exposing your true self.
- To place your ideas, your dreams before the crowd is to risk their loss.
- To love is to risk not being loved in return.
- To live is to risk dying.
- To hope is to risk despair.
- To try is to risk failure.
- But risks must be taken because the greatest hazard in life is to risk nothing.
- The person who risks nothing, does nothing, has nothing and is nothing.
- He may avoid suffering and sorrow, but he simply cannot learn, feel, change, grow, love, live.
- Chained by his own fears, he is a slave;
- He has forfeited freedom.
- Only a person who risks is free!

UNKNOWN



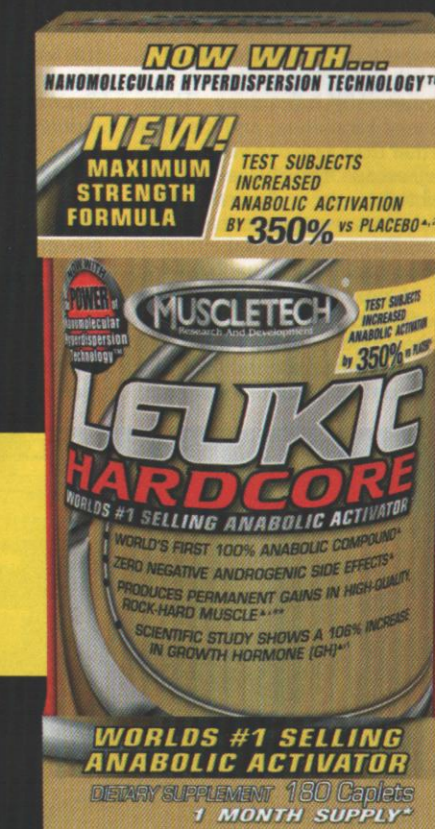
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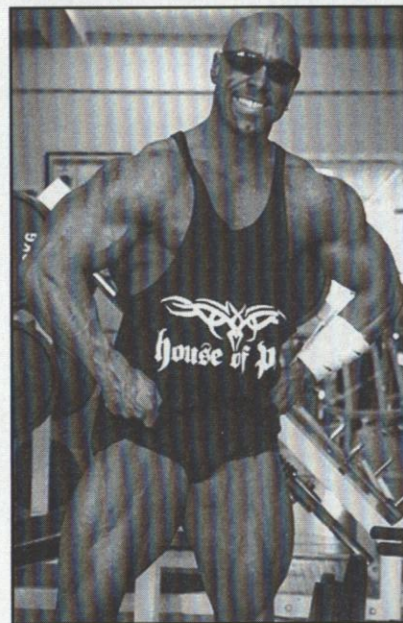


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**GNC Live Well.**

# HARD CORE GYM #76

## Body Matrix-Aussie HardcoreGym as told to Powerlifting USA by Rick Brewer



Mr. Reid the mind behind Body Matrix

On their website, they define 'HardCore' as unwaveringly committed; uncompromising, and dedicated. That definition sounds about right to me, but there are language barriers anytime I talk Texan to Aussies! For example, our best Sheila Leya helped us gather this info - but she said that some of her info was 'dicky.' She looks hot, and doesn't really sound like a tranny; so I figure there is a 'word-fence' here. I thought about explaining a few of her Aussie words, but decided it was more interesting to let it fly naturally!

Leya or Hulya, we love ya girl - even when we have no idea what you are saying. Just tell us some of your first impressions from Body Matrix! Leya

(in her own words):

An Outsider Looking in... Last month I told you that Bev Francis was always an inspiration, and we checked out her Powerhouse Gym. Cool gym, run by Bev & Steve! We talked about some of the places we might be this month, including our friends that are over 10K miles away. That's a lot of kilometers, and it's even farther than a cat can swim - after they escape from the bag. We've wanted to go to Australia for a while, because there are a couple of really cool gyms in the land of kangaroos.

One of the names that always crops up in Australian circles is Rohan Reid. He is a state champ bodybuilder, and he owns a Melbourne gym called Body Matrix.

Early in the morning, a red skyline appears over the corrugated tin roof of an Aussie gym in the heart of Melbourne city/town called Body Matrix Hardcore Gym & Personal Training. The glare of harsh outback sun reflects into my eyes and I now am thankful for the advice to wear sunnies with polarized lenses. I approach the dusty glass door kitted in my old shorts and favourite worn out shirt. Which reminds me; I'd better buy some new HOUSE OF PAIN gym clothes - coz these are coming to shreds at the seams. There's a stain on it, and my man reckons its mould, so he threw it



Trophy Case at the Ultimate Aussie Hard Core gym- Body Matrix.

out a couple times. But, it's like a boomerang - it keeps coming back. There's no lycra and no jewelry. No joke. Even the sheilas can't wear lycra or jewelry, fair dinkum. That's Aussie for "I'm telling you the truth mate".

This Aussie gym brings you in and wants you to stay, like family (or a Roach Motel - RB). Not only because the owner operator Rohan Reid is the personal trainer, but also cuz he offers over and above his duty as a trainer and entrepreneur. Here you have opportunities to be part of one of two of his painstakingly organized and researched boot camps, go scuba diving, be part of several activities such as paintball, surf lifesaving, learn to swim and other events are always in the pipeline, such as the Body Matrix Golf Day Challenge... It's not just about training, it's about life style change.

Inside this little shack of a gym, I find hard surfaces and rough metal. Hardcore Aussie is the element all around. Tin lines the front desk, protein powder remnants sprayed across the counter as if the 40 degree

northerly summer wind has brought in the red dirt from Alice Springs. A proud Aussie flag hangs under trophies on a homemade shelf lined with past histories of winning and empty spots for the losses. Never mind. Being an Aussie, you just get up and go for it again. Some may call it stupidity; others may say that Aussies 'never die laying down'.

Rohan Reid enters through the doors at the end of the red walled corridor. Bald and big, Aussies they say can be built like trucks, this ones a Mac Truck. Bursting at the seams, tipping the scales at just over 235lb, this man's kept his pride, and won't let losers or tossers in his gym. Body Matrix is only for those who aren't afraid to train, bleed and then some. I'm told they hose the driveway down at least once a week from some poor soul losing their lunch.

I'm greeted with a firm handshake, "G'day" and a wry smile... I'm in trouble. From the rumours I'm told, this man is relentless. Each time he's been knocked down he comes back

fighting harder and stronger. Rohan Reid trained with bricks and concrete on the end of broom sticks tied with string, with his mate when they were only 14 years old. His mom made him Chop wood and do chores around the home, for a gym membership as he was too young to find a paying job. So... that's the reason he is as cruel as they say... he's taking out the anger on all of us. Reid is now 36 and has been most consistent in body building in the last 4 years, appearing in each Victorian State and Australian IFBB U/90kg shows. He gets knocked down, but comes back fighting against rumours and morons. If you want to know something about him or body building and want to know the truth, ask him to his face. He'll have no problem telling ya. (I just wanna know what a 'tosser' is - RB)

He moves with ease that belies his size, gracefully gliding past the iconic autographed photos of Flex, Jay, Ronnie and Melvyn plus others and his mate that he catches up with - Chris Cormier whenever he's in town. Rohan's training partners are his step kids, a 15 year old girl and 17 year old boy who are both built like brick shit houses. Apparently he has a huge hard head. You can hear them yelling and chanting the beast Reid to life harder and heavier, of the night time between 8 and 10pm when they train like animals. I'm told that if I train good he'll take me out for a King Island Steak at Mediterraneo, where he took Chris Cormier for Dinner and they ate everything the restaurant had to offer. Well



The Canine Security Service (photographs were provided courtesy of Rick Brewer)

the Aussie meat is bloody good, I don't mind being second best.

The gym ceiling is lined with fluoro lighting, the roof leaks and the floor is covered with thick black rubber that hardly any gym takes the time to put down anymore. I follow the bald headed angry looking little man standing at 5'8", Reid likes all his machines to be made by a couple of people and they are meticulously maintained, one machine gets serviced everyday. These he's collected over the years and had some painted because they were girly pink and green.

There's been a few famous Aussies who had trained and won comps through this gym. They were of all nationalities, even a massive part Aboriginal Champion who was an absolute beast in the heavy weights. The equipment has had some past Gym Daddies hard sweat and tears dripping off it leaving rust

year they run a body building competition for Members only. This is almost like a cruel joke, Rohan wants his clients to feel the pain he feels. These comps are run around the same time Rohan competes. This year again he will try again for the U/90kg IFBB Mr Australia.

So if you're ever in Melbourne, Australia and have a hankering for the hardcore side of things, leave the hotel gym, walk past the Fitness Firsts and catch the tram car down to South Melbourne to Body Matrix Hardcore Gym, tram line No. 1 Stop 22 and tell em Leya sent ya!

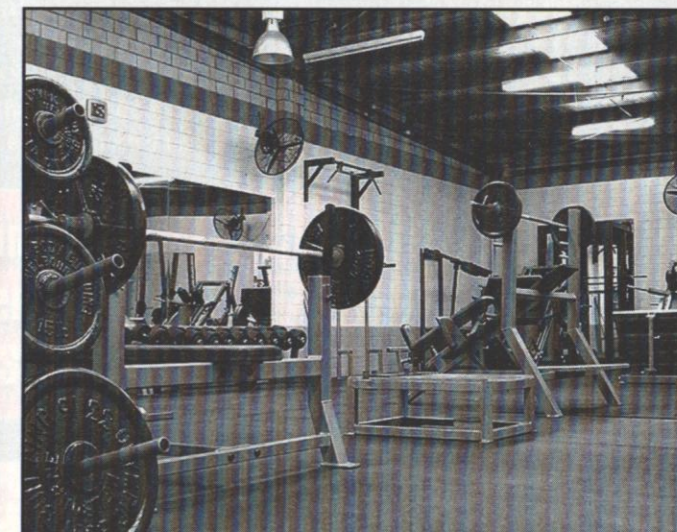
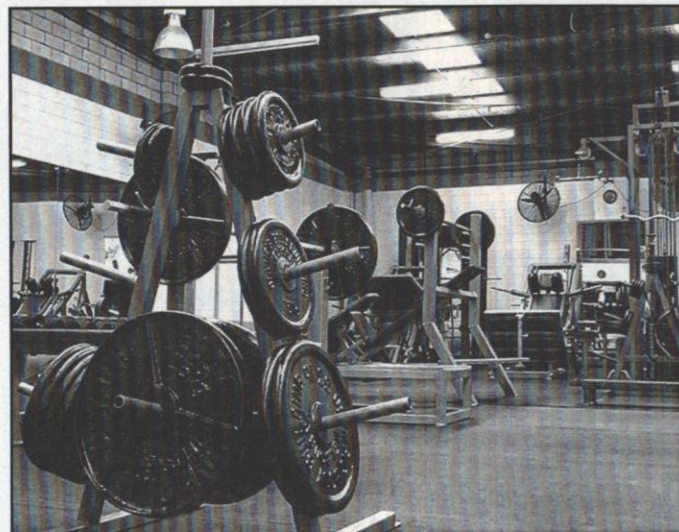
Thanks Leya, or Hulya; you're our favorite sheila! Also big congrats

to Rohan Reid on a Hard-Core Gym well-done! I hope to train there one day very soon! I've wanted to feature an Aussie gym for so long; I was excited to get this info from Leya, with great pictures (some of which are compliments of Gary Phillips). I hope it's not too dag to say "THANKS, from the top of our hat, to the toe of your boots!"

Next month, we'll be back in the USA - and we'll even speak English. Then when we go back to Australia in a few months, we'll visit a different town (Victoria), and see one more version of Aussie training hell.

Until then, lift big, but no matter what - don't pour NoseTork Ammonia into your mouth when you are chalking up for your next lift. I speak from experience, or actually I type from experience - the chemical burns in my mouth won't let me speak out loud. Truth.

Tell me about your gym! rick@houseofpain.com



# POWER - RESEARCH

dedicated to bringing Science to the sport of Powerlifting

## Unrelenting Power is Here! as told to PL USA by Ian Collins

Being a powerlifter places us in a very elite realm. Results here are the outcome of hard work and discipline. PBs are what we strive for and although we pour every ounce of sweat and blood into our lifts, we will all inevitably hit plateaus. Those irritating moments where no matter how hard we try, the weight just won't move. It happens to everyone and it is bound to happen to you! But now there is advanced scientific research available to help us reach new goals and set the standard for new powerlifting records. This report explains the details behind one product's ability to increase strength capacity for all its users.

One of the most widely researched strength supplements in history is creatine. Creatine is absorbed in the small intestine and is transported in the portal blood to the liver for metabolism. Ingested creatine, along with creatine synthesized in the liver, then enters the systematic circulation and is distributed to a large number of tissues<sup>1</sup>. The highest levels of creatine are distributed to skeletal and cardiac muscles, nerves, spermatozoa and the retina, with lesser amounts being distributed to the brain, brown adipose tissue, intestine, seminal vesicles, endothelial cells and macrophages<sup>2</sup>. Data supporting the efficacy of this monumental supplement has primarily been derived from studies examining short-term, high-intensity, repeated bouts of exercise such as strength and power training. Many published studies have provided evidence that creatine supplementation enhances the ability to produce a higher muscular force and/or power output, enhances physiological recovery from the effects of exercise and increases body or muscle mass<sup>3</sup>. What this means to the hardcore powerlifter is that creatine supplementation will help you blow past your plateaus and attain new personal bests on the lifts that matter most to you - bench, squat and deadlift!

### THE SCIENCE BEHIND POWER

Although creatine supplementation can increase your strength capacity and transform you into an all-out powerhouse, one problem still remains. Hardcore intensity comes with the territory of being a powerlifter, but the downfall to this reality is that your relentless effort in the gym to gain maximum power may never be realized. One reason for this pitfall is due to a metabolite called Reactive Oxygen Species (ROS). ROS can reduce the nutrient absorption process with every relentless workout. This means that even with the benefits of creatine supplementation, your full potential may never be realized because ROS are preventing maximum creatine saturation. In addition to this, the formation of ROS can have deleterious consequences on cellular integrity. Since

creatine is transported into the muscle cell through transmembrane transporters, it's conceivable that compromised integrity of membrane structure and lipid peroxidation can affect the conformation of these transmembrane transporters. As a result, ROS may interfere with maximal creatine uptake into the muscle cells. With the aforementioned problem affecting powerlifters across the country there is only one supplement thus far engineered to combat ROS and clear the pathway for ultimate creatine absorption.

Team MuscleTech™ has been able to identify this ROS problem by developing a creatine supplement engineered to overcome it. Team MuscleTech has spent countless hours researching ROS and its negative effects. But instead of just identifying what this metabolite is, and what it does, Team MuscleTech has also developed a creatine pill that's engineered to fight ROS while adding significant strength to its users; CREAKIC Hardcore - the only creatine pill designed to fight the effects of ROS and increase the pathway for ultimate creatine absorption directly into your muscles.

### CREAKIC Hardcore PRODUCES POWERFUL RESULTS!

CREAKIC Hardcore is a supplement intended for use as an aid to enhance muscular strength, and it consists of a combination of revolutionary ingredients to support these strength gains. These ingredients include creatine-6,8-thioctic acid-ketosisocaproic acid calcium, creatine taurinate and creatine pyroglutamate.

Two current studies have produced convincing evidence as to the power of the key ingredient in this revolutionary supplement. The first study conducted at Ohio State University concluded that test subjects consuming the key ingredient in CREAKIC Hardcore were able to increase their strength capacity by 18.6 percent in only ten days<sup>4</sup>. Another clinical study over a 12-week period showed that test subjects consuming CREAKIC Hardcore's key ingredient increased their muscle fiber protein content by 58 percent<sup>5</sup>.

### REVOLUTIONARY STRENGTH GAINS

Regardless of your training split or experience in the world of powerlifting, ROS can keep you from maximizing your strength gains. CREAKIC Hardcore's advanced ingredients, and its ability to fight off ROS, make it a truly scientifically advanced creatine pill. With CREAKIC Hardcore added to your powerlifting routine, you are maximizing your raw power so that you can demolish your competition!

REFERENCES: <sup>1</sup> PDRNS, PDR For Nutritional Supplements (1st Ed.), Montvale (NJ): Medical Economics Company; 2001; <sup>2</sup> Juhn and Tamopolsky, 1998; Wyss and Kaddurah-Daouk, 2000; PDRNS, 2001; <sup>3</sup> Graham and Hatton, 1999; Jacobs, 1999; Terjung at al., 2000; Wyss and Kaddurah-Daouk, 2000; Lemon, 2002; <sup>4</sup> Selsby JT, DiSilvestro RA, Devor ST. Mg2+ - creatine chelate and a low-dose creatine supplementation regimen improve exercise performance. *Journal of Strength and Conditioning Research*. 2004. 18(2): 311-15; <sup>5</sup> Willoughby DS, Rosene J. Effects of oral creatine and resistance training on myosin heavy chain expression. *Med Sci Sports Exerc*. 2001. 33(10): 1674-1681.

## Johnnie Jackson

- Team MuscleTech™ Athlete
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You do it for yourself. The tightening of the belt and chalking of the hands come as second nature. You live in a world where only numbers matter; where a man is defined by his lifting power. You live the life of a powerlifter and you're damn proud of it!

CREAKIC® Hardcore is the only creatine pill strong enough to live up to your intense standards. Its revolutionary formula has been molecularly engineered with a precise dose of multiple forms of creatine, which leads to a massive 58 percent increase in muscle fiber content! What's more, CREAKIC Hardcore is the only supplement designed to offset the damaging effects of Reactive Oxygen Species (ROS) for maximum creatine saturation and explosive gains in muscle size and strength. And it's no secret that with added size and strength you'll be able to rack up the numbers on your lifts and earn industry respect.

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In a 12-week clinical study, test subjects consuming a key ingredient in CREAKIC Hardcore increased muscle fiber protein content by 58 percent. © 2008. All trademarks are owned by their respective trademark owners and are used with permission. For more information, check out CREAKICHardcore.com™.

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## POWER PASSING



Joe Dalton, longtime PL referee, World Masters Champion, contest winning chili chef, (among many other talents) passed away on June 30, 2008. He was 69 years old. Above Joe referees at the USPF Nationals in 2007.

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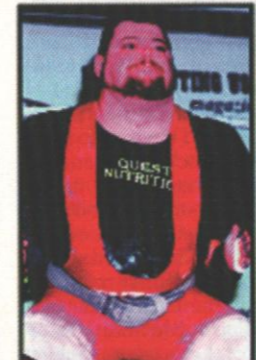
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## ASK THE DOCTOR

**Boosting Endogenous Growth Hormone as told to PL USA by Mauro Di Pasquale M.D.**

Growth hormone levels decline as you get older. And athletes have found that increased levels of growth hormone helps to optimize body composition, increasing muscle mass and decreasing body fat. However there's a lot of controversy over using growth hormone injections because of the potential side effects. But there's a better way.

Increasing your own natural endogenous levels of growth hormone is safer and in the long run more effective for increasing growth hormone levels and maximizing body composition than using exogenous GH. There are two main reasons for this view.

First of all the use of recombinant or synthetic GH (the only kind available since 1985 when the possibility of prion infection resulting in Creutzfeldt-Jakob disease<sup>(1)</sup> a variant of mad cow disease, halted the use of GH harvested from the pituitaries of cadavers) only provides limited GH exposure.

That's because human GH represents a family of proteins rather than a single hormone. In fact, the circulation contains over a hundred GH forms. And because we have yet to discover enough about the various forms, the net biological activity of this mixture is difficult to predict since the exogenous recombinant GH represents only 20 percent or so of the mix.

Thus far, most of the research has been largely confined to monomeric 22K, the same GH that is available for exogenous use. However, while it is certainly effective for its original intended purpose, namely growth promotion, it's not known if it's sufficient for optimal growth and body composition. It's unlikely that it can fulfill all the functions of the GH family that are naturally present in the body.

As well, the use of one GH variant, as is the case with GH injections, likely decreases the production of the other variants in the body<sup>(2)</sup> thus limiting the normal biological activity of GH. This very fact has been explored as a means of detecting GH use by athletes.<sup>(3)</sup>

The second reason is that the use of exogenous GH shuts down your own growth hormone production. And that's a bad thing since it takes away some of the natural variations in GH that takes place in the body.

For example it's been shown that the use of GH, even in low doses, decreases the natural GH peak that occurs a few hours after you fall asleep.<sup>(4)</sup> In my view it's the peaks of GH levels in the body that stimulates the anabolic and fat burning effects of GH. If you lower these peaks, you're not getting the most from your GH.

But it's worse than that. When you use exogenous GH it shuts down your own natural GH producing machinery. And it takes time for your body to ramp up this machinery once you discontinue the GH injections. In some cases, with extended use (as is sometimes the case in athletes who abuse anabolic steroids and find that their testosterone levels are permanently depressed) it's possible that the natural production of GH may be permanently impaired, making it necessary for you to go back on the injections to feel normal.

### BOOSTING ENDOGENOUS GH

None of this happens when you effectively boost your natural endogenous GH levels. First of all you produce the full gamut of growth hormones, and secondly, by ramping up your GH producing machinery rather than shutting it down it's never going to fail you even when you're not ramping it up.

All that will happen is that your levels will go back to what they were before you started ramping it up.

The bottom line is that boosting endogenous GH production is more natural, more effective, and has considerably fewer (actually nil) side effects compared to the use of injectable GH.

### GHBOOST

The best way to ramp up your endogenous GH production is by using my GHboost. Not only is it the most effective GH booster on the market, but it does much more, including increasing IGF-1 levels and insulin release and sensitivity to give you a triple whammy for maximizing body composition.

The combination of increased GH, IGF-1 and insulin levels results in a synergistic anabolic effect on muscle while at the same time maintaining significant fat burning effects since the action of GH and IGF-1 minimize insulin's effects on body fat, but maximize it's anabolic effects.

For more information on GHboost, and my complete line of nutritional supplements go to: <http://www.mdplusstore.com/listCategoriesAndProducts.asp?idParentCategory=40>.

REFERENCES: <sup>(1)</sup>Swerdlow AJ. Creutzfeldt-Jakob disease in United Kingdom patients treated with human pituitary growth hormone. *Neurology* 2003; 61(6): 783-91; <sup>(2)</sup>Hashimoto Y, Kamioka T, Hosaka M, Mabuchi K, Mizuchi A, Shimazaki Y, Tsunoo

M, Tanaka T. Exogenous 20K growth hormone (GH) suppresses endogenous 22K GH secretion in normal men. *J Clin Endocrinol Metab.* 2000 Feb;85(2):601-6; <sup>(3)</sup>Radetti G, Buzi F, Tonini G, Bellone J, Pagani S, Bozzola M. Growth hormone (GH) isoforms following acute 22-kDa GH injection: is it useful to detect GH abuse? *Int J Sports Med.* 2004 Apr;25(3):205-8; <sup>(4)</sup>Yuen K, Frystyk J, Umpleby M, Fryklund L, Dunger D. Changes in free rather than total insulin-like growth factor-I enhance insulin sensitivity and suppress endogenous peak growth hormone (GH) release following short-term low-dose GH administration in young healthy adults. *J Clin Endocrinol Metab.* 2004 Aug;89(8):3956-64.

SECOND EDITION

## Amino Acids and Proteins for the Athlete

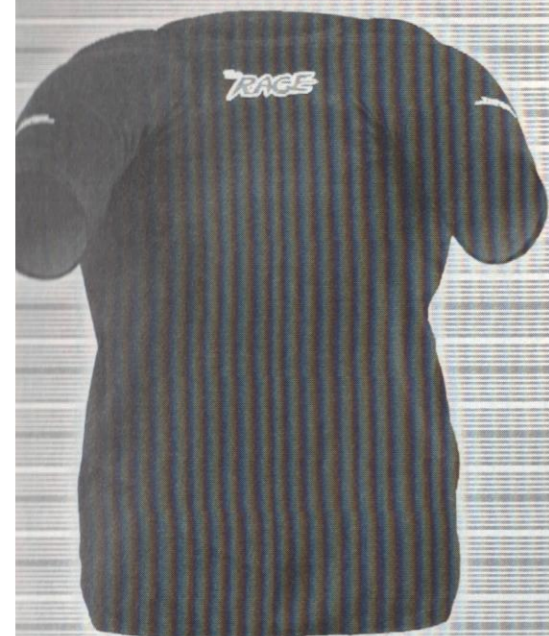
The Anabolic Edge

Mauro G. Di Pasquale

The Updated Edition of Dr. Mauro Di Pasquale's book, **AMINO ACIDS AND PROTEINS FOR THE ATHLETE, THE ANABOLIC EDGE** is now available. For many years, Dr. Di Pasquale's work has represented a unique bridge between the esoteric world of scientific research and the practical application of such knowledge to the world of strength and athletic performance. His message has been so effective because his life itself represents a rare amalgam, a world champion in Powerlifting at the IPF level, as well as being an accomplished sports medicine researcher. Written in a manner that a non-medical professional can still appreciate, it nonetheless connects directly to cutting edge research through it's extensive references. Dr. DiPasquale steadfastly avoids both hype and cynicism, in his objective assessments of what supplements can and can not do in the human body, even though he produces and sells his own supplement formulations. If you are an athlete looking for unbiased information on protein and amino acids, there is no other resource that is more comprehensive or objective in its assessments, than this updated edition. It has been extensively rewritten to reflect new knowledge about the subject. For further information on this book contact CRC Press, Taylor & Francis Group, 6000 Broken Sound Parkway, NW, Suite 300, Boca Raton, FL 33487 or check their website at [www.crcpress.com](http://www.crcpress.com).

# THE RAGE

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



- The **Round-Sleeve™** design is very user-friendly because it accommodates many benching styles.
- **Reinforced thicker neck.** No cheap, flimsy "low profile neck" here. The thicker neck on The Rage creates more support for explosiveness off the chest.
- **Stretchy-Back™** makes The Rage more effective and easier to get into. It allows the lifter to custom-fit on the spot by allowing the neck to be lowered down the body and the sleeves to be lowered down the arms. The fitting adjustments allowed by the Stretchy-Back™ provide the effect of an Open-Back but with a back that is completely enclosed. The Stretchy-Back fabric also breathes easier, creating comfort.

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

# RAGE X

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



- **Extra Reinforced** front shoulder seams add support and security for this radical design. Thicker, Extra Reinforced neck.
- The combination of several new contours built into the pattern complement the already super RageX system.
- **SOLID SEAM™** technology keeps the sleeves where they are supposed to be, working in unison with the body, not jittering or faulting with the bar. You will increase your bench press and keep it safe to boot. Proven in numerous world records.
- **RAGE X IS FOR EXPERIENCED BENCH PRESSERS ONLY PLEASE!** RageX goes into new territory where unbelievable results from a poly shirt happen. The RageX will continuously amaze you at how much you can bench press. Bench pressers report regularly how much fun the bench press has become for them because of this amazing bench press shirt. The increased weight you will bench press will take practice to become accustomed to. Strength gains will result from handling the increased weight. Confidence will rise from one training session to the next.

- The RageX is the bench shirt for those who want an immediate step up to stratospheres of bench press power because it is a **MORE AGGRESSIVE** design than any other company knows how to make. This is not only about sleeve angle and elementary things such as that. It is about numerous details creating a cumulative effect that is undeniably the best. The most Quality and Results are yours in the RageX.
- **RageX in DOUBLE LAYER.** Go Double Layer and increase the longevity and comfort of the RageX bench shirt. Or choose Single Layer for single-layer competition restrictions.
- **Guaranteed.** Absolutely guaranteed you will bench press more than in any other round-sleeve bench shirt.

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# INZER ADVANCE DESIGNS

The World Leader in Powerlifting Apparel

# PHENOM

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



- The design provides flexibility for your arm angle preference and bar placement, whether that's elbows in, out or in between; low, high, or mid chest range. Will enhance your bench press form, not limit your form.
- Spreads the stress over a wider area of the chest.
- Made from the exclusive *HardCore* material which will provide you with the most incredible rebound power available in the powerlifting world. *HardCore* material is also up to 40% heavier than the closest poly fabric on the market being used for powerlifting gear.

- Since the *Phenom* is made from the *HardCore* material, you will also experience many more performance benefits. The *Phenom* will keep it's memory and will not stretch out. You will be able to use the *Phenom* for countless workouts and competitions in the future. It's a true investment in powerlifting gear.
- The material of the *Phenom* has the perfect balance of non-stretch and rebound combination which will provide you with incredible power and momentum from start to lock out.

# RADICAL DENIM

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



- The *Radical Denim* is the most extreme bench pressing experience for top level benching.
- Made from heavy quality denim that will withstand the pressure from the heaviest poundages.
- Proven in countless world record breaking bench press performances.
- Choice of Partial Open Back, Closed Back, Complete Open Back. With or without Velcro.

# ULTIMATE DENIM

- The most sturdy bench shirt of all. Used by some of the world's best benchers with great success!
- The *Ultimate Denim* has virtually no stretch to it and works best for lifters with a beefier upper body.

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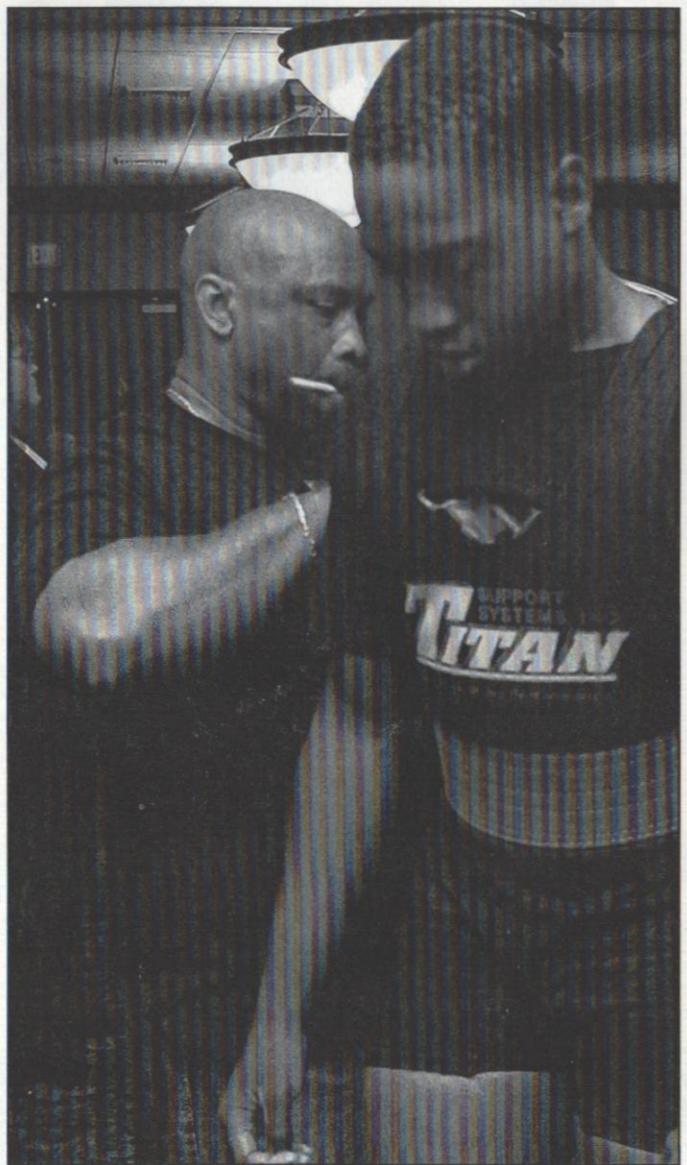


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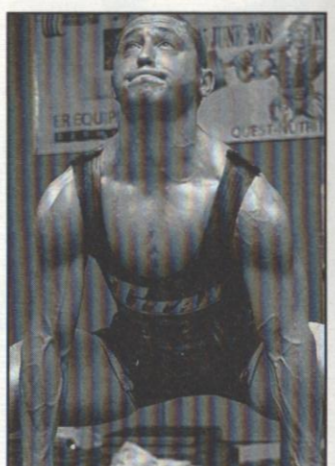
USAPL Men's Nationals  
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Table with columns: Powerlifting, Males, Age Group, SQ, BP, DL, TOT. Lists names and scores for various categories like Teen II, Junior Open, etc.

Table with columns: Name, Age, SQ, BP, DL, TOT. Lists names like Garofalo, Gutierrez, Witte, Rohr, Nemow, etc.

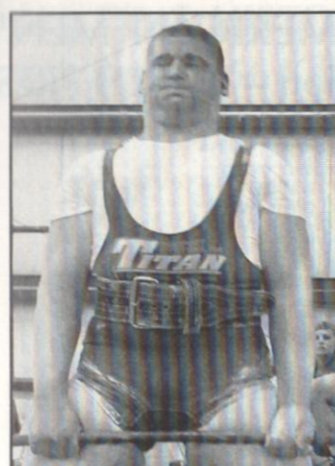


The Family Tradition superstar Gene Bell works with son Ian Bell



Vince Niedoliwka ripped at 148

Table with columns: Name, Age, SQ, BP, DL, TOT. Lists names like Glenn, Teen I, Stewart, etc.



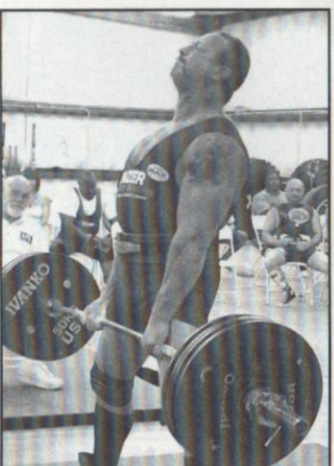
Reese Bulmash (courtesy Baker)

Table with columns: Name, Age, SQ, BP, DL, TOT. Lists names like Glenn, Teen I, Stewart, etc.

APC Nationals

Table with columns: Name, Age, SQ, BP, DL, TOT. Lists names like A. Hunter, G. Gordon, R. Tilson, etc.

of 105 kgs., deadlift 190 kgs., to total 495 kgs. In the teenage division Jason Gordon won the 16-17/75 kgs. class with a squat of 170 kgs., bench press 82.5 kgs., deadlift 152.5 kgs., to total 405 kgs. In the 125/16-17 division Reese Bulmash continues to push the limits with WUAP world records of squat 352.5 kgs., bench press 170 kgs., deadlift 290 kgs., for the winning total of 812.5 kgs. In his second contest Tyler Brown continues to improve in the 140+/16-17 division with a WUAP world record squat of 295 kgs., bench press 182.5 kgs., world record deadlift 215 kgs., and a world record winning total of 692.5 kgs. In the 82.5 kgs. master's 50-54 division Ronnie Baker had a great day winning his class with WUAP world records of squat 252.5 kgs., bench press 175 kgs., deadlift 232.5 kgs., to total 657.5 kgs. Danny Overbay won the master's 45-49/90 kgs. class with a squat of 277.5 kgs., bench 160 kgs., deadlift 235 kgs. total 672.5 kgs. Steve Kylis went up to a weight class to win the 90 kgs., master's division, with a world record squat of 235 kgs., bench press 162.5 kgs., finishing with world records of deadlift 227.5 kgs. and total 617.5 kgs. In the 100 kgs. open class Marcus Brandon is back with a strong squat of 335 kgs., bench press WUAP world record 292.5 kgs. and deadlift 305 kgs. for the winning total of 932.5 kgs. Thomas Bowman came on strong with 4 WUAP world records of squat 335 kgs., bench press 192.5 kgs., deadlift 290 kgs. and a winning total of 817.5 kgs. In the 110 open class Stephen Parkhurst came on strong with a squat of 335 kgs. but suffered a quad injury and finished the day with token lifts. In the 125 kgs. master's 45-49 class Greg Gordon won over Al Hunter by the lighter body weight. Greg had a squat of 320 kgs. compared to Al's 335 kgs. The bench press told the story. Greg had a bench of 240 kgs. over Al's 187.5. In the deadlift Greg had 237.5 kgs. compared to



Alan Aerts an active competitor

Al's 275 kgs., both finishing with 797.5 kgs. In the open 125 kgs. class Justin Evans won with a squat of 302.5 kgs., bench press 210 kgs., deadlift 250 kgs. to total 762.5 kgs., followed by Terry Eller with a squat of 280 kgs., bench press 230 kgs. and deadlift 235 kgs. to total 745 kgs. In the 45-49/125 kgs. class Rocky Tilson was another casualty with a strained pec muscle after a fine squat of 292.5 kgs. finishing the day with token lifts. Alan Aerts gained weight to get to the 140 kgs. master's 50-54 and open class to make American records in the master's division. Alan had a squat of 165 kgs., bench press 205 kgs., deadlift 251 kgs. with the winning total of 621 kgs. In the Bench Press Championships Bonnie Aerts of California leads in the women's open and master's 45-49 age group, 56 kgs. weight class with the winning 50 kgs. bench press. Sonji Baldwin of Atlanta, Georgia won the open 75 kgs. class with a new WUAP world record of 182.5 kgs. George Bradley of Gainesville, Georgia, won the men's master 50-54/60 kgs. class with a WUAP world record 92.5 kgs. Team mate Gary Glenn won the 82.5/50-54 age group with 155 kgs. Tom Sisk had a strong winning 130 kgs. bench in the 90/70-74 group. In the open 100 kgs. class Mark Arnold of Georgia won with a strong 237.5 kgs. over Shawn Booth who finished with 142.5 kgs. Carl Tiller was unsuccessful in three attempts. Wakelain Stoneman won the open 110 kgs. class with 160 kgs. and in the submaster's 110 kgs. class Roderick Thomas won with 240 kgs. Alan Aerts of California won the master's 50-54 and open 140 kgs. class with 202.5 kgs. for an American record. Tyler Brown of Georgia won the teenager 16-17/140+ class with 142.5 kgs. (results courtesy of LB Baker)



Ernesto Milan ... still winning big

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**World Record Holder Jason Fry Joins Team MHP** - Jason Fry, the current world record holder in the 181lb class with a 725lb bench, joins Team MHP! "I'm honored to be a part of MHP's Team of elite lifters and I truly believe they have the best supplements on the market. I have used their products over the past year and they have been a big contributing factor to my success," says Jason. Look for Jason to break more world records at the 2008 IPA Pro AM and the 2008 MHP Mr. Olympia Bench Press Championships.



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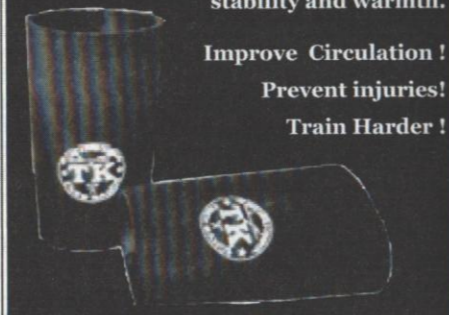
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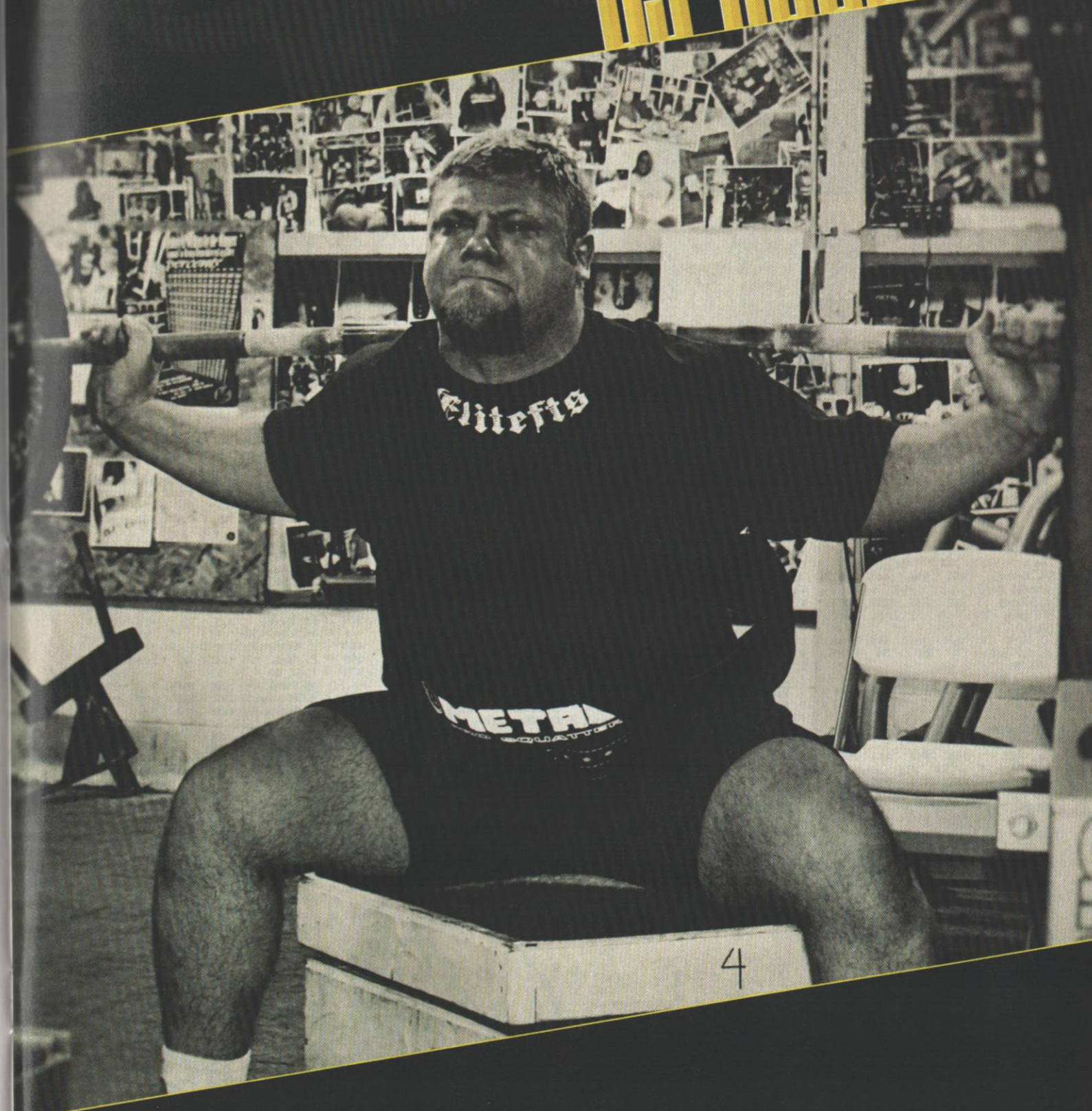
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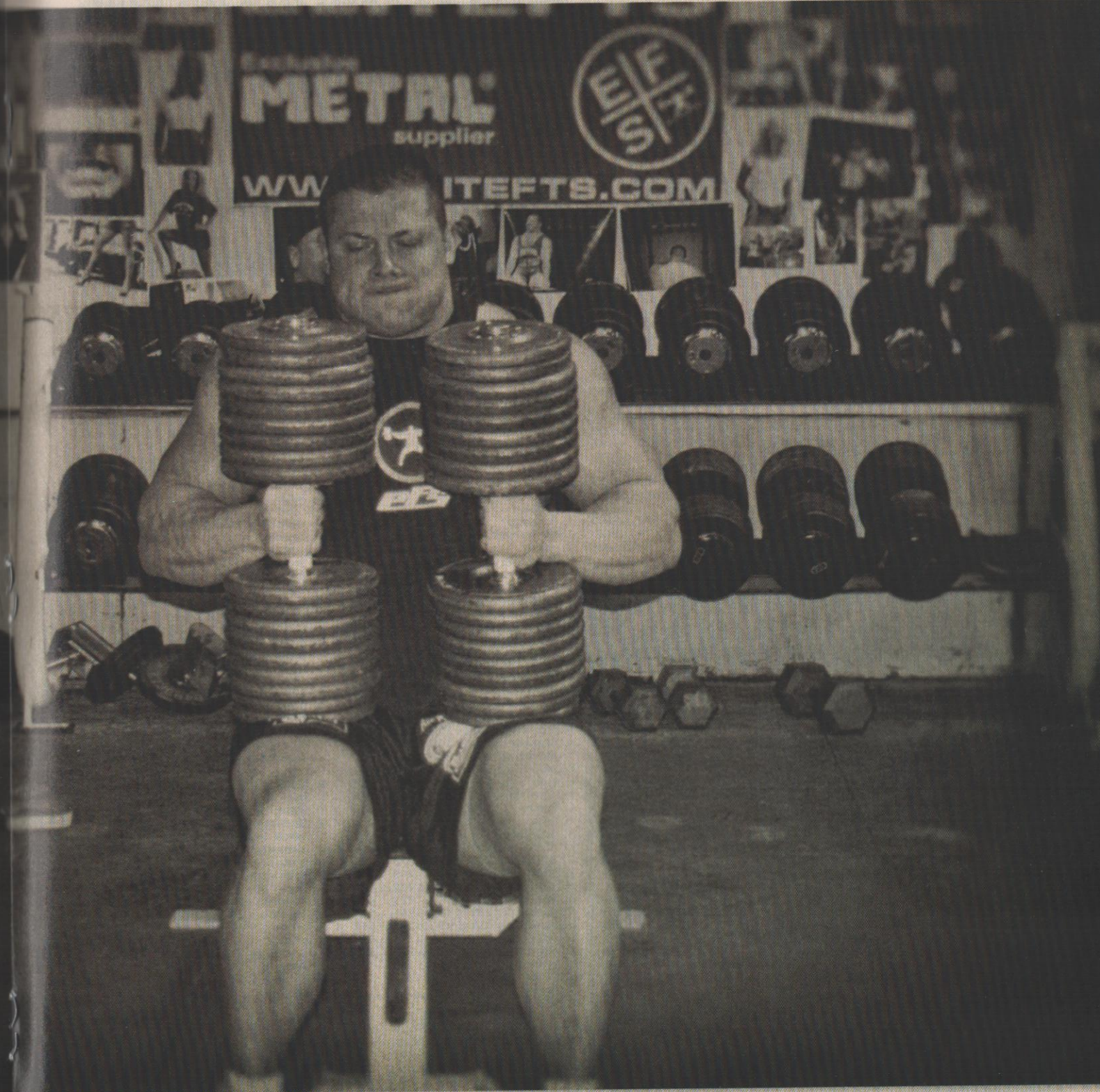
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(cont. from page 14)

Benderoth, the massive mound of muscle from the Big Apple, showing why he is one of the best pullers on Earth, nailed the weight with relative ease.

The final event for day one was the U.S. Marine Corps Medley.

Using spectacular equipment abandoned to a Philadelphia-based freight forwarder by IFSA after the 2007 World Championship in Seoul, Korea, this medley consisted of an 800-pound frame carry and a 400-pound stainless steel shield carry.

The frame carry was a bit too much for three of the amateurs. Only LaRocca was able to complete the 100-foot course and did it in 31.09 seconds.

Benderoth was able to hoist the frame for 50 feet and the shield for another 50 in 29.81 seconds. He was bested by MacDonald (25.37) and Thigpen (24.03).

Pfister, one of the best frame carry competitors in the world, blew everyone away in 19.5 seconds.

Day two got underway under cloudy skies and even more humid conditions than day one which saw temperatures reach 92 degrees.

The ABF U-Pack Moving Conan's Wheel was the first event



Gerard Benderoth won the Mighty Muffler Hummer Tire Deadlift at 915 (Regina Curran)

up. Thigpen, one of the best in the world, showed it by carrying the 670-pound wheel 188.5 feet or nearly three full revolutions.

He was followed by Pfister (152 feet), MacDonald (150.1), Kirby (124), Westenberger (120), Perkins (41), Benderoth (40), and LaRocca (37).

Next was brutal Mustang Expediting 15,000-pound Truck Pull. Normally this weight is not a challenge, but with the incline on Benjamin Franklin Parkway, it became the toughest event of the MHP Liberty Strongman Classic.

Only Pfister was able to complete the 50-foot course. Ever see the former firefighter from West Virginia's hands? This guy's hands are so huge they could double as catcher mitts. Pfister

grabbed the rope with those massive mittens and after he got the truck moving with his tree trunk legs and feet, pulled the truck the length of the course in an amazing 25.63 seconds.

"I want to know how he did that," said Thigpen, shaking his head in disbelief.

Pfister said having enormous hands has always been an asset in succeeding at strongman.

"Absolutely," said Pfister, whose home state of West Virginia is hosting this year's "World's Strongest Man" show. "Hands are a big part of many of the events. But just being naturally big has been my biggest asset."

Thigpen was the closest in the truck pull with 48.02 feet, followed by Benderoth (46.095),

MacDonald (35.045), LaRocca (27.01), Kirby (26), Perkins (24.03) and Westenberger (4.08).

The finale was the Chapman Auto Group Atlas Stones. Again Pfister was tops nailing all five stones in just 16.77 seconds. Thigpen, a stones specialist, was second with five stones in 19.52 seconds followed by MacDonald (22.27), Benderoth (22.55), LaRocca (30.95), Perkins (52.64), Kirby (4@39.67) and Westenberger (2@20.21).

There is an unwritten rule among those who put on events; if you get invited back, you did your job. City officials inquired about 2009 before day one was completed. They didn't just want a strongman show, they were interested in the Big One, they were interested in the "World's Strongest Man" coming to Philadelphia.

The city wants to take the show to another level as far as production goes. The plan is to sit down by the end of the summer and define what direction they want the show go in. From the conversations they had with Phil Pfister and myself, the sky seems to be the limit.

Author Al Thompson can be reached with comments at [al.thompson@footballstories.com](mailto:al.thompson@footballstories.com)



Ricky LaRocca, Gavin Westenberger, Barry Perkins, Doug Kirby, Josh Thigpen, Steve MacDonald, Gerard Benderoth, Phil Pfister. (D2D)

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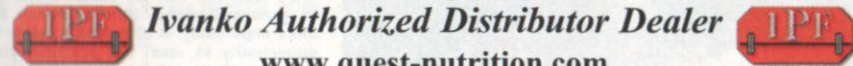




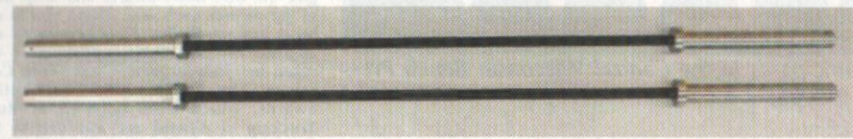




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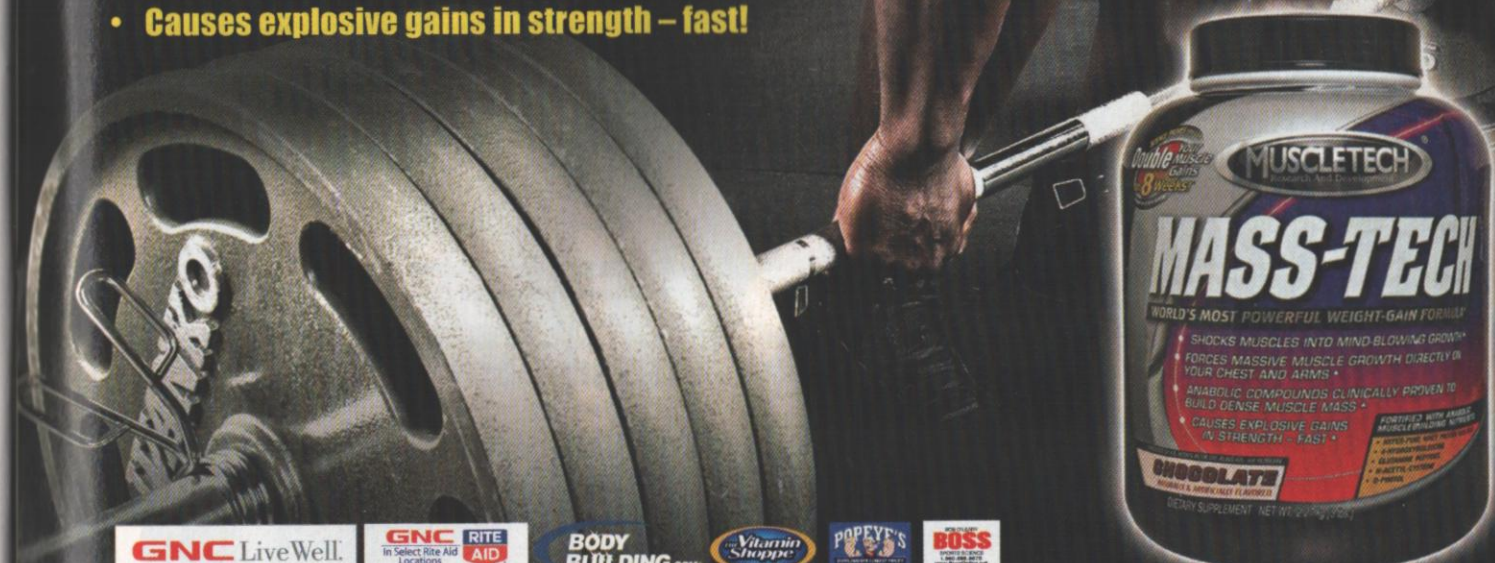
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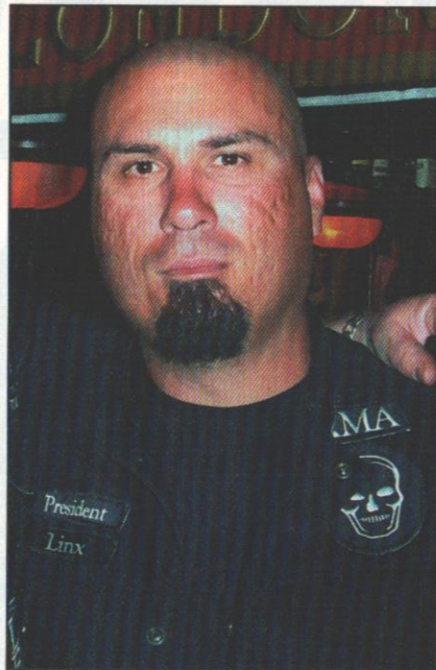
## POWER PASSING ...

CASEY SMITH, Born November 22, 1973, Died March 16, 2008. "Casey lifted in WABDL and set numerous Mississippi State records. He pulled 650.2 at 220, 615 at 242 and 644.7 at 259 and 275. He won the WABDL National Championships in Houston in 2002 and 2003. He was born in Natchez, Mississippi and was killed in a motorcycle crash in Pasadena, Texas.

I partied with Casey in Dallas and New Orleans and got to know him quite well. He was always the polite Southern Gentleman and he always made me laugh. He had gotten away from lifting the last four years and was set to get back into it. He never bad-mouthed anybody and he was always positive. He loved to deadlift. He was always a little overtrained because of that love or he could have pulled over 700. Whatever I could say about Casey wouldn't do justice to his honorable character and friendly demeanor. I couldn't say enough good things about him.

He had 3 children: Walker, Zach, and Isabella. His mother is Diane Hutcherson and he is also survived by a sister, Charlene Leblanc, and grandparents, Charles and George Smith.

Every time I have a steak it will be in Casey's honor. Casey will know what I mean - you will be missed Casey!!!"



CASEY SMITH

GUS RETHWISCH, President, WABDL



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(continued from page 20)

big meets Larry promoted (Seniors and Worlds), he had between 5000 and 10,000 spectators. Wouldn't that be great today? Larry is still involved in the fitness industry, but not in powerlifting. Larry didn't care who the competition was, he was there to win.

### #3 Jim Cash

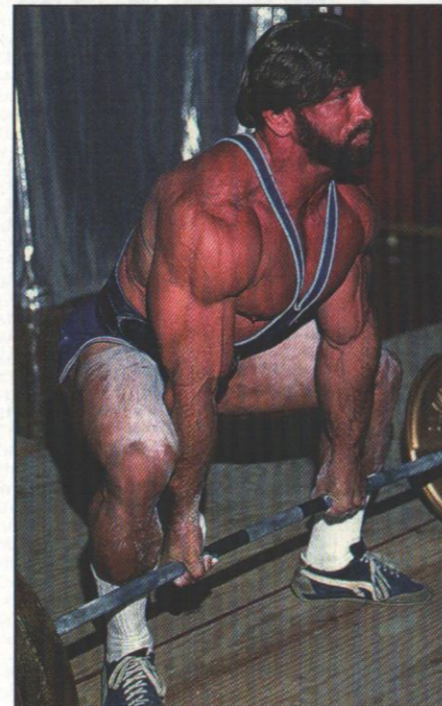
Jim also made the top 10 at 198. At 220 he was a World Record Holder and a World Champion. At the 1984 National Championships the 220 lb. class was filled with lifting legends. Larry Pacifico, Fred Hatfield, Jerry Jones, Gil Thompson and Jim Cash. At sub-total Cash was in 4th place. The old saying "The meet doesn't start till the bar is on the floor.", really applied to Jim. Jim's opening deadlift won the contest and then he pulled a World Record 837 lbs. He looked as strong as he was. Jim had a very long and successful career. Jim won the USPF Senior Nationals in 1981, 1982, 1984 and 1986. He also set many master records later in his career.

### #4 Chuck Vogelpohl

Another great lifter who is still setting records in his early 40s. This Ohio native has competed at 220/242/275. The voters thought 220 was his best weight class. ("A great lifter." Vince Anello) Chuck won the APF Nationals in 1995 and 1996. He was the WPC World Champion in 1995. At different times during his career Chuck held the all-time squat record. He was also a great deadlifter, pulling well over 800 lbs. on occasion. A recent cover of PLUSA had a picture of Chuck pulling well over 800. Chuck is still going strong today. ("The best of his generation." Jon Smoker)

### #5 Fred Hatfield

Looking at all three of Fred's lifts this may have been the ideal weight class for him. He did some monster squats at heavier bodyweight, but as a competitive lifter 220 might have been the ideal weight class. ("Best squatter in the World." Vince Anello) Fred had some great



Roger Estep an eye poppingly powerful man

battles with Cash and Ladnier in this weight class. A World Record holder, Fred's quest for a 1000 lb. walk-out squat was a major story in the early 80's. Fred has left an unforgettable mark on the sport. He started in Wisconsin and migrated to California. Was Joe Weider's right hand man for a period of time. The name DR. SQUAT will live forever.

### #6 Joe Ladnier

Joe came out of Mississippi like a shooting star. Won a National Championship at age 20. ("Another phenomenal physique, got really good really fast." Jon Smoker) In 1983 won the Senior Nationals and set a World Total Record. He finished 2nd at the Worlds on bodyweight. Joe is still active, mainly in bench press and physique competitions. His hosts one or two power meets per year. He did a few WPO meets in the past few years. Made a tremendous impression on the voters in a short period of time. He owns and operates a health club in Mississippi. Nicknamed "The Lad"

### #7 Steve Goggins

The Chatham, Virginia native had a long and successful career. At 5'8" Steve competed between 220 and 275. He spent 7 years in the Armed Forces. Steve started lifting in the 11th grade. He has competed in the USPF, APF and WPO. During his career he won numerous National and World Titles. Steve featured a huge squat and an outstanding deadlift. He is a fitness trainer and spent some time competing out of the MetroFlex Gym in Arlington, Texas. Steve is currently retired, but young enough to make a comeback at any time. Hopefully we will see Steve lift again.

### #8 Vince Anello

Vince was on the list as 181& 198 and



Dr. Squat... Fred Hatfield, after a record SQ

now 220. He won titles and set World Records in all three weight classes. Vince won his first World Title in York, PA in 1972. He was the USPF Senior National Champion in 1976, 1977, 1978 and 1980. Powerlifting does not keep the stats that baseball and football keep, but if they did Vince would be far have the most come from behind victories. ("Won world Championships because he was light years ahead of his competition in the deadlift." Jon Smoker). Vince was not only a great lifter, he was a credit to the sport.

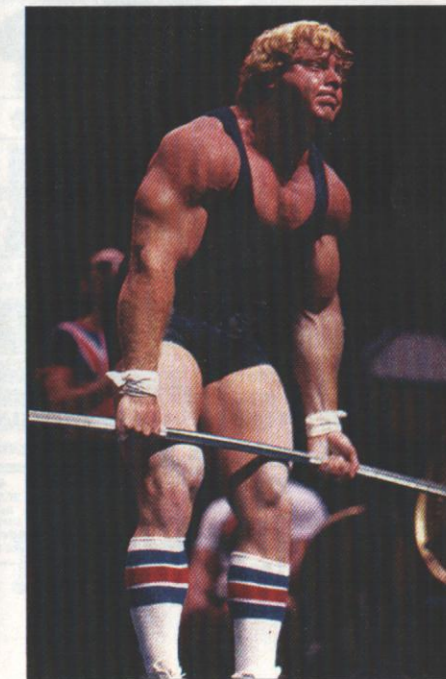
### #9 Marv Phillips

A superstar in the 70s, Marv was a police officer in Pomona, California. ("The phenom from Pomona." Gus Rethwisch) Marv competed at 198/220/242 during his career. Whenever he lifted, the squat record was in jeopardy. One of the amazing things about Marv is as a child he had his left arm completely severed from his body. It had to be surgically re-attached. ("Though known as a super squatter, Marv was also a physical marvel whose physique would rival many of the bodybuilders of his time." Bob Packer) Marv held World Records at 220 and 242. He was also famous for having the most 100 mph chases on his police force.

### #10 Steve Wilson

Steve competed at 220 and 242. Another lifter who won national titles in the APF and the USPF. Steve had three very good lifts. He squatted and deadlifted close to 800 lbs. and he benched close to 600 lbs. in a t-shirt. Injuries kept him from having a longer career. One of the best powerlifters of all-time. There were many pictures of Steve in Powerlifting USA in the early 80's that were mindboggling. Steve always looked like he was ready to enter a bodybuilding contest. I personally thought 242 was his best weight class.

This concludes the 220 lb. class. Many great lifters did not make the Top 10. Dennis Reed, Jack Sideris, Mike McDonald, Travis Mash, Sam Byrd and Matt Kroczaleski all received support. Next month we will cover the 242 and 275 lb. weight classes.



Steve Wilson... spectacularly muscular lifter



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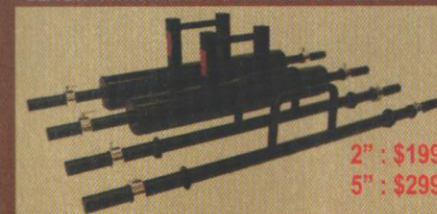
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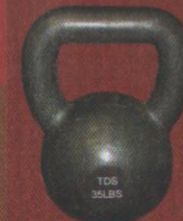
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Kre-Alkalyn. EFX Pro is an exact formula known only to 2 people - EFX President Brian Andrews and EFX V.P. Bruce Butterbredt. This coveted formula is also neatly tucked away in a safe located somewhere in CA.

We've built our reputation as the guys who brought you the First and Original Kre-Alkalyn. brand. We didn't start out trying to create the world's strongest creatine - it just happened to turn out that way! Try Kre-Alkalyn. EFX Pro today.

➔ **Call now for a FREE SAMPLE of KA PRO:**  
**(888) 238-1864 x.1000**

Jonathan - your EFX rep will hook you up.

Sorry, due to high demand supplies are limited.

\*Dr. Kamen Strachey & Tereza Topolnik. Comparison of Kre-Alkalyn to Creatine on body composition, muscular performance, & safety. Dr. U.S. Greenberg Medical Center, Sofia, Bulgaria.



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LIFTERS TOP TO BOTTOM: JEFF DOUGLAS AND DAISUKE MIDOTE - PHOTOS CHRISTY NEWMAN

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