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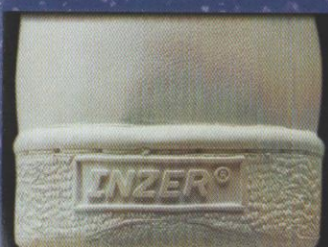
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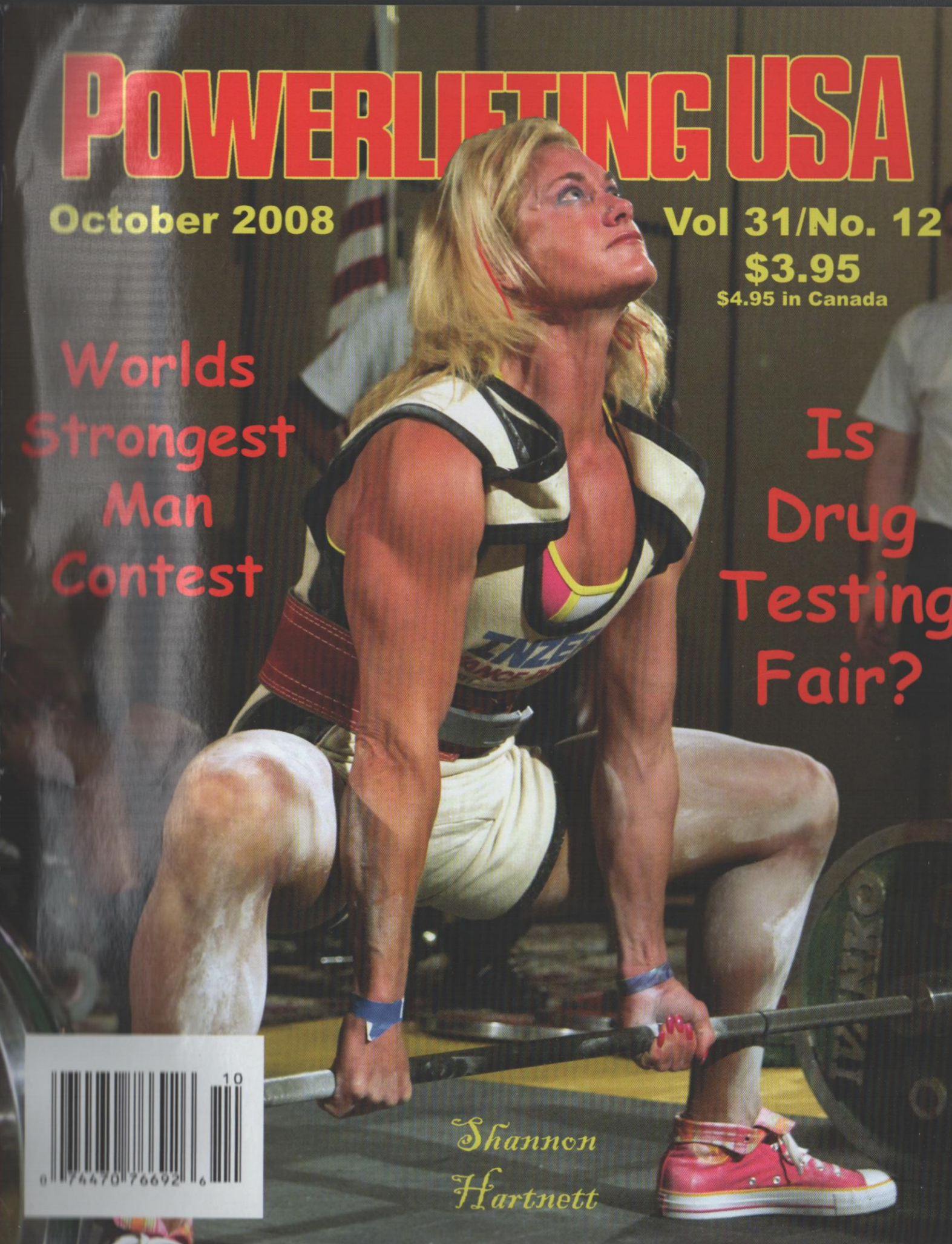
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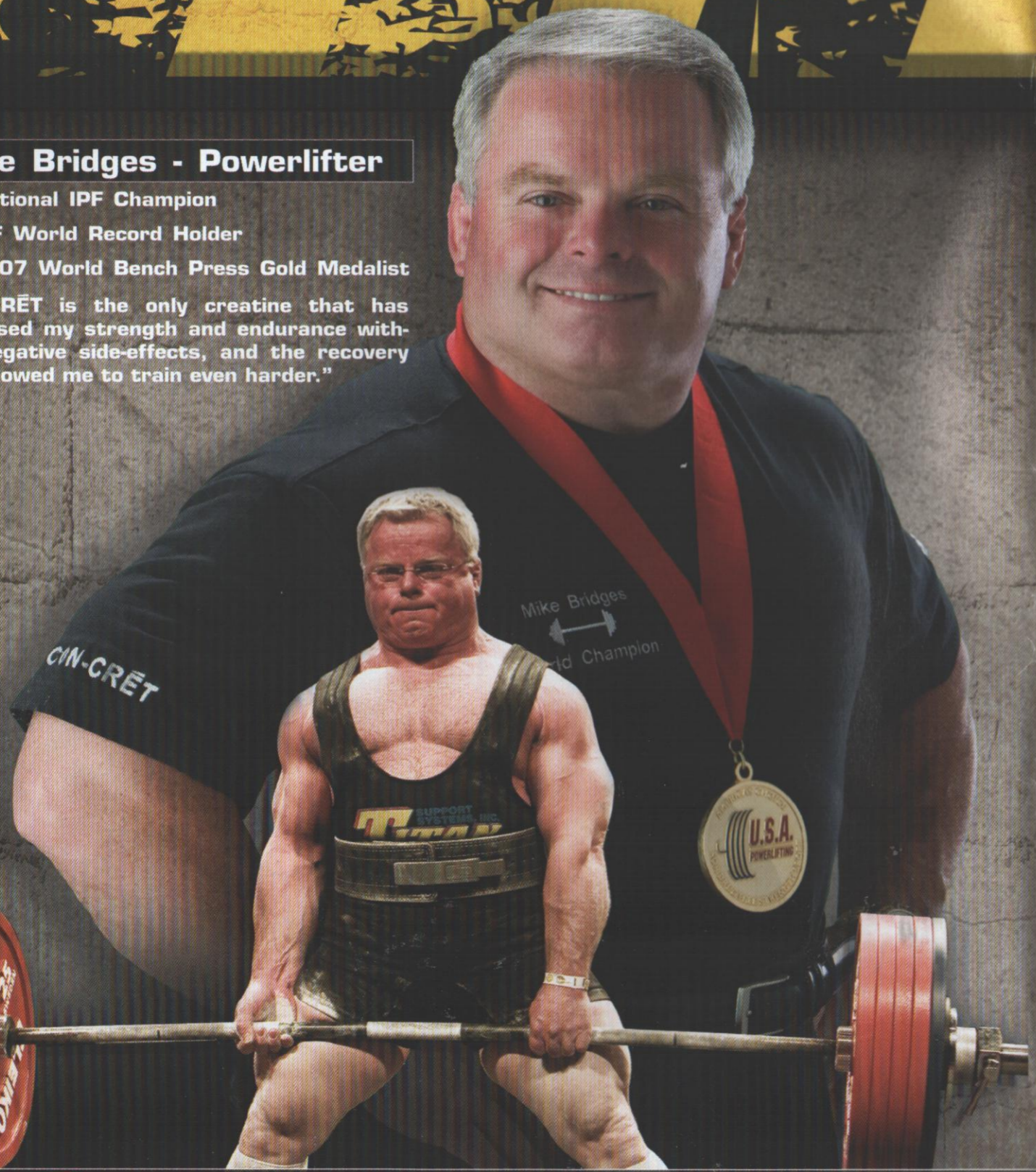
Shannon Hartnett



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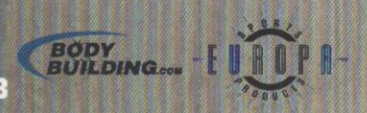
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 Statistician *Michael Soong*
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ON THE COVER ... Shannon Hartnett in national competition

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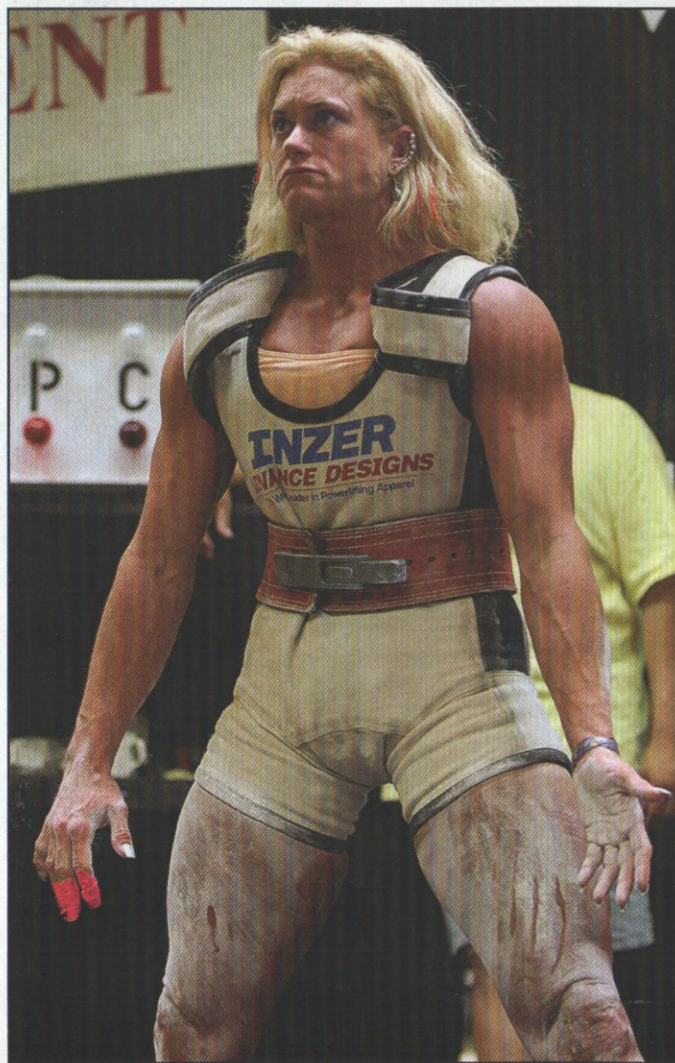


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POWER PROFILE

SHANNON HARTNETT

as told to PI USA by Bruce Citerman



Shannon Hartnett prepares to deadlift at the 2006 APF Seniors.

Background: A native Northern Californian, I reside in Sausalito and have been actively involved in athletics for the majority of my life. I was the owner of Body Central Health Club for ten years and have also been a personal trainer since I was a college student.

I received my Bachelors in Marine Biology and Exercise Physiology and have also earned a Masters in Sports Psychology. I continue to do grant work in the marine biology field, but my passion remains with the weights.

Marital Status: Single

Dependents: Rosa Parks, Pitbull mix

Athletic/Sports Background:

1. While in college, I played basketball and track and field (hepathlete).
2. Center fielder for national softball team (fast pitch).
3. Competed in the bodybuilding arena for four years.

4. Competed in the Scottish Highland Game Athletics (10 time World Champion, 15 time National Champion).
5. Member of the US Bobsled Team and placed fourth in the 2002 Olympic Trials.
6. Competed in World's Strongest Woman, 2002 Malaysia, place fifth.
7. Played Woman's Pro Football, Running Back & special teams.
8. Competed in Olympic lifting and won the Master's Nationals
9. Currently competing in powerlifting in the Open 148 class. Among my titles are: 2006 WPC World Champion, 2007 Arnold Classic Champion, 2007 APC National's Champion, 2007 APF Nationals Champion, 2007 GPC World Champion.

Influential Factors Leading Me Throughout My Athletic Career:

My earliest memory of a powerful individual influencing my own personal decision to pursue an athletic career was Billy Jean King and the day she took on Bobby Riggs and won. At that moment, I knew there was no sport that was gender specific, and I could succeed at anything if I put my mind to it.

Once I achieved my personal goals in the Scottish Games, I focused on my strongwoman competitions and turned pro. Since there are few pro competitions, I began putting more effort into powerlifting. As I entered into the powerlifting circuit, I have had the honor to receive exceptional coaching and mentoring from Rick Hussey. I have trained with many coaches in many sports and can definitely say he is one of the top coaches I have ever worked with. He has an intuitive ability to understand a lifter's body language, which leads to a lifter's success. My confidence in Rick is so high that I believe he truly is the best one to determine my practice lifts along with my numbers in competition.

Best Competition Lifts:

My best lifts to date in competition in the 148 Open class are 584 squat, 297 bench, and 552 deadlift.

Training Program:

I train in a traditional, old-school, approach, sticking with squats, deads, and bench and not relying on chains or bands. I always go heavy with low reps.

Monday: Rest Day; Tuesday: Deadlift; Wednesday: Rest Day; Thursday: Bench; Friday: Rest Day; Saturday: Squat; Sunday: Triceps/Shoulders.

TUESDAY - DEADLIFT DAY

Training Cycle is in 10-week periods

1. Deadlift pulls (alternate sumo and conventional in training, compete sumo) on 1-1/2 to 2 inch board, double overhand up to 350 to work on grip strength. Never train below 90% of one rep competition max. Six weeks out from competition, remove boards and double overhand from training: 450 lbs., 2x4 reps; 485 lbs., 1x3 reps; 505 lbs., 1x1 reps; 520 lbs., 1x1 reps; 540 lbs., 1x1 reps; 560 lbs., 1x1 reps.
2. Dumbbell rows with 100-125 lb. dumbbells, three sets, 6-10 reps.
3. Rack pulls, two inches below knees in sumo stance to work on hip speed. Weight ranges from 350-500 lbs.
4. Front grip pull downs at 200-240 lbs., four sets of eight.
5. Pull-ups, varying grips, 10-12 reps, four sets.
6. Glute Ham Raise and Reverse Hyper (love Louie's machine)
7. Various rotating assistance exercises include snatch grip high pulls, power cleans and dumbbell shrugs.

THURSDAY - BENCH DAY

(My most challenging lift)

Training cycle is in 10-week periods.

1. Bench up to 200 lbs. raw, no boards.
2. Begin using a two-board up to 235, will shirt up for a 245 opening lift (I am a fan of bards as they do save one's shoulders from injury). Where I go from there depends upon how I feel that day. I generally pyramid upwards and reduce the number of boards down to my chest.

(continued on page 100)



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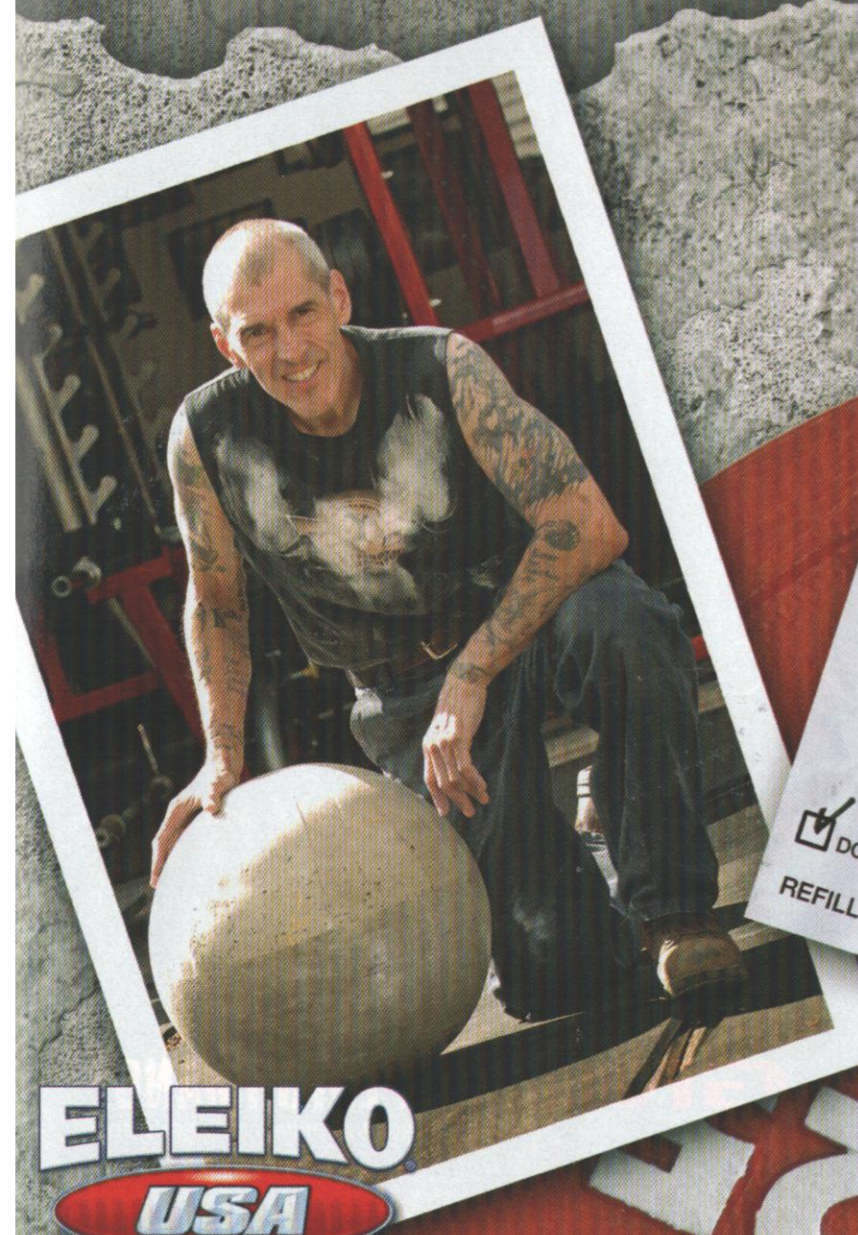
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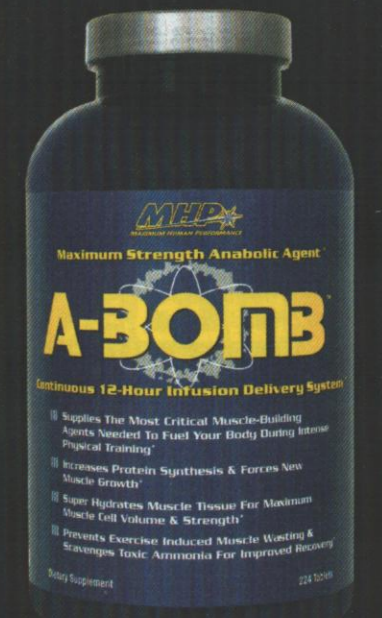
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No, I am not talking about flying stars or throwing knives. I am referring to the deadlift. Westside has 15 men who deadlift over 800 pounds. One man weighs 256 and is a mere 20 years old. Plus we have five women who have deadlifted 500 pounds or more. What type of training does it take to do this? Two types: hard and smart. We first analyze the lifter's body structure. What exercises worked best for our former lifters with the same body proportions? Which muscle groups play a large role in deadlifting?

Let's start with some of our workouts. These are done on Monday, which is max effort day at Westside.

WORKOUTS

Stand on a 2- or 4-inch box with either a sumo or conventional style. This is intended to teach one to use more leg drive off the floor. Many will use too much back while standing on boxes; this is not what is intended, although it happens. Standing on boxes will build a strong start and also the finish but with pulling a longer distance. You will learn how much carryover will apply to your regular deadlift.

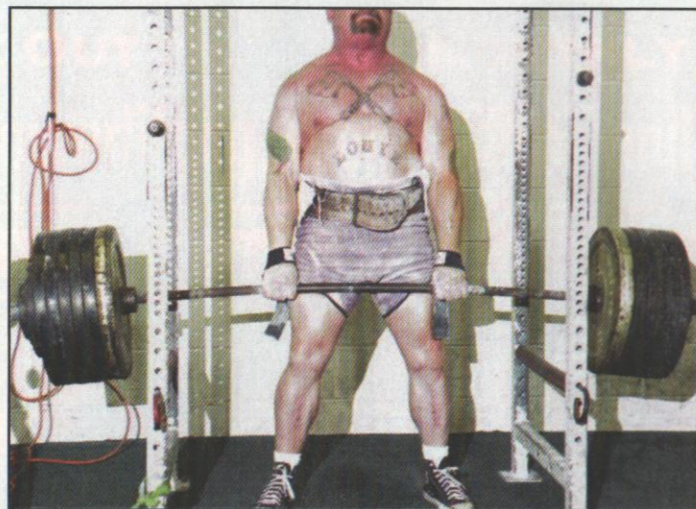
I have witnessed lifters using rack pulls forever. I prefer to do rack work with the plates 2, 4, or 6 inches off the floor. My best official conventional deadlift was 722 pounds. My best rack pull 2 inches off the floor was 705 pounds. Many will do high rack pulls with 200 pounds more than they can pull off the floor. I think this is counterproductive. Chuck Vogelwohl would pull extremely heavy rack pulls, over 200 pounds more than his 835 deadlift. I asked him why he did them. He replied that it taught him to strain. I thought for a minute and said to myself, if anyone can strain, it's him, but maybe that's why he is so strong. So you choose, but remember, lifters that are great in a particular lift most of the time have a great structure for that lift.

I feel that rack pulls with strong band tension over the bar work best. We use up to 350 pounds of band tension over the bar. A max deadlift can move very slowly, and rack pulls with band tension will teach one not only to strain but to think while straining maximally.

Pulling off the floor with bands for speed works well and is done immediately after squatting. Here are some references. I used 345 pounds of bar weight plus 100 pounds band tension at the floor and 220 pounds at lockout. I also made 715

WESTSIDE TRAINING

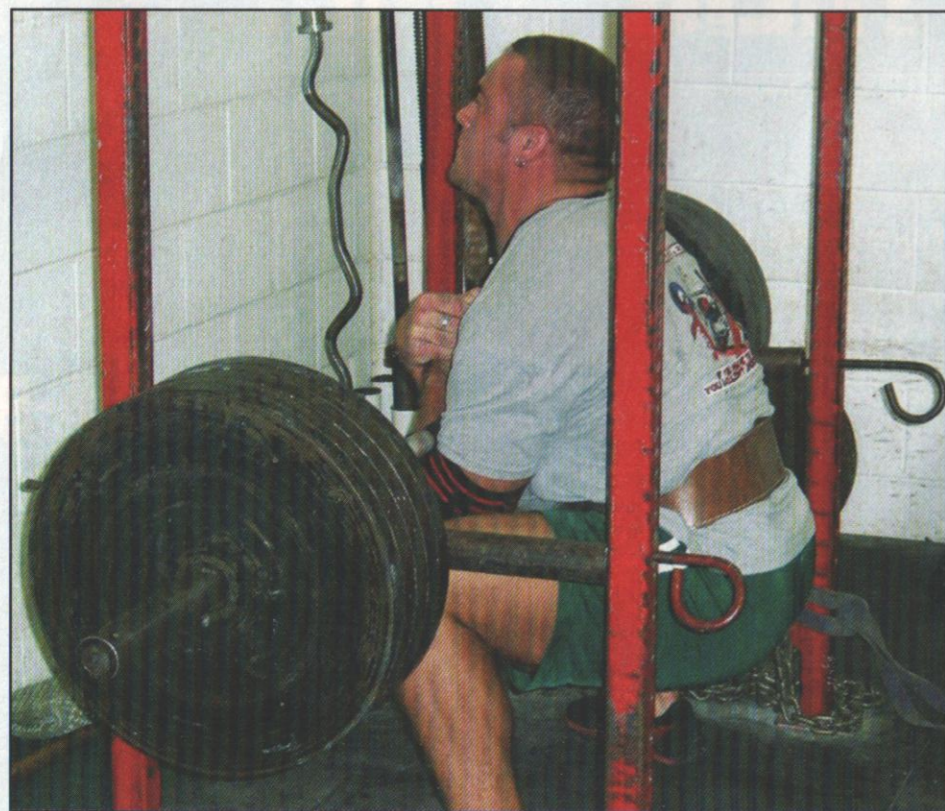
THE FORGOTTEN WEAPON as told to PL USA by Louie Simmons



Louie Simmons working out in the rack. (photos courtesy Simmons)

at a meet at 57 years old and 215 bodyweight.

If one can pull 600 pounds with the same band tension, this will produce an 800-pound deadlift. Note: the 345 pounds was for 6-8 sets of 1 rep. The 600 pounds is a max single. This is the deadlift training we do at Westside. We deadlift at least once a week and sometimes



Greg Panora doing the very productive Zercher Squat movement variation in the power rack

twice.

SPECIAL EXERCISES

When we're not deadlifting, we are doing good mornings or a form of squatting. Here are some examples of good mornings.

1. Good mornings with straight legs and back arched.
2. With legs bent and back arched.
3. With legs bent and back rounded.
4. With legs straight and back rounded.
5. With toes or heels elevated: this stresses the lower back and hamstrings.
6. Walking good mornings: bend over while stepping forward for a predetermined distance.
7. Back Attack, which is a good morning machine.
8. Concentric good mornings with different bars starting from the bottom and rising to completion.

Note: we use a wide variety of bars when doing good mornings.

SPECIAL SQUATTING ON BOXES

Low bar squat with a variety of bars; front squat; Manta Ray; Safety Squat bar; and cambered bar with a 2- to 14-inch camber.

My all time favorite and I feel a major part of our success is the Zercher squat. These are done off the floor or in a rack with a wide or close stance. This exercise will build every muscle in the body.

SMALL SPECIAL EXERCISES

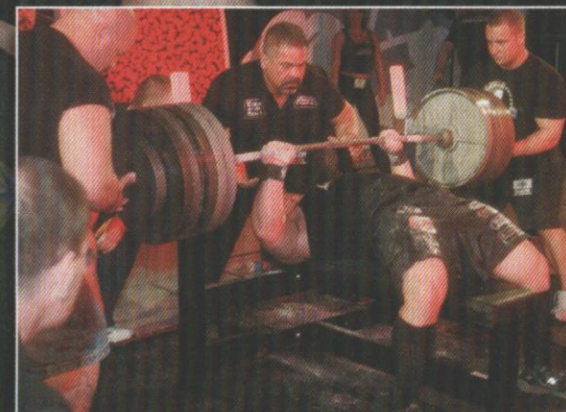
Belt squats, glute/ham raises, back raise, 45-degree back raise, Reverse Hypers, inverse curls, rowing of all kinds, shrugs, pulling a sled with weights, lots of abs, leg raises, sit-ups, standing abs, pull downs, and side bends. The hamstrings and abs are the most important muscle groups. If your hamstrings and abs are strong, your lower back will survive the rigors of training.

DEADLIFT FORM

What is good form? Ask your doctor and he will tell you one thing, but remember your doctor does not know powerlifting. The safest method for an untrained person is not the best for a highly trained powerlifter. If you look at the greatest deadlifter of recent years, they don't appear to have a safe form.

Vince Anello, John Kuc, and Brett Russell would pull with their heels close together almost stiff legged. Even many sumo pullers will round their backs to increase leverage. Jim Cash would push his knees inward

(cont. on page 90)



Jeremy Hoornstra - Team MHP Member
World Record "RAW" Bench
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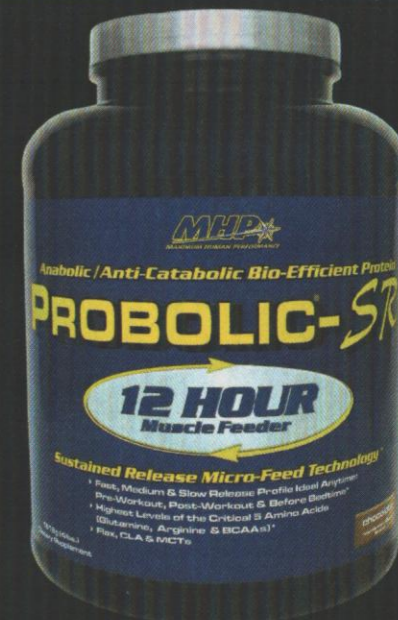
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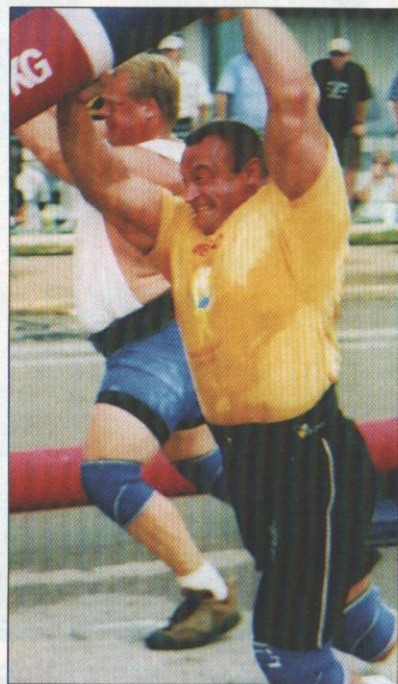
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The Worlds Strongest Man was originally going to be held in Egypt, but was abruptly changed to Charleston, West (by God) Virginia. John Shifflett and I had planned to go to Charleston anyway to help Doug Currence put on a USAPL meet that weekend. The strongman competition would be the icing on the cake, as I have always wanted to see a WSM in person. This one, in my opinion, was the best one ever. The key question was whether legendary four time WSM winner, Mariusz Pudzianowski, could win a fifth title and thus break the current three way tie with the late Jon Pall Sigmarsson and Magnus Ver Magnusson. The final ten athletes were very impressive. As well as Mariusz, there were five Americans:

Derek Poundstone (this dude is the real McCoy), Phil Pfister (about 380 lbs., 2006 WSM winner), Jason Bergmann (a very strong guy), Travis Ortmayer (you will hear from him next year), and Dave Ostlund (a future force). Rounding out the finalists were Sebastian Wenta (Poland, a nice young man with a good sense of humor and also 2007 WSM runner-up), a very serious Englishman, Terry Hollands, Tarmo Mitt from Estonia (a power house), and lastly Arild Haugen from Norway. This field was qualified from thirty entries and two reserves from twelve countries with the USA the leading contingent with seven men.

I cannot remember when we had five Americans in a WSM final, perhaps in the 1980s. No WSM contest would be complete without three time WSM winner and the last American, since Phil Pfister, to win a WSM contest, Bill Kazmaier, who was on hand to do the interviews. It is hard to keep track of standings at

World's Strongest Man Contest as told to Powerlifting USA by Will Morris



Mariusz Pudzianowski in tight competition with 2006 WSM Phil Pfister (USA)

a WSM contest, unless you have a stop watch to keep track of the timed events. I was not always able to hear the results announced, as they were late coming in. I could find very little info in the local papers and asking the officials for info was useless. I finally got the picture. The WSM organization wanted to keep the results a secret so that ESPN could air them in December. Brian Siders, the IPF World superheavyweight powerlifting champ, was asked to compete. He did in the qualifying rounds, but with only three weeks to get ready, it was asking too much and he did not make the finals. The prelims were so tough that even former WSM winner Magnus Samuelsson did not make the top ten.

Most of the people I spoke to were of the opinion that the contest would be won by either Pudzianowski or Poundstone, with Pfister being the wild card, and this turned out to be a pretty good guess. The WSM got off to a good start on Friday, Sept 12, at Downtown Charleston's Haddad Riverfront Park. The Stairs was the first event, and long before the event started Mariusz was measuring and walking the steps, which were about 18 inches high and about four feet wide. The 495 lb. object they had to carry up the steps was a round canister with a small handle. Most of the men took two steps between each stair and this is how Mariusz started until he realized after the third step that he could heave this

canister from one step to the other by only taking one step in between, thus using the canister to pull him self up, and he left everyone in the dust. You will not believe your eyes when you see this. Mariusz won his heat and Derek took second, Ostlund third, Mitt fourth, and Wenta, Ortmayer and Haugen were all tied for fifth. The 900 lb. car carry was next and at the very start Mariusz stepped back and lost a few precious seconds. It cost him as he had to settle for fifth place. Pfister smoked this event taking first place, Ostlund took second, Poundstone nailed the third spot, and Ortmayer got fourth. Next came the fingals fingers weighing from just over 400 lbs. to over 700 lbs. After a few runs the rains came, just enough to stop the contest. Out came the mops, towels and blowers, even the Mayor of Charleston pitched in to run a blower. At last the contest got under way again and after all was said and done Ostlund took first, smoking those fingers. Pfister took second place. He was set up to go with Mariusz and they were about even until they hit the last finger. Phil made it and Mariusz missed it. Wenta took third, Poundstone managed fourth and Mariusz wound up in fifth. The overall top five standings after the first day was Ostlund 27 points, Pfister 25.5, Poundstone 24, Mariusz 22, Wenta 17. The next day they would contest the overhead log lift for reps and the Jeep deadlift for reps and the war between Mariusz and Derek would move yet one step closer to determining which one would be the 2008 WSM winner.

The second day, Sept 13th, got under way at Coonskin park with the Jeep deadlift for reps. Mariusz

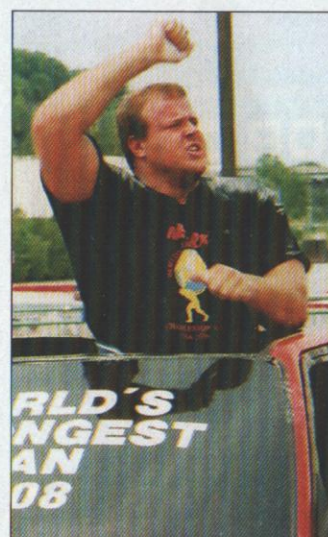
and Derek are very good in the deadlift, and both had put in a lot of time on this event in training and it showed. I think they tied with ten lifts each, and they were followed by Ostlund and Ortmayer with seven reps for the third spot, and I think Bergmann got six for fourth and Haugen got fifth. After the Jeep lift, with rain looming, it was decided by the WSM officials to go right to the overhead log lift for reps and after a little break the contest resumed with every one looking forward to another showdown between Mariusz and Derek and they did not disappoint anyone. Both men have great upper body strength and are almost identical in weight and height. Derek pushed up eleven reps and Mariusz managed ten reps. Wenta took third with eight lifts, three men wound up in fourth place Ortmayer, Mitt and Bergmann. The standings after the second day were Poundstone 43.5 points, in first place, Mariusz in second with 40.5, Ostlund 36.5 in third place, Pfister 31.5 in fourth and Ortmayer 29.5 in the number five spot. The plane pull and the atlas stone would be contested the next day, when the 2008 WSM would be decided and I could not wait.

The final day of the WSM was held at Yeager Airport and thanks to the airport police we were allowed to drive into the airport as it was over a mile to the event site. It was going to be a hot day and this was crunch time for four time WSM, Mariusz Pudzianowski as he was still a few points behind Poundstone who showed no signs of letting up. The most amazing thing to me was that Phil Pfister, before the plane pull started, walked about three football fields in 90 degree plus heat to shake hands with the crowd - this man could be Mayor of Charleston if he ran for office. The crowd was

(article continued on page 93)

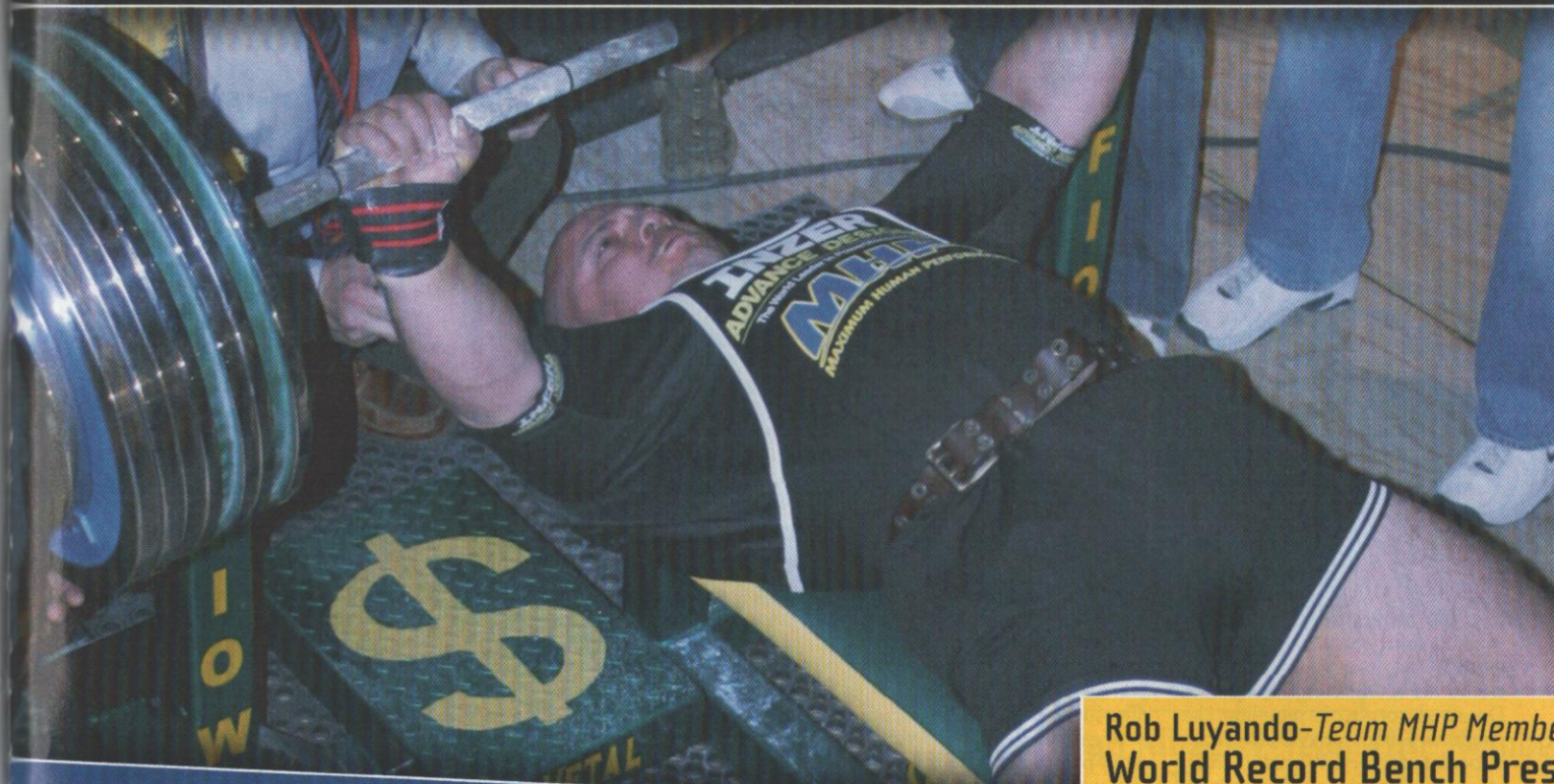


"Hercules" pulling a Hercules (C-130, that is!) Mariusz hauling the heaviest load ever in World's Strongest Man Competition history!



Dave Ostlund represented USA

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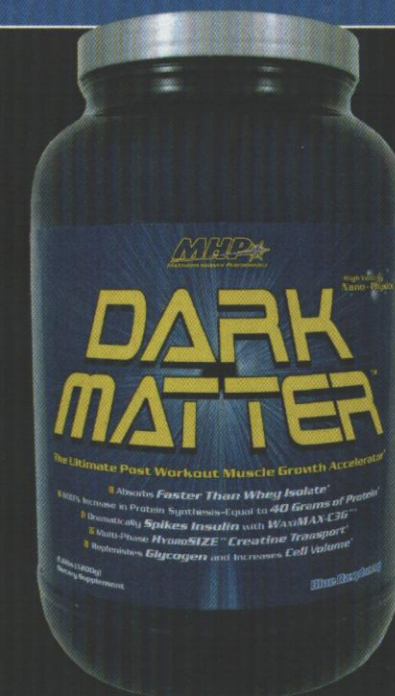
Rob Luyando-Team MHP Member
World Record Bench Press
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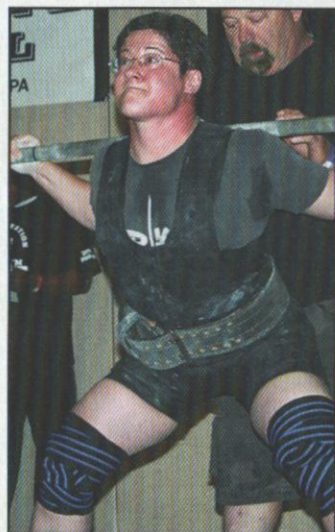
The Power Station Pro/Am took place on August 22 through 24, 2008, at the Sharonville Convention Center. We arrived at Sharonville, Ohio around 2:00 pm. The Sharonville Convention Center was a jewel, a huge venue, which received not a single complaint from any of the lifters over the three day meet. According to their marketing director, "The Sharonville Convention Center and the surrounding area offer all the amenities of big city convenience, with an atmosphere of a relaxed suburban location." Who has time to relax when you're witnessing the best hardcore lifters in the world?

Mike Ferguson did a super job securing this facility for the next three years. The meet hotel was adjacent to the convention center, which featured an outside pool, and a large enough lobby for all the competitors to gather each evening. Across the street was a \$30 million indoor water park named "Coco Key". I told Donnie Thompson to bring his bathing suit, but he didn't think it was a good idea. Maybe it wasn't, but it would have been tremendous watching 380 pound Donnie shoot out of a pipe-line, like Augustus Gloop from Willy Wonka's chocolate factory. We didn't catch up with Donnie until Saturday evening, what a mammoth when he walked into the lobby; we'll talk more about Donnie in part two of my report.

In the lobby we met Big Iron Team coach, Rick Hussey. As you know, Rick has been through some intense surgery, and chemotherapy, but he looked good considering. Rick's a survivor, and started his own therapy during the chemo, which included a lot more protein to keep his weight up, and more importantly, he continued to weight train. Red blood cells have a lifespan of about 120 days. "An increased rate of RBC turnover may be advantageous because young cells are more efficient in transporting oxygen." Rick walked with me to a hotel room where Jim Grandick was staying with master champion Mike Taylor. I haven't seen Jim since the WPC Worlds in Lake George where he sustained a nasty biceps tear. Other life complications converged on Jim, and he wound up taking a break. He looked like his old self, and ready to make some big lifts in the Pro 242 weight class, and what a class it was! Speaking of which, the amateur class began Friday morning, and I was told ended around 8:30 PM. Last year I covered all three days, but with my new job, I don't have the convenience of taking off when I want.

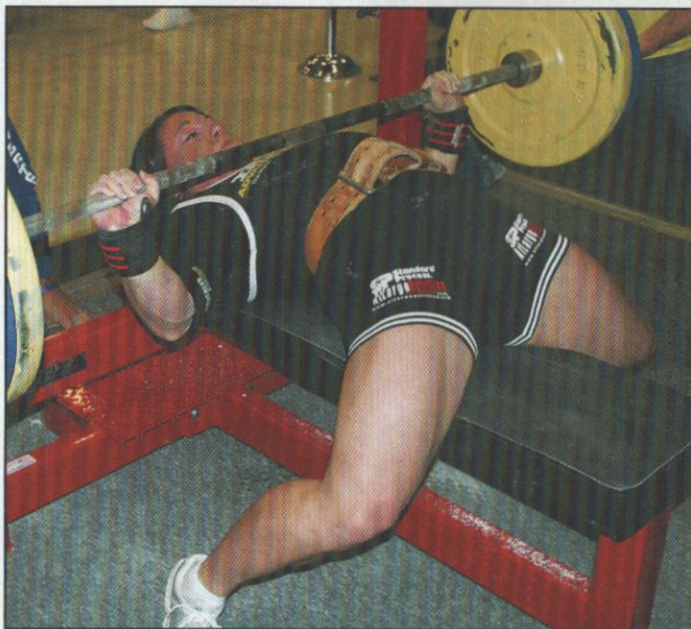
Sharonville was just a few exits away from Cincinnati, Ohio, which we explored on Friday and Sunday evening. I was disappointed with the down town area. Most of the inner city appeared desolate. Then

The 2nd Power Station PRO/AM told to Powerlifting USA by Scott DePanfilis



Amy Weisberger on the way up

we headed down to the river front and things changed dramatically, new high-rise \$600,000 condos, new restaurants, and hotels. We drove past the Paul Brown Stadium, home of the Cincinnati Bengals; impressive architecture. Kentucky was directly across the Ohio River so we headed over the Roebling's 1866 span bridge between Cincinnati, Ohio and Covington, Kentucky. After dinner, we headed back to the hotel where most of the Pro division powerlifters were hanging out. With few exceptions, everyone was back from last year's first PRO/AM, excited, and generally happy to see each other. Powerlifters from all four regions of the nation descended on Ohio, but



Laura Phelps slammed up a new bench press record of 455 lbs. @165.

also teams from the Ukraine, and Finland.

Mike and Marcia Ferguson, and their athletes and friends from the Power Station Gym did a superb job last year, but out did themselves this year. Not a single misload, spotters were attentive; not once did the weights or athletes fall or hit the platform. Also on board, Louie Simmons, a commanding force in powerlifting. Lou is responsible for all the cash prizes, key equipment, and top athletes. I didn't get the cash break down, but I believe the overall best lifter received between \$5,500 and \$8,000. There were also cash prizes for single lifts, and most weight lifted.

The Pro/Am is currently the premier showcase for top competitors around the world. What makes this IPA sanctioned event genuine are the presence of three key judges IPA, APF, John Bott, Bob Youngs, and IPF head judge, Phil Couvillion. At this level of competition, these three gentlemen kept the judging consistent throughout. Knowing that the squats were going to be judged below parallel, like in the USAPL, I'm bewildered to see the same lifters bomb out as they did last year. I want everyone to succeed, and I want to video tape everyone's three lifts; it's frustrating to watch athletes bomb out. Take 308 Matt Wilson whose squat attempts were 1,015, 1,015, and 1,050 last year. He bombed out, and was obviously disappointed. However, this year Matt was back competing as a SHW, and sunk 1,015! You do what you need to do, and as a result, three white lights for

Matt Wilson.

By the first week in August, Doris Simmons reported that the Amateur division was already filled, and the pro division had about fifty top competitors. Some returned from last year, but there were also new faces. The biggest disappointments would have to be the absence of many of the SHW who were injured, and pulled out weeks and or months before the show. First was SHW Vladislav "Vlad" Izhov who sustained a serious knee injury training for this event. Then SHW Matt Smith herniated a disc in his neck. Chad Aichs was training for a Highland Games event in Pleasanton, CA, and the heavily sponsored Andy Bolton was still on the fence. SHW, former 308 world champion Paul Childress is the Assistant Strength Coach for the University of Buffalo. The Buffalo sports performance staff are excited to have him on board, but I want Paul back competing at the PRO/AM. Fortunately, World Champion, SHW Donnie Thompson was scheduled to compete on Sunday.

On Saturday August 23rd, twenty Pro powerlifters were warming up back stage of the convention hall, consisting of 148s to 198s, in two small flights. We arrived at 8:00 AM. I was really impressed with every aspect of the venue. A large screen was to the right of the platform, capturing all the action. Mike Ferguson brought in a DJ. In the back of the hall, appetizing food, drinks and supplements were available all day. I took a few photos of the hall, and headed to the warm-up area. Most of the lifting teams were already beginning to warm-up. By quarter past nine, the event got underway. Although this was a collective dream team, top favorites in these classes would have to be Brian Schwab, Mike Cartinian, and the amazing Shawn Frank. I also was told to watch for Ukraine's Sergiy Naleykin.

There were three Pro women competing at this event as well, two 148's, Shannon Hartnett, and Amy Weisberger, both 43, and 165 Laura Phelps. Shannon looked amazing, just beautiful, and at 165, the remarkable Laura Phelps was eager to sink a 700 squat under the watchful eyes of John, Bob, and Phil. I also want to mention that 165, Lisa Wheeler competed on Friday, and squatted a PR 500 pounds - incredible. Shannon began the day with a 540 squat opener, no problem. Capable of lifting ten-times her body weight, Amy followed with a 550 squat. Laura was next, and began with an astonishing 700 squat, but didn't get her depth the first time. We haven't seen Laura repeat her 700 squat since the Arnold Classic two

(article continued on page 106)



King of the Squat!
Vlad Alhazov-Team MHP Member
1,250lbs. Squat

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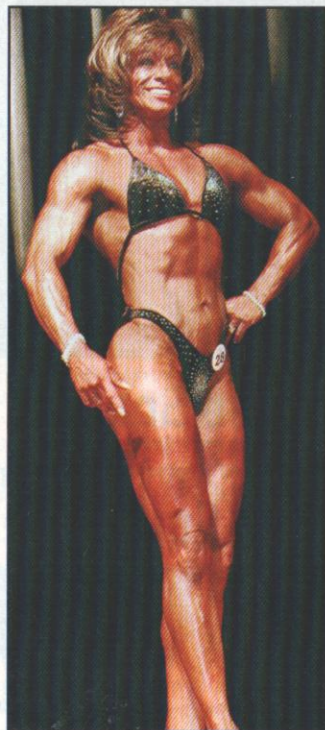
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INTERVIEW

CAROL ANN MYERS The Power within the Woman as interviewed by AMBER SUTER



Carol Ann in fitness competition

For those of you who haven't had the opportunity to meet Carol Ann Myers, let me take the time to bring her to you. Carol Ann Myers is a resident of Florida, and a National Level Elite Female Powerlifter and additionally, Figure Competitor, and future Bodybuilding Competitor. I've known of her for years and have had the privilege to see her lift on several occasions and now can say that she is one of my truest female powerlifting buddies who encourages me, inspires me, pushes me through what I feel are my limits, and picks me up when I fail. I truly admire Carol Ann and hope you enjoy this candid look at her and her powerlifting career, so you can know why she is such an inspiration.

Let's start off with:

Q: What got you interested in powerlifting? What got you hooked to powerlifting?

A: My first meet was a push-pull WABDL event in March 2003. I had agreed to participate in the meet with Bobby, my husband, if he would not try to drop into a lower weight-class and hurt his strength. I enjoyed the training

and reaping the benefits that came with the rigorous workouts. I was leaning up, putting on a little muscle, and building self-esteem. Unbeknownst to me was the addiction that comes from lifting in an arena where everyone is cheering you on to your goals. That is what hooked me on the sport. The support that I received, not only from my husband, and friends, but also from the other competitors and the audience was phenomenal. Everyone understood the need to conquer the obstacle and obtain the goal.

Q: When and what was your first competition like? And is there any advice you would give those who are a novice?

A: I can remember the butterflies in my stomach and my overwhelming fear of failing in front of everyone. I knew I had trained and done all I could, but fear is a dangerous enemy. I remember getting angry at the weights in the warm-up area to quell my stomach. I was tapping my head on a block wall to drown out all the distractions. Once I got on the platform to pull my first official deadlift, it was like being back in the gym. The training kicked in and the nerves settled. I pulled better that Saturday than on any day of training. I earned a first place and best lifter for my efforts.

My story is my advice to the novice: if you want to lift and compete—do it. Go to the gym to get started. Never be scared of failing—you may not always place at a meet, but personal goals and records are the greatest accomplishment. Taking control of your health and your self-esteem are both great achievements that will last a lifetime.

Q: What are your accomplishments in powerlifting so far. raw and equipped?

A: I was blessed to have won the 2005 and 2006 APF Senior Nationals 165 lb Open Women's Class, and the 2007 APC Nationals 165 lb Women's Masters Division. My largest competition-equipped lifts are a 565 lb squat, a 281 lb bench, and a 451 lb deadlift. I have just recently started competing in

raw meets and have a 400 lb squat, a 225 lb bench, and a 375 lb deadlift at 148 lb on record in the SPF.

Q: When you achieved Elite status, did your goals change? If so, how?

A: I cannot say that my goals changed, because my constant focal point was always to add a little more weight to the bar! I achieved Elite status very early in my lifting career and it was simply a title. Titles don't mean much if you are unable to live up to the hype.

Q: Have you had any challenges along the way, such as illness, injury, etc.? How did that drive you to rebound from it?

A: I have been extremely fortunate not to have experienced any severe injuries. I made it a practice a long time ago to listen to my body. If something does not feel right or causes pain - it's time to abort. If you train to the point where it is detrimental to your physical health and well-being, then you are inviting injury. Everyone has bad training days and there is always tomorrow. It is best to train smart.

Q: How has powerlifting affected female powerlifters positively or negatively?

A: I believe very strongly in a woman's right to express herself in any avenue and powerlifting is certainly an expression of not only physical strength but also mental tenacity. Although the world at large is more open to equality of the sexes, a woman who displays muscle or competes in a male-dominated sport is still looked upon as an oddity. Femininity is not an outward characteristic as much as it is an integral part of a woman's psyche. Powerlifting, in my opinion, has opened the main gate for women to express themselves in a positive venue.

Q: What do you feel is important in being a role model for other female powerlifters?

A: I believe that everything you do should reflect who you are, what you believe in and how you embrace life. I do my best to live life to its fullest—not putting off until tomorrow that which I can accomplish today. I believe that if something is worth doing, then do it right. I see too many lifters at all levels looking for the "gift" lifts. My advice is this: have the will power to train, have the determination to improve your lifting potential, and have the integrity to do it right, and above all—keep a positive attitude. The best advice I can give any lifter is to keep it real—powerlifting translates into daily life over and over again.

Q: You've just completed your first figure competition. How was that experience?

A: I have never ventured so far out of my comfort zone! I dieted and trained extreme cardio for 8-10 weeks following my last raw meet. I obtained tips from some of the best in the sport; I walked on stage at 140 lbs at 5.8% body fat. I went into the show not looking to place, but simply to celebrate the achievement that I had made in my appearance. I placed third in the masters division and fourth in the tall-open division. The judges were very supportive when they said you are "too hard and too big" to do figure competitions. I have never received a nicer compliment! The hard work paid off!

Q: Are you planning to do more figure or bodybuilding shows?

A: Definitely. The competitors were a fantastic group—bodybuilders and figure contestants alike. Although it was a different platform, it was still an arena to display dedication and hard work. All in all, it was a positive experience.

Q: How was your diet leading up to the fitness shows compared to leading up to a powerlifting meet?

A: I left the pizza and burgers behind and focused on chicken and broccoli! I began the diet on November 19th under the supervision of John Micka, a nutritionist from Mississippi. Under his guidance, I was able to shed over twenty pounds with minimal strength loss. I adhered to a strict diet consisting of 1300 calories with 210 gm of protein daily. I ate six times each day. 1300 calories is a large amount of food when the calories are clean. I originally wanted to drop the weight to compete in a raw meet; my goal was to total 1000 lbs in the 148 lb class (I normally lift in the 165 lb class). I cut the weight, increased my overall health, and was successful in obtaining my 1000 lb goal.

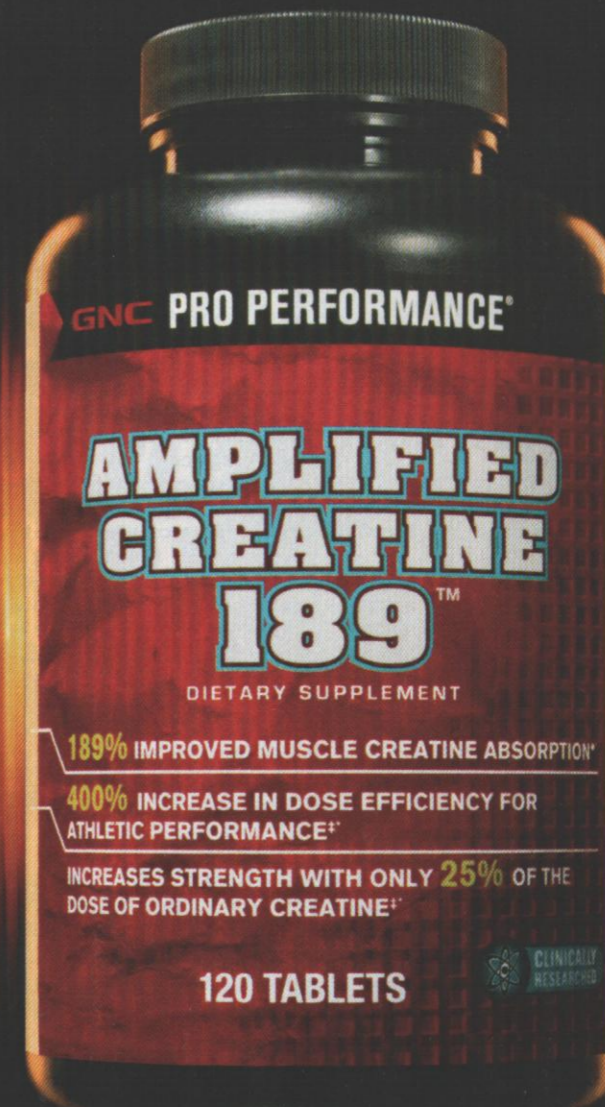
Q: Have you ever thought about doing a strongwoman competition?

A: I have thought about it, but that is where the process stops. The condition of the apparatus and the safety of the lifts is lacking for me. I am very successful lifting raw, so the idea of no gear does not bother me. However, ripping my biceps or dropping the stones on my toes is more than a little daunting. My hat is off to all those that compete in the sport.

Q: How has powerlifting changed for women over the years, positively or negatively?

A: I wish I could say that the changes are positive, but I see little to comment on either way. There are still far too few women

(continued on page 91)



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Scientifically Superior Pre-Workout Formula Helps You Crush Your PBs Like Never Before as told to PL USA by MARY TRAN

For a powerlifter, there are no such things as "light days." Every time you step into the pit you're after big numbers - it's make or break. Squat, deadlift or bench press, it doesn't matter - it's just you and the iron going to war. Your ultimate goal is to crush your previous best lifts and when it comes to a meet, you will stop at nothing to dominate the competition. But nothing can be more devastating than training for a meet only to fall victim to the bar. Powerlifting is an unforgiving sport that can drain you physically and mentally. If you want to win a meet, you need to train like a champion, but you're not always going to have a fellow warrior standing behind you, slapping you around, shouting at you to lock out each lift. When you step up to the platform, your muscles need to be primed and ready to execute and your mind needs to be in a place where every lift feels light. To do this you need naNO Vapor(tm) - The World's Strongest Vaso-Anabolic Psychoactive Experience(tm). With naNO Vapor coursing through your veins, the weight doesn't stand a chance - you'll lock out every time.

Sure, there are a ton of supplements out there to choose from, but many lack the scientific support to yield any kind of noticeable results. That's why when Team MuscleTech(tm) researchers set out to create a pre-workout formula, they wanted to ensure that it was ultra-dosed with scientifically researched ingredients that would make each attempt on the platform a dominating one. Let's face it, nobody trains for second place. Every minute you spend pushing and pulling the iron, you want to ensure that you're able to give it 100 percent and come out the victor, which is why naNO Vapor delivers the key anabolic nutrients in its zero wait-time formula for the ultimate training experience.

Nano-Diffuse Technology
naNO Vapor is light years ahead of the competition with its scientifically advanced delivery system. Nano-Diffuse(tm) technology nanoparticulates a precise portion of key compounds to microscopic sizes that are up to 7,400 percent smaller than the compounds found in other pre-workout formulas. With this revolutionary technology in the naNO Vapor formula, a precise portion of advanced anabolic compounds are rapidly dispersed through your body. The naNO Vapor formula blows open your blood vessels for maximum vasodilation and gives you the firepower you need to smash through plateaus. Cutting-Edge Ingredients and Blends

To ensure that your powerlifting sessions are fueled to the extreme, Team MuscleTech researchers worked relentlessly analyzing stacks of research, ensuring that only the most cutting-edge ingredients were infused into the naNO Vapor formula. After this intensive process, over 60 scientifically advanced ingredients were infused into six blends to create the World's Strongest Vaso-Anabolic Psychoactive Experience(tm). As a powerlifter, there are several factors that can make or break your lift, one factor is the devastating accumulation of metabolic by-products.

naNO Vapor has been scientifically engineered to remove these by-products by maximizing the flow of blood to the working muscles and jacking up your strength levels.

When you're lifting close to half a ton you need to be on point; the connection between your mind and muscles must be unbreakable. Along with a key ingredient in naNO Vapor, the psychoactive intensity catalyst blend in naNO Vapor amplifies neurological firing for increased mental focus and extreme workout intensity by up-regulating the release and activity of key neurotransmitters. You'll never fall victim to mental fatigue again.

Maximum Size, Strength and Power Gains

It's no secret, creatine is a staple for intracellular fuel, and regular creatine just won't cut it for a true powerlifter. That's why naNO Vapor is dosed with five different forms of creatine in an advanced cell volumizing matrix to hyper-supersaturate your muscles for maximum gains in size, strength and raw power. The cutting-edge naNO Vapor formula is also designed to amplify the intracellular musclebuilding pathways by increasing anabolic signaling with its anabolic/anti-catabolic signaling complex, fighting off the devastating effects of catabolic compounds and triggering immediate protein synthesis at the cellular level. In addition to this, the MyoGF(tm) blend triggers the pituitary gland to invoke a spike in post-workout growth hormone production for increases in muscle growth. Featuring six revolutionary matrices, naNO Vapor immediately activates your neurological, metabolic, anabolic and vasodilatory systems. The powerful surge of anabolic energy will switch on your powerlifting control centers, giving you what you need to own the iron.

America's #1 Selling Pre-Workout Formula

As a powerlifter, you train for nothing less than victory. You don't have time to wait for results. It's time to get dialed in from the beginning and start hitting numbers that will leave your competition in your chalk dust. Get on naNO Vapor, the scientifically superior nitric oxide pre-workout formula backed by countless stacks of cutting-edge research designed to create the ultimate training experience. Join the countless others that already take America's #1 selling pre-workout nitric oxide brand, and PBs will be yours for the taking.

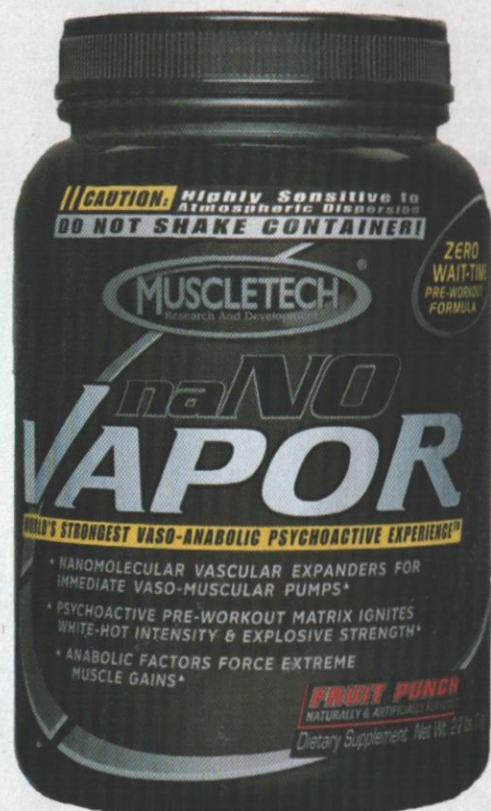
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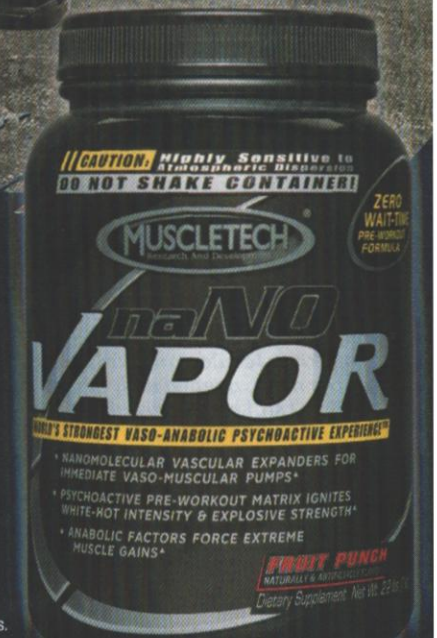
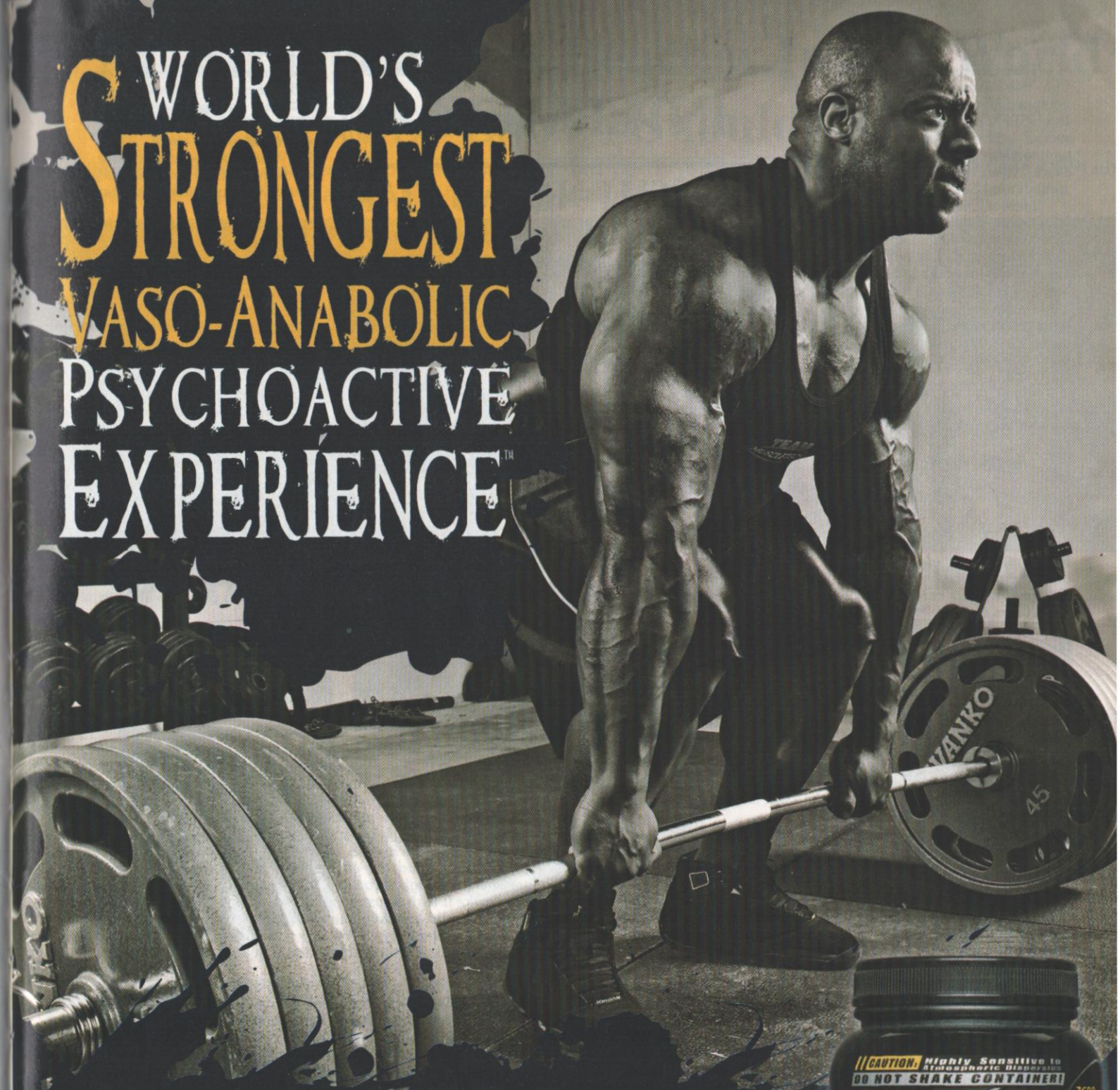
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Ryan Celli's reputation precedes him. He's an established raw and equipped lifter. Recently he broke the USPF 220 pound class bench record with a 639 press. He also won best lifter in last year's Raw Unity Meet. Ryan has his own training facility called Celli's Fitness.

Here at Critical Bench we try to help gyms and lifters out by sponsoring meets when we can. This time it's our turn to thank the Cellis, John Casciato and the entire Celli's Fitness team for lending us a helping hand. You see we've been participating in breast cancer fund raiser and Ryan's gym was our major sponsor, contributing close to a grand to help the cause.

We're excited to get started with the interview. Meet super bencher Ryan Celli!

BT: Ryan, congratulations on breaking bench press legend Chris Confessore's bench record in the USPF. Thanks for the interview opportunity. Introduce yourself to the readers.

RC: I'm 34 year old gym owner and personal trainer. I live in Bridgeville, PA. I've been married for 9 years to my wife, Dana. We have a 4 year old son, Noah. I love to compete and try to do at least one full power meet per year. In June of 2007, Dana and I opened Celli's Fitness Center in the city of Pittsburgh. The gym is in Lawrenceville and is steadily growing with talented lifters; you can see many pictures of them at www.cellisfitness.com.

BT: Life sounds good. Ryan you won best lifter at the 2008 Raw Unity Meet in both full power and bench only! How would you describe your winning experience at the RUM?

RC: Winning the Raw Unity Meet was awesome. Eric Talmant and his wife Denise couldn't have done a better job. I've been competing for 19 years and have to say it was one of the best organized meets I've ever competed in.

What made the meet exceptional for me was the fact that I was able to win the full power meet as well as the bench only. I originally wanted to enter the bench only to get a chance to compete against some of the best 198 raw bench pressers. Then I had the idea of competing in both. I called Eric and asked him if it would be possible to enter the bench only and full meet, he said yes. So that is what I did and ended up winning best lifter in both. I can't wait till next year, hopefully even more competitors show.

BT: We have to agree the Raw Unity Meet was a huge success. You just went down in history as the first winner! Ryan, you just set an American record in the 220 class, benching 639. Tell us about that. What was it like setting the record and what you did to celebrate after?

RC: Well, Scott Rowe broke Chris Confessore's 18 year old record of 618 on June 29th at USPF Nationals, I benched 622.7 at the same meet at 198 as a full meet lifter. I knew I could bench more at a higher weight class and not having to squat first. When I saw the listing for the New Martinville USPF meet I knew that was my chance. In the meantime, Aug 2nd Ryan Girard set the mark even higher with a 633. I still knew I could do more than that. I weighted in at 211 the morning of the meet, opened with 606 and went right for the record with a 639.2. I still had my third attempt and thought I'd try to up it even more with a 644, it didn't go! It was exciting, as that was not only a new American record, but a personal best for me, which is even more important.

BT: Strategic move going for the record on your 2nd attempt. Ryan, how does it feel to be a world record holder right now?

RC: I'm lovin' it and enjoying every minute because I know there are people right on my tail. Records don't always last 18 years anymore.

BT: How long have you been powerlifting? Were you always very strong?

RC: I started powerlifting when I was 15 years old. I entered my first

INTERVIEW

RYAN CELLI - RISING STAR by Ben Tatar of CriticalBench.com



Ryan Celli is a spectacular new strength star - raw or equipped.

and multiply gear and most importantly all the new organizations popping up every day along with all the divisions available.

I also see it reaching its all time low, and rebounding back into a legitimate raw and single ply sport, maybe even a legit multi-ply with strict rules of performance. The problem is, the general public just doesn't understand the gear. They automatically think it's cheating. So even though I'm all for wearing gear, I'm afraid the sport won't ever make it with us using it exclusively. Have you ever tried to explain to someone outside the sport what a bench shirt is?

BT: Something to think about. You are more than just a bench press anomaly freak of nature, you are also good at other lifts. What are your best lifts?

RC: Some of my best lifts are a 530 raw bench, 700 raw deadlift, a 2000 single ply USPF total, and a 1756 raw total. I recently benched 622.7 in the 198's single ply, which was a WPF World record and USPF American record.

BT: What are your current goals? What are your long term goals?

RC: My current RAW goals at 198 are to bench press 550 and total 1800. I recently just reached another goal I had. I wanted to total 2000 in single ply at 198 and was able to do so this year at the USPF Nationals June 29th 2008. Long term goals are to stay healthy and continue to compete.

BT: What is your proudest moment in powerlifting?

RC: Winning both the Best lifter and Best bencher at the Raw Unity meet and taking home \$900, and then 3 weeks later winning the USPF American Cup Best lifter and taking home \$1000 and a new American bench record of 584. This record meant a lot to me as it has not been broken for 20 years; In June I was able to bump this record up to 622.7.

BT: That is incredible! Describe your training.

RC: I train 3 days a week. Monday - squat, Wednesday - bench, and Friday - deadlift.

Simple! I don't really follow any set training regime other than the set training days. I train by feel, and always try to go heavy. If I feel beat up I may do some speed work.

bench meet in September of 1989. I benched 175 raw in the 114 class and won 1st place. I only weighted 110 at 5' 6". I've been hooked ever since.

BT: Wow, a lot has changed since you were that 15 year old kid! How did you become interested in powerlifting?

RC: My stepfather Jack was into lifting and had some equipment set up in our garage. I remember him having Powerlifting USA's laying around that I would always read. He always wanted me to try lifting weights. When I finally gave in, he was amazed at my bench press strength and trained me for my first bench meet.

BT: Well, here you are today in Powerlifting USA telling the world about the world record you have just achieved! Amazing! What is your usual weight class?

RC: I usually weigh around 205-210 and compete at 198. I've competed in every weight class from 114 to 220 and have totaled elite in the 148, 165, 181, 198.

BT: Being successful in both equipped and non equipped lifting, do you prefer to lift with gear or raw?

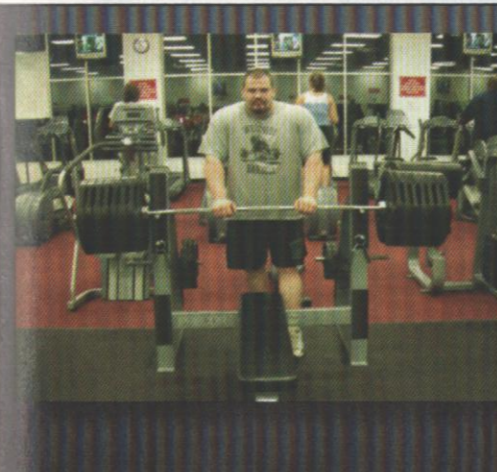
RC: I train and compete both equipped and non-equipped. I love and respect both. I believe equipped is healthier and easier on your joints.

BT: How do you see the future of powerlifting changing?

RC: I see powerlifting losing all credibility with the poor judging

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

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



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

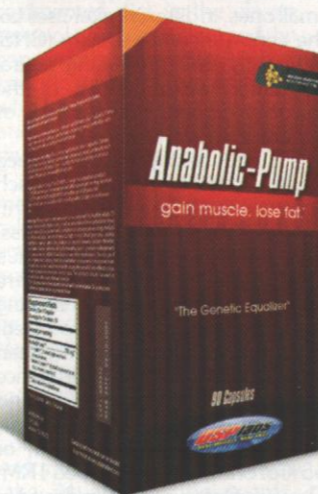
I went from having trouble deadlifting 675 to getting a solid 730 on deadlifts and I got a 750 but I took a step with it. My hack squat went from 785x10 to 965x5. Shoulder press went from 405x5 to 455x3. Bench is hard to tell due the bicep tendonitis hampering my lifting so much, but when the tendonitis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

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

- Nick Winters

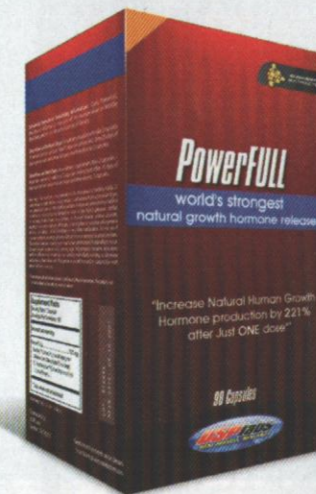
NERB champion bencher - 650lb lift. Highest raw bench in world for the past two years, Best raw bench in competition 675lbs, 2 APA world records.

Anabolic-Pump™



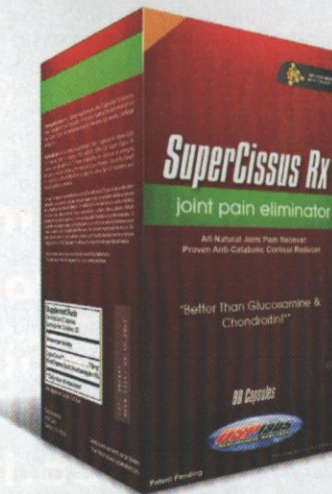
Anabolic-Pump is a proprietary blend of rare, exotic compounds in a pill that you take before a meal. "AP", as it's known on the streets, automatically "opens up" your muscle cells, forcing them to accept large amounts of proteins and carbohydrates. Effectively turning every single meal into an anabolic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

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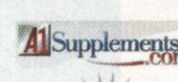


This patent-pending joint pain formula will have your joints and tendons feeling great so you can attack the weights without fear! In addition to it's awesome joint health properties it's main ingredient has been proven to be as anti-catabolic as Deca & D-bol! It also significantly lowers cortisol and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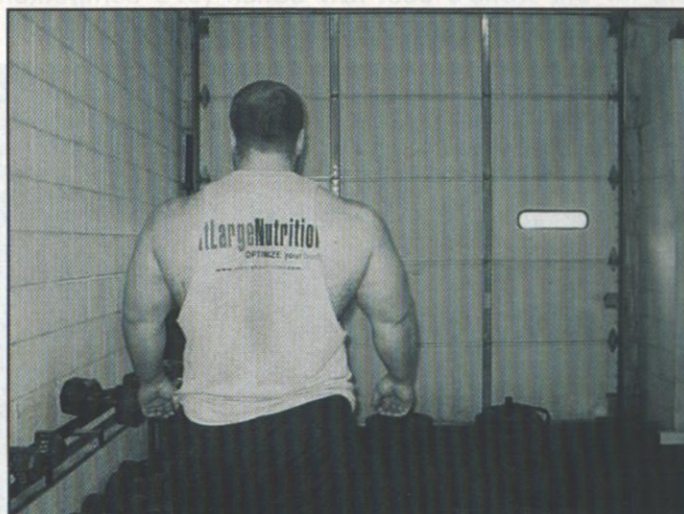
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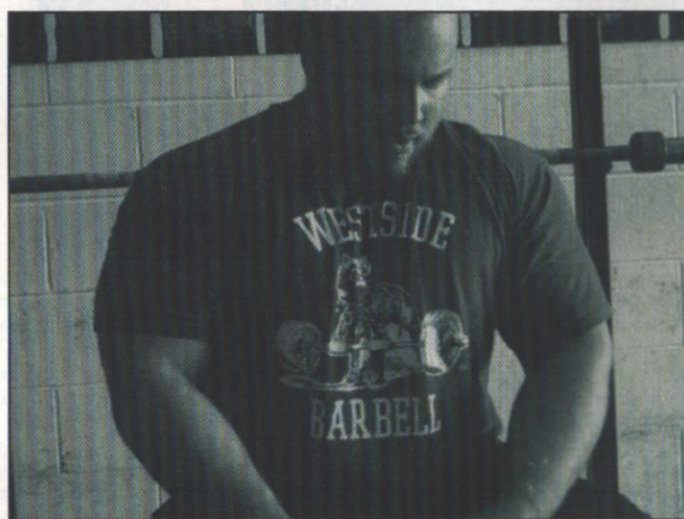
The Making of a POWERLIFTER!

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



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

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:

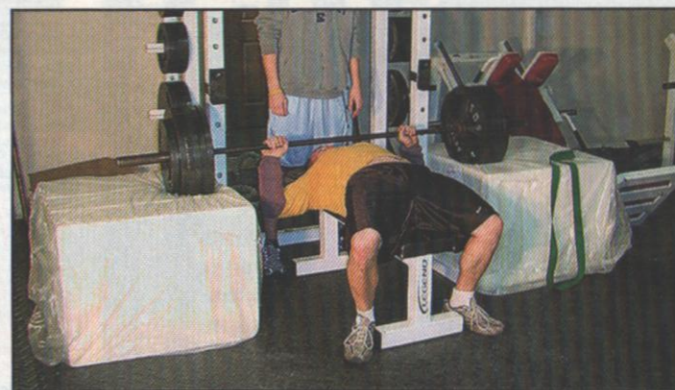
FOAM PRESS

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)



A recent ME Wednesday workout for Travis: The Foam Press

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 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



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

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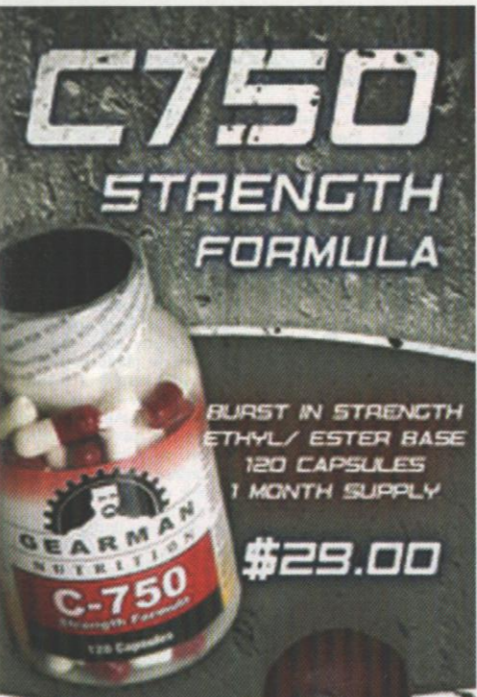
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An Old powerlifter lay dying...
(Tune: Tu-rah-li, tu-rah-li, tu-rah ...)

An old powerlifter lay dying
In the chalk and the blood and the sweat.
He said to the spotters sprawled 'round him,
"I'm sorry I made such a wreck.
My squat suit split at the bottom,
My glutes rammed through the floor,,,
I can stand pain, but for love of the Game,
Coud'ja unbend the bar from my neck?

Take the collars out of my kidneys
Pull the uprights out of my side
Remove the clock from my coccyx,
It's tragic the timekeeper died.
Crushed below stage with his camera,
A scribe from P-L-U-S-A-,,,
And I'll bet a lot, that his very last shot,
Will be CNN's 'Play of the Day'

The head judge is out of action,
No more we'll hear him call "Rack!"
It's hard to give signals,
With a red wheel jammed deep in your back.
It's a shame abow-out the ju-ry,
We pray their so-wuls to keep,,,
All were CAT Ones, sitting there on their buns,
But they should not have been asleep.

My belt broke at the buckle
'Cross the platform it sailed,
Shaved clean the head of the side judge,
I hoe the Fed puts him in jail.
For high squats he'd press the pass button,
And the red for good squats so low,,,
There just was no light, in the color of white,
When down in the hole I would go.

But say, boys, am I still twitching?
Help me get back on my feet.
Untie the knee wraps from my ankles,
I ain't ready to admit defeat.
Shoe-horn me into a new suit,
Give me a sniff of octane,,,
I'll remake my shape, with rolls of duct tape,
And ... stagger out on the platform again.

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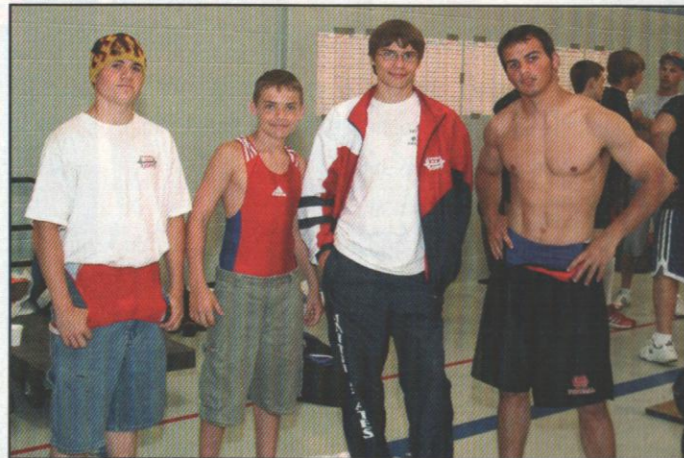
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ADFPF Nationals
21 JUN 08 - Evansville, IN

| Powerlifting | SQ | BP | DL | TOT |
|-----------------|-----|-----|-----|------|
| 115 lbs. | | | | |
| Master I | | | | |
| D. Hall | 220 | 127 | 248 | 595 |
| Youth | | | | |
| A. Stagg | 171 | 99 | 231 | 502 |
| 132 lbs. | | | | |
| Master VII | | | | |
| S. Smith | 143 | 165 | 259 | 568 |
| Teen I E | | | | |
| M. Harbour | 248 | 132 | 309 | 689 |
| Teen II | | | | |
| M. Stagg | 215 | 143 | 292 | 650 |
| 148 lbs. | | | | |
| Master V | | | | |
| G. Morrison | 220 | 193 | 320 | 733 |
| Open/EM3 E | | | | |
| D. Wilson | 336 | 276 | 452 | 1064 |
| Open/Master III | | | | |
| D. Wilson | 331 | 287 | 463 | 1080 |
| Teen II | | | | |
| J. Wallace | 353 | 204 | 358 | 915 |
| T. Steelman | 265 | 204 | 325 | 794 |
| Teen II E | | | | |
| R. Stewart | 265 | 160 | 331 | 755 |
| C. Weeks | 226 | 154 | 353 | 733 |
| Teen III | | | | |
| S. Herron | 303 | 193 | 380 | 876 |
| Youth | | | | |
| C. Boling | 248 | 116 | 298 | 661 |
| C. Lumpe | 176 | 94 | 248 | 518 |
| 154 lbs. | | | | |
| Master III | | | | |
| C. Burr | 215 | 154 | 353 | 722 |
| S. Sanaghan | 165 | 83 | 254 | 502 |
| 165 lbs. | | | | |
| Junior | | | | |
| L. Dewig | 325 | 226 | 424 | 976 |
| Master I E | | | | |
| C. Siders | 452 | 276 | 441 | 1168 |
| Master II E | | | | |
| S. Lumpe | 424 | 303 | 424 | 1152 |
| Master III | | | | |
| M. Thomas | 347 | 182 | 408 | 937 |
| Open | | | | |
| B. Allbright | 303 | 204 | 441 | 948 |
| B. Soaper | 287 | 171 | 380 | 838 |
| Teen I | | | | |
| C. Whitcomb | 265 | 187 | 342 | 794 |
| Teen II | | | | |
| R. Steelman | 276 | 215 | 342 | 832 |
| Teen II E | | | | |
| B. Brown | 303 | 182 | 386 | 871 |
| 181 lbs. | | | | |
| Junior | | | | |
| N. Dewig | 331 | 248 | 397 | 976 |
| Master I | | | | |
| B. Whitcomb | 303 | 220 | 380 | 904 |
| Master IV | | | | |
| J. King | 265 | 220 | 408 | 893 |
| Master V | | | | |

ADFPF Nationals



Members of the National Championship Team: Pit Barbell - (left to right) Jacob Wallace, Andrew Stagg, Matthew Stagg, Luke Dewig. (all competition photographs courtesy of Kenneth May Photography)

| | | | | | | | | | |
|----------------|-----|-----|-----|------|--------------|-----|-----|-----|------|
| R. Batco | 331 | 204 | 419 | 953 | 242 lbs. | | | | |
| Master VI | | | | | Master I | | | | |
| J. Waters | 243 | 176 | 402 | 821 | K. Hayes | 601 | 303 | 601 | 1505 |
| Open/Teen III | | | | | Master III E | | | | |
| C. Wallace | 419 | 237 | 502 | 1157 | K. Jones | 419 | 220 | 408 | 1047 |
| Teen I E | | | | | Open E | | | | |
| J. Coulson | 380 | 176 | 386 | 942 | R. Pettet | 535 | 380 | 507 | 1422 |
| N. Snapp | 314 | 165 | 331 | 810 | Teen I E | | | | |
| Teen II E | | | | | J. Holycross | 353 | 265 | 325 | 942 |
| J. Seeling | — | 187 | 386 | 573 | Teen II E | | | | |
| 198 lbs. | | | | | B. Moffett | 402 | 204 | 353 | 959 |
| Master II | | | | | Teen III | | | | |
| R. Utley | 254 | 320 | 303 | 876 | M. LaRock | 402 | 331 | 441 | 1174 |
| Open/Junior | | | | | 275 lbs. | | | | |
| K. Moschner | 430 | 314 | 518 | 1262 | Guest | | | | |
| Teen III | | | | | A. Ninaber | 474 | 397 | 551 | 1422 |
| J. Scott | 314 | 176 | 386 | 876 | Master I | | | | |
| 220 lbs. | | | | | C. Phillips | 452 | 331 | 419 | 1202 |
| Master III | | | | | Master III | | | | |
| D. Burr | 320 | 243 | 424 | 987 | B. Lovejoy | 375 | 287 | 441 | 1102 |
| Master V | | | | | Master III E | | | | |
| R. Arnold | 254 | 276 | 325 | 854 | B. Lovejoy | 408 | 287 | 463 | 1157 |
| Master VII | | | | | Master VI E | | | | |
| T. Andrews | 226 | 287 | 303 | 816 | P. Wrenn | 474 | 287 | 468 | 1229 |
| Open/Master II | | | | | Teen II E | | | | |
| B. Thomas | 474 | 298 | 601 | 1372 | C. Small | 402 | 226 | 446 | 1075 |
| Teen I E | | | | | 319 lbs. | | | | |
| T. Scott | 369 | 265 | 369 | 1003 | Master I | | | | |

R. Nicodemus 468 446 592 1507
Open E
C. Forestier 667 502 678 1846
SHW
Master II
C. Schmitt 502 303 535 1339
Open
C. Allgood 380 331 562 1273
D. McClure — — — —
Teen II
A. Crum 452 254 402 1108
E=Equipped. This was the third annual ADFPF National Championships and the largest with 67 entries. This is in part due to the WDFPF World Championship being held in Evansville, IN on November 22-23. Lifting commenced at 9:15am and was concluded at 5:30pm. Pretty good considering that this was a single platform event. Before I got started with results, I would like to thank the spotters, loaders and everyone else who helped make this meet a success. I could have not asked for better workers for this meet. Also, a big thanks to Roger and Judy Gedney along with Dick Van Eck for all of their work leading up to this event and judging the meet. Our Sponsors were: The Pit Barbell Club, Max Muscle, Texas Roadhouse, Enviro-Plas Plastics, Orthopedic Associates, Chik-Fil-A, and Bonefish Grill. Action Sports Photography was also on hand taking pictures of the days events. These pictures can be purchased on line at www.kennethmayphotography.com. Please do your best to support our sponsors. Now, onto the lifting. In the unequipped division, lifting began in the 52 kg. class with 13 year old Andrew Stagg weighing in at 100 lbs. and posting a 500 total. Andrew does not know how to quit as he spent about 7-10 seconds successfully completing his third and final squat of 170 pounds. Dano Hall set the class total with 594 lbs. while winning the Master class. Dano also set new American records in the squat, bench, and total. In the 60 kilo unequipped class, Steve Smith lifted an incredible 566 lbs. at 74 years of age, winning his division, and set the benchmark for future lifts in his class. Matthew Stagg had the high class total with 649 pounds winning the Teen II class. Matthew established new National and American records with his opening deadlift. Matthew completed 308 lbs. on the deadlift two times, but could not get more than a single white light on each lift. The 67.5 kilo unequipped class had two 13 year old lifters. Clay Lumpe totaled a very respectable 517 lbs. weighing in at 140lbs. while Craig Boling posted a 660 lb. total. Dave Wilson set the high mark in this class with a 1078 lb. total. Dave set several

(article continued on page 98)

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

Signature _____ If Under 21 yrs., Parent Initial _____ Date _____ Prior Registration No. _____

Name _____ Phone _____ E-mail _____

Address _____ City _____ State _____ Zip Code _____

Date of Birth _____ Gender _____ U.S. Citizen? _____ ADFPF Registered Club Member _____

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Powerlifting, like most competitive sports, brings both rewards and penalties. The rewards part is easy to deal with, so this article will deal with the not-so-easy penalties part. Powerlifting's biggest penalty has to be the physical aches and pains inflicted on our bodies. Our goal should be to not only minimize the pain we must endure during our competitive years, but to lower the risk of long-term pain after we retire from serious lifting. There is no way to totally avoid aches and pains due to powerlifting, but there are simple, common sense things we can do to reduce that factor. In order to do this, let's look at major pain areas and some causes of that pain.

First up are the knees. Aching knees can result from many causes, but at top of the list is abuse. I've heard countless lifters say they must wear knee wraps for squats because their knees ache. Unfortunately, they seldom try to deter-

STARTIN' OUT

ACHES AND PAINS as told to by Doug Daniels

mine and address the root cause of the pain. Many of these lifters drop down in the squat in ballistic fashion, crashing hard into the low position, then rebound upwards. Toss in some ballistic style leg presses, extensions, and leg curls for good measure and there you have it. Ballistic rebounding places huge stress on your knees. Better to descend into the squat in a controlled fashion while remaining tight, like a spring. When you reach the bottom position, uncoil and explode to the top. Knee wraps are great for squatting more weight, but are not meant to be used because your knees are too sore to squat without them. Identify and remove the root cause of the soreness and pain.

Next up are the wrists. Just like knee wraps, wrist wraps help support the heavy weights used and can add to your lifts. But they too are used by lifters who suffer from wrist pain, again disguising the root cause of the pain. A common source of pain results from the bar rolling down the back and shoulders during the execution of the squat. This can inflict some real damage to your wrists as well as to your shoulders and elbows. To remedy this problem, have your training partners tell you when the bar starts to roll down your back from the position you started the set with. Strive to keep your chest held high while not leaning forward. Keeping the bar properly on your back also puts you in a more advantageous leverage position.

Elbows are also a high pain potential area. As I in the preceding paragraph, they can be stressed by squatting. They also can be the victim of plain overuse. Benching, shoulder, and tricep work can add up over time. Performing exercise for these body parts in ballistic fashion can really pile on the wear and tear just like they do with the knees. Perform exercises like pressdowns using just the triceps to move the weight, not relying on the bounce on the bottom to move the weight.

Lastly are the shoulders. Since benching emphasizes the front delts, during the off season, work the lateral and rear heads of your delts to balance your shoulder strength. Some moderate work on side and rear dumbbell laterals can be of value here. Balancing your shoulder strength will add to shoulder stability and decrease the chance of injury. Just don't overdo it.

Listen to what your body is telling you through pain. Pain

should be regarded as one of nature's gifts since it's your body's way of communicating to you that something is wrong. It can communicate to you through a whisper or a shout. Being aware of a potential or existing problem is 95% of the battle.

I have always been a believer of training cycles that start with moderate weights and higher reps and lead to heavy, lower rep training as the contest nears. This method does not subject your body to the stress of heavy weights for an extended period of time. Of course, everybody has different tolerance levels to use and abuse. Older lifters will probably experience pain sooner so should be especially open to considering training cycles.

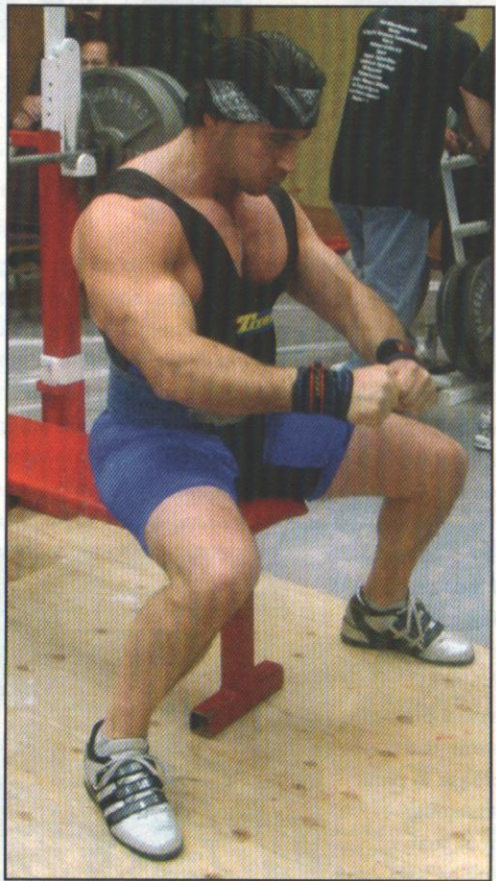
Taking some time off from lifting or taking a layoff every 3-4 months can add years to your lifting career. Taking one week off from the weights now and then can allow both your body and mind to recuperate from the rigors of heavy lifting. After the time off you can come back with renewed enthusiasm for training with a fresh body and mind. Try some other non-stressful physical activity during your time away like stationary biking to keep the blood flowing and to maintain and improve your general fitness.

Using correct exercise form is a big one. As I mentioned earlier, performing exercises in ballistic fashion is asking for aches and pains. Let your muscles do the lifting—not momentum and bouncing. Avoid swinging and jerking the weights. Swinging the bar up and down during a cheat curl is inviting a pulled back muscle. Not only can correcting technical flaws potentially result in less pain or injury, but it can also translate to improved lifts in competition. This is a definite win-win situation. Don't be concerned about how much weight you use in training, devote that energy to your end goal—better powerlifts.

Warm-ups and cool downs contribute to recovery between workouts. Try some low impact aerobic work like stationary cycling to cool down. Don't overlook good nutrition. Supply your body what it needs to maintain and grow. Proper fluid intake is critical. Aspirin, ibuprofen (acetaminophen products such as Tylenol do not have anti-inflammatory properties); moist heat, cold packs, massage, and whirlpools can be very beneficial in preventing and alleviating aches and pains. Cod liver oil has been proven scientifically to act as a lubricant and pain reliever for joints. Glucosamine chondroitin is a popular supplement that some users swear by. Flexibility cannot be overlooked. Building and maintaining flexibility not only can prevent injury but may also allow better exercise execution, which can add pounds to your total. If you are new to working on flexibility, take it easy at the beginning. Do not try to reach the suppleness of an Olympic gymnast in one week. Be patient and realistic.

Aches and pain resulting from powerlifting cannot be totally eliminated, but we can reduce their frequency and severity. This requires listening to your body and making as-needed common sense changes to your training and nutrition. I did not discuss back injuries since this is a huge subject in itself. A lingering injury or chronic pain can have negative effects long after we retire from competitive lifting. With this in mind, preventing them in the first place should always be on your mind. If you are in doubt with your physical condition or are experiencing severe, chronic pain, see a sports medicine doctor right away. Minimizing aches and pains, now and in the future, has its own rewards.

MHP'S DENNIS CIERI WINS THE WORLDS!



Powerlifter and MHP Athlete Dennis Cieri has won the Worlds for a second consecutive year. He is currently the 8-time **USAPL Nationals** champion and has won **two consecutive gold medals in the Worlds the last two years**. He also holds the World Record for bench at 634lbs in the 198lb division! His supplement program includes MHP's **Trac, A-Bomb, Cyclin, Probiolic, Up Your Mass** and **Dark Matter**. Dennis has received invaluable support from his training partners, **Troy "The Beast" Lehrer, Glen "The Animal" Haley** and **Rich "Mr. Lockout" Kruzzley**. Dennis will be competing at the 2009 Arnold Classic in Columbus, Ohio and is looking forward to more victories in the near future.

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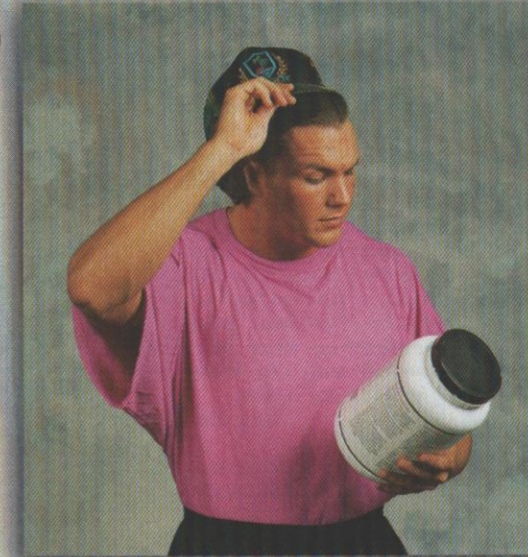
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Driven to excel by some deep, unsurveyed urge, I stayed out on that floor hour after hour, day after day, year after year. I played until my muscles stiffened and my arms ached. I persevered through blisters, contusions and strained joints. When I got home I had to take a nap before I could muster enough energy to eat the dinner that sat in the oven. As I grew older and met my basketball heroes, and even defeated some of them, I realized that my way of doing things was not at all unique. Most of the pros had developed their skills by paying their dues in practice time. The biggest myth in basketball is that of the "natural player." Remember that Michael Jordan was cut from his high school team.

BILL BRADLEY

Many of you who know me are aware that I was a researcher with the Kansas City Royals Baseball Academy, which was a scientific institute that was designed to create superhuman athletes by using scientific means. One of the more propelling studies that we conducted was designed to ascertain why the black athlete excelled in sports. It was a rather intriguing inquiry. At the time, there was no athlete in the world who was as great as the black athlete. In just about every sport, the black athlete was enjoying conspicuous success. For instance, the sports of boxing, basketball, karate, track and field, and football were totally dominated by the black athlete. The sports of baseball, wrestling, weightlifting, powerlifting, and bodybuilding, while not dominated by the black athlete were significantly influenced by them. In fact, most of the superstars in these sports were black. Perhaps even more impressive was the fact that the majority of national and world records were held by black athletes. This took on an even greater perspective considering the fact that blacks comprised only about 14 percent of the American population.

The Academy felt that if they could determine why the black athlete was so great they could use the information to help their athletes. Consequently, they embarked on one of the most comprehensive investigations ever conducted on the black athlete. Not surprisingly, the Academy was hoping that by studying the black athlete they could find a physiological substructure or some characteristic that was responsible for the black athlete's success in sports. They assumed that if there were a biological, anatomical, or bio-mechanical focal point of general motor ability, as well as strength, speed, and endurance, then surely it would be found in the black athlete.

In the seventies, if you were to ask a large group of sports enthusiasts why they thought the black athlete excelled in sports, most of them would tell you that the black athlete was simply physically superior to other athletes. In fact, many of these individuals would probably tell you that blacks were athletically superior because of race linked physical characteristics. In other words, in reference to sports, these individuals believed that blacks were genetically superior to other races. Even today, many individuals believe that blacks are physiologically superior to other ethnic groups when it comes to sports.

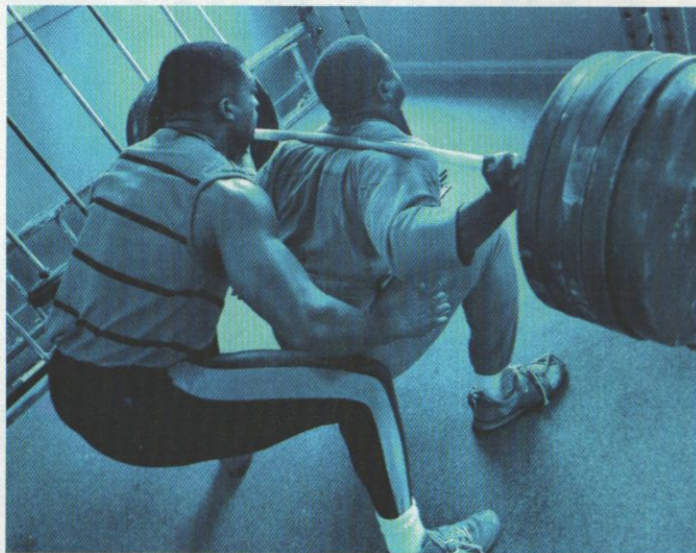
Certainly, this viewpoint was one that warranted closer attention. After all, it was an issue that was deeply ingrained in the American psyche and one that entailed both extreme partisanship and racism. Did the black athlete possess race-related physical characteristics that gave him an edge?

The Academy recruited researchers throughout the world to investigate this possibility. Their findings were not only surprising, but they were also extremely enlightening, and motivational for all races who are interested in pursuing the joy of athletic competition.

After five years of investigation, the Academy concluded that,

DR. JUDD

GREATNESS ... WHAT IT REALLY TAKES - PART II
as told by Judson Biasiotto Ph.D.



Black Athletes, like Ausby Alexander, put in grueling training sessions for many years before reaching world class status in powerlifting.

although heredity may provide numerous biological advantages, there is strong evidence to suggest that "elite" performance is due more to "quality" training than to genetic superiority. For instance, a series of studies conducted by John Lawther, a researcher who worked for the Academy, found that the number one variable related to elite performance was time spent in training, not genetics. Lawther estimated that 20 hours of quality training per week for a period of eight years (approximately 10,000 cumulative hours) appears to be the amount of work required to reach a world class level. Apparently, a certain time is needed for an athlete to learn the most efficient methods and skills for enhancing performance. Even a would-be elite athlete must learn the basics of his sport to build a firm foundation. To train twenty hours a week is, to say the least, very difficult. Yet, as Lawther emphasized, it is twenty hours of quality training with great intensity, not just the time spent in training, that is required for elite performance.

Interestingly, the Academy found considerable research which clearly indicated that blacks in general spend significantly more time training and/or playing sports than do whites. They also found some evidence which indicated that blacks not only trained longer, but they trained with greater intensity than their white counterparts. The Academy concluded that the black athlete's dominance in sports was primarily contingent upon their work.

From what I have observed empirically over the last four decades, there is nothing that has changed my mind about what the Academy concluded. It is probably true that most world-class athletes are born with a certain amount of talent, but rarely do they get to compete at the highest level without putting in years of blood, sweat and tears. I will go one step further and say that even prodigies have to work hard to be successful. You could be the greatest physical specimen ever to walk the face of the earth, but if you don't eat, sleep, and train right, you won't be around long. I don't care how much talent you have: if you're going to be successful, you have to work. If you want to be great, you have to pay a price. You have to jump in there and get your hands dirty. There is just no other way.

I worked in professional sports for more than two decades, and I have trained at just about every Olympic training center in the world, and I can say unequivocally, I never saw a world class athlete who didn't spend in an inordinate amount of time in training. In fact, most Olympic coaches and trainers will tell you that it's common for athletes to invest four to eight years training in a sport before making an Olympic team. And those four to eight years consist of 20 to 30 hours of training a week. No wonder there are a lot of people who try and give up.

Needless to say, hard work and perseverance are incredibly powerful and effective assets if put to use. 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 almost anything in life if we are willing to pay the price. Nothing in life is free, and anything worth accomplishing is worth working for. Greatness comes to people who are not afraid of sacrifice and hard work. If you want your dreams to come true, you might as well get it into your head right now that hard work has to be part of the formula.

You know we all want to believe that there is some easy way to reach the end of the rainbow, that there is some magic formula for success. In fact, most athletes and non-athletes are looking for a magic elixir that will transform them into a superman overnight. Well, the magic elixir is a nasty little fabrication that can linger for a lifetime, a fantasy substitute for the reality that we have to work for what we get in life. Work, hard grueling work, is the price we all have to pay to travel the road to greatness. Perhaps that is why so few people qualify as being truly world-class it just ain't easy.

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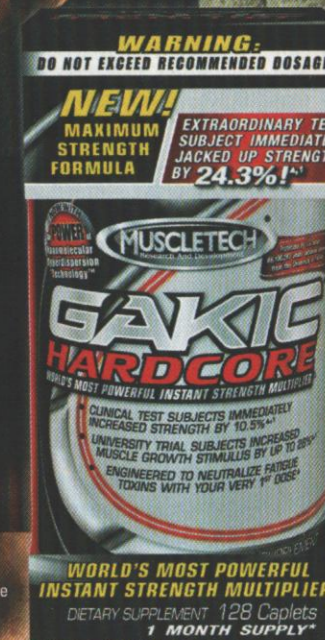
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Drug testing of athletes for performance enhancing substances has been going on now for over four decades, starting in earnest over 3 decades ago. And it's been over 3 decades that I've been criticizing the whole operation, including the assumptions, proprietary research, and theories on which the doping tests are based.

Drug testing, in a very small part due to my criticisms over the last 30 years plus, and in large part due to the inherent flaws of the testing, has evolved to a system which has all the appearance of infallibility but is extremely vulnerable to error.

In the past four decades drug testing's track record has not been very good.

In the 1970s, as I began building the doping structure for the International Powerlifting Federation (IPF), for which I served as Chairman of the IPF Medical Committee, I criticized the inherent flaws of the testosterone-epitesterone ratio as a test for the use of exogenous testosterone. Over the years they have refined the testing, as I suggested they should 25 years ago, by doing hormonal profiles and carbon isotope ratios as validations for putative positive tests. (1)

While some progress has been made on this front other disturbing news have raised questions about the validity of the testing. Recently it's been shown that the testing process, dependent on analytical processes that are not as bullet proof as we are led to believe, has inherent flaws that as yet have not been fully investigated.

For example, it's been shown that some athletes are able to use exogenous testosterone, with relative impunity since its use doesn't result in any significant changes in their testosterone:epitesterone ratio. (2)

On the other end of the spectrum it's also been shown that genetic differences may result in naturally elevated testosterone/epitesterone levels. (3) While these athletes show an elevated T/E ratio, it's not because they're using exogenous testosterone but because they may excrete less epitesterone. As such, these athletes, some of whom in the past have been deemed to have had a positive drug test, should not be or have been found positive for the use of testosterone.

In the 1980s and 1990s I wrote about the possibility of various anabolic steroids being endogenous compounds, especially 19-nortestosterone (4), (5), (6) At that time I was advised by Dr. Donike, the head of the IOC drug testing team, that I was wrong about much of what I said about anything concerning drug testing and that I should stop spreading such misinformation. In fact I was right, on this and

OPINION

Drug Testing - Is It Fair?

Mauro G. Di Pasquale, M.D, Mauro@MetabolicDiet.com



A Positive Drug Test can have a life changing effect on an athlete.

most of my other criticisms and claims.

Recently the IOC/WADA has accepted the endogenous presence of nandrolone metabolites and have set a level above which the test is positive for exogenous nandrolone. (7) The endogenous production of other anabolic steroids, as has been found in animals, (8), (9), (10) is also a real possibility but these have not been adequately investigated.

There are also other potential pitfalls inherent in the testing process for nandrolone and possibly for other anabolic steroids. For example, recent research has shown that levels of nandrolone metabolites may be artificially increased during the analytical processes itself. (11)

The doping arena, ever changing and a contest between the ath-

letes who are constantly looking for an edge, and a bureaucracy looking to detect this edge and apply appropriate sanctions and punishments, is undergoing a paradigm shift. Instead of using exogenous substances and methods to increase performance, athletes are now entering an era where the changes are now coming from within, once the appropriate alterations are made.

Genomic research is providing what I would consider the ultimate tool for athletes to improve body composition and performance, both because of its scope and the difficulty of detection.

And while in the past five years the possibility of gene doping has raised serious concerns. (12), (13), (14), (15), (16) and the World Anti-Doping Agency (WADA) has banned the practice,

blinders are in place as to it's present use by athletes. (17)

I've known about instances of gene doping, both directly and anecdotal, now for over five years. It is happening and there are athletes right now that have boosted their performance as a result.

In its most innocuous form DNA and protein profiling could be used to identify specific gene variants and thus select athletes for certain traits that will help them succeed in a given sport. Athletic genomics, a new word recently coined, while not gene doping and not banned, involves genetic profiling on individuals to identify the genome datasets that indicate superior physiological performances in various sports. (18)

At its worst it will involve germline modification in order to produce an individual with specific athletic traits. However, this form of gene doping is the least likely. Much more likely will be the use of gene transfer and genetic technology for genetically enhancing specific traits that will allow athletes to dominate their sport.

Given the number of changes that can be made in the machinery that controls energy metabolism, protein synthesis and catabolism, the number of genetic changes that can be made to manipulate the genetic makeup of any athletes is almost limitless.

Simple changes would include increasing levels of one or more of the anabolic factors, including testosterone, growth hormone, IGF-I, and interleukin 15, and decreasing the expression of myostatin.

More complex changes would involve changes in the translational machinery, the ubiquitin-proteasome pathway, skeletal muscle satellite cells, aerobic and anaerobic factors involved in the glycolytic pathway, Krebs cycle, oxidative phosphorylation, the electron transport chain, oxygen transport, delivery and utilization, energy production, both cellular and mitochondrial, perceived exertion, pain perception, etc.

For example, activation of the protein kinase known as protein kinase B or Akt stimulates muscle hypertrophy and antagonizes the loss of muscle protein. (19) As such, by altering the activity of Akt, which plays a central role in integrating anabolic and catabolic responses by transducing growth factor and cytokine signals via changes in the phosphorylation of its numerous substrates, you can make dramatic changes in body composition and athletic performance.

And as an extra added incentive, it will be extremely difficult to detect many of these changes. Keep in mind that the effective detection

(article continued on page 104)

BORN TO LIFT

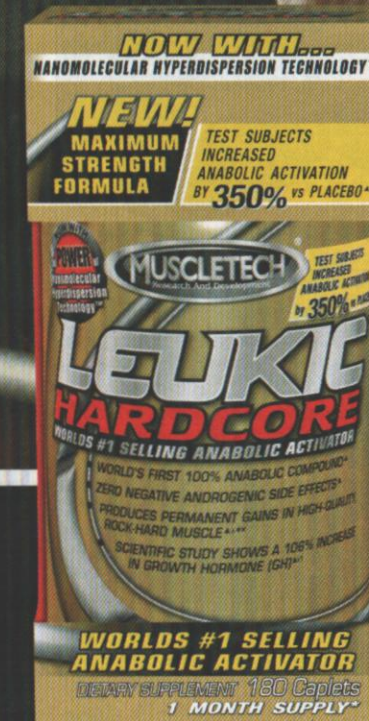
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The ULTIMATE TOP TEN - Superheavies

This month we are going to review the all-time Top 10 Super Heavyweights.

Before we begin I want to thank the panel members, Vince Anello, Jon Smoker, Fred Glass, Rickey Crain, Kevin Meskew, Steve Denison, Jim McCarthy, Joe Pyra, Gus Rethwisch, Ken Croxdale and Gordon Santee.

Others who contributed to this project were Bill Ennis, Bob Packer and Will Morris.

The Super Heavyweights have always been the favorites of Powerlifting fans. Pound for pound they are no stronger than the other weight classes, but they are the biggest and almost always handle the most weight. I can remember back at the 1972 Worlds, how the audience went crazy over Jim Williams, John Kuc and Don Reinhardt. Everyone had their favorite. It has always been that way with the Supers.

Even the voting panel had various opinions, probably more so than any other class. Some big time names did not make the Top 10. The first man to bench 600, Squat 800 and Total 2000 did not make it. (Pat Casey). The first man to deadlift 800 and win 4 consecutive National Titles did not make it. (Don Cundy)

Let's review those who did make the list.

"Many of Kaz's strength lifts have never been duplicated." Gordon Santee) Kaz was a sensation in both Powerlifting and Strongman. ("Its' amazing how just one word says it all. I have met the man, and I saw him lift, he was way ahead of his time and his lifting was fantastic." Will Morris) Kaz is still considered one of the strongest men who ever lived. Kaz was famous for his unbelievable training sessions. He believed he had to out-train his competition. He is still active in both Strongman and Powerlifting.



2. Don Reinhardt

Big Don was from Fredonia, New York. Don came on the scene in the late 60's, and by the mid 70's was dominant. At over 350 lbs. Don was huge. ("Don, the human mastodon. He carried more muscle than any lifter I've ever met." Jon Smoker) Don was one of those lifters who just manhandled the weights. He squatted over 900 lbs. with only a weightlifting belt, no wraps. ("Big Don - what can you say - he set the standard for the Supers, was way ahead of his time." Rickey Crain) He won 4 consecutive World Titles. He then did Strongman. He won one World's Strongest Man Contest. In addition to being a great lifter, Don was one of the friendliest and most likeable of all the powerlifters. He had a good word for everyone. Don was always big, he was born 3/6/45 and weighed almost 12 lbs. Don was also very athletic; in college he played football and was a Track & Field Athlete. 900+ Squats, 600+ Benches and Deadlifts over 900 lbs. all done without equipment. Don was a true champion.

3. Jon Cole

Jon was born in Chicago on 4/1/43. Lifted at 242 and Super. He was one of the most explosive athletes of all-time. Jon's lifts always looked easy, because they were so fast. He was a World Class Track & Field Athlete in addition to being a

powerlifter. He was also a World Class Olympic Lifter. ("Cole was neither the very best in Powerlifting, or Olympic lifting, but combining the two he was the best." Herb Glossbrenner) In high school he set a National Discus Record and ran the 100 in under 10 seconds. Jon won National Titles in 1968, 1970 and 1972. He and George Frenn were great innovators. ("Jon was an integral part of strength development training for Powerlifting." Gordon Santee) If you saw Jon lift, you had to be impressed.

4. John Kuc

John had a long Powerlifting career, but a relatively short time as a Super. Weighing 330 lbs was too much for him. ("It would have been awesome to have had the 275 class available in his prime." Will Morris) He lifted at the 1971 Worlds at about 270 and almost won with his final deadlift. The 1972 Worlds was no contest, John destroyed the opposition. He became the first man to squat over 900 lbs. and the 3rd to bench 600. In addition he out-deadlifted everyone by over 50 lbs. John's secret to success was very simple. He never missed a workout and always trained very heavy. John's great lifting along with his very private personality made him almost a mystical figure in Powerlifting. For many years we trained in my cellar gym. A standard heavy duty bar, non-adjustable squat racks and a narrow upright bench. The equipment was crude, but much thought went into the workouts. ("To me he was always polite and ready to discuss

the different aspects of lifting. He gave deep thought on how to execute each lift." Joe Pyra) ("John Kuc was in a class alone." Will Morris) I trained with John and Big Jim Williams in the early 70's. Their workouts were amazing. Each week they would perform lifts that exceeded the existing American Records. John ranked #1 at 242, and placed in both the 275 and Super Classes. What a lifter!



5. Doyle Kenady

Doyle was from the great Northwest. He stood 5' 11" and at his peak weighed about 310 lbs. He had a long and successful career. He won the Senior Nationals twice during the period when Bill Kazmaier and Paul Wrenn were at their peaks. He also finished 2nd four times. Doyle also won 2 IPF World Titles. He was one of the best deadlifters of all time. ("Man could he deadlift. I saw him go through a deadlift workout one time at the Juniors and it blew me away."

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 Meskew, 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.

Rickey Crain) He was a National Champion in the discus and shotput. The Mountain Man had a long career. ("He had as long a career as any Super and was consistently near the top." Jon Smoker) Doyle was another one of the lifters who let his platform performance speak for him. He was dedicated to Powerlifting. Doyle died in 1999 at Age 56. He lived most of his life in Salem, Oregon.



6. Paul Wrenn

Paul had one of the longest careers of all the Supers. He started in the late 60's and is still doing Masters competitions today. Paul has lifted in the USPF, ADFPA and AAU. When I first saw Paul he was around 265 lbs., he eventually weighed over 330. He was one of the most underrated Supers. Paul's 1981 Total of 2342 was the highest done in a USPF Senior Nationals. He was a World Champion and a World Record Holder. He squatted close to 1000 with first generation squat equipment. When Paul squatted there was no question of depth. ("Yes 330+ athletes can squat well below parallel." Kevin Meskew) Paul's squat and deadlift were as good as anyone's. He never could develop his bench to match his squat and deadlift. If he did he might have been rated #1.

Paul still trains and travels extensively, using his strength to spread the word as an evangelist. He is a great representative for the sport of Powerlifting.



7. Garry Frank

Garry is another Super who has had a very long career. He had an outstanding athletic background before he went into Powerlifting. He was a National Level Track & Field Athlete. ("Strong and athletic." Kevin Meskew) Gary also played pro football. He is a huge man and can carry almost 400 lbs. and still stay athletic. ("The new prototype for a 21st century Super." Jon Smoker) He has had the all-time highest total on more than one occasion I trained with Gary in June, and he has plans to push the All-Time Total Record higher. On a good day a 2900 lb. total is possible. Gary is President of the APF and runs a number of meets with his Hardcore Gym, which is one of the finest home gyms in the country. His residence is in Baton Rouge, LA.

8. Brian Siders

Brian is the Top IPF Super Heavyweight. He holds the IPF total Record. The impressive part of Brian's lifts are they look so easy. He puts close to 1000 lbs. on his

back and steps back like it weight 135. ("What can I say, Brian exemplifies unbelievable strength." Steve Denison) Brian works as a Correctional Psychologist at a maximum security prison. He did his first contest in 1975 and has just continued to get better. ("I know him, and I have seen him compete. Brian is, no doubt, the strongest Natural Powerlifter on the planet Earth." Will Morris) Brian has competed everywhere, USAPL, USPF, WPO and RAW. He also does Strongman Contests. It is hard to determine what his potential is. ("Before he is done, he will lift weights drug free that will not be equal for years to come; I have never witnessed that much raw strength." Will Morris) As the West Virginia native continues on to lift, win titles and set records his all-time rating will only go up. It will be very interesting to see where he ranks 5 years from now.

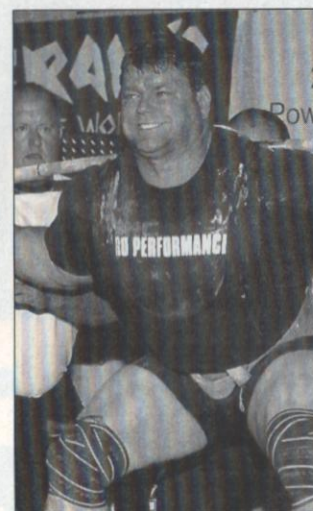


9. Jim Williams

The 'Big Black Bear' from Scranton, PA was a great lifter and a great fan of powerlifting. He was huge ("I was a young lad of 19 sitting at the Zembo Mosque, site of the 1972 Worlds, which was filled with monsters. When I first laid eyes on Jim I had never seen anyone that big." Rickey Crain) He was best known for his bench press. ("In my humble view, Jim was the greatest Big Bench ever." Joe Pyra), but Jim was a powerlifter. He talked Powerlifting, not bench pressing, and he was a fierce competitor. ("he was the fiercest looking lifter ever." Joe Pyra) In addition to his unbelievable Bench Press, Jim had set American Records in the Squat and Total. Jim had some very unique training methods. It was not unusual for him to bench 5 times in a week. Jim lifted, promoted meets, coached lifters and wrote training articles. Jim benched 675 at the 72 Worlds, his training partner, John Kuc, was ranked second with 600. His benches were super strict, feet flat on the bench, no arch. ("This is being written as I look at a photo of Jim benching. (John Kuc spotting) with the small of his back so tight on

Showroom "Demo" Louie Simmons Ultrapro Reverse Hyper (retails for over \$2000 new). Asking \$1200. Must Sell. Outlaw Strength, 104 Loop Rd., Biglerville, PA 17307, 717-677-7570 or 330-501-5876, ask for Mike White.

the bench that a cockroach couldn't crawl under him." Joe Pyra) That is how good Jim was. Big Jim passed away in 2007, but he will never be forgotten.



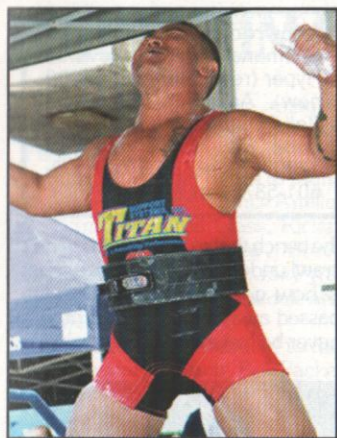
10. Brad Gillingham

Brad has had a long and successful career. He started in the ADFPA, switched to the USPF, then the USAPL. Brad has won 2 IPF Open World Titles at Super Heavyweight, not many Supers have done that. He is a huge man. You have to see him to realize how big he is. Brad has good bloodlines. His father was an all-pro offensive lineman for Vince Lombardi's Green Bay Packers. His brothers are Powerlifting and Strongman Competitors. They are all very large people. You have to be huge to use a double overhand grip in the deadlift and pull over 850 lbs. He is still competing and setting IPF World Records in the Masters Division. Brad is a great representative for the sport of Powerlifting and one of the top Supers of all time. At Brad's current pace he could easily lift for another 5 or 10 years.. We may even see a 900 lb. deadlift.

Other Super Heavyweights who received support were Terry Todd, Pat Casey, Hugh Cassidy, Don Cundy, Donnie Thompson, Mike Hall, Anthony Clark.

This concludes our series. Remember, this was not just one man's opinion, but a panel that had over 550 years of Powerlifting experience. Hopefully you enjoyed reading it. I am sure everyone has their own opinion. It would be very interesting to see this done again in about 5 years and compare the results. (Bob Gaynor)

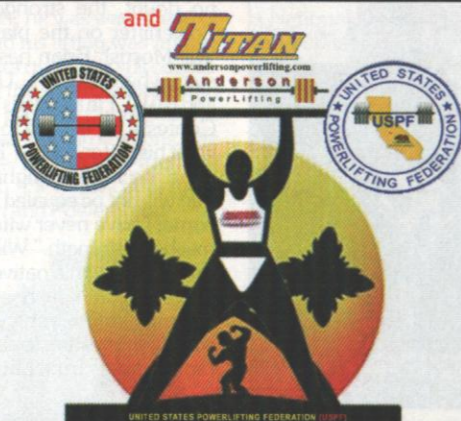
CORRECTION ... the text for Doug Furnas on last month's TOP TEN listing for the 275s was missing. He should have been entered as No. 4 on the list. "Doug was one of those lifters you had to see to believe. He handled heavy weights as easily as anyone. He would walk out with 900 lbs. and he looked like he had 135 on his back. He was the 1986 WPC World Champion with lifts of 985 600 815. This was done in first generation lifting gear. Doug was only on the Powerlifting scene for a short time, but made an impression for his size. ("Thighs were bigger than my body." Kevin Meskew) and his strength. He lifted in the big meets, Nationals, Worlds, and Hawaii Invitational. Doug was very athletic and had a strong sports background. He left Powerlifting for pro wrestling. His career was short, but those who saw him lift will never forget."



Derek Matsumoto from Honolulu. (courtesy of Joe Wheatley)

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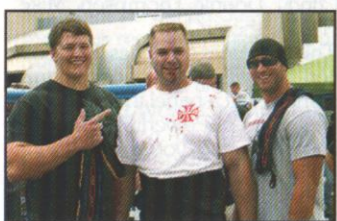
Fri. Sept. 12th. Pre-Weigh-in from 5:00 - 7:00 p.m.
Sat. Sept. 13th. Weigh-in from 7:00 - 9:00 a.m. Meet starts @10:00 a.m.
Sun. Sept. 14th. Meet starts @ 10:00 a.m.
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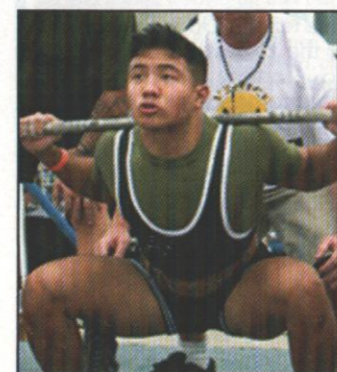
| BENCH | WOMEN | Open | 148 lbs. | 165 lbs. | 198+ lbs. | Submaster | 198+ lbs. | J. Loveall | Master (40-49) | 165 lbs. | M. Kumm | 198 lbs. | T. Marquez | 127 | MEN | Junior (20-23) | 181 lbs. | Z. Miller | 314 | 275 lbs. | C. Collins | Open | 148 lbs. | Mansourian | 369 | 181 lbs. | I. Smalley | 198 lbs. | J. Burdette | 634 | B. Littlefield | 441 | 220 lbs. | D. Rudd | 364 | D. Hiatt | 248 | 242 lbs. | S. Robinson | 474 | 275 lbs. | S. Hoekstra | 308 lbs. | E. Welch | 441 | P. Collard | Master (40-49) | 198 lbs. | D. Robideau | 369 | 220 lbs. | R. Diaz | 303 | 242 lbs. | J. Skye | | | | | | | | | | | |
|----------|----------|------|------------|----------|----------------|-----------|--------------|------------|----------------|----------|---------------|----------|------------|---------|-----|----------------|----------|-----------|-----|----------|------------|------|----------|------------|-----|----------|------------|----------|-------------|---------------|----------------|------|----------|-------------|-----|----------|--------|----------|-------------|-----|----------|-------------|----------|----------|-----|-------------------|----------------|----------|-------------|----------|----------|----------------|----------|----------|---------|----------------|----------|----------|-----|----------------|----------|---------|-----|----|----|-----|
| 308 lbs. | E. Welch | 441 | P. Collard | — | Master (60-69) | 242 lbs. | D. Smith III | 402 | Open | 148 lbs. | L. Richardson | 386 | 165 lbs. | M. Kumm | 209 | Master (40-49) | 165 lbs. | M. Kumm | 209 | 198 lbs. | M. Kumm | 209 | 198 lbs. | V. White | 325 | 181 lbs. | J. White | 314 | 165 lbs. | R. Madera Jr. | 452 | Open | 181 lbs. | C. McKelley | 468 | 220 lbs. | E. Koo | 650 | J. Grau | 650 | J. White | 551 | 308 lbs. | E. Welch | 656 | Submaster (35-39) | 220 lbs. | J. Grau | 650 | M. White | 551 | Master (40-49) | 198 lbs. | E. Welch | 656 | Master (60-69) | 220 lbs. | H. Myers | 562 | Master (70-79) | 165 lbs. | R. Hill | 402 | BP | DL | TOT |



Alan Best of San Luis Obispo, CA tried a 1003 lb. squat at the meet

| Open | 148 lbs. | C. Westin | 342 | 204 | 314 | 860 | 181 lbs. | N. Stern | 413 | 243 | 463 | 1119 | 198+ lbs. | J. Loveall | 441 | — | — | 441 | Submaster | 198+ lbs. | J. Loveall | 441 | — | — | 441 | Master (40-49) | 148 lbs. | C. Westin | 342 | 204 | 314 | 860 | 181 lbs. | N. Stern | 413 | 243 | 463 | 1119 | Master (50-59) | 123 lbs. | S. Callahan | 254 | 215 | 276 | 744 |
|----------|----------|-----------|---------|-----|----------|-----|----------|----------|-----|-------------------|----------|---------|-----------|------------|-----|----------------|----------|-------------|-----------|-----------|------------|-----|----------|----------|-----|----------------|----------|-----------|-----|----------------|----------|---------|----------|----------|-----|-----|-----|------|----------------|----------|-------------|-----|-----|-----|-----|
| 198 lbs. | E. Koo | 650 | J. Grau | 650 | J. White | 551 | 308 lbs. | E. Welch | 656 | Submaster (35-39) | 220 lbs. | J. Grau | 650 | M. White | 551 | Master (40-49) | 198 lbs. | D. Robideau | 502 | 220 lbs. | R. Harris | 518 | 308 lbs. | E. Welch | 656 | Master (60-69) | 220 lbs. | H. Myers | 562 | Master (70-79) | 165 lbs. | R. Hill | 402 | BP | DL | TOT | | | | | | | | | |

| D. Matsumoto | 612 | 435 | 529 | 1576 | C. Callen | 292 | 237 | 292 | 821 | 181 lbs. | L. Sparango | 485 | 336 | 480 | 1301 | C. Hilton | 243 | 176 | 347 | 766 | 198 lbs. | V. Calia | 551 | 419 | 656 | 1626 | B. Littlefield | 524 | 441 | 463 | 1427 | J. Hernandez | 573 | 331 | 518 | 1422 | D. Robideau | 457 | 369 | 502 | 1328 | V. Sedach | 496 | 265 | 457 | 1218 | 220 lbs. | D. Gittens | 529 | 480 | 573 | 1582 | J. Campbell | 314 | 265 | 452 | 1031 | 242 lbs. | B. Marum | 645 | 480 | 606 | 1731 | M. Tronske | 623 | 485 | 601 | 1709 | J. Kelske | 551 | 386 | 661 | 1598 | E. Paez | 518 | 364 | — | 882 |
|--------------|---|-----|-----|------|-----------|----------|--|-----|-----|----------|-------------|--|-----|-----|------|-----------|-----|-----|-----|-----|----------|----------|-----|-----|-----|------|----------------|-----|-----|-----|------|--------------|-----|-----|-----|------|-------------|-----|-----|-----|------|-----------|-----|-----|-----|------|----------|------------|-----|-----|-----|------|-------------|-----|-----|-----|------|----------|----------|-----|-----|-----|------|------------|-----|-----|-----|------|-----------|-----|-----|-----|------|---------|-----|-----|---|-----|
| 275 lbs. | J. Kelske <td>551</td> <td>386</td> <td>661</td> <td>1598</td> <td>181 lbs.</td> <td>D. Martin <td>485</td> <td>314</td> <td>480</td> <td>1279</td> <td>Powerlifting Best Lifters: Open Men-Lance Karabel, Junior Men-O'Neil Roussel, Master Men-Dan Martin, Women-Nicolai Stern. Bench Press Best lifters: Open Men-James Burdette, Master Men-Daniel Smith III, Women-Michelle Kumm. Deadlift Best lifters: Open Men-Ed Koo, Master Men-Roger Hill. Best Team: U.S. Marine Corps, Camp Pendleton. Meet Promoter: Joe Wheatley. Meet Director: Steve Denison, International. Announcer: Chuck LaMantia, National. Score Cards: Kellie LaMantia, State. Referees: Jim Merlino-National, Scott Layman, National, Kevin Meskew, National, Michael Brown, New State Referee, Dominic Licavoli, New State Referee, Jose Hernandez, New State Referee, Darren Matsumoto, New State Referee, Leonetta Richardson, New State Referee. Thanks to our Spotters and Loaders: Phoenix House volunteers. Thank you to Joe Wheatley Production sponsors: Ken Anderson Powerlifting-Title sponsor, Titan Support Systems-Title sponsor, Powerlifting USA magazine-Presenting sponsor, Headblade,</td> </td> | 551 | 386 | 661 | 1598 | 181 lbs. | D. Martin <td>485</td> <td>314</td> <td>480</td> <td>1279</td> <td>Powerlifting Best Lifters: Open Men-Lance Karabel, Junior Men-O'Neil Roussel, Master Men-Dan Martin, Women-Nicolai Stern. Bench Press Best lifters: Open Men-James Burdette, Master Men-Daniel Smith III, Women-Michelle Kumm. Deadlift Best lifters: Open Men-Ed Koo, Master Men-Roger Hill. Best Team: U.S. Marine Corps, Camp Pendleton. Meet Promoter: Joe Wheatley. Meet Director: Steve Denison, International. Announcer: Chuck LaMantia, National. Score Cards: Kellie LaMantia, State. Referees: Jim Merlino-National, Scott Layman, National, Kevin Meskew, National, Michael Brown, New State Referee, Dominic Licavoli, New State Referee, Jose Hernandez, New State Referee, Darren Matsumoto, New State Referee, Leonetta Richardson, New State Referee. Thanks to our Spotters and Loaders: Phoenix House volunteers. Thank you to Joe Wheatley Production sponsors: Ken Anderson Powerlifting-Title sponsor, Titan Support Systems-Title sponsor, Powerlifting USA magazine-Presenting sponsor, Headblade,</td> | 485 | 314 | 480 | 1279 | Powerlifting Best Lifters: Open Men-Lance Karabel, Junior Men-O'Neil Roussel, Master Men-Dan Martin, Women-Nicolai Stern. Bench Press Best lifters: Open Men-James Burdette, Master Men-Daniel Smith III, Women-Michelle Kumm. Deadlift Best lifters: Open Men-Ed Koo, Master Men-Roger Hill. Best Team: U.S. Marine Corps, Camp Pendleton. Meet Promoter: Joe Wheatley. Meet Director: Steve Denison, International. Announcer: Chuck LaMantia, National. Score Cards: Kellie LaMantia, State. Referees: Jim Merlino-National, Scott Layman, National, Kevin Meskew, National, Michael Brown, New State Referee, Dominic Licavoli, New State Referee, Jose Hernandez, New State Referee, Darren Matsumoto, New State Referee, Leonetta Richardson, New State Referee. Thanks to our Spotters and Loaders: Phoenix House volunteers. Thank you to Joe Wheatley Production sponsors: Ken Anderson Powerlifting-Title sponsor, Titan Support Systems-Title sponsor, Powerlifting USA magazine-Presenting sponsor, Headblade, | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |



John Buencamino was with the Marines from Camp Pendleton



Sabra Callahan came all the way from Las Vegas to compete at fabulous Muscle Beach Venice.

| R. Speno | 733 | 535 | 634 | 1901 | D. Harrison | 683 | 375 | 672 | 1731 | Alan Best | 308 lbs. | E. Welch | 502 | 441 | 656 | 1598 | 308+ lbs. | L. Karabel | 904 | 661 | 705 | 2271 | Submaster (35-39) | 181 lbs. | L. Sparango | 485 | 336 | 480 | 1301 | 220 lbs. | K. Aubel | 463 | 375 | 480 | 1317 | 242 lbs. | J. Fischbach | 502 | 364 | 535 | 1400 | 275 lbs. | R. Speno | 733 | 535 | 634 | 1901 | Master (40-49) | 198 lbs. | V. Calia | 551 | 419 | 656 | 1626 | J. Gradney | 551 | 380 | 524 | 1455 | D. Robideau | 457 | 369 | 502 | 1328 | 220 lbs. | R. Schwartz | 573 | 336 | 502 | 1411 | R. Harris | 468 | — | 468 | 242 lbs. | M. Tronske | 623 | 485 | 601 | 1709 | 275 lbs. | R. Herrick | 402 | 276 | 502 | 1179 | 308 lbs. | E. Welch | 502 | 441 | 656 | 1598 | B. Iannucci | 502 | 331 | 513 | 1345 |
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| 181 lbs. | L. Sparango <td>485</td> <td>336</td> <td>480</td> <td>1301</td> <td>220 lbs.</td> <td>K. Aubel</td> <td>463</td> <td>375</td> <td>480</td> <td>1317</td> <td>242 lbs.</td> <td>J. Fischbach</td> <td>502</td> <td>364</td> <td>535</td> <td>1400</td> <td>275 lbs.</td> <td>R. Speno</td> <td>733</td> <td>535</td> <td>634</td> <td>1901</td> <td>Master (40-49)</td> <td>198 lbs. <td>V. Calia</td> <td>551</td> <td>419</td> <td>656</td> <td>1626</td> <td>J. Gradney</td> <td>551</td> <td>380</td> <td>524</td> <td>1455</td> <td>D. Robideau</td> <td>457</td> <td>369</td> <td>502</td> <td>1328</td> <td>220 lbs.</td> <td>R. Schwartz</td> <td>573</td> <td>336</td> <td>502</td> <td>1411</td> <td>R. Harris</td> <td>468</td> <td>—</td> <td>468</td> <td>242 lbs.</td> <td>M. Tronske</td> <td>623</td> <td>485</td> <td>601</td> <td>1709</td> <td>275 lbs.</td> <td>R. Herrick</td> <td>402</td> <td>276</td> <td>502</td> <td>1179</td> <td>308 lbs.</td> <td>E. Welch</td> <td>502</td> <td>441</td> <td>656</td> <td>1598</td> <td>B. Iannucci</td> <td>502</td> <td>331</td> <td>513</td> <td>1345</td> </td> | 485 | 336 | 480 | 1301 | 220 lbs. | K. Aubel | 463 | 375 | 480 | 1317 | 242 lbs. | J. Fischbach | 502 | 364 | 535 | 1400 | 275 lbs. | R. Speno | 733 | 535 | 634 | 1901 | Master (40-49) | 198 lbs. <td>V. Calia</td> <td>551</td> <td>419</td> <td>656</td> <td>1626</td> <td>J. Gradney</td> <td>551</td> <td>380</td> <td>524</td> <td>1455</td> <td>D. Robideau</td> <td>457</td> <td>369</td> <td>502</td> <td>1328</td> <td>220 lbs.</td> <td>R. Schwartz</td> <td>573</td> <td>336</td> <td>502</td> <td>1411</td> <td>R. Harris</td> <td>468</td> <td>—</td> <td>468</td> <td>242 lbs.</td> <td>M. Tronske</td> <td>623</td> <td>485</td> <td>601</td> <td>1709</td> <td>275 lbs.</td> <td>R. Herrick</td> <td>402</td> <td>276</td> <td>502</td> <td>1179</td> <td>308 lbs.</td> <td>E. Welch</td> <td>502</td> <td>441</td> <td>656</td> <td>1598</td> <td>B. Iannucci</td> <td>502</td> <td>331</td> <td>513</td> <td>1345</td> | V. Calia | 551 | 419 | 656 | 1626 | J. Gradney | 551 | 380 | 524 | 1455 | D. Robideau | 457 | 369 | 502 | 1328 | 220 lbs. | R. Schwartz | 573 | 336 | 502 | 1411 | R. Harris | 468 | — | 468 | 242 lbs. | M. Tronske | 623 | 485 | 601 | 1709 | 275 lbs. | R. Herrick | 402 | 276 | 502 | 1179 | 308 lbs. | E. Welch | 502 | 441 | 656 | 1598 | B. Iannucci | 502 | 331 | 513 | 1345 | | | | | | | | | | | | | | | | | | | | | | | | |



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• USPF World Record Holder

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HOW ABOUT GIVING BACK?

Q: Anthony, how about sharing the love a little? Seriously you could do your part a little more. I read your articles all the time and the information present in them is really good. My problem is with your XP3 Kit. It is expensive, but I know it's your right to charge what you want. You always say you are looking out for the Powerlifting community so why don't you go that extra step? I am an elite lifter and National champion. I work my ass off in the gym, train like a machine, and put everything into my workouts. I'd like to do your XP3 System, but I can't afford it. I am sure there are many lifters out there who are world class but don't have the money to work with you. You seem like a good guy, but I just hope you are not only about money?

Name withheld

A: The reality is that anyone who offers a service whether they are a personal trainer, strength coach, nutritionist or even a shoemaker, needs to make a living. I wasn't born with a golden spoon in my mouth, so I have had to work for everything I have and that is the case with the majority of people. If you want to eat you got to work. I know that my XP3 Nutrition System may be a little expensive for some people. I can fully understand that you are an Elite level powerlifter and you pay your dues in the gym and on the platform. I respect anyone that goes to work all day and then hits the gym 3-4 days per week to bust your ass for another couple hours. I understand what it takes in terms of dedication to stick with this sport. It's not easy to do so with all of your other daily chores, work, kids, wife, and everything else. I want you to know that I respect all lifters who go to the gym and give it their all no matter if they are a World Champion or if they place dead last in all their competitions but have the love of the sport in their heart.

You did comment about how I care about the powerlifting community. I feel that all powerlifters, whether drug free or chemically assisted, raw or into triple ply denim bench shirts, are all one community. If you look at bodybuilding, football, or baseball we are much smaller. Because so many people know one another in this sport we are closer knit than other sports especially among the Elite lifters. When you go to a contest you see those familiar faces from the magazine and you feel part of a brotherhood. When you are at a contest and lifters who don't even know you help you out in the warm up room getting on your bench shirt, that is brotherhood. How about those lifters you are competing against, on the sidelines, cheering you on? What other sport has such camaraderie? This happens even at World Championships. Powerlifters are much different than people of other sports and this is one reason why I am proud to be involved. I do sincerely care about the Powerlifting community. This is the main reason why I started this column.

I don't know if you remember when I first started writing for PL USA close to 7 years ago, I heard a ton of

NUTRITION

Power Nutrition Q & A

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

negative talk about my column. But, article after article, the lifters started coming around to my ideas. After seeing positive results with numerous World and National Champions in this sport including Garry Frank, Phil Harrington, Joe Ceklovsky, and numerous others, the respect started showing. If I was good enough to help improve their performance through my nutritional methods, then I was good enough to help the guy totalling 1400 who originally doubted my abilities. I have had to prove myself to be accepted by lifters. I am happy I kept plugging along because of all the friends that I have made. Plus, being involved in so many exciting times with these World Class lifters has really made it fun. The reason why I do this column as well as offer my nutritional services is that I want to make a difference in the lives of lifters. I work with other professional athletes as well. Not to mention all of the regular 'Joe Executive' clients who I get that want to shape up for their 50th birthday. Let's not forget the rich housewives I deal with that decided against liposuction and sought out my expertise to drop 50 pounds of fat in the next 6 months. I work with football players, bodybuilders, strongmen, weightlifters, soccer players, track athletes, fitness models (which I really enjoy), and other athletes. I don't just have my hands involved with Powerlifters, but I am involved the most sincerely with members of this sport. That's because I used to compete and am a lifter at heart so I can relate to Powerlifters much more than I can with a competitive soccer player. That's also why I know the habits of Powerlifters better than your run of the mill nutritionist. I've been in the power trenches for the last 18 years so I know what the deal is.

The last thing that I wanted to address from your e-mail was that you hoped I wasn't all about money. That is the furthest thing from the truth, especially in dealing with Powerlifters. The cost of my program may be out of reach for some lifters, but I always give a discount to students because I know they are on a tight budget. Teams that use my services also get a deal. For commercial gyms that outsource my services I give them a major discount so that they can profit by offering my services. I even break up the payments for lifters who can't drop all the coin at once. To say I am all about the cash is really out of line. To get the same service that's offered in the XP3 System from another nutritionist who is even less qualified than me would be several hundred dollars more. I know the rates of others in my field and I can say without



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

a doubt that I am very competitive.

You mentioned that I am all about the money. You doubted my sincerity towards the Powerlifting community and made me look like a guy trying to leach off lifters. So, I am going to do something you wouldn't expect, but in reality these are my true colours. I am going to offer 10 of the Elite in our sport to come on board with me and I am going to take them under my wing ... free of charge. What I mean by Elite lifter is the following. You have won a National or World Championships in your federation of choice. Or you hold National or World Records in a federation. Lastly, any lifter who has totaled Elite in their weight class is included. All of these standards I mentioned above will be accepted for this contest. I am not just going to give these 10 chosen athletes from our sport one of my 12 week programs like I offer on my website. For the 10 that will be chosen I will take them as one of my sponsored athletes. This means they can use my services for as long as they like. So, if one of the athletes that come on board needs my services for his next show, consider it done. Oh wait, he has another show coming up 6 months later, not a problem, I am there to help again. Oh, he needs some assistance in the offseason too, not a problem. I will give them all that I offer in my XP3 system. That includes the Nutrition and Supplement analysis; the blood work review; the customized nutrition plan; the phone consults, and it's all free! On top of this I will also take on two lifters who are not Elite level and offer them the same services that I offer to these top lifters. So, I will accept 12 new lifters to my roster to take their performance and health to the next level. Imagine getting all this without paying me a dime!

Here is some of what lifters that are chosen for Team XP3 will receive. **Nutritional Analysis** ... This analysis will take an in depth look at what

nutrition mistakes you are making, your background, training program, health and medical conditions, nutrition history, physiology of your current nutrition situation, efficiency rating and nutritional prescription. This will include a comprehensive review of your bloodwork and how it will play a role in the construction of your plan. This is a major difference that differentiates a customized nutrition plan and a cookie cutter type of plan that is thrown at everyone no matter what your personal needs.

Natural Supplementation Analysis ... This will take a look into your current supplementation program, and supplement history so that your program can be designed to best suit your needs. This is important in the design of your supplementation plan to make sure that it works synergistically with your nutrition plan.

Customized Nutritional Program ... This will be based on your background info and will be geared towards helping you accomplish your performance and health goals. There will be several phases, and after the first phase is completed a re-analysis is done. From these observations and your results from the previous phase a new program is designed. This will optimize your results like never before. The progress of your first phase will be used to develop your next phase.

Contest Day Nutrition Plan ... This will consist of a customized nutrition and supplementation plan for the biggest day of the year - Contest Day. It will include what to eat before, during, and after the competition. It will include what supplements to take to maximize your performance. This is one of the most important parts of the program since contest day is the day of reckoning and everything has to be dead on.

Contest Cutting Weight Protocols ... Cutting weight for your contest day can be one of the most frustrating times of your life. If you left it to the last minute to try and get into your proper weight class it can cause a major decrement in your strength. Just going in the sauna, spitting in a cup, or using diuretics can prove not only to be a disaster for your performance, but it is also a health hazard. With the Nutrition XP3 System you will learn different ways to help you cut weight and get into your desired weight class without having to resort to dangerous tactics that will leave you dehydrated and cramped up on the platform. No longer will this be a mystery and with the Nutrition XP3 Program you will be well ahead of the game. This set of protocols alone could save you from disaster come contest day and we all know how important this really is.

Contest Rehydrating Protocols ... Now that you have made weight and have qualified for your particular class it is now the time to put the weight back on plus more. By optimizing your Rehydrating Program you will notice a huge

difference in your strength and power when it's time to step on the platform. Don't go up for your first squat feeling flat before you even unrack the weight. With the Nutrition XP3 Rehydrating Protocols you will be fuller, stronger, and more energetic when you step up to do battle. No longer will you have to wonder what you should eat and drink to regain valuable weight. This will make sure that you are primed to set that PR you came to conquer.

Post Workout Nutrition Plan ... Post workout nutrition is a major factor in optimizing your results. If you are overlooking this variable in your nutrition program then you are leaving pounds in the gym. It will play a major role in increased strength, recovery from training, preventing catabolism, inducing protein synthesis, creating an anabolic environment and much more. If you have just finished your workout and don't have a game plan to maximize your post training hormonal environment then you have just thrown the results of that workout right out the window. Post Workout Nutrition is a key variable in your success so you should make sure that you take advantage of this critical time period.

Post Workout "Secret" Formula ... This formula is the "secret" that has been written about in *Powerlifting USA* magazine over and over. It is what has fueled power beasts like Garry Frank, Phil Harrington, Steve Goggins, John Stafford, Matt Lamarque and other Nutrition XP3 Elite athletes. This special formula will be given to you so that you can optimize your post workout hormonal cascade and make sure that you get the most out of the blood, sweat, and tears you just shed in the gym. This secret formula will help you build more muscle, drop fat, increase protein synthesis and help you recover from your training by up to an extra day in advance. This extensive formula was only available for Anthony's Elite Champions, but now you can see the difference it will make in as little as 7 days.

Holistic Health Protocols ... Are you plagued by high cholesterol? Are your triglyceride levels out of control? Do you suffer from Type II Diabetes? Do you suffer from elevated liver enzymes because of your "pharmaceutical enhancement" program? If you have any of these problems or other ailments then you can benefit from the Holistic Health Protocols that will be designed according to the conditions you suffer from. You can help control and reverse many ailments with specific nutrition and supplement protocols. Many lifters suffer from a slew of different conditions due to their horrible nutrition and lifestyle choices. The Nutrition XP3 System can help manage some of the problems you suffer from. You are only as strong as your weakest link and if your health is a weak link then it will take you down when you least expect it. The Nutrition XP3 System is not only concerned about getting you in the best shape of your life but also to make sure that you are the healthiest as well.

Insulin Sensitivity Analysis ... This

will be a set of protocols to follow after the nutrition and supplementation analysis to customize the right macronutrient ratios for your nutrition plan so that you will get maximum results. This is another instrumental part of your plan as this will allow me to understand your personal physiology make up and how efficient your hormonal balance is.

Phone Consultations ... Here you will be able to consult with me one on one to go over your plan, ask questions and to provide the feedback necessary to get the results you deserve.

Email Support ... Got a quick question about something? Send over an email and get a personalized answer from me within 48 hours. This way you won't have to use up your phone consultation time for just a few quick questions that may have arisen along your journey to a bigger total.

Now, you being a cynic, I am sure you must think there is some type of catch. Yeah, there must be some type of conspiracy theory for the offer that I put forth to the powerlifting community. You probably bet the catch involves money of some sort right? You are right, my friend, there is a catch and it does involve money. As you all probably know one of the top coaches of our sport, Rick Hussey, was diagnosed with cancer last year. He underwent surgery and then chemotherapy as part of his much needed treatment. Rick was the first member to be inducted in the Nebraska Powerlifting Hall of Fame and coach of the World's Strongest Woman Becca Swanson. He is also the owner of Big Iron Gym and the coach of numerous World record holders and World champions. Rick has done a lot for this sport. He is the man behind the bang of the performances of Shawn Frankl, Jim Grandick, Richie Briggs, Brad Hein, Nick Hatch and

Brad Heck among many other world class lifters. Rick has spent the last 20 years of his life giving back to the sport. All of his lifters can attest to the fact that without Rick in their corner they would have never reached the level they have attained in the sport. Beyond a doubt, Rick has done a lot for this sport and we as a community should stand behind those who give everything to us and ask little in return. For those of you who would like to submit your application to me so that you have the opportunity to be part of Team XP3 all I ask for is that you make a generous donation on behalf of Rick Hussey to help pay for his continuing medical treatment. Rick doesn't have medical insurance and in his time of need we should all be there for him. All donations can be sent directly to Rick at Big Iron Gym courtesy of the Nutrition XP3 Contest. **What I need from you** ...

Ok, for those of you looking to become part of this contest, this is what I will need from you. I will need you to send me an e-mail so that you can receive the application form. I will have you fill out all the information required and then sent back to me before the deadline. When e-mailing me please put in the header "Nutrition XP3 Rick Hussey" so that I know what your intention is. I get tons of e-mail daily and this will make it easier for me to sort things out. Oh yeah, don't forget - for you to be eligible as I have requested before - all contestants must make a donation to our brother in iron Rick Hussey. You can make your donation directly to Rick through PayPal at helphealrick@gmail.com. For those of you looking to send a check or money order please send it directly to:

Big Iron Gym
C/O Rick Hussey
5514 North 103rd St
Omaha, NE 68134

So, once I get your application and confirmation of your donation, you will be entered in the contest. Once all applications are in then the winners will be chosen. This is a huge opportunity for you to get my services free of charge and all you have to do is help those who have done so much for our sport. You see, if you give a little, I will give a lot in terms of my time and work. This will benefit not only you in your training but also you will give back to a legendary coach in our sport.

CONCLUSION

So, as you can see, I am not interested in making anything out of this. I am looking to help you the lifter who may be interested in working with me one on one. On top of this all donations will be going for a good cause. This is the least we can do for someone that has dedicated his life to giving to our sport. I am happy to be part of this and really want the lifters to get involved. Rick, if you are reading this, all I can say is that I wish you the best and I apologize for not doing this earlier. Now, the deadline for this is going to be December 25th, 2008. What this means is that you better get off your butt and get your application and donation in. This is giving the Elite and every day Joe Schmo lifter an opportunity that doesn't come around often. So here you go "Mr. Anonymous Email". This is your chance to put your money where your mouth is and have the opportunity to work with me without having to dish out for it. For the rest of you, all I can say is get involved and help a good cause. Now is the time to get your nutrition dialled in by a lifter who cares about lifters!

If you have any questions feel free to contact me at:
Aricciuto@NutritionXP3.com
Or check out my website at:
www.NutritionXP3.com

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LIFTERS SIGNATURE: _____ PARENTS SIGNATURE IF UNDER 18 YRS. OLD _____

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

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

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MHP Puts Up \$10,000 in Cash Prize Money for Kings of the Bench III and Clash of the Titans II - MHP (www.MaxPerformance.com) has again teamed up with Hardcore Powerlifting, LLC and now Metro Flex Gym Productions to bring you MHP's Kings of the Bench III and Clash of the Titans II at the Ronnie Coleman Classic. This tradeshow will take place on April 18th, 2009 at The Mesquite Convention Center just outside of Dallas, Texas. The Clash of the Titans II will offer full powerlifting while The Kings of the Bench III will again test some of the strongest benchers in the world. There will be four weight divisions and the event will be a super open (no age or gender specific classes.) The winner of each division in each competition will be awarded \$1,000 cash plus the overall biggest bench and total of the show will win a bonus \$1,000 (not to be determined by formula.) This contest will be in the classic format and though wrist/knee wraps, belts and chalk will be allowed on the platform, benchpress shirts and powerlifting suits will not. The entire professional production will be available for viewing on the internet in streaming video within a couple of weeks of the live contest. Powerlifters and powerlifting fans all over the world will get the chance to view these talented weightlifters do battle. Anyone who attends the expo itself will get the opportunity to witness these strength superstars live and in person on the MHP powerlifting stage in the main tradeshow hall. This will be the fourth professional promotion put on by Hardcore Powerlifting.com and already the event looks to be a stellar show-down of some of the world's top iron athletes. Past professional competitors have included: Brian Siders, Nick Winters, Jeremy Hoorstra, Matt Kroczaleski, Joe Mazza, Joe Luther, Ray Hickman, Al Davis, James Searcy, Geoff Butia, Trey Scott, Adam Zehr, Dave Marchant, Gunny Green, Brad Tripp, Brandon Cass, Germany's Holger Kuttroff, Levi Van Dyke, Chip Edalgo, Chase Martin, Russell Kitani, Ben Graves, Dustin Gibbins, Lynne Boshoven, Jeremy Brinkley, Anthony Cooper, Jon Grove and Rock Lewis. To compete in either The Clash of the Titans II and/or The Kings of the Bench III, please contact Sean Katterle at www.HardcorePowerlifting.com, 1 5 0 3 . 2 2 1 . 2 2 3 8 , SeanZilla@HardcorePowerlifting.com, 1957 West Burnside # 1655, Portland, OR 97209.

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Last month we went topless on Venice Beach, visited troglodyte Mike Barcelona from Valhalla Gym, and learned an important new way to get strong while in an office setting. This month, we planned to visit either of two overseas gyms - but I didn't get good photos yet. So I have decided instead to tell you the true story about a nice fat girl that I met. Nope, I'm not kidding.

I met her when she was lying very still on the couch in the living room of her parent's modest home. She was a very pretty Hispanic girl, although her skin was a bit grayer than I prefer. Her mother was sobbing hysterically, and her dad was trying to do CPR - but he didn't know how to do CPR. She was 27 years old, and she was very pretty, and she had been dead about an hour.

We did all we could, but she never regained a pulse. We'll call her 'Angel' today, because that is as close to her real name as I better get. Later I learned her story:

Angel married at 19, and her 21 year old husband wanted a big Mexican family. They tried and tried to have children, but she miscarried every time. She was pretty heavy at the time, so they decided that was the reason. She couldn't successfully deliver a baby - because she was too fat. Angel tried and tried to diet, but like most people,

Hardcore Trainwreck #78 Angel (she just needed a good gym) as told to Powerlifting USA by Rick Brewer

she failed to keep the weight off. She reviewed her medical options, and got a lap-band put on her stomach.

It worked like a charm! Angel lost a lot of weight, and soon became pregnant again. This time, sure enough, she successfully delivered a beautiful baby girl! But she began having abdominal pains, and she went back to the hospital twice. They gave her some pain pills, with a little pep-talk about delivery pains, and sent her home. Twice.

Angel finally went to a different hospital, and when they X-rayed her they determined that the lap-band had shifted. It had cut off blood flow to most of her stomach, and a large portion of her stomach and colon were necrotic. She was in septic shock. They operated to remove much of her stomach & colon, and disconnected her esophagus - so that she had to be fed through a feeding tube in her chest. There were further complications, and she remained in the hospital for over 2 years.

While she was in the hospital -

Angel's husband left her, and moved in with her best friend. He ignored Angel's daughter, and started a big Mexican family with her former friend. Angel lost her health, but her mom raised the cute little granddaughter. Unfortunately, when she finally went home from the hospital - Angel's daughter was scared of her. She called the grandmother 'mom.'

Angel grew depressed, and tried to commit suicide. While back in the hospital, her former best friend was also in the hospital for a heroin overdose. Her ex-husband was able to visit both of them at the same time.

Several more years went by, and there were 3 more surgeries to restore Angel's GI system. Eventually, Angel grew healthier. Her daughter learned that the sick girl was her real mother. Angel finally even got her esophagus reattached, so that she could chew and eat. But there were further complications, and she died at 27. Her driver's license showed the face of a pretty (but chubby) Mexican girl, and the

couch held a pretty (but dead) thin girl.

We all want to change the way we look. Weightlifting is great at sculpting a leaner or better body. How could you help a big girl in need of a friend? I always wanna be leaner and stronger, or at least stronger, and I'll never quit trying. I'm not opposed to liposuction or lap-bands, and would consider either as viable options with talented medical personnel.

I remember when Mike Mentzer grew huge and fat, right before he died. He looked terrible, and I began to question all of his heavy-duty training theories. I liked the ideas, but if they produced an unhealthy fat person - could they really be good? At the very least, it was clear that a greater work volume was needed to keep 'in shape.'

Are diets and other methods of weight-loss stupid? Most definitely not. Is it true that heavier people have more health problems? YES. Is it true that big people may hang over the edge of your chair in a movie theater or on an airplane? Yep, sometimes. I will let you decide what the point of this story is; I just wanted you to meet Angel. It's hard to get a nice fat girl out of your mind...

Next month, it's back to the gym. I promise.
Rick@houseofpain.com

STRENGTH TRAINING BOOK

Z LAST BOOK You'll Ever Need On STRENGTH TRAINING
By Todd E. Bostrom

"Z LAST BOOK YOU'LL EVER NEED ON STRENGTH TRAINING"
by Todd E. Bostrom

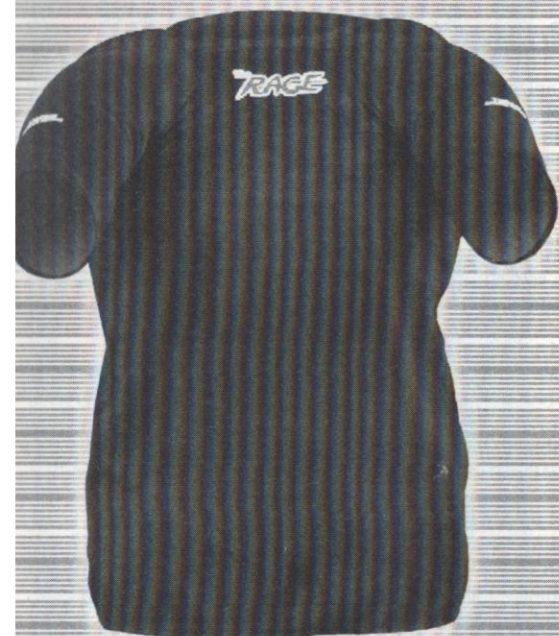
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7 Time World's Strongest Man Competitor
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THE RAGE

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.

SEE MORE SELECTION AT INZERNET.COM

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 of 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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The World Leader in Powerlifting Apparel

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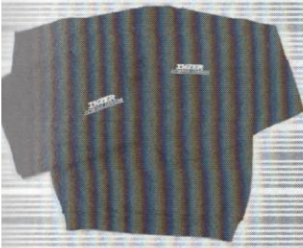
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The World Leader in Powerlifting Apparel



Inzer Advance Designs Logo T-Shirts
This quality T-shirt with two color logo is an excellent value. Choose from a variety of colors: purple, navy blue, royal blue, california blue, yellow haze, yellow, misty green, jade, kelly green, forest green, khaki, canvas heather, oxford, natural, white, stars and stripes, pink, orange, maroon, red, and black.

\$8.00
(2X-3X add \$2.00 4X-5X add \$4.00)



Warm Up Pullover Crewneck
Keep warm in Supersweats Crewneck with embroidered two-color Inzer logo.

\$14.95



Warm Up Pants
This comfortable warm up pant with front pockets features leg-length, two-color Inzer logo on each pant leg.

\$23.95



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

\$12.95



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

\$10.00



Hoodie
Supersweats Pullover Hoodie with embroidered two color Inzer logo chases away the chills.

\$19.50



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

\$25.00



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

\$19.95



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

\$4.95



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

\$5.95



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

\$10.00



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

\$55.00



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

\$55.00



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

\$4.95



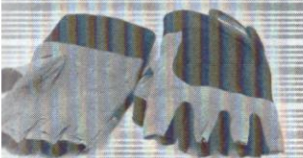
Power-Surge Red Line Wrist Wraps
Power-Surge, Double Red Line Competition Wrist Wraps. Convenient wrist-cuff design. Velcro wrap-end. Full length. Extra thick. Strong support. Comfortable.

\$12.50



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

\$16.50



Form-Foam™ Lifting Gloves
Custom gripping power and supreme stability control. Power-Surge.

\$12.95



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

\$17.00



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

\$22.00



Forever Lever Belt 13MM
The 13mm thick Lever Belt is so quick and easy to use. Tighten your belt with a push of the patented Lever for the most support possible.

\$70.00



Forever Buckle Belt 13MM
The firmest, best belt in the world with unmatched buckle strength. Available in one or two prong zinc plated steel, seamless roller buckle.

\$70.00



PR Belt
A big step forward in Powerlifting Belts! For the first time ever a powerlifting belt provides you with the power to fit yourself differently each set, precisely how you need it.

\$140.00



Forever Lever Belt 10MM
All the manufacturing quality and Lever Belt action in a pliable 10mm thickness.

\$60.00



Forever Buckle Belt 10MM
Forever Belt quality in the 10mm choice. Available in one or two prong precision buckle.

\$60.00



Power Belt Quality Economy
Normally sold at much higher prices by others, this quality power belt will provide years of great use at an unbeatable price.

\$39.95



Max DL
The incredible propulsion of MAX DL will give you the explosive starts and super strong lockouts you need for extreme performance deadlifting.

\$145.00



Lifting Singlet
Classic design lifting singlet sports several finishing touches that make this singlet a pleasure to wear as minimum required attire over your bench shirt or for workouts.

\$33.00



Z-Suit
The legendary Z Suit provides fantastic support and excellent value. Now updated for even more power.

\$42.00



Champion Suit
Champion Suit has proven itself in countless competitions and world records over time. Enjoy the incredible support of Champion suit at an unbeatable price and value.

\$42.00



The Pillar
The Pillar will increase the poundage you can lift through several key designs built in. Feel the super support and power on your feet and in your lifting with this outstanding power shoe.

\$115.00



Standard Blast Shirt
Based on the original, legendary design. Made of unique material found in no other shirt. Many experienced athletes still prefer this bench shirt. Unbeatable value and price.

\$38.00



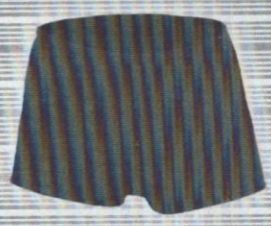
High Performance HD Blast
Steps above in Radical™ technology, the HPHD will enter you into the world of the more extreme designs. Made from quality, HD™ polyester material.

\$77.00



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

\$55.00



Heavy Duty Groove Briefs
Made from the Heavy Duty material to give you heavy support in your quest for bigger lifts.

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| | | | | |
|----------------|----------------|-------|-------|-------|
| BENCH | L. Sposato | 408! | | |
| FEMALE | F. Kucharski | 248 | | |
| 148 lbs. | Master IV | | | |
| Master I | M. Hammond | 435!* | | |
| J. Taber | Teen II | | | |
| Submaster | A. McCloskey | 485 | | |
| P. Cartee | Open | | | |
| 198 lbs. | M. Minuth | 761!* | | |
| Open | J. Johnston | 551 | | |
| M. Berry | 242 lbs. | | | |
| SHW | Master III | | | |
| Master III | M. Tawzer | 127 | | |
| S. Thoms | J. Smolinski | — | | |
| MALE | Master IV | | | |
| 132 lbs. | K. Tawzer | 364 | | |
| Master VII | Master V | | | |
| I. Plagov | E. Fitzpatrick | 485!* | | |
| 165 lbs. | Master VII | | | |
| Open | B. Bianco | 160 | | |
| Grishko-RUS | Open | | | |
| Submaster | Kerecse-HUN | 397 | | |
| Lapynin-RUS | B. Hoffman | — | | |
| 181 lbs. | Police/Fire | | | |
| Master I | K. Tawzer | 364 | | |
| M. Bingham | Submaster | | | |
| Master IV | B. Hoffman | — | | |
| Milton-CAN | 275 lbs. | | | |
| Master X | Master III | | | |
| A. Virta | D. Murphy | 562 | | |
| Open | Master IV | | | |
| Nechaev-RUS | C. Barnett | 408! | | |
| Police/Fire | Open | | | |
| M. Bingham | D. Lewis | 650 | | |
| 198 lbs. | Nemeth-HUN | 612 | | |
| Junior | E. Hubbs | 606 | | |
| K. Platt | D. Murphy | 562! | | |
| S. Borrego | Submaster | | | |
| Master I | D. Szymanski | 628! | | |
| E. Taber | 308 lbs. | | | |
| Master V | Master III | | | |
| J. Hussey | C. Cozine | 452! | | |
| R. Cuny | Teen II | | | |
| Master VI Raw | A. Burton | 441!* | | |
| Anczerewicz | Teen III | | | |
| 254* | R. Singh | 518 | | |
| Open | SHW | | | |
| T. Hensley | 639!* | | | |
| Fayzullin-RUS | 463 | | | |
| 220 lbs. | Open | | | |
| Master VII | R. Vick | 854!* | | |
| B. Bassman | Polyakov-RUS | 584 | | |
| Master VI | Submaster | | | |
| Powerlifting | C. Harwood | — | | |
| SQ | BP | DL | | |
| TOT | | | | |
| FEMALE | | | | |
| 105 lbs. | | | | |
| Teen I | | | | |
| J. Singel | 138! | 110!* | 226! | 474! |
| 123 lbs. | | | | |
| Master IV | | | | |
| S. McCallion | 259!* | 99 | 237!* | 595!* |
| Open | | | | |
| M. Kirkland | 485!* | 254!* | 408!* | 1146! |
| 148 lbs. | | | | |
| Open | | | | |
| R. Fishman | 342 | 209 | 303 | 854 |
| VanRooy-CAN | 292! | 154! | 298 | 744! |
| Teen III | | | | |
| R. Mayer | 402!* | 209 | 336!* | 948!* |
| 165 lbs. | | | | |
| Teen III | | | | |
| S. Gilbert | 413 | 270 | 380 | 1064 |
| 181 lbs. | | | | |
| Open | | | | |
| S. Mendelson | 502!* | 287!* | 369 | 1157! |
| S. Delman | 424 | 226 | 369 | 1020 |
| 198 lbs. | | | | |
| Open | | | | |
| J. Gimmell | 325 | 171 | 320 | 816 |
| SHW | | | | |
| Master III Raw | | | | |
| M. Tawzer | 176* | 116* | 292!* | 584* |
| MALE | | | | |
| 123 lbs. | | | | |
| Teen I | | | | |
| A. Forezzi | 248 | 143 | 265 | 656 |
| R. Hubbs | 220 | 121 | 265 | 606 |
| 132 lbs. | | | | |
| Master VII | | | | |
| S. Smith | 138 | 171 | 270 | 579 |
| 148 lbs. | | | | |
| Master I | | | | |
| C. Morse | — | — | — | — |
| Master III | | | | |
| V. Scelfo | 562 | 331!* | 413 | 1306 |
| G. Sagor | 452 | 182 | 375 | 1009 |
| Master V | | | | |
| M. Wider | 358 | 220 | 424 | 1003 |
| Master VII | | | | |
| K. Anderson | 276 | 226 | 292 | 794 |
| 165 lbs. | | | | |



Korean Power ... WPC President Mike Sweeney, flanked by WPC Korea President Young Soo Lee (left) and Korean lifter Jae Deok Kim, at the AWPC World Championships. (photo courtesy Mike Sweeney)

| | | | | | | | | | | | |
|--------------|---------------|-------|-------|-------|-------|------------|--------------|-------|-------|-------|-------|
| Junior | S. Mattison | 573 | 375 | 424 | 1372 | Submaster | R. Clark | 645 | 463 | 601 | 1709 |
| Open | R. Michie | 457 | 248 | 463 | 1168 | Master I | VanAlstyne | 705 | 529!* | 551 | 1786 |
| Junior | J. DiGirolamo | 639 | 391 | 557 | 1587 | Master III | V. Donofrio | — | — | — | — |
| Open | E. Stone | 678 | 380 | 507 | 1565 | Master IV | M. Milton | — | — | — | — |
| Submaster | Lapynin-RUS | 463 | 419 | 507! | 1389! | Master VI | P. Wilder | 364!* | 551* | 408!* | 827!* |
| Master VII | R. Flores | 452 | 215 | 441 | 1108 | Master VII | J. Ellis | 430!* | 215 | 446!* | 1091! |
| 181 lbs. | Junior | | | | | 220 lbs. | Junior | | | | |
| C. Yuhas | 529 | 270 | 496 | 1295 | | | Z. Zenzen | 634 | 435 | 568 | 1637 |
| Open | D. Cagnolatti | 678 | 529 | 573 | 1780 | | Open | | | | |
| V. Lysobey | 678 | 463 | 562 | 1703 | | | M. Szudarek | 849!* | 424 | 601 | 1874 |
| B. Hibbing | 573 | 276 | 474 | 1323 | | | S. Wagner | 750 | 452 | 551 | 1753 |
| VanRooyen | 314 | 276 | 364 | 953 | | | Police/Fire | | | | |
| Submaster | V. Lysobey | 678 | 463 | 562 | 1703 | | D. Zenzen | 661 | 380 | 518 | 1560 |
| E. Domanski | 623 | 342 | 568 | 1532 | | | Master I | | | | |
| B. Hibbing | 551 | — | — | 551 | | | J. Rebera | 766!* | 540!* | 573 | 1879! |
| Master I | M. Trulock | 562 | 320 | 562 | 1444 | | H. South | 617 | 314 | 579 | 1510 |
| D. Naughton | 441 | 502!* | 474 | 1416 | | | Master II | | | | |
| Master II | B. McCord | 568 | 413 | 540 | 1521 | | B. Garnett | 551 | 402 | 424 | 1378 |
| Y. Soo Lee | 595 | 364 | 507 | 1466 | | | Master IV | | | | |
| Master III | D. Zenzen | 661 | 380!* | 518!* | 1560 | | Teen II | | | | |
| R. Ruettiger | — | — | — | — | | | A. McCloskey | 705 | 463!* | 656!* | 1824 |
| Teen II | J. DiMaggio | 413 | 220 | 413 | 1047 | | Teen III | | | | |
| J. DiMaggio | 364 | 182 | 314 | 860 | | | R. Deschenes | 705 | 402 | 606 | 1714 |
| M. Larsen | 198 lbs. | | | | | | T. Luna | 656 | 402 | 507 | 1565 |
| Junior | W. Benson | 468 | 347 | 474 | 1290 | | 242 lbs. | | | | |
| Open | R. Paras | 761 | — | — | 761 | | Junior | | | | |
| Police/Fire | P. Wilder | 364 | 55 | 408 | 827 | | T. Jacobs | 728 | 518 | 606 | 1852 |
| Open | | | | | | | Open | | | | |
| J. Atef | 860 | 579 | 606 | 2045 | | | J. Dibble | 739! | 546 | 579 | 1863! |



Bradenton Power: (l-r) Vince Lysobey, Mike Allocco, and Bruce Garnett; all did well at the AWPC Worlds. Vince won Best Lifter in the Submasters, Mike Allocco won best lifter in the Men's Open, and Bruce won 2nd in the 220 class. They all train together in Bradenton, Florida, along with the AWPC Best Women Lifter Margaret Kirkland.

| | | | | | |
|--------------|------------|-------|-------|------|-------|
| Master II | J. Dibble | 739 | 546 | 579 | 1863 |
| Master IV | M. Shealy | 518! | 353! | 342 | 1213 |
| 275 lbs. | | | | | |
| Junior | G. Page | 750! | 452 | 617 | 1819! |
| J. Yakiwchuk | — | — | — | — | — |
| Open | M. Allocco | 904 | 689!* | 711 | 2304 |
| J. Deok Kim | 750 | 452 | 557 | 1758 | |
| Master II | K. Suutari | 661 | 502 | 661 | 1824 |
| 308 lbs. | | | | | |
| Junior | B. Vaziri | — | — | — | — |
| Open | C. Ewald | 755 | 623 | 650 | 2028 |
| Teen III | N. Fonck | 755!* | 502 | 573 | 1830! |
| SHW | Open | | | | |
| R. Polyakov | 805 | 573 | 606 | 1984 | |
| S. Edmiston | 733 | — | — | 733 | |
| Master II | S. Brodsky | 601 | 309 | 551 | 1461 |
| S. Edmiston | 733 | — | — | 733 | |

! = World Records. * = American Records.
Best Lifter Bench Female Open: Michonne Berry. Best Lifter Bench Male Master: Sidney Thoms. Best Lifter Bench Male Teen: Anthony McCloskey. Best Lifter Male Bench Open: Matt Minuth. Best Lifter Female Powerlifter Master: Mary Tawzer. Best Lifter Female Powerlifter Teen: Shany Gilbert. Best Lifter Female Powerlifter Open: Margaret Kirkland. Best Lifter Male Powerlifter Master: Rich Flores. Best Lifter Male Powerlifter Submaster: Vincent Lysobey. Best Lifter Male Powerlifter Junior: Tom Jacobs. Best Lifter Male Powerlifter Open: Mike Allocco. The 2008 Amateur World Powerlifting Congress (AWPC) was successfully held in early August in the very high-end suburb of Chicago, Illinois called Oak Brook. The host hotel and venue was the Double Tree Hotel, and everything was within walking distance and easy ride from any airport. The AWPC is the "tested" division of the WPC/AWPC organization. The tests are set to Quest Diagnostics Labs, the World's leading provider of diagnostics testing, information, and services. I believe this lab is also used by the USAPL. In the AWPC a positive result results in a permanent lifetime ban. The lifter-roster listing was in three digits range and the countries represented were, Korea, Russia, Hungary, Canada, and USA. Several other countries have indicated teams were going to be sent, but visas and travel money is always a problem in today's economy and global political situations. The age span was from teenage 13 to masters 74. The classes of youth/teenager, junior, open and masters were all represented with men and women that qualified in National Championships in their home country. In the WPC/AWPC it is all about the lifter and championship experience! This World Champion was graded by the lifters. Job Well Done! There were certified international referees, high quality equipment both on the platform and warm up room, plus high tech score board display that provide complete information for the lifter and fans. The music was kept a proper intensity and added an excellent background. The spotter's stayed close and "saved" some dangerous attempts that could have caused injury. Mr. Kidder monitored the entire event; office manager Amy Jackson monitored the command scorer's table and information/data. Again in this organization it is about the lifter and lifting experience. This sport always brings out the very best in individuals and athletics. The agony and the ecstasy of a WPC/AWPC powerlifting competition, and the tremendous efforts, both physical and emotional strength that is witnessed is inspiring. The admiration and respect from one lifter to another on and off the platform is one of the core elements of our extreme, radical sport. It is not often to see one sportsman cheer another sportsman on in an effort that may cost someone a medal! So, bottom line, in a championship of this high caliber more than 10% bombed out! I can't single any one lifter or lift; I have

to single out all of the lifters and lifts! Here is the list of World Records set and complete results. Thank you all! Good Luck and Good Lifting from the WPC/AWPC next season! (Mike Sweeney WPC/AWPC)

Maple Street YMCA Open
14 JUN 08 - Omaha, NE

| | | | | | |
|--|-------------|-----|-----|-----|------|
| BENCH | S. Wead | 315 | | | |
| FEMALE | Master I | | | | |
| 181 lbs. | H. Bloom | 195 | | | |
| H. Bloom | 195 | | | | |
| MEN | S. Hill | 315 | | | |
| Open | R. Cardona | 305 | | | |
| 132 lbs. | Master II | | | | |
| V. Tran | 380 | | | | |
| 198 lbs. | V. Brown | 280 | | | |
| M. Cole | 410 | | | | |
| 275 lbs. | DEADLIFT | | | | |
| G. Moore | 530 | | | | |
| SHW | T. Wilde | 300 | | | |
| T. Jensen | 425 | | | | |
| Novice | 181 lbs. | | | | |
| 198 lbs. | L. Chiganos | 430 | | | |
| T. John | 305 | | | | |
| 181 lbs. | J. Diablo | 525 | | | |
| Powerlifting | SQ | BP | DL | TOT | |
| Teen | | | | | |
| 114 lbs. | R. Wagner | 115 | 95 | 170 | 380 |
| 132 lbs. | B. Nauman | 260 | 175 | 275 | 710 |
| 181 lbs. | N. Myers | 205 | 175 | 260 | 640 |
| J. Bittman | 350 | 205 | 375 | 930 | |
| Open | C. Brown | 430 | 275 | 450 | 1155 |
| 242 lbs. | Master II | | | | |
| 165 lbs. | C. Brown | 270 | 160 | 350 | 780 |
| 220 lbs. | C. Toney | 330 | 275 | 475 | 1080 |
| Outstanding Full Meet Lifter: Chuck Brown. | | | | | |
| Outstanding Bench Lifter: Viet Tran & Haley Bloom. | | | | | |
| Outstanding Deadlifter: Johnny Diablo. | | | | | |



Nate Myers, age 15, pulls 275 at the Maple Street YMCA Open.

UPA Battle of the Beasts
17 MAY 08 - Raleigh, NC

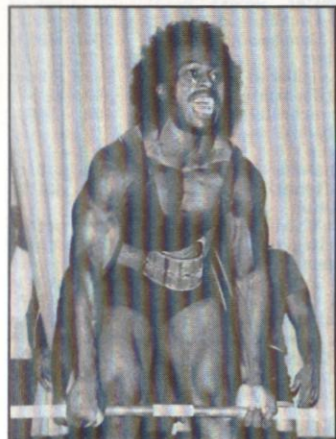
| | | | | | |
|--|-------------|-----|-----|-----|------|
| BENCH | G. Crook | 605 | | | |
| FEMALE | J. Walten | — | | | |
| 165 lbs. | A. Yezer | 455 | | | |
| A. Yezer | 455 | | | | |
| B. Fattery | 225 | | | | |
| 198 lbs. | B. Kelley | 750 | | | |
| B. Williams | — | | | | |
| 220 lbs. | J. Smith | — | | | |
| PL Open | Q. Butler | 405 | | | |
| SQ | BP | DL | TOT | | |
| 181 lbs. | R. Bagley | 625 | 365 | 530 | 1520 |
| 220 lbs. | W. Flattery | 570 | 400 | 450 | 1420 |
| Open | P. Lawson | 600 | 225 | 550 | 1375 |
| 242 lbs. | J. Gylfason | 725 | — | — | 725 |
| 165 lbs. | 242 lbs. | | | | |
| C. Brown | 270 | 160 | 350 | 780 | |
| 220 lbs. | C. Smith | 600 | 375 | 475 | 1450 |
| Outstanding Full Meet Lifter: Chuck Brown. | | | | | |
| Outstanding Bench Lifter: Viet Tran & Haley Bloom. | | | | | |
| Outstanding Deadlifter: Johnny Diablo. | | | | | |

USAPL Badger Open
21 JUN 08 - Nemah, WI

| | | | | | |
|--------------|--------------|-----|-----|-----|-----|
| BENCH | 198 lbs. | | | | |
| FEMALE | B. Hanselman | 562 | | | |
| 105 lbs. | S. Gudowicz | 419 | | | |
| S. Binash | 132 | | | | |
| 115 lbs. | B. Cardoza | — | | | |
| M. Williams | 182 | | | | |
| 148 lbs. | J. Ray | 590 | | | |
| J. Hrabak | 154 | | | | |
| MALE | K. Wannebo | 518 | | | |
| 165 lbs. | T. Bergel | 507 | | | |
| B. Mikulecky | 276 | | | | |
| Powerlifting | SQ | BP | DL | TOT | |
| 105 lbs. | | | | | |
| Teen | S. Binash | 287 | 132 | 254 | 672 |
| Open | M. Williams | 353 | 182 | 303 | 838 |
| 115 lbs. | C. Lauer | 287 | 121 | 270 | 678 |
| Teen Open | B. Backers | 265 | 160 | 265 | 689 |
| 132 lbs. | Teen | | | | |
| Open | K. Miller | 243 | 94 | 259 | 595 |
| 181 lbs. | Master | | | | |
| J. Mac | 314 | 154 | 292 | 761 | |
| 148 lbs. | Open | | | | |



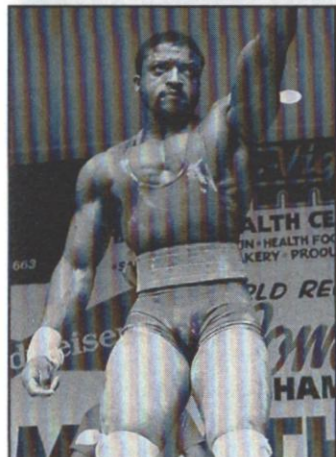
Brian Schwab an incredible 1930



Tony Conyers - a legend at lwtw.



Dom Sardo - Ivy League Coach



Ausby Alexander - 1st over 1700

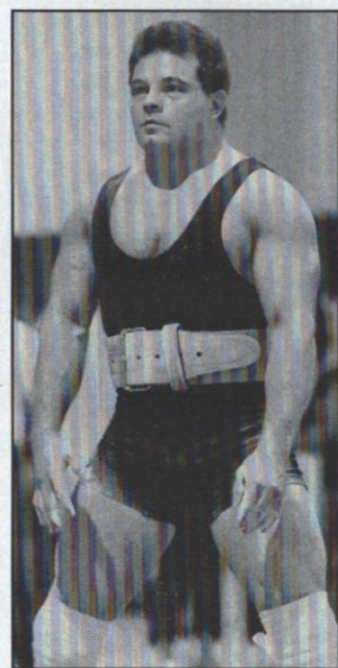
ALL TIME HISTORICAL TOP 50 AMERICAN MEN'S 148 Pound (67.5 Kilogram) Weight Division -- TOTAL

Table with columns: Rank, Total, X-Bwt, American Athlete, YOB, Date, Actual Weight, Exact Bodyweight, Location, Federation. Lists top 50 male lifters.

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



Larry Luckett at the '88 Y Natls.



Bob Wahl was a frequent competitor at Garry Benford's YMCA Nationals and he represented the USA at the IPF Worlds also.



Jay Rosciglione was way ripped at the 1982 Seniors in Dayton, OH and he went on to medal the IPF Worlds in Munich, Germany.

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

Table with columns: Rank, Total, X-Bwt, Female, American Athlete, YOB, Date, Actual Weight, Exact Bodyweight, Location, Federation. Lists top 50 female lifters.

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



Felicia Johnson-Almy was one of the top ranked lifters in the USPF and APF for many years.



Sheila Ward was a prodigy who won a USPF Nationals in 1987.



Amy Weisberger made a major mark in this and several other weight classes, however, on our Women's TOP 20, her lifts at 148 mistakenly ended up being credited at 132. Her actual lifts in the 132s for 2007 were 540 SQ, 340 BP, 468 DL, and a 1333lb. total.



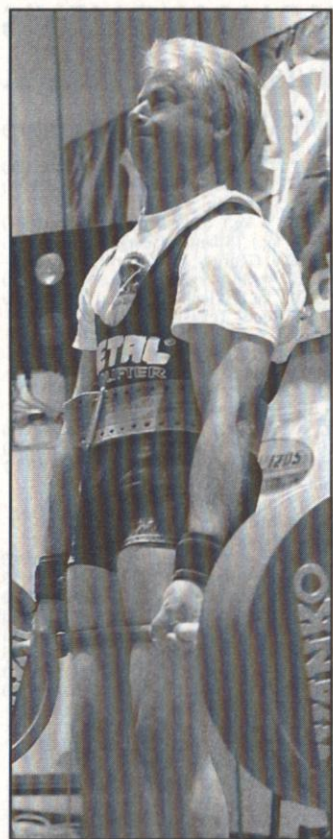
Margaret Kirkland DDS was the coverperson on the October 2007 issue of POWERLIFTING USA and was profiled in our March 2008 edition as well. She led the TOP 100 for the nation (men and women!) on our rankings for the 114 lb. wt. class



Vicki Steenrod PLUSA coverlady

WABDL National Push Pull
7 JUN 08 - Phoenix, AZ

| | | | |
|----------------|--------------|-------------------|-------|
| BENCH | | | |
| WOMEN | | | |
| Law/Fire Open | D. Martin | 303 | |
| 198 lbs. | 4th-314* | | |
| R. Peterson | 110* | D. Judd | 132 |
| Master (40-46) | | Master (80-84) | |
| 148 lbs. | 165 lbs. | | |
| J. Watts | 238 | J. Ford | 143 |
| Master (47-53) | | 4th-148* | |
| 114 lbs. | | Open | |
| J. Pontious | 88* | 220 lbs. | |
| J. Morris | 82 | M. Desrosiers— | |
| 132 lbs. | | L. DeAlva | 573* |
| D. Sutton | 110 | C. Gillam | 551* |
| 148 lbs. | | 259 lbs. | |
| M. Goodman | 110 | S. Hoekstra | 650 |
| 165 lbs. | | M. Stanford | 551 |
| P. Michaels | 192 | 275 lbs. | |
| 199+ lbs. | | J. Pritchett | |
| M. Huston | 220 | P. Holloway | 600 |
| Master (61-67) | | 308 lbs. | |
| 114 lbs. | | J. Mickelson | |
| J. Templer | 88* | 309+ lbs. | |
| 165 lbs. | | S. Jordan | 727* |
| G. Clawson | 154* | Submaster (33-39) | |
| Open | | 198 lbs. | |
| 114 lbs. | | D. Harris | 336 |
| J. Pontious | 88 | 220 lbs. | |
| 148 lbs. | | M. Desrosiers | 319 |
| J. Watts | 238* | 309+ lbs. | |
| 165 lbs. | | S. Jordan | 727* |
| G. Clawson | 154 | Teen (12-13) | |
| 198 lbs. | | 97 lbs. | |
| R. Peterson | 110 | M. Weitz | 71 |
| Teen (12-13) | | C. Childs | 60 |
| 97 lbs. | | D. Judd | 55 |
| B. Judd | 88 | 105 lbs. | |
| P. Haymore | 66 | K. Haymore | 88* |
| 105 lbs. | | M. Judd | 104* |
| C. Judd | 82* | 181 lbs. | |
| Teen 916-17) | | C. McFarland | 110* |
| 114 lbs. | | Teen (14-15) | |
| K. Gneck | 104* | 114 lbs. | |
| 181 lbs. | | T. Judd | 99* |
| B. Judd | 99* | 181 lbs. | |
| 199+ lbs. | | M. Knowlton | 236* |
| K. Sons | 292* | 308 lbs. | |
| MEN | | | |
| Class I | C. Kelley | 275 | |
| 165 lbs. | Teen 916-17) | | |
| M. Laurel | — | 148 lbs. | |
| A. Amrichien | 314 | J. Pareja | 242 |
| 198 lbs. | | 4th-248* | |
| F. Johnson | 380 | 181 lbs. | |
| J. Heyman | 319 | K. Harris | 220* |
| P. Shakarian | 286 | 242 lbs. | |
| 220 lbs. | | A. Pina | 551 |
| P. Scheiffele | 451* | M. Brown | 220* |
| Junior (20-25) | | 259 lbs. | |
| 198 lbs. | | B. Crissman | 341* |
| D. Calvo | 402 | Teen (18-19) | |
| 259 lbs. | | 132 lbs. | |
| D. Reeves | 562* | E. Sanchez | 192* |
| Master (40-46) | | 148 lbs. | |
| 220 lbs. | | D. Allen | 248 |
| J. Noblitt | — | 181 lbs. | |
| 242 lbs. | | D. Wilson | 236 |
| D. Hamblin | 402 | 220 lbs. | |
| 4th-435* | | M. Ommen | 479* |
| 275 lbs. | | 308 lbs. | |
| P. Holloway | 600 | T. Hall | — |
| Master (47-53) | | 198 lbs. | |
| 165 lbs. | | D. Harris | 407 |
| M. Laurel | — | 4th-451* | |
| 181 lbs. | | 220 lbs. | |
| D. Brekke | 315* | M. Desrosiers | 462 |
| 198 lbs. | | Teen (12-13) | |
| F. Johnson | 380 | 97 lbs. | |
| 220 lbs. | | C. Childs | 165 |
| R. Harris | 451 | P. Shakarian | 501 |
| 4th-468* | | Master (40-46) | |
| 259 lbs. | | 242 lbs. | |
| M. Stanford | 551* | D. Hamblin | 512 |
| 308 lbs. | | 275 lbs. | |
| J. Mickelson | 501 | P. Holloway | 733 |
| Master (54-60) | | Master (47-53) | |
| 148 lbs. | | 165 lbs. | |
| P. Gillott | 293 | R. Cirigliano | 6191* |
| 4th-3001* | | 181 lbs. | |
| 2598 lbs. | | D. Brekke | 485 |
| E. Holmes | 270* | 220 lbs. | |
| 308 lbs. | | R. Harris | 529 |
| Fahrenbruch | — | D. Keith | 486* |
| D. Knapp | 413 | 308 lbs. | |
| Master (61-67) | | J. Mickelson | 534 |
| 275 lbs. | | Master (61-67) | |
| G. Knight | 341 | 181 lbs. | |
| 308 lbs. | | D. Vehe | 363* |
| R. Smith | 556! | Master (68-74) | |
| | | 181 lbs. | |



Rich Cirigliano pulled a WABDL World Masters Record 619 in the deadlift at 165# in Phoenix.

pions out of St. David, Arizona, set an Arizona record in 68-74/181 with 369.2. Pamela Michaels-Olson set a Washington record 363.7 at 47-53/165 and she is a cancer survivor. She is very inspiring and trains as hard or harder with the cancer than before. Brianna Maree Judd set an Arizona record 259 in teen 16-17/181. Also, Gayle Clawson, in her first meet, pulled an Arizona state record 303 in 61-67/165. More on Jeanne Watts. She is 41 years old and the mother of three children. She is married to a police officer and so subsequently she has to train at different times throughout the year. She is one of the most intensive deadlifters I have ever seen. On top of the deadlift, she benched 238.9 and just missed 247. Moving onto the bench press, world records were set by Paul Gillott with 300.8 in master 54-60/148 and Robert O. Smith, who pushed 556.5 in master 61-67/308 at age 65! Scott Hoekstra benched 650.2 in open 259, weighing only 256.8. A fire alarm was accidentally set off just before Lawrence DeAlva tried a state record bench of 573, weighing only 214.8, and he still made it while the alarm was going off, amazing concentration. I trained at his garage gym in Glendale, it has everything that is hardcore, 105 degrees, no air conditioning at 7PM. More on benching, Robert Harris set a Nevada record 468.2 in 47-53/220 and Dan Martin set a Nevada record 314 in 68-74/181. Scott Wesley Jordan weighed in at 357.4 and benched an Arizona record 727.5. He was close with 755. Teenage record benches were set by Katie Sons in 199+16-17 age group with 292. Katie is from Texas. Matthew Ommen set an Arizona record 479.5 in teen 18-19/220 and Jonathan Pareja set an Arizona record 248 in 16-17/181. The Sheraton Crescent Hotel has a great ballroom, world class restaurant, good sports lounge and great rooms with a \$89 room rate. The grounds are full of shade trees and palm trees. If you're coming from Flagstaff, you get off at Dunlap Ave. on I-17, a good six miles from downtown Phoenix. If you're coming from LA, take I-10 to I-17 and go north six miles and get off at Dunlap. The hotel is right next to I-17. If you're coming from Vegas, take Arizona 93 off I-40, coming from Kingman and cut across north of Phoenix to state 74 to I-17 and then it's six or seven miles to Dunlap. I love that hotel, you will too. I want to thank Mike Lambert from Powerlifting USA who covered the event. There were 82 lifters, the biggest meet ever in Arizona. Dave Edmondson was the head judge. I want to thank Jerry and Suzie Pritchett for helping with warm-up weights, kilo set, and benches. Suzie provided staff lunches. Patrick Holloway got sponsors and made arrangements with the hotel. Mike Desrosiers provided door control

and Daniel Reeves and his girlfriend helped at the scorers table. Make plans for Phoenix next year, great city, great hotel. Lawrence DeAlva and Scott Jordan were drug tested and they both passed. Aegis Labs in Nashville, Tennessee does all WABDL drug tests. (from Gus Rethwisch)

NASA Grand Nationals
19 JUL 08 - Sheboygan, WI

| | | | |
|-------------------|----------|----------------|-----|
| BENCH | | | |
| FEMALE | | | |
| Raw | 165 lbs. | Master Pure | 298 |
| 165 lbs. | | D. Russo | 298 |
| Master I | | 198 lbs. | |
| B. Hermann | 160 | Master III | |
| MALE | | R. Corey | 280 |
| 165 lbs. | | Submaster Pure | |
| Master II | | J. Faber | 342 |
| Constantineau 314 | | 242 lbs. | |
| Teen | | Master II | |
| B. Aldag | 276 | R. Benecke | 353 |
| 181 lbs. | | Open | |
| Junior | | R. Benecke | 353 |
| B. Giernet | 358 | PS BENCH | |
| 220 lbs. | | 220 lbs. | |
| Teen | | Master I | |
| B. Giernet | 358 | A. Bellingham | 331 |
| 275 lbs. | | PS CURL | |
| Master II | | 88 lbs. | |
| G. Brodt | 358 | Youth | |
| G. Carlson | — | S. Hou-Seye | 33 |
| Master Pure | | 181 lbs. | |
| G. Carlson | — | Teen | |
| 308 lbs. | | K. Grap | 94 |
| Int | | 220 lbs. | |
| H. Thomason | 502 | Master I | |
| Master I | | A. Bellingham | 110 |
| B. Buckley | 380 | Master Pure | |
| Master II | | B. Eder | 138 |
| G. Kachar | 347 | 275 lbs. | |
| Master Pure | | Master II | |
| B. Buckley | 380 | G. Carlson | 132 |
| SHW | | PS DEADLIFT | |
| Submaster II | | 181 lbs. | |
| S. Bromeisl | 502 | Teen | |
| Push Pull | | K. Grap | 347 |
| Raw | | BP | DL |
| FEMALE | | TOT | |
| 165 lbs. | | | |
| Master I | | | |
| B. Hermann | 160 | 292 | 452 |
| MALE | | | |
| 93 lbs. | | | |
| Youth | | | |
| K. Krizan | 44 | 88 | 132 |
| 165 lbs. | | | |
| Master II | | | |
| G. Kleyn | 265 | 551 | 816 |
| D. Constantineau | 314 | 485 | 799 |
| 181 lbs. | | | |
| Master II | | | |
| D. Felton | 265 | 529 | 794 |
| 198 lbs. | | | |
| Master III | | | |
| R. Corey | 281 | 143 | 424 |
| 308 lbs. | | | |



Scott Hoekstra benched 650 @ 249 at the WABDL National Push-Pull

| | | | |
|--------------------|-----|-----|------|
| High School | | | |
| M. Oyler | 220 | 435 | 656 |
| Int | | | |
| H. Thomason | 502 | 628 | 1130 |
| Teen | | | |
| M. Oyler | 220 | 435 | 656 |
| SHW | | | |
| Submaster II | | | |
| S. Bromeisl | 502 | 601 | 1102 |
| FEMALE | SQ | BP | DL |
| 123 lbs. | | TOT | |
| Submaster Pure | | | |
| W. Wiesjahn | 220 | 132 | 276 |
| Raw | | | |
| 148 lbs. | | | |
| Submaster I | | | |
| P. Miller | 165 | 160 | 320 |
| 165 lbs. | | | |
| Master I | | | |
| B. Hermann | 298 | 160 | 292 |
| Master II | | | |
| M. Jackson | 287 | 165 | 281 |
| MALE | | | |
| 165 lbs. | | | |
| Master II | | | |
| G. Kleyn | 507 | 265 | 551 |
| D. Anderson | 518 | 254 | 540 |
| 275 lbs. | | | |
| Master Pure | | | |
| P. Diggins | 513 | 298 | 502 |
| 308 lbs. | | | |
| Int | | | |
| H. Thomason | 827 | 502 | 628 |
| Open | | | |
| H. Thomason | 827 | 502 | 628 |
| Submaster I | | | |
| J. Langer | 502 | 441 | 424 |
| SHW | | | |
| Master Pure | | | |
| D. Oyler | 722 | 413 | 606 |
| Submaster II | | | |
| S. Bromeisl | 601 | 502 | 601 |
| Raw | | | |
| 148 lbs. | | | |
| Teen | | | |
| M. Apolinario | 336 | — | 397 |
| 165 lbs. | | | |
| Junior | | | |
| S. Naughton | 314 | 204 | 397 |
| Teen | | | |
| L. Grap | 265 | 193 | 336 |
| 18 lbs. | | | |
| Novice | | | |
| T. Hiserman | 248 | 182 | 353 |
| Teen | | | |
| C. Trunkel | 265 | — | 413 |
| 198 lbs. | | | |
| Master IV | | | |
| P. Jensen | 226 | 187 | 331 |
| Master Pure | | | |
| S. Korff | 540 | 320 | 507 |
| Submaster Pure | | | |
| J. Faber | 402 | 342 | 380 |
| 242 lbs. | | | |
| Master I | | | |
| M. Jacobs | 441 | 265 | 474 |
| C. Talavera | 452 | 298 | 364 |
| 275 lbs. | | | |
| Master II | | | |
| R. Sadowski | 369 | 231 | 143 |
| Pure | | | |
| R. Sadowski | 369 | 231 | 143 |
| Power Sports | CR | BP | DL |
| FEMALE | | | |
| SHW | | | |
| Master I | | | |
| S. Jackson | 99 | 165 | 281 |
| MALE | | | |
| 77 lbs. | | | |
| Youth | | | |
| M. Jackson | 33 | 55 | 116 |
| 132 lbs. | | | |
| Youth | | | |
| C. Jackson | 39 | 66 | 160 |
| 148 lbs. | | | |
| Novice | | | |
| J. Mundelius | 83 | 165 | 287 |
| R. Naughton | 83 | 165 | 287 |
| 181 lbs. | | | |
| Junior | | | |
| J. Lindner | 94 | 187 | 314 |
| 198 lbs. | | | |
| Master I | | | |
| A. Williams | 116 | 314 | 507 |
| P. Immekus | 127 | 303 | 502 |
| Master IV | | | |
| P. Jensen | 105 | 187 | 331 |
| Open | | | |
| P. Immekus | 127 | 303 | 502 |
| Teen | | | |



Father-Son Bench Press Combination
..Bill Gillespie benched 694 and his son Cameron did 485 at the WABDL Mid-Atlantic Championships on the campus of Liberty University in Lynchburg, VA.



| | | | |
|--|------|--------------|------|
| WABDL Mid Atlantic 12 JUL 08 - Lynchburg, VA | | | |
| BENCH | | | |
| (14-15) | | | |
| A. Mamola | — | | |
| 198 lbs. | | | |
| S. Shaulis | 385! | R. Cash | 407! |
| (18-19) | | 242 lbs. | |
| 275 lbs. | | C. Gillespie | 485! |
| S. Allen Jr. | 352! | 275 lbs. | |
| Juniors | | B. Gillespie | — |
| 148 lbs. | | 308 lbs. | |
| A. Caldwell | 286! | J. Bear | 501! |
| 220 lbs. | | DEADLIFT | |
| D. Bogнар | 286! | (14-15) | |
| 242 lbs. | | 242 lbs. | |
| C. Gillespie | 485! | T. Slaughter | 501! |
| (18-19) | | SHW | |
| M. Roberts | 319! | 275 lbs. | |
| Master (40-46) | | S. Allen Jr. | 639! |
| 220 lbs. | | Junior | |
| J. Shifflett | 314! | 148 lbs. | |
| Master (47-53) | | A. Caldwell | 363! |
| 275 lbs. | | 220 lbs. | |
| B. Gillespie | 694! | D. Bogнар | 446! |
| Open | | SHW | |
| 148 lbs. | | M. Roberts | 562! |
| A. Caldwell | 286! | Open | |
| 181 lbs. | | 148 lbs. | |
| R. Maggi | 385! | A. Caldwell | 363! |

Marty Gallagher Writes an Internationally Acclaimed Book

(by Chuck Miller) Powerlifting "super scribe" Marty Gallagher has written a massive, 496-page book entitled, *The Purposeful Primitive*, that is generating rave reviews and uniform praise. The critical acclaim for this book comes from elite experts worldwide, and Gallagher has kicked off a nationwide radio campaign designed to create a "breakout" fitness book. Gallagher's radio and TV agent, industry giant Donna Gould, has booked best-selling authors for TV and radio for 35 years and was uncharacteristically enthused about *The Purposeful Primitive*. "Health and fitness, diet, and lifestyle books are usually pretty boring and formulaic. This book is completely different: informative, exciting, and incredibly well-written. This book could become a best seller." Among fitness industry leaders, the pre-publication praise set off an industry buzz. "If there has ever been a better-written, more informative book about transforming the human body - I've never seen it," Dr. James Wright said. Dr. Wright, former health and science editor for *Muscle & Fitness* and *Flex* magazines for a decade, was also the director for the US Army Fitness School. Normally dismissive of the "predictable nature" of books on the subject of health and fitness, Wright couldn't say enough about *The Purposeful Primitive*. "Mind-blowing in scope, content, detail and comprehensiveness," he concluded.

Gallagher profiles fifteen men, his "mentors" from four different "disciplines," and describes their individual "modes and methods." He makes the methods of the masters user-friendly and instructs the reader how to utilize and incorporate these innovative approaches to promote the reader's goals. Gallagher, a longtime writer for *Powerlifting USA*, has amazing mainstream writing credentials: he was the health and fitness columnist for the *WashingtonPost.com* and wrote 235 weekly and biweekly columns for the *Post*. He created a legion of fitness fans during his tenure at the *Post*. His barebones approach was a breath of commercial-free fresh air, and his work with regular people interested in effective fitness methods formed the nexus for *The Purposeful Primitive*. As he notes in one of the books introductory essays... "In this day and age, the information age, we are awash in a sea of health and fitness contradictions... human nature wants desperately to believe that a mode or method, a pill or potion exists that will magically shortcut the sweat, toil, tears, and teeth-grinding effort it takes to trigger a true transformation. Human nature wants desperately to believe that a magical system exists - but you just haven't found it yet. So you buy and buy and you try and try, yet still you stay the same. The good news is certain modes and methods exist that can and will transform the human body. Certain disciplines done diligently will radically reduce bodyfat and create new muscle tissue. My task is to share with you the battle-tested modes and methods of the true Masters."

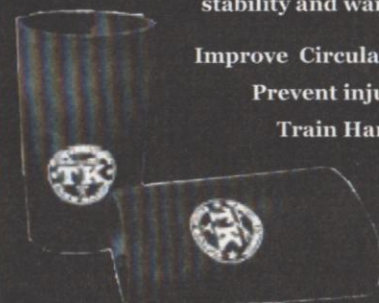
This gigantic book is actually four books

in one: resistance training, cardiovascular training, nutrition, and psychology. The resistance training section contains profiles of ten giants familiar to longtime readers of *PL USA*: Paul Anderson, Bill Pearl, Bob Bednarski, Hugh Cassidy, Mark Chaillet, Doug Fumas, Ed Coan, Dorian Yates, Ken Fantano, and Kirk Karwoski. The training approach of each man is laid out along with background and what makes each man's approach unique. Gallagher presents a synopsis and offers up related essays on the topic. He uses this same approach in each of the four sections of the book. He spotlights cardio master Len Schwartz, inventor of HeavyHands. Brain-Train experts Jiddu Krishnamurti and Aladar Kogler are profiled. Nutritional innovators John Parrillo and Ori Hofmekler are chronicled. *The Purposeful Primitive* draws its title from what Gallagher calls "a discernible connection between each man." He notes that "I was struck by the fact that on an elemental level, each man's approach was deceptively simple - each man's approach could be labeled purposefully primitive." He insists every effective system designed to transform the human body needs four elements: resistance training, cardiovascular training, nutrition, and 'brain-train.' He also asserts that when we say "fitness" we really mean physical transformation, and anyone serious about "favorably reconfiguring" the human body needs all four elements. "Trying to modify the human body - the soft machine - without including all four elements, is a system doomed to fail."

The critical response to *The Purposeful Primitive* has been off the charts: Dorian Yates: "An Absolute classic - I could not put it down!"; Dr. Judd Biasotto: "Gallagher is the best writer in the world of fitness and strength."; Dr. Randall Strossen: "There are two classes of writers: Marty Gallagher; all the others."; Rickey Dale Crain: "The passion and ability of Hemingway all wrapped up in one book."; Dr. Bob Ward: "Add the Purposeful Primitive to your training library - yesterday!"; Hugh Cassidy: "Basic truths underlying paths distilled down to certainty."; Clarence Bass: "A brilliant writer...awesome photos...a truly fascinating read."; Dan John: "Oh this book is a Joy! It is fun and funny."; Dr. James Wright: "Gallagher is a genius - the best interviewer and storyteller going!"; Ken Jay, Danish Olympic Coach: "Absolutely magnificent! Impossible to put down!"; Charles Staley: "The most significant strength training book I've read in ten years."; Mike Burgener: "I could not put it down! A must read!"; Dr. Jeff Everson: "What happens when passion is mixed with experience and talent."; Dr. Paul Ward: "Readers will sink their teeth into true substance."; Dan Wohleber: "Wow! My old friend Marty knocked this one out of the park!"; Pavel Tsatsouline: "Gallagher has produced an absolute classic!" And this is just a partial list. The \$39.95 book is available through Dragondoor Publications at www.purposefulprimitive.com.

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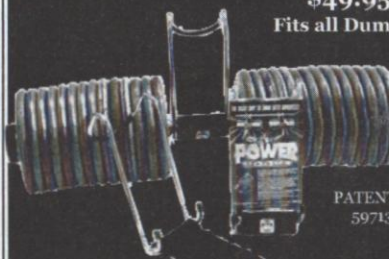
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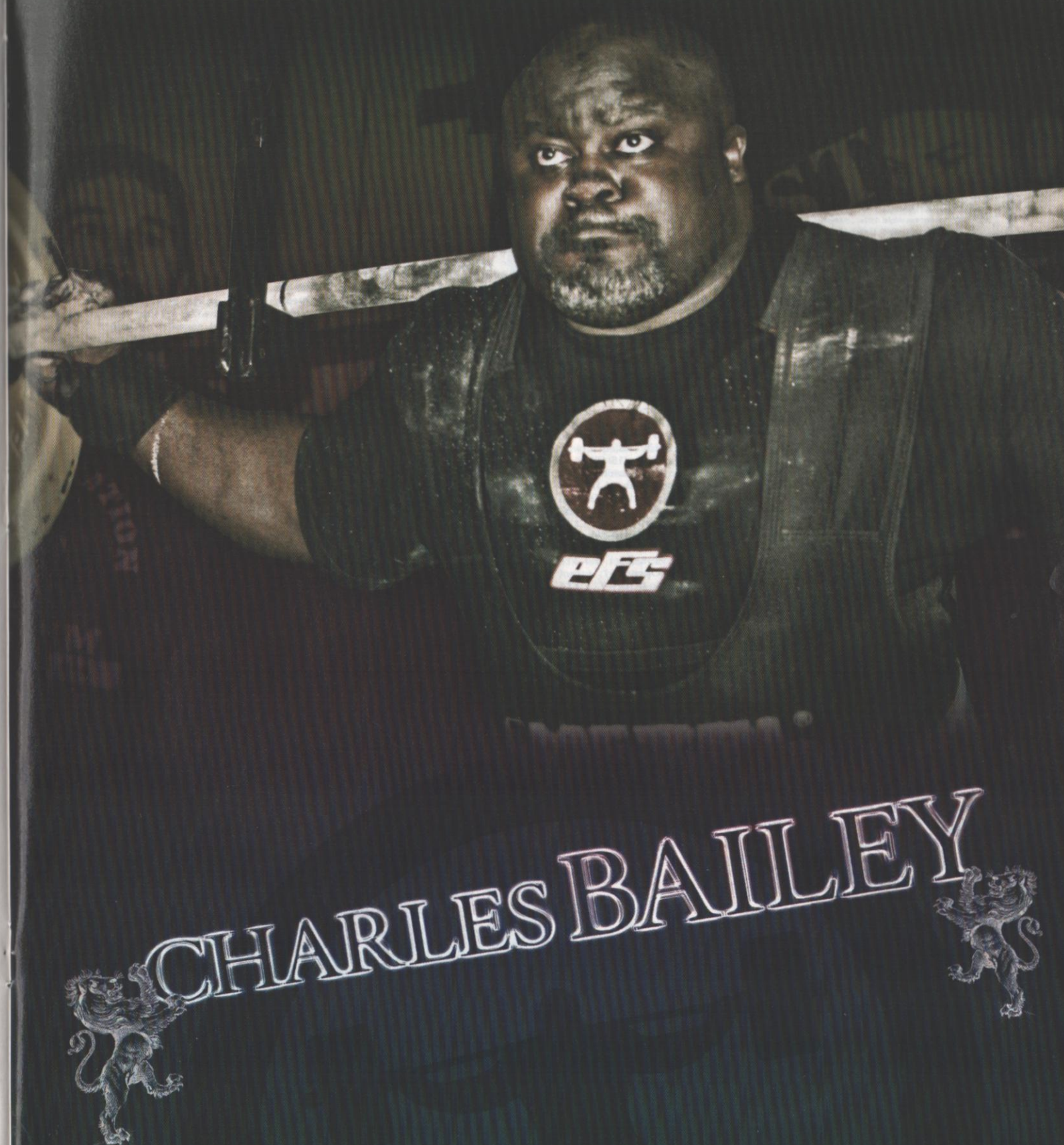
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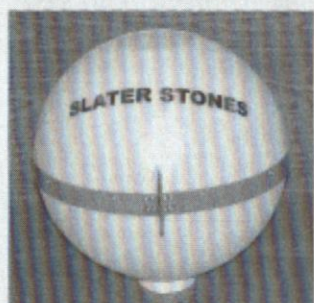
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| BENCH | Teen (16-17) | 154 | J. Heaton | 198 lbs. | 237 | C. Farmer | 220 lbs. | 303 | C. Gordan | 303 | Master (45-49) | 419 | J. Richards | 480 | S. Mecham | 480 | 242 lbs. | 248 | J. Harrison | 248 | 237 | E. Mena | 342 | Open | 276 | D. Younger | 308 lbs. | 441 | J. Betz | 513 | K. Utz | 513 | 242 lbs. | 314 | J. Putnam | 314 | 275 lbs. | 441 | M. Davis | 441 | 308 lbs. | 584 | R. Bennett | 584 | Master (45-49) | 584 | R. Bennett | 584 | APF | 584 | APF | 584 | FEMALE | 198 lbs. | 226 | B. Utz | 226 | 198 lbs. | 265 | J. Jicha | 265 | 220 lbs. | 303 | K. Utz | 303 | 242 lbs. | 309 | D. Hanson | 309 | 148 lbs. | 309 | D. Hanson | 309 | 148 lbs. | 507 | N. Lenhart | 507 | 165 lbs. | 441 | J. Heiner | 441 | 220 lbs. | 584 | R. Bennett | 584 | Master (45-49) | 584 | R. Bennett | 584 | BP | 584 | DL | 584 | TOT | 584 | 176 | 198 | 303 | 678 | J. Tripp | 176 | 198 | 303 | 678 | MALE | 275 lbs. | Novice | 308+ lbs. | Master (40-44) | 628 | B. Tripp | 628 | RAW | 502 | R. McAfee | 502 | 132 lbs. | 502 | D. Fortner | 502 | 148 lbs. | 254 | D. Hanson | 254 | 165 lbs. | 215 | A. Craig | 215 | 198 lbs. | 226 | B. Utz | 226 | 148 lbs. | 265 | J. Jicha | 265 | 220 lbs. | 303 | K. Utz | 303 | 242 lbs. | 309 | D. Hanson | 309 | 148 lbs. | 309 | D. Hanson | 309 | 148 lbs. | 507 | N. Lenhart | 507 | 165 lbs. | 441 | J. Heiner | 441 | 220 lbs. | 584 | R. Bennett | 584 | Master (45-49) | 584 | R. Bennett | 584 | APF | 584 | APF | 584 | FEMALE | 198 lbs. | 226 | B. Utz | 226 | 198 lbs. | 265 | J. Jicha | 265 | 220 lbs. | 303 | K. Utz | 303 | 242 lbs. | 309 | D. Hanson | 309 | 148 lbs. | 309 | D. Hanson | 309 | 148 lbs. | 507 | N. Lenhart | 507 | 165 lbs. | 441 | J. Heiner | 441 | 220 lbs. | 584 | R. Bennett | 584 | Master (45-49) | 584 | R. Bennett | 584 | BP | 584 | DL | 584 | TOT | 584 | 176 | 198 | 303 | 678 | J. Tripp | 176 | 198 | 303 | 678 | MALE | 275 lbs. | Novice | 308+ lbs. | Master (40-44) | 628 | B. Tripp | 628 | RAW | 502 | R. McAfee | 502 | 132 lbs. | 502 | D. Fortner | 502 | 148 lbs. | 254 | D. Hanson | 254 | 165 lbs. | 215 | A. Craig | 215 | 198 lbs. | 226 | B. Utz | 226 | 148 lbs. | 265 | J. Jicha | 265 | 220 lbs. | 303 | K. Utz | 303 | 242 lbs. | 309 | D. Hanson | 309 | 148 lbs. | 309 | D. Hanson | 309 | 148 lbs. | 507 | N. Lenhart | 507 | 165 lbs. | 441 | J. Heiner | 441 | 220 lbs. | 584 | R. Bennett | 584 | Master (45-49) | 584 | R. Bennett | 584 | APF | 584 | APF | 584 | FEMALE | 198 lbs. | 226 | B. Utz | 226 | 198 lbs. | 265 | J. Jicha | 265 | 220 lbs. | 303 | K. Utz | 303 | 242 lbs. | 309 | D. Hanson | 309 | 148 lbs. | 309 | D. Hanson | 309 | 148 lbs. | 507 | N. Lenhart | 507 | 165 lbs. | 441 | J. Heiner | 441 | 220 lbs. | 584 | R. Bennett | 584 | Master (45-49) | 584 | R. Bennett | 584 | BP | 584 | DL | 584 | TOT | 584 | 176 | 198 | 303 | 678 | J. Tripp | 176 | 198 | 303 | 678 | MALE | 275 lbs. | Novice | 308+ lbs. | Master (40-44) | 628 | B. Tripp | 628 | RAW | 502 | R. McAfee | 502 | 132 lbs. | 502 | D. Fortner | 502 | 148 lbs. | 254 | D. Hanson | 254 | 165 lbs. | 215 | A. Craig | 215 | 198 lbs. | 226 | B. Utz | 226 | 148 lbs. | 265 | J. Jicha | 265 | 220 lbs. | 303 | K. Utz | 303 | 242 lbs. | 309 | D. Hanson | 309 | 148 lbs. | 309 | D. Hanson | 309 | 148 lbs. | 507 | N. Lenhart | 507 | 165 lbs. | 441 | J. Heiner | 441 | 220 lbs. | 584 | R. Bennett | 584 | Master (45-49) | 584 | R. Bennett | 584 | APF | 584 | APF | 584 | FEMALE | 198 lbs. | 226 | B. Utz | 226 | 198 lbs. | 265 | J. Jicha | 265 | 220 lbs. | 303 | K. Utz | 303 | 242 lbs. | 309 | D. Hanson | 309 | 148 lbs. | 309 | D. Hanson | 309 | 148 lbs. | 507 | N. Lenhart | 507 | 165 lbs. | 441 | J. Heiner | 441 | 220 lbs. | 584 | R. Bennett | 584 | Master (45-49) | 584 | R. Bennett | 584 | BP | 584 | DL | 584 | TOT | 584 | 176 | 198 | 303 | 678 | J. Tripp | 176 | 198 | 303 | 678 | MALE | 275 lbs. | Novice | 308+ lbs. | Master (40-44) | 628 | B. Tripp | 628 | RAW | 502 | R. McAfee | 502 | 132 lbs. | 502 | D. Fortner | 502 | 148 lbs. | 254 | D. Hanson | 254 | 165 lbs. | 215 | A. Craig | 215 | 198 lbs. | 226 | B. Utz | 226 | 148 lbs. | 265 | J. Jicha | 265 | 220 lbs. | 303 | K. Utz | 303 | 242 lbs. | 309 | D. Hanson | 309 | 148 lbs. | 309 | D. Hanson | 309 | 148 lbs. | 507 | N. Lenhart | 507 | 165 lbs. | 441 | J. Heiner | 441 | 220 lbs. | 584 | R. Bennett | 584 | Master (45-49) | 584 | R. Bennett | 584 | BP | 584 | DL | 584 | TOT | 584 | 176 | 198 | 303 | 678 | J. Tripp | 176 | 198 | 303 | 678 | MALE | 275 lbs. | Novice | 308+ lbs. | Master (40-44) | 628 | B. Tripp | 628 | RAW | 502 | R. McAfee | 502 | 132 lbs. | 502 | D. Fortner | 502 | 148 lbs. | 254 | D. Hanson | 254 | 165 lbs. | 215 | A. Craig | 215 | 198 lbs. | 226 | B. Utz | 226 | 148 lbs. | 265 | J. Jicha | 265 | 220 lbs. | 303 | K. Utz | 303 | 242 lbs. | 309 | D. Hanson | 309 | 148 lbs. | 309 | D. Hanson | 309 | 148 lbs. | 507 | N. Lenhart | 507 | 165 lbs. | 441 | J. Heiner | 441 | 220 lbs. | 584 | R. Bennett | 584 | Master (45-49) | 584 | R. Bennett | 584 | BP | 584 | DL | 584 | TOT | 584 | 176 | 198 | 303 | 678 | J. Tripp | 176 | 198 | 303 | 678 | MALE | 275 lbs. | Novice | 308+ lbs. | Master (40-44) | 628 | B. Tripp | 628 | RAW | 502 | R. McAfee | 502 | 132 lbs. | 502 | D. Fortner | 502 | 148 lbs. | 254 | D. Hanson | 254 | 165 lbs. | 215 | A. Craig | 215 | 198 lbs. | 226 | B. Utz | 226 | 148 lbs. | 265 | J. Jicha | 265 | 220 lbs. | 303 | K. Utz | 303 | 242 lbs. | 309 | D. Hanson | 309 | 148 lbs. | 309 | D. Hanson | 309 | 148 lbs. | 507 | N. Lenhart | 507 | 165 lbs. | 441 | J. Heiner | 441 | 220 lbs. | 584 | R. Bennett | 584 | Master (45-49) | 584 | R. Bennett | 584 | BP | 584 | DL | 584 | TOT | 584 | 176 | 198 | 303 | 678 | J. Tripp | 176 | 198 | 303 | 678 | MALE | 275 lbs. | Novice | 308+ lbs. | Master (40-44) | 628 | B. Tripp | 628 | RAW | 502 | R. McAfee | 502 | 132 lbs. | 502 | D. Fortner | 502 | 148 lbs. | 254 | D. Hanson | 254 | 165 lbs. | 215 | A. Craig | 215 | 198 lbs. | 226 | B. Utz | 226 | 148 lbs. | 265 | J. Jicha | 265 | 220 lbs. | 303 | K. Utz | 303 | 242 lbs. | 309 | D. Hanson | 309 | 148 lbs. | 309 | D. Hanson | 309 | 148 lbs. | 507 | N. Lenhart | 507 | 165 lbs. | 441 | J. Heiner | 441 | 220 lbs. | 584 | R. Bennett | 584 | Master (45-49) | 584 | R. Bennett | 584 | BP | 584 | DL | 584 | TOT | 584 | 176 | 198 | 303 | 678 | J. Tripp | 176 | 198 | 303 | 678 | MALE | 275 lbs. | Novice | 308+ lbs. | Master (40-44) | 628 | B. Tripp | 628 | RAW | 502 | R. McAfee | 502 | 132 lbs. | 502 | D. Fortner | 502 | 148 lbs. | 254 | D. Hanson | 254 | 165 lbs. | 215 | A. Craig | 215 | 198 lbs. | 226 | B. Utz | 226 | 148 lbs. | 265 | J. Jicha | 265 | 220 lbs. | 303 | K. Utz | 303 | 242 lbs. | 309 | D. Hanson | 309 | 148 lbs. | 309 | D. Hanson | 309 | 148 lbs. | 507 | N. Lenhart | 507 | 165 lbs. | 441 | J. Heiner | 441 | 220 lbs. | 584 | R. Bennett | 584 | Master (45-49) | 584 | R. Bennett | 584 | BP | 584 | DL | 584 | TOT | 584 | 176 | 198 | 303 | 678 | J. Tripp | 176 | 198 | 303 | 678 | MALE | 275 lbs. | Novice | 308+ lbs. | Master (40-44) | 628 | B. Tripp | 628 | RAW | 502 | R. McAfee | 502 | 132 lbs. | 502 | D. Fortner | 502 | 148 lbs. | 254 | D. Hanson | 254 | 165 lbs. | 215 | A. Craig | 215 | 198 lbs. | 226 | B. Utz | 226 | 148 lbs. | 265 | J. Jicha | 265 | 220 lbs. | 303 | K. Utz | 303 | 242 lbs. | 309 | D. Hanson | 309 | 148 lbs. | 309 | D. Hanson | 309 | 148 lbs. | 507 | N. Lenhart | 507 | 165 lbs. | 441 | J. Heiner | 441 | 220 lbs. | 584 | R. Bennett | 584 | Master (45-49) | 584 | R. Bennett | 584 | BP | 584 | DL | 584 | TOT | 584 | 176 | 198 | 303 | 678 | J. Tripp | 176 | 198 | 303 | 678 | MALE | 275 lbs. | Novice | 308+ lbs. | Master (40-44) | 628 | B. Tripp | 628 | RAW | 502 | R. McAfee | 502 | 132 lbs. | 502 | D. Fortner | 502 | 148 lbs. | 254 | D. Hanson | 254 | 165 lbs. | 215 | A. Craig | 215 | 198 lbs. | 226 | B. Utz | 226 | 148 lbs. | 265 | J. Jicha | 265 | 220 lbs. | 303 | K. Utz | 303 | 242 lbs. | 309 | D. Hanson | 309 | 148 lbs. | 309 | D. Hanson | 309 | 148 lbs. | 507 | N. Lenhart | 507 | 165 lbs. | 441 | J. Heiner | 441 | 220 lbs. | 584 | R. Bennett | 584 | Master (45-49) | 584 | R. Bennett | 584 | BP | 584 | DL | 584 | TOT | 584 | 176 | 198 | 303 | 678 | J. Tripp | 176 | 198 | 303 | 678 | MALE | 275 lbs. | Novice | 308+ lbs. | Master (40-44) | 628 | B. Tripp | 628 | RAW | 502 | R. McAfee | 502 | 132 lbs. | 502 | D. Fortner | 502 | 148 lbs. | 254 | D. Hanson | 254 | 165 lbs. | 215 | A. Craig | 215 | 198 lbs. | 226 | B. Utz | 226 | 148 lbs. | 265 | J. Jicha | 265 | 220 lbs. | 303 | K. Utz | 303 | 242 lbs. | 309 | D. Hanson | 309 | 148 lbs. | 309 | D. Hanson | 309 | 148 lbs. | 507 | N. Lenhart | 507 | 165 lbs. | 441 | J. Heiner | 441 | 220 lbs. | 584 | R. Bennett | 584 | Master (45-49) | 584 | R. Bennett | 584 | BP | 584 | DL | 584 | TOT | 584 | 176 | 198 | 303 | 678 | J. Tripp | 176 | 198 | 303 | 678 | MALE | 275 lbs. | Novice | 308+ lbs. | Master (40-44) | 628 | B. Tripp | 628 | RAW | 502 | R. McAfee | 502 | 132 lbs. | 502 | D. Fortner | 502 | 148 lbs. | 254 | D. Hanson | 254 | 165 lbs. | 215 | A. Craig | 215 | 198 lbs. | 226 | B. Utz | 226 | 148 lbs. | 265 | J. Jicha | 265 | 220 lbs. | 303 | K. Utz | 303 | 242 lbs. | 309 | D. Hanson | 309 | 148 lbs. | 309 | D. Hanson | 309 | 148 lbs. | 507 | N. Lenhart | 507 | 165 lbs. | 441 | J. Heiner | 441 | 220 lbs. | 584 | R. Bennett | 584 | Master (45-49) | 584 | R. Bennett | 584 | BP | 584 | DL | 584 | TOT | 584 | 176 | 198 | 303 | 678 | J. Tripp | 176 | 198 | 303 | 678 | MALE | 275 lbs. | Novice | 308+ lbs. | Master (40-44) | 628 | B. Tripp | 628 | RAW | 502 | R. McAfee | 502 | 132 lbs. | 502 | D. Fortner | 502 | 148 lbs. | 254 | D. Hanson | 254 | 165 lbs. | 215 | A. Craig | 215 | 198 lbs. | 226 | B. Utz | 226 | 148 lbs. | 265 | J. Jicha | 265 | 220 lbs. | 303 | K. Utz | 303 | 242 lbs. | 309 | D. Hanson | 309 | 148 lbs. | 309 | D. Hanson | 309 | 148 lbs. | 507 | N. Lenhart | 507 | 165 lbs. | 441 | J. Heiner | 441 | 220 lbs. | 584 | R. Bennett | 584 | Master (45-49) | 584 | R. Bennett | 584 | BP | 584 | DL | 584 | TOT | 584 | 176 | 198 | 303 | 678 | J. Tripp | 176 | 198 | 303 | 678 | MALE | 275 lbs. | Novice | 308+ lbs. | Master (40-44) | 628 | B. Tripp | 628 | RAW | 502 | R. McAfee | 502 | 132 lbs. | 502 | D. Fortner | 502 | 148 lbs. | 254 | D. Hanson | 254 | 165 lbs. | 215 | A. Craig | 215 | 198 lbs. | 226 | B. Utz | 226 | 148 lbs. | 265 | J. Jicha | 265 | 220 lbs. | 303 | K. Utz | 303 | 242 lbs. | 309 | D. Hanson | 309 | 148 lbs. | 309 | D. Hanson | 309 | 148 lbs. | 507 | N. Lenhart | 507 | 165 lbs. | 441 | J. Heiner | 441 | 220 lbs. | 584 | R. Bennett | 584 | Master (45-49) | 584 |
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| J. Doherty, Jr. 85 | Teen (18-19) |
| T. Stewart 85 | 198 lbs. |
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| 132 lbs. | 220 lbs. |
| J. Scott 160 | B. Leonard 500 |
| Teen (16-17) | 275 lbs. |
| 198 lbs. | E. Daubert 455 |
| W. Smith 350 | Junior AM |
| Teen (18-19) | 148 lbs. |
| 165 lbs. | D. Pezzanite 260 |
| M. Dietz 245 | Junior Pro |
| Teen (18-19) | 165 lbs. |
| Equipped | D. Sands 470 |
| 181 lbs. | Open Pro |
| D. Ritchner 405 | 165 lbs. |
| Junior | J. Mazza |
| 220 lbs. | 181 lbs. |
| T. Hyland 505 | S. Larrisey 480 |
| Open | 198 lbs. |
| 198 lbs. | J. Hanisak 500 |
| J. Giannotti 365 | S. Hartlaub |
| 220 lbs. | Open AM |
| D. Sieger 475 | 275 lbs. |
| Open Raw | M. Menne 470 |
| 242 lbs. | A. Zulick 475 |
| K. Shearer 330 | L. Short 620 |
| Open | Open Pro |
| 275 lbs. | 308 lbs. |
| T. Wilson 460 | J. Hoose 480 |
| S. Thomas 650 | Open AM |
| Master (40-44) | SHW |
| 275 lbs. | J. Linthicum |
| S. Kirlin 420 | Submaster AM |
| Master (45-49) | 242 lbs. |
| Police | E. Winter 575 |
| 242 lbs. | Master (40-44) AM |
| J. Murphy 460 | 181 lbs. |
| Master (50-54) | J. Monk 465 |
| 181 lbs. | Master (40-44) Pro |
| G. Weber 180 | 198 lbs. |
| Master (50-58) | S. Hartlaub |
| 308 lbs. | Master (40-44) Pro |
| B. Katinowsky 355 | 242 lbs. |
| Master (55-59) | G. Murray |
| 198 lbs. | Master (40-44) AM |
| D. Boynes 250 | 308 lbs. |
| DEADLIFT | S. Roesch 560 |
| Open Raw | Master (45-49) AM |
| 242 lbs. | 198 lbs. |
| K. Shearer 600 | M. Quergues 400 |
| Master (55-59) | Master (45-49) Pro |
| 242 lbs. | 242 lbs. |
| B. Hill 525 | R. Robinson 600 |
| Sunday Lifting | Master (45-49) AM |
| WOMEN | 275 lbs. |
| Teen (14-15) | L. Short 620 |
| 181 lbs. | Master (55-59) AM |
| A. McCloskey 230 | 165 lbs. |
| Teen (16-17) | M. Barrett 315 |

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| | |
|-------------------|--------------|
| DEADLIFT | |
| Youth | 190 |
| B. Daubert | BP DL TOT |
| Iron Woman | |
| AM | |
| 123 lbs. | 140 245 385 |
| S. Lewis | |
| Iron Man | |
| Open AM | |
| 220 lbs. | |
| B. Hartlaub | 425 425 850 |
| Open Pro | |
| 308 lbs. | |
| S. Lewis | 565 625 1190 |
| Powerlifting SQ | BP DL TOT |
| WOMEN | |
| Open Raw | |
| 132 lbs. | |
| A. Neidlinger 260 | 135 315 710 |
| Master (40-44) | |
| Master (40-44) | |
| 198 lbs. | |
| F. Reed 225 | 130 250 605 |
| MEN | |
| Teen Raw (18-19) | |
| 305 lbs. | |
| B. Zimmerman 405 | 300 440 1145 |
| Junior | |
| 275 lbs. | |
| E. Bamberger 450 | 350 500 1420 |
| Open | |
| 275 lbs. | |
| R. Baldwin 415 | 315 455 1185 |
| Open AM | |
| 308 lbs. | |
| J. Martino 700 | 500 565 1765 |
| Submaster | |
| J. Grove 350 | 270 400 1020 |
| Sunday Lifting | |



Lifters for Lifters Pro-Am Powerlifting

Application for Registration

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| | | | | | |
|--|---------------|----------------------------------|---------------|---------|-----------|
| Last Name | First | Initial | New Member | Renewal | Exp. Date |
| Street Address | | | City | | |
| State or Providence | | Zip Code | | Country | |
| Telephone | Email Address | | Date of Birth | Age | Sex |
| Sign if above answers are correct. Parents sign if under 18 years. | | | Date | | |
| Registration Fee: Adult \$30 | | High School and Special Olympics | | \$25 | |

Payment is accepted in the form of cash or money order. Payment can be made to your state chairman.
Payment can be mailed to: IPA, c/o Mark Chaillet, 190 Arsenal Rd., York, PA 17404

| | | | |
|--|-----|-----|------|
| K. Morris 580 | 410 | 545 | 1535 |
| Open Pro | | | |
| SHW | | | |
| M. Wilson 1085 | 685 | 730 | 2500 |
| Master (40-44) AM Raw | | | |
| F. Shylan 475 | 340 | 500 | 1315 |
| Master (45-49) AM Raw | | | |
| 198 lbs. | | | |
| J. Gilly 280 | 255 | 320 | 855 |
| Master (45-49) AM | | | |
| 198 lbs. | | | |
| M. Locondro 625 | 365 | 480 | 1470 |
| Master (45-49) AM Raw | | | |
| 220 lbs. | | | |
| R. King 440 | 265 | 500 | 1205 |
| Master (50-54) AM | | | |
| 165 lbs. | | | |
| G. Ruth 405 | 245 | 385 | 1035 |
| *=IPA World Records. (Gene Rychlak, Jr.) | | | |

USAPL Sunshine State Games

14 JUN 08 - Lakeland, FL

| | |
|----------------------|-------------|
| BENCH | |
| FEMALE | |
| 165 lbs. | |
| Teen (16-17) | |
| S. Mayo 143 | 314 |
| MALE | |
| 165 lbs. | |
| J. Alaimo 342 | |
| Open | |
| Khanchenko 298 | |
| 242 lbs. | |
| B. Gamble 276 | |
| 181 lbs. | |
| Open | |
| M. Hersh 364 | |
| A. King | |
| Raw | |
| W. O'Connell 353 | |
| J. Hill 441 | |
| 198 lbs. | |
| Open | |
| M. Hersh 364 | |
| W. O'Connell 353 | |
| N. Israel 441 | |
| Police/Fire/Military | |
| W. O'Connell 353 | |
| 275 lbs.² | |
| Open | |
| N. Israel 441 | |
| Collegiate | |
| N. Israel 441 | |
| R. Shell 419 | |
| Master (60+) | |
| S. Eisman 314 | |
| S. Regan 424 | |
| Master (60+) | |
| 275+ lbs. | |
| G. Walker 325 | |
| Raw | |
| Police/Fire/Military | |
| B. Moore 546 | |
| S. Eisman 314 | |
| Powerlifting SQ | |
| BP DL TOT | |
| FEMALE | |
| 105 lbs. | |
| Open | |
| A. Shumaker 204 | 171 254 628 |
| 123 lbs. | |
| HS Varsity | |
| L. Kutner 259 | 165 276 700 |
| Teen (18-19) | |
| L. Kutner 259 | 165 276 700 |
| 165 lbs. | |
| Teen (16-17) | |
| S. Mayo 220 | 143 265 628 |
| 181 lbs. | |
| Open/Raw | |
| C. Phillips 226 | 99 270 595 |
| Master (50+) | |
| C. Phillips 226 | 99 270 595 |
| 198+ lbs. | |
| Open | |
| T. Smith 358 | 209 353 920 |
| MALE | |
| 115 lbs. | |
| Open | |

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Phone (614) 801-2060

| | | | | | |
|-------------------------|-----|-----|------|--|--|
| Open | | | | | |
| M. Rachman 209 | 220 | 254 | 683 | | |
| 181 lbs. | | | | | |
| Master (60+) | | | | | |
| T. Nicolini 331 | 204 | 309 | 843 | | |
| 198 lbs. | | | | | |
| Open | | | | | |
| T. Taylor 375 | 430 | 573 | 1378 | | |
| Teen (16-18) | | | | | |
| N. Israel 551 | 441 | 513 | 1505 | | |
| Collegiate | | | | | |
| N. Israel 551 | 441 | 513 | 1505 | | |
| P. Lietz | 314 | 529 | 843 | | |
| Master (40+) | | | | | |
| D. Harney 463 | 298 | 507 | 1268 | | |
| Master (60+)/Raw | | | | | |
| C. Hodupp 276 | 171 | 325 | 772 | | |
| 220 lbs. | | | | | |
| Raw | | | | | |
| B. Beekley 485 | 243 | 540 | 1268 | | |
| Khanchenko 364 | 298 | 397 | 1058 | | |
| 242 lbs. | | | | | |
| Collegiate | | | | | |
| K. Michel 287 | 254 | 430 | 970 | | |
| Master (40+) | | | | | |
| R. Hoover 468 | 276 | 452 | 1196 | | |
| Master (60+) | | | | | |
| J. Marslio 220 | 276 | 353 | 849 | | |
| J. Czerepak 209 | 209 | 287 | 705 | | |
| Raw | | | | | |
| J. Jacobs 601 | 435 | 623 | 1659 | | |
| N. Gaide 369 | 276 | 424 | 1069 | | |
| 275 lbs. | | | | | |
| Open | | | | | |
| R. Shell 601 | 419 | 502 | 1521 | | |
| Raw | | | | | |
| T. Burns 529 | 325 | 513 | 1367 | | |
| 275+ lbs. | | | | | |
| HS Varsity/Teen (16-17) | | | | | |
| M. Dibiase 557 | 303 | 518 | 1378 | | |
| Open | | | | | |
| B. Moore 744 | 546 | 772 | 2061 | | |
| M. Dibiase 557 | 303 | 546 | 1405 | | |
| Master (40+) | | | | | |
| B. Moore 744 | 546 | 772 | 2061 | | |
| Raw | | | | | |



Matt Christie squatting at the APA Southeast Regional (photograph courtesy of Scott Taylor).

| | | | |
|------------------------------------|-----|-----|------|
| M. Christie 810 | 535 | 606 | 1951 |
| Open DT | | | |
| F. Phillips 728 | 435 | 524 | 1687 |
| Submaster DT | | | |
| F. Phillips 728 | 435 | 524 | 1687 |
| Master III | | | |
| DT Raw | | | |
| E. Eldridge 402 | 292 | 375 | 1069 |
| Junior UG | | | |
| D. Sheffield 805 | 507 | 705 | 2017 |
| 341 lbs. | | | |
| Open DT | | | |
| C. Bryant 524 | 364 | 474 | 1362 |
| Submaster DT | | | |
| C. Bryant 524 | 364 | 474 | 1362 |
| DT=Drug Tested. UG=Unlimited Gear. | | | |

Due to the Memorial Day weekend turnout was relatively low, however lifters came from several states including California. Lifting quality was high and the atmosphere was excellent with lots of support shown to the lifters as they made their attempts. Special thanks to Jon Grove and crew for all the help they provided and Greg Hindley for organizing and putting on a great event. (courtesy Scott Taylor)

USAPL Plainwell No Frills Meet


26 APR 08 - Plainwell, MI

| | | | | |
|------------------|-----|------|------|-----|
| Powerlifting SQ | | BP | DL | TOT |
| FEMALE | | | | |
| 105 lbs. | | | | |
| Open | | | | |
| M. Sherman 205 | 110 | 315 | 757 | |
| 123 lbs. | | | | |
| Open | | | | |
| J. Strouse 225 | | | | |
| MALE | | | | |
| 148 lbs. | | | | |
| Open | | | | |
| D. Graves 400 | 280 | 375 | 1055 | |
| 165 lbs. | | | | |
| Teen II | | | | |
| J. Foster! 375 | 200 | 400 | 975 | |
| J. Stefko 330 | 180 | 365 | 875 | |
| 198 lbs. | | | | |
| Master I | | | | |
| R. Ryanbrant 420 | 145 | 565 | 980 | |
| 220 lbs. | | | | |
| Open | | | | |
| M. Otero 600 | 415 | 615 | 1630 | |
| Master I | | | | |
| T. DiCicco 135 | 100 | 710* | 945 | |
| 242 lbs. | | | | |
| Powerlifting SQ | BP | DL | TOT | |
| MALE | | | | |
| 242 lbs. | | | | |
| Open | | | | |
| M. Peramaki 475 | 350 | 475 | 1300 | |

*State Records. !=Out of State Lifters. (Thanks to USAPL for providing results)

APPLICATION FOR REGISTRATION

American Powerlifting Association World Powerlifting Alliance



| | | | |
|------------------|------------------------|--|----------------|
| First Name | Last Name | Middle Initial | Today's Date |
| Street Address | | City | State Zip Code |
| Telephone Number | E-Mail address | | Date of Birth |
| Sex | Social Security Number | Signature (Parent if under 18 years old) | |

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"This is what would have to be done"

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I found something 100 times better and I will never have to sacrifice the things I love again. I now work between 5 and 10 hours a week and make more money than I ever have. I moved back to Biloxi, MS; wake-boarding, knee-boarding, skydiving, scuba-diving, spear-fishing, traveling, vacationing, sitting at the islands all day, living on the beach, and finally powerlifting again. And we all know how expensive powerlifting is.

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MEET DIRECTORS ... a listing here is a FREE service. Send details, preferably at least 3 months prior to your event, to 'Coming Events', Box 467, Camarillo, CA 93011 to obtain proper advance notice.

25 OCT, NASA Wisconsin State (Hudson, WI) NASA, Box 735, Noble, OK 73068, SQBPDL@aol.com, 405-527-8513

25 OCT, 100% Raw 1st Iowa BP/PP/DL/SC State(Council Bluffs, IA) Ed Horwitz, 402-321-4040, 402-553-7359, ironrhino@mac.com

25 OCT, 4th Westminster Family Center BP, WFC, 11 Longwell Ave., Westminster, MD 21157, Scott Bixler, 443-789-9452

25 OCT, SSA West Coast Fall Ironman Classic (Newport, OR) Jason Centoni 540-336-2779, www.strengthalliance.com

25 OCT, 6th annual Big Dog Classic (BP, DL, Ironman) John Blackstone, 120 W. Main St., W. Lafayette, OH 43845, 740-502-4964

25 OCT, APA Carolina's Cup (PL, PP, BP, DL, SC, Overhead Press, Strength Sports - Georgetown, SC) Scott Taylor, 5738 Dayton St., Zephyrhills, FL 33542, 941-626-4727

25 OCT, APF Halloween Monster Bench Bash (Eagle Nest, NM) Anita Ramsey/Churtis Schultz, 505-377-3099

25 OCT, 26th Raw ADAU Central PA Open PL (open, all age groups, men and women) Al Siegel 304 Daisy St., Clearfield, PA 16830, 814-765-3214, al@pikilup.com

25 OCT, AAU 11th Annual Crain BP/DL Open (Shawnee, OK) Rickey Dale Crain, 405-275-3689, rcrain@allegiance.tv

25 OCT, NASA Iowa Regional, Equipped & Unequipped PL, Power Sports, Push Pull, Equipped & Unequipped BP Only (Des Moines, IA) 405-527-8513, P.O. Box 735, Noble, OK 73068, SQBPDL@aol.com

25 OCT (New Date), USAPL Florida Collegiate State BP & PL (Miami) Robert Keller, Box 281571, Davie, FL 33329, 954-790-2249, rhk@verizon.net, www.geocities.com/floridapl

25 OCT, USPF Pro Performance Strongman/PL (Morgantown, WV) Matt McCase, 210 Gilbob St., Fairmont, WV 26554, 304-376-

COMING EVENTS

7538, mccase@yahoo.com

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

25 OCT, USAPL Night of the Living Dead DL: Greed (\$) Alex Campbell, 615 Swimming Pool Rd., Hampton, TN 37658, 423-725-2415, alexcampbell777@hotmail.com

25 OCT, Back To Basics BP/DL (Raw), All American Gym, 309 W. Main St., Lakeland, FL 33815, 863-687-6268

25, 26 OCT, USAPL Northeastern USA Regional BP & PL (Ambler/Ft. Washington, PA) Robert Keller, 954-790-2249, rhk@verizon.net, www.purepowerlifting.com

25-26 OCT - WNPFLifetime 1ST International Cup Championships (PC, BP, DL (Atlantic City, NJ) WNPFLifetime, PO Box 142347, Fayetteville, GA 30214, 678 8 1 7 - 4 7 4 3, wnpflifetime@aol.com

26 OCT, The Pennsylvania Power Press (Raw, touch and go - sculptured trophies, Edinboro, PA) Dan Swope, 814-460-1057

26 OCT (New Date), USAPL Southeastern USA Regional BP & PL (Miami, FL) Robert Keller, Box 281571, Davie, FL 33329, 954-790-2249, rhk@verizon.net, www.geocities.com/floridapl

OCT, APF Orlando Barbell Meet, Brian Schwab, 407-678-2447, lightweightpower@aol.com

OCT, APF Mississippi State PL/BP (Pascagoula, MS) Joe Ladnier, 228-669-4240, theladinc@bellsouth.net

OCT, APF/AAPF Snake River PL/BP/DL & Special Olympics (Idaho Falls, ID) Mike & Linda Higgins, 208-521-3434

1 NOV, UPA Ironman Battle on the Mississippi, Bill Carpenter, UPA Vice President, (563) 599-1390, BCarpenter@UnitedPowerliftingAssociation.com, Entry form at www.upa-iowa.com.

Parkersburg, WV) Matt McCase, 900 Lakeview Dr., Parkersburg, WV 26104, 304-376-7538, mccase@yahoo.com

1 NOV, APF Texas Cup (Plano, TX) Gary Pendergrass, 800-378-6460, www.seguinfitness.com

1 NOV, Raw BP to benefit Special Olympics of Johnston County, Harrison Gym, W. Noble St., Selma, NC 27576, Don Hall, 919-894-2213

1 NOV, Cal State San Bernardino Collegiate Push Pull (non-sanctioned with USAPL rules - Cal State University, San Bernardino, CA) Mike Womelsdorf 909-880-2948, usaplchair@aol.com

1,2 NOV, 100% RAW Worlds (Hagerstown, MD) Paul Bossi, 139 Marla's Way, Camden, NC 27921, 2 5 2 - 3 3 9 - 5 0 2 5, rawlifting@aol.com, www.rawpowerlifting.com

2 NOV, WNPFL All American Cham-

APF/AAPF/WPO Schedule

1 NOV, APF Halloween Monster Bench

1 NOV, APF Texas Cup

8 NOV, APF/AAPF Gold Cup PL

8 NOV, APF Bench Press

20-23 NOV, WPC/WPO Worlds

NOV, WPC World PL/BP

6 DEC, AAPF River Valley Club

6 DEC, APF Gulf Coast

6 DEC, APF Iron Man

6 DEC, AAPF River Valley Club

6,7 DEC, APF/AAPF Southern States

13 DEC, APF South Carolina

17 JAN, APF/AAPF Battle on the Bay

14 FEB, APF Arizona Open State

14 MAR, APF/AAPF Spring Challenge

15 MAR, AAPF Raw Bench Press

MAR, APF/AAPF Illinois State

4 APR, APF Casstrength Missouri Open

4-5 APR, AAPF Nationals

APR, APF High School Nationals

MAY, APF Master/Teen/Jr. Nationals

22 AUG, APF/AAPF Summer Challenge

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pionships & WNPFLifetime World Cup Championships (Philadelphia, PA) Troy Ford, 678-817-4743, wnpf@aol.com

2 NOV, SLP Wisconsin Open BP/DL (Baraboo, WI) Dr. Darrell Latch, 217-253-5429, sonlightgym@verizon.com, www.sonlightpower.com

2 NOV, APL New England Open BP/DL (equipped, raw) Dave Follansbee & IFBB Pro Maggie Blanchard, 865 Second St., Manchester, NH 03102, 603-626-5489, NHBodybuilding@yahoo.com, AmericanPowerlifting.com

8 NOV, APF/AAPF Gold Cup PL (Park Forest, IL) Earl Davis, 708-747-5101

8 NOV, SLP Ohio State BP/DL (Hamilton, OH) Darrel Latch, 126 W. Sale, Tucola, IL 61953, 217-253-5429, sonlightgym@verizon.net,

www.sonlightpower.com

8 NOV, USAPL 20th annual Hudson Natural Open, Shawn Cain, 1040 192nd Ave., New Richmond, WI 54017, 715-246-3560

8 NOV, USAPL Michigan State Equipped/Raw PL/BP, John Zintmaster, 175 Circle Dr., Flushing, MI 48433, 810-730-5477

8 NOV, APF Bench Press (Phoenix, AZ) J.R. Bolger, 602-218-6489, azapf@cox.net

8 NOV, NASA W. Virginia Regional (Ravenswood, WV) Greg Van Hoose 8 NOV, Carl Seeker's War for the

Sword Push Pull (Warren, PA) Carl Seeker (814) 723-3442, seeker4@verizon.net

8 NOV, USPF Kentucky Muscle BP & DL (Louisville Kentucky Convention Center) Matt McCase, 900 Lakeview Dr., Parkersburg, WV 26104, 304-376-7538, mccase@yahoo.com

USPF 55th Iron Man Open

Powerlifting & Bench Press Challenge
(open, masters, teenage, women, junior)

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Over 40 Mr. Iron Man

USPF Div. II National Qualifier, GPC Rules

December 6th, 2008

(Fresno, CA) Bob & Kim Packer

559-322-6805, 559-323-3892

8 NOV, Pride Powerlifting's Strength Wars (raw, equipped, BP, DL, full power, monolift, no card fees - Kennewick, WA) (509) 868-2192, www.PridePowerlifting.com

8 NOV, USAPL Kansas State (Hoisington, KS) Wayne D. Herl, 3503 Chaumont, Hays, KS 67601, 785-625-1761

8 NOV, USAPL NC State PL & BP (Bunn, NC) Bill Schmidt, 407 Howard Tant Rd., Zebulon, NC 27597, 919-340-5347

8,9 NOV (NEW DATE), NASA Masters & Submasters Nationals, Equipped & Unequipped PL, Power Sports, Push Pull, Equipped & Unequipped BP & Arizona Regional (Mesa, AZ) 405-527-8513, P.O. Box 735, Noble, OK 73068, SQBPDL@aol.com

8-9 NOV, AAU World PL & BPs, International Push Pull & Single Lift Championships (Boo Williams Sports Complex, Hampton, VA) Virginia Powerlifting Association, Judy Wood, after 7pm 804-559-4624, Jill Meads, after 7pm 804-730-8810, vapowerlifting@aol.com

9 NOV, UPA Battle of the Bench Press II (Circleville, OH) Jon Elick (740) 412-1177, antman517@aol.com

9 NOV, SLP Indiana State BP/DL (Beech Grove, IN) Dr. Darrell Latch, 217-253-5429, sonlightgym@verizon.com, www.sonlightpower.com

9 NOV, NASA 100% Tested Nationals (Ravenswood, WV) Greg Van Hoose

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

13-16 NOV, WPF World PL, BP, DL (Austragungsort, Jedlersdorferstrasse 94, A1210, Wien, Austria, Gerhard Holleitner, www.wfpowerlifting.com

14-15 NOV, USAPL Dakota Open, Nicole Craig, 4716 Trail Dr., Rapid City, SD 57703, 605-393-2151

15 NOV, USAPL Ohio PL & BP Championships (Bedford Hts., OH) Ed King, 24775 Aurora Rd., Bedford Hts., OH 44146, 440-439-5464, www.kingsgymohio.com

15 NOV, Kansas City Fall Classic Meet (Drug Free - OP Assembly of God Gymnasium, Overland Park, KS) Jim

Duree, 5619 Pawnee Ave., Kansas City, KS 66106, 913-626-1142, jduree7086@aol.com

15 NOV, NASA Great Lakes Regional (Niles, IL) NASA, Box 735, Noble, OK 73068, SQBPDL@aol.com, 405-527-8513

15 NOV, IBP NC State Bench Press (Henderson, NC) Keith Payne, keith@ironboypowerlifting.net

15 NOV, USAPL Longhorn Open, Kim Beckwith, 8216 Burleson Rd., Austin, TX 78744, 512-560-2522

15 NOV, USAPL Anchorage Fall Classic, Ron Burnett, 13400 Lamb Dr., Anchorage, AK 99516, 907-345-7996

15 NOV, USAPL Southern California Regional PL & BP (Santa Clarita, CA) Lance Slaughter 310-995-0047, lanceoslaughter@yahoo.com, www.usapl-ca.org

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

15 NOV, Allentown YMCA BP & DL (Allentown, PA) Bonnie Bener, (610) 934-9333

15 NOV, Grand Slam BP (raw, assisted - Dunn Tire Park, Buffalo, NY) Mark Becht (716) 549-3952

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

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

20-23 NOV, WPC/WPO Worlds (Palm Beach Gardens Marriott, Palm Beach, FL) Kieran Kidder & Amy Jackson, IRONOVERLORD@aol.com

22 NOV, USAPL Idaho State Open PL & Bill's Bad Ass Bench Press, Bill Davis, 1800 Garrett Way #19, Pocatello, ID 83201, 208-233-8035

22 NOV, USAPL All-American BP Championships (Clarks Summit, PA) Steve Mann, www.purepowerlifting.com/2008AllAmericanBP/, www.mannofsteel.com

22 NOV, Omaha Open (full, BP, DL, PP - A.V. Sorensen Recreation Center, Omaha, NE) Keith Machulda, 402-444-5596

UPCOMING SLP COMPETITIONS

2 NOV, SLP Wisconsin Open BP/DL (Baraboo, WI)

8 NOV, SLP Ohio State BP/DL (Hamilton, OH)

9 NOV, SLP Indiana State BP/DL (Beech Grove, IN)

15 NOV, SLP Kentucky St. BP/DL (Louisville, KY)

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www.sonlightpower.com sonlight@netcare-il.com

22 NOV, USAPL Monsters of the Midwest "RAW" PL/BP (open, masters, teen, youth, high school, jr., out of state lifters welcome - Winchester, IN) Sonny Runyon, 765-716-2587, powerhouse562@comcast.net, Joe Goodhew, 765-744-6528, j.goodhew@comcast.net

22 NOV, USAPL MA/RI State Open (Advanced Cardio & Strength, 191 Brockton Ave. (Rt. 123), Abington, MA 02351, 781-878-2002) Greg Kostas, 781-447-6714

22 NOV, NASA N. Carolina Regional (SE States, Hickory, NC) NASA, Box 735, Noble, OK 73068, SQBPDL@aol.com, 405-527-8513

22 NOV, NASA Kansas Regional, Equipped & Unequipped PL & BP and Power Sports & Push Pull (Salina, KS) 405-527-8513, P.O. Box 735, Noble, OK 73068, SQBPDL@aol.com

22-23 NOV, 100% Raw World Bench Press Championship (Norfolk, VA) Paul Bossi, 252-339-5025

22-23 NOV, IPA Sr. National PL/BP, York Barbell, 3300 Board Rd., York, PA 17406, Mark Chaillet, 717-495-0024, chailfit@yahoo.com, Ellen Chaillet, echaillet@aol.com

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

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

22-23 NOV, WDFPF World Championships (Evansville, IN) Mike Stagg 812-204-3755, stagg@insightbb.com and Derek Wallace 812-217-0939, squatbeast@wowway.com

29 NOV, PPL National Strongman, PPL, 2250 Lumpkin Rd., Augusta, GA 30906, 706-790-3806, pythongym@aol.com

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

NOV, AAU World Military PL/World Bench Press/World Full

Power/International BP, DL, Push-Pull (Virginia) Judy & Steve Wood, Jill Meads, 804-559-4624, vapowerlifting@aol.com

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

NOV, APA Can-Am International (PL, BP, DL, PP - Freeport, ME) Scott Taylor, 5738 Dayton St., Zephyrhills, FL 33542, 941-626-4727

5-6 DEC, 100% Raw Masters Nationals (Lebanon, NH) Bret Kernoff, 802-865-2747, bret@vermontpowerlifting.com

5-7 DEC, RAW United Worlds (all current membership cards honored, all lifters & teams receive awards, entry deadline Saturday, November 8) Spero Tshontikidis, 4353 Collinwood Dr., Melbourne, FL 32901, 321-

505-1194, tshontis@brevard.k12.fl.us

6 DEC, USAPL Fife Power Company Holiday Classic, Steve Slavens, 5616 20th St E., Tacoma, WA 98424, 253-435-0023

6 DEC, USAPL Bare Fitness PL & BP (130 Dolson Ave., Middletown, NY) Frank J. Panaro, 839 Route 52, Walden, NY 12586, 845-778-1884, frankpanaro@gmail.com

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

6 DEC, AAPF River Valley Club Championships (Lebanon, NH) Bret Kernoff, bret@vermontpowerlifting.com

6 DEC, APF Iron Man (Fresno, CA) Bob & Kim Packer, 559-322-6805, 559-323-3892

6 DEC, USAPL Virginia State (PL/BP/DL/Ironman, raw, assisted - Standardsville, VA) John Shifflett, 186 Happy Hollow Rd., Ruckersville, VA 22968, valifting@aol.com, www.virginiainsapl.com

6 DEC - WNPFLifetime Memorial BP, DL, PC & Police/Fire/Military Nationals (Bordentown, NJ) Troy Ford 678-817-4743, wnpf@aol.com

6 DEC - WNPFLifetime Ironman Nationals & East Coast BP, DL, PC (Bordentown, NJ) WNPFLifetime, PO Box 142347, Fayetteville, GA 30214, 678 817-4743, Wnpflifetime@aol.com

6 DEC, IPA 3rd Annual Christmas Carnage (Full, BP - Leesport, PA) Gene Rychlak, Jr., 143 2nd Ave., Royersford, PA 19468, 610-948-7823

6 DEC, Walker's Gym Deadlift Classic (for St. Jude's Hospital - open, raw, men, women, masters, teen, police/fire) Walker's Gym 220 E. Broadway, Hopewell, VA 23860, 804-457-7918

6 DEC, SLP Tennessee Christmas for Kids BP/DL (Memphis, TN) Darrel Latch, 126 W. Sale, Tucola, IL 61953, 217-253-5429, sonlightgym@verizon.net, www.sonlightpower.com

6 DEC, 100% Raw Masters Nationals & AAU/AAPF River Valley Club Championships, (River Valley Club, Lebanon, New Hampshire) Bret Kernoff, bret@vermontpowerlifting.com

6 DEC, 8th Annual Pocket Samson's Christmas BP/DL (all divisions/weight classes for men and women, pre-registration deadline 11/15/08, limit 50 lifters) Glenn Murphy Jr., Box 1013, Westminster, MD 21158

6 DEC, APF Gulf Coast (Beaumont, TX) Gary Pendergrass, 800-378-6460, www.seguinfitness.com

6 DEC, Pride Raw BP & DL (Coeur d'Alene, ID) (509) 868-2192, PridePowerlifting.com

6 DEC, NASA New Mexico Push-it, Pull-it, Lift-it (Rio Rancho, NM) NASA, Box 735, Noble, OK 73068, SQBPDL@aol.com, 405-527-8513

6 DEC, 3rd Children's Christmas Classic Touch N' Go BP (Breakaway RecPlex, Celina, OH) Mike Wolfe, after 4pm weekdays, (419) 584-2393, bigbadwolfe900@yahoo.com

6-7 DEC, AAPF/APF Southern States (Jackson, FL) Wayne Pullum, IRONOVERLORD@aol.com

7 DEC - WNPFLifetime Eastern USA PL, BP, DL, PC (Seaford, DE) Troy Ford 678-817-4743, wnpf@aol.com

7 DEC, 16th Raw ADAU Coal Country Classic (separate SQ, BP, DL, open and all age groups, men and women - Bigler, PA) Al Siegel 304 Daisy St., Clearfield, PA 16830, 814-765-3214, al@pikitung.com

7 DEC, BPO British BP & DL Record Breakers (Four Seasons, Trallwn Road, Llansamlet, Swansea) Ken Williams (07970 625946), Nigel Wilding (07814 939047), www.wfpowerlifting.com

12-14 DEC, USAPL American Open (St. Louis, MO) Harold Gaines, 2 Tristan Terrace, St. Charles, MO 63303, 314-805-2044

13 DEC, APF South Carolina (Columbia, SC) Will Millman, 843-886-5366

13 DEC, Paxton Strongman Four (Paxton, MA) Nathan Fitzgerald (508) 791-3291, paxtonpowergym@charter.net, paxtonpowergym.com

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

13 DEC, Iron Chamber Gym BP & DL (Sun Valley High School, 5362 State Rt. 183 NE, Magnolia, OH) Jeff Begue, (330) 844-1011, ICG-Pride@Hotmail.com

13 DEC, 100% Raw Christmas Classic BP/CR (Standardsville, VA) John Shifflett, 434-985-3932

13 DEC, WNPFLifetime Classic & WNPFLifetime BP, DL, PC NA

NASA Powerlifting & Power Sports November

8th - West Virginia Regional (Ravenswood, WV)

8-9th - Masters/Submasters Nationals (Mesa, AZ)

9th - 100% Tested Nationals (Ravenswood, WV)

15th - Colorado Regional (Loveland, CO)

15th - Great Lakes Regional (Niles, IL)

22nd - North Carolina Regional (Hickory, NC)

22nd - Kansas Regional (Salina, KS)

29th - Houston Open (Alvin, TX?)

December

6th - Missouri Regional

6th - New Mexico Push-Pull (Rio Rancho, NM)

13th - West Texas Regional

20th - Illinois Christmas Regional

January

10th - Gilmer Open (Gilmer, TX)

17th - Chippewa Classic (Chippewa, WI)

24-25th - Natural Nationals (OKC, OK)

February

7th - Arizona State (Mesa, AZ)

14th - Missouri State (Joplin, MO)

28th - Indiana State

28th - East Texas State (Tyler, TX)

March

7th - Colorado State (Denver, CO)

14th - Tennessee State (Pickwick Park, TN)

28-29th - 26th High School Nationals (OKC, OK)

April

4th - Power Sports Nationals (OKC, OK)

5th - 2nd Pro Power Sports (OKC, OK)

25th - Wisconsin Regional

25th - Arizona State High School BP/PL (Mesa, AZ)

May

2nd - Western States Nationals (Mesa, AZ)

16th - Bench Press Nationals (Denver, CO)

August

1st-2nd - NASA World Cup (OKC, OK)

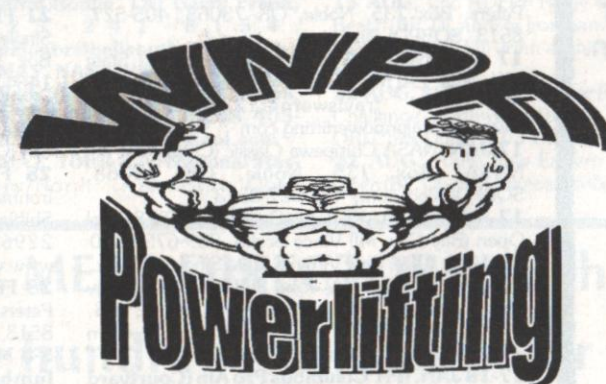
October

24th - 32nd Oklahoma Grand (OKC, OK)

24th - Unequipped Nationals (OKC, OK)

31st - Wisconsin State

Coming Events/ Entry Forms at: www.nasa-sports.com



World Natural Powerlifting Federation

Upcoming events

November 2, 2008- WNPFLifetime All-American Championships & WNPFLifetime LIFETIME World Cup Championships- Philadelphia, PA

November 22/23- WNPFLifetime WORLD CHAMPIONSHIPS & WNPFLifetime LIFETIME International Cup- Atlanta, GA

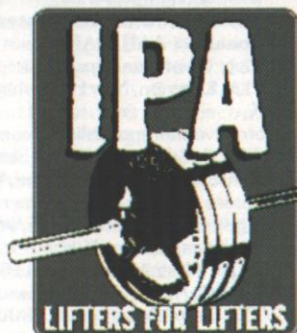
December 6- WNPFLifetime Bordentown Open, Sarge McCray Bench, Deadlift & Powercurl

December 7- WNPFLifetime Delaware State Championships- Seaford or Rehoboth, DE

December 13- WNPFLifetime Winter Classic & WNPFLifetime LIFETIME Bench Press, Deadlift & Powercurl Nationals- Kissimmee, FL

Contact information: Troy Ford, 678 817-4743 or wnpf@aol.com
Website- www.members.aol.com/wnpf

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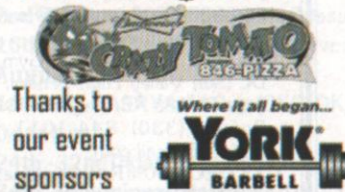
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November 22-23, 2008

For information about
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www.IPAPOWER.com for
a downloadable entry form.

Meet Directors

Mark Chaillet at
717-495-0024,
chailfit@yahoo.com
Chaillet's Private Fitness,
190 Arsenal Rd.,
York, PA 17404

Or Email: Ellen Chaillet
at echaillet@aol.com



York Barbell
3300 Board Rd., York, PA 17406

tionals (Kissimmee, FL) Troy Ford, 678-817-4743, wmpf@aol.com

13 DEC, USA Power Open BP & DL, Dave West, B&R Family Fitness Club (PA) 215-355-2700 x130
13 DEC, 21st Elkhart BP Classic (Elkhart, IN) Jon Smoker, jrcsmoker@hotmail.com

13 DEC, SLP Arkansas BP/DL (Rogers, AR) Darrel Latch, 126 W. Sale, Tucola, IL 61953, 217-253-5429, sonlightgym@verizon.net, www.sonlightpower.com

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

13 DEC, Golden Bear Bench Press Classic (WI) Steve Fronk, 715-736-7560, unitedag@chibardun.net

13 DEC, NASA West Texas Regional, Equipped & Unequipped PL & BP and Power Sports & Push Pull, 405-527-8513, P.O. Box 735, Noble, OK 73068, SQBPD@aol.com

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

27 DEC, 3rd annual Gene Rychlak Jr. Bench Press Classic (Boyertown YMCA) Gene Rychlak Jr., 143 Second Ave., Royersford, PA 19468, 610-948-7823, bench_a_grand@yahoo.com

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

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

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

DEC, APF-AAPF Southern States PL/BP, Kieran Kidder, 866-389-4744, amyljackson@aol.com

10 JAN, ADAU Raw Power Steel City Challenge (BP, DL - Community College of Allegheny County, Boyce Campus Gymnasium, Monroeville, PA) 412-335-7569, www.adaurawpower.com, monsters_unlimited@msn.com

10 JAN, NASA Gilmer Open (Gilmer, TX) Rich Peters, Box 735, Noble, OK 73068, 405-527-8513, SQBPD@aol.com

17 JAN (NEW DATE), USAPL Louisiana State (Lafayette, LA) Meet Director, Travis Werner, 337-349-2006, traviswerner123@yahoo.com, www.ragincajunpowerlifting.com

17 JAN, NASA Chippewa Classic (Chippewa, WI) NASA, Box 735, Noble, OK 73068, SQBPD@aol.com, 405-527-8513

17 JAN, APF/AAPF Battle On The Bay Old School Open (Bay City, MI) Vince Scelfo, 989-672-0830
17 JAN, 100% Raw Virginia State Single (BP, DL, SC - Stanardsville, VA) John Shifflett, 186 Happy Hollow Rd., Ruckersville, VA 22968, valifting@aol.com, www.virginiapowerlifting.blogspot.com

17-18 JAN, IPA Columbus Pro Am (Courtyard Marriott, Columbus, OH) Dan Dague, 614-554-8824, lexenxtreme@aol.com, www.lexenxtreme.com

24 JAN 09, Capital District Tri-City BP/DL, Bethlehem Area YMCA, 900 Delaware Ave., Delmar, New York 12054, Tom Corazzini, 518-439-4394, ext. 1442, tcorazzini@cdymca.org

24-25 JAN, NASA Natural Nationals (OKC, OK) Rich Peters, Box 735, Noble, OK 73068, 405-527-8513, SQBPD@aol.com

24-25 JAN, Raw Unity Meet (New Port Richey, FL) erictalmant@yahoo.com, www.rawunitymeet.com

24-25 JAN, USPF American Cup (Los Angeles Convention Center) Steve Denison, pwriftrs@msn.com, www.powerliftingCA.com, 661-333-9800
25 JAN, Capital District BP & DL, Bethlehem Area

YMCA, 900 Delaware Ave., Delmar, NY 12054, Tom Corazzini, 518-439-4394 ext 1442, tcorazzini2@nycap.rr.com

25 JAN, USPF Los Angeles Fit Expo BP & DL (open - Los Angeles Convention Center) Steve Denison, pwriftrs@msn.com, www.powerliftingCA.com, 661-333-9800

25 JAN, IPA Jersey Power Classic (all divisions) Henri Skiba, 732-598-9369, astroboy252@mac.com

30-31 JAN, UPA Iowa & Midwest PL, Bill Carpenter, UPA Vice President, (563) 599-1390, BCarpenter@UnitedPowerliftingAssociation.com

31 JAN, 3rd ADFPF PL/Single Lift Championships (Church of the Gentle Shepherd, Six Lakes, MI) John Jachim, JM-Gedney@wiu.edu

31 JAN (NEW DATE), USAPL Raw HS (Scranton, PA) Steve Mann, www.purepowerlifting.com

31 JAN (NEW DATE), USAPL NE Regional HS (Scranton, PA) Steve Mann, www.purepowerlifting.com

1 FEB (REVISED DATE), USAPL Raw Collegiate (Scranton, PA) Steve Mann, www.purepowerlifting.com

1 FEB, USAPL NE Regional Collegiate (Scranton, PA) Steve Mann, www.purepowerlifting.com

7 FEB, NASA Arizona State (Mesa, AZ) Rich Peters, Box 735, Noble, OK 73068, 405-527-8513, SQBPD@aol.com

7 FEB, SSA CandyAzz Classic (full power, Ironman, single lift - Iron Asylum Gym, Tribes Hill, NY) Sandi McCaslin (518) 829-7990, www.ironasylumgym.com

13-14 FEB, USAPL Women's Nationals (Miami, FL) Robert Keller, 954-790-2249, rhk@verizon.net, www.geocities.com/floridausapl

14 FEB, APF 2nd Arizona Open State (Peoria, AZ) J.R. Bolger, 623-236-8265

14 FEB, NASA Missouri State (Joplin, MO) Rich Peters, Box 735, Noble, OK 73068, 405-527-8513, SQBPD@aol.com

21 FEB, Red Brick Bench Press VI (Red Brick School, Lewiston, NY) Dennis Brochey, 302 N. 5th St., Lewiston, NY 14082, (716) 200-3533, cdbrochey@roadrunner.com, <http://niagarapowerliftingclub.com>

21 FEB, ADAU Raw Power Emmanuel Greater Single Lift Open (Johnstown, PA) Sam Contakos, Box 1084, Johnstown, PA 15907, (814) 270-1464, paworkout@aim.com

28 FEB, NASA Indiana State, NASA, Box 735, Noble, OK 73068, SQBPD@aol.com, 405-527-8513

28 FEB, USAPL Virginia Open (PL/BP/DL/Ironman, Raw, Assisted - Standardsville, VA) John Shifflett, 186 Happy Hollow Rd., Ruckersville, VA 22968, valifting@aol.com, www.virginiapowerlifting.blogspot.com

28 FEB, NASA E. Texas State (Tyler, TX) Rich Peters, Box 735, Noble, OK 73068, 405-527-8513, SQBPD@aol.com

5-8 MAR, Arnold Sports Festival PL/BP (Columbus, OH), 614-431-2600, www.arnoldsportsfestival.com

7 MAR, NASA Colorado State (Denver, CO) Rich Peters, Box 735, Noble, OK 73068, 405-527-8513, SQBPD@aol.com

14 MAR, ADFPF Single Event Nationals (SAL, OH), 614-431-2600, www.arnoldsportsfestival.com

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Be a part of tradition, the longest running bench meet in America, the 21st annual Elkhart Bench Press Classic. New, lower entry - \$30. 13 December 2008. Jon Smoker, jrcsmoker@hotmail.com

Grand Rapids, MI) Richard Van Eck & John Jachim, JM-Gedney@wiu.edu
14 MAR, 100% Raw Ironman Nationals & United State Open (BP, DL, SC - Zion Crossroads, VA) John Shifflett, 186 Happy Hollow Rd., Ruckersville, VA 22968, valifting@aol.com, www.virginiapowerlifting.blogspot.com
14 MAR, NASA Tennessee State (Pickwick Park, TN) Rich Peters, Box 735, Noble, OK 73068, 405-527-8513, SQBPD@aol.com
14 MAR, APF/AAPF Spring Power Challenge Northwest (Oregon City, OR) Chris Duffin, 503-780-8890
15 MAR, AAPF Raw BP (Haverhill, MA) Brett Kernoff, brett@vermontpowerlifting.com
28-29 MAR, 26th NASA High School Nationals (OKC, OK) Rich Peters, Box 735, Noble, OK 73068, 405-527-8513, SQBPD@aol.com
29 MAR, 10th Pittsburgh Monster BP/DL (men & women, all classes, cash prizes - Pittsburgh Airport Crown Plaza) Mike Barravecchio, 152 Dover Dr., Moon Township, PA 15108, 412-264-9996
MAR, USAPL Mass High School PL, Eric Cordeiro, eccbeast@yahoo.com
MAR, APF-AAPF Illinois State (Willowbrook, IL) Eric Stone, 630-794-0594, thestone@chicagopowerlifting.com
4 APR, APF Casstrength Missouri State Open (Blue Springs, MO) Brandon Cass, 816-690-6769, casstrength@cs.com
4 APR, NASA Power Sports Nationals (OKC, OK) Rich Peters, Box 735, Noble, OK 73068, 405-527-8513, SQBPD@aol.com
4 APR, APC Georgia State PL/BP (Athens, GA) L.B. Baker, 770-713-3080, www.americanpowerliftingcommittee.com
4-5 APR, AAPF National Championships (Idaho Falls, ID) Mike & Linda Higgins, 208-521-3434, snakeriver@yahoo.com
5 APR, NASA Pro Power Sports (OKC, OK) Rich Peters, Box 735, Noble, OK 73068, 405-527-8513, SQBPD@aol.com
11 APR, SSA Imperium (full power, Ironman, single lift - Iron Asylum Gym, Tribes Hill, NY) Sandi McCaslin (518) 829-7990, www.ironasylumgym.com
18 APR, MHP Kings of the Bench III & MHP Clash of the Titans II Powerlifting (\$10,000 total cash prize money, four weight divisions, wraps,

chalk, belt only - Ronnie Coleman Classic Expo, Mesquite Convention Center, Dallas, TX) Sean Katterle, (503) 221-2238, SeanZilla@HardcorePowerlifting.com, www.HardcorePowerlifting.com, www.MaxPerformance.com, www.MetroFlexGym.com, www.MetroFlexGymProductions.com
18 APR, 14th Dungeon Powerworks Slam (BP, DL - Three Rivers, MI) Mark Mellinger, 15681 Featherstone Rd., Constantine, MI 4904, 2269-506-5386
18 APR, ADFPF Chicagoland PL/Single Event (B&W Gym) Clint Phillips, Bill Lotter, JM-Gedney@wiu.edu
18,19 APR, USAPL Indiana State PL/BP (open, masters, teen, youth, high school, jr., out of state lifters welcome - Winchester, IN) Sonny Runyon, 765-716-2587, powerhouse562@comcast.net, Joe Goodhew, 765-744-6528, j.goodhew@comcast.net
18-19 APR, IPA Power Palooza 11 (Full, BP, DL - Leesport, PA) Gene Rychlak Jr., 143 2nd Ave., Royersford, PA 19468, 610-948-7823
24-26 APR, UPA Powerlifting & Bench Press National Championships (Grand River Center, Dubuque, IA) Kenny Patterson, UPA President, (614) 563-0279, KPatterson@UnitedPowerliftingAssociation.com, Bill Carpenter, UPA Vice President (563) 599-1390, BCarpenter@UnitedPowerliftingAssociation.com. Entry form: www.upa-iowa.com.
25 APR, NASA Wisconsin Regional, NASA, Box 735, Noble, OK 73068, SQBPD@aol.com, 405-527-8513
25 APR, NASA Arizona State HSBP/PL (Mesa, AZ) Walt Sword
APR, APF High School Nationals, (Baton Rouge, LA) Garry Frank, 225-241-8154, bulldogbr@bellsouth.net
2 MAY, NASA Western States Nationals (Mesa, AZ) Rich Peters, Box 735, Noble, OK 73068, 405-527-8513, SQBPD@aol.com
9 MAY, 100% Raw National Masters/North American Open

Powerlifting (Zion Crossroads, VA) John Shifflett, 186 Happy Hollow Rd., Ruckersville, VA 22968, valifting@aol.com, www.virginiapowerlifting.blogspot.com
11-13 SEP, Raw United Armed Forces Nationals & Raw United Florida State Championships, Spero Tshontikidis, 4353 Collinwood Dr., Melbourne, FL 32901, 321-505-1194
12-13 SEP, USAPL Bench Press Nationals, Gary Kanaga, 591 Central Dr., Broadview Hts., OH 44147, 440-717-9624
17 OCT, SSA Asylum Power (full power, Ironman, single lift - Iron Asylum Gym, Tribes Hill, NY) Sandi McCaslin (518) 829-7990, www.ironasylumgym.com
24 OCT, NASA Unequipped Nationals (OKC, OK) Rich Peters, Box 735, Noble, OK 73068, 405-527-8513, SQBPD@aol.com
24 OCT, NASA 32nd Oklahoma Grand (OKC, OK) NASA, Box 735, Noble, OK 73068, SQBPD@aol.com, 405-527-8513
31 OCT, NASA Wisconsin State, NASA, Box 735, Noble, OK 73068, SQBPD@aol.com, 405-527-8513
14-16 NOV, WDFPF World Powerlifting (Foggia, Italy) JM-Gedney@wiu.edu
4-6 DEC, RAW United World Powerlifting Championships, Spero Tshontikidis, 4353 Collinwood Dr., Melbourne, FL 32901, 321-505-1194
5 DEC, USAPL Virginia State (BP, DL, PL, Ironman, Raw, Assisted - Standardsville, VA) John Shifflett, 186 Happy Hollow Rd., Ruckersville, VA 22968, valifting@aol.com, www.virginiapowerlifting.blogspot.com
12 DEC, 100% Raw Christmas Classic (BP, SC - Standardsville, VA) John Shifflett, 186 Happy Hollow Rd., Ruckersville, VA 22968, valifting@aol.com, www.virginiapowerlifting.blogspot.com
18-20 JUN 2010, USAPL Men's Open & Teen/Junior Nationals (California state, TBA) Lance Slaughter, 4437 S. Centinela Ave., Los Angeles, CA 90066, 310-995-0047

John Shifflett, 186 Happy Hollow Rd., Ruckersville, VA 22968, valifting@aol.com, www.virginiapowerlifting.blogspot.com
11-13 SEP, Raw United Armed Forces Nationals & Raw United Florida State Championships, Spero Tshontikidis, 4353 Collinwood Dr., Melbourne, FL 32901, 321-505-1194
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24 OCT, NASA 32nd Oklahoma Grand (OKC, OK) NASA, Box 735, Noble, OK 73068, SQBPD@aol.com, 405-527-8513
31 OCT, NASA Wisconsin State, NASA, Box 735, Noble, OK 73068, SQBPD@aol.com, 405-527-8513
14-16 NOV, WDFPF World Powerlifting (Foggia, Italy) JM-Gedney@wiu.edu
4-6 DEC, RAW United World Powerlifting Championships, Spero Tshontikidis, 4353 Collinwood Dr., Melbourne, FL 32901, 321-505-1194
5 DEC, USAPL Virginia State (BP, DL, PL, Ironman, Raw, Assisted - Standardsville, VA) John Shifflett, 186 Happy Hollow Rd., Ruckersville, VA 22968, valifting@aol.com, www.virginiapowerlifting.blogspot.com
12 DEC, 100% Raw Christmas Classic (BP, SC - Standardsville, VA) John Shifflett, 186 Happy Hollow Rd., Ruckersville, VA 22968, valifting@aol.com, www.virginiapowerlifting.blogspot.com
18-20 JUN 2010, USAPL Men's Open & Teen/Junior Nationals (California state, TBA) Lance Slaughter, 4437 S. Centinela Ave., Los Angeles, CA 90066, 310-995-0047

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AAPF Big Sky State Games
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|--|-------------|-------------|-----|------|
| BENCH | 181 lbs. | | | |
| FEMALE | S. Suda | 300 | | |
| Open | 220 lbs. | | | |
| 148 lbs. | J. Nelson | 540 | | |
| V. Shockley | 85 | 275 | 570 | |
| 165 lbs. | J. Grosulak | 420 | | |
| B. Binkie | 120 | B. Monson | | |
| MALE | | | | |
| Master | DEADLIFT | | | |
| (205 lbs.) | FEMALE | | | |
| T. Gardener | 340 | Open | | |
| (220 lbs.) | 148 lbs. | | | |
| J. Nelson | 540 | V. Shockley | 235 | |
| (217 lbs.) | MALE | | | |
| Warmsbecker | 570 | TEEN | | |
| Teen | (200 lbs.) | Winterrowd | 285 | |
| (131 lbs.) | Junior | | | |
| D. Hanson | 310 | (271 lbs.) | | |
| (214 lbs.) | J. Grosulak | 600 | | |
| J. Winterrowd | 270 | 165 lbs. | | |
| Junior | (271 lbs.) | B. Binkie | 265 | |
| (271 lbs.) | J. Grosulak | 420 | | |
| Open | 275 lbs. | | | |
| 132 lbs. | J. Grosulak | 600 | | |
| D. Hanson | 310 | | | |
| Powerlifting | SQ | BP | DL | TOT |
| FEMALE | | | | |
| (271 lbs.) | | | | |
| Junior | | | | |
| N. Pilgrim | 220 | 130 | 270 | 620 |
| Open | | | | |
| 165 lbs. | | | | |
| B. Binkie | 200 | 120 | 265 | 585 |
| Raw | | | | |
| Open | | | | |
| 165 lbs. | | | | |
| B. Binkie | 200 | 120 | 265 | 585 |
| MALE | | | | |
| Masters | | | | |
| (200 lbs.) | | | | |
| J. Winterrowd | 500 | 300 | 475 | 1275 |
| Teen | | | | |
| (284 lbs.) | | | | |
| N. Hoang | 585 | 300 | 530 | 1415 |
| (192 lbs.) | | | | |
| B. Leikam | 400 | 235 | 400 | 1035 |
| (214 lbs.) | | | | |
| J. Winterrowd | 490 | 270 | 515 | 1275 |
| Junior | | | | |
| (271 lbs.) | | | | |
| J. Grosulak | 625 | 420 | 600 | 1645 |
| Open | | | | |
| 220 lbs. | | | | |
| M. Toliver | 315 | 205 | 405 | 925 |
| J. Winterrowd | 490 | 270 | 515 | 1275 |
| 275 lbs. | | | | |
| J. Grosulak | 625 | 420 | 600 | 1645 |
| Raw | | | | |
| Open | | | | |
| 275 lbs. | | | | |
| J. Grosulak | 625 | 420 | 600 | 1645 |
| (Results provided courtesy Jim Thompson) | | | | |



Thomas, Spero, Ryan, and Steve celebrate Best Lifter Honors. (All the R.A.W. United contest photos are courtesy of Spero Tshontikidis)

RAW United National
28-29 JUN 08 - Melbourne, FL

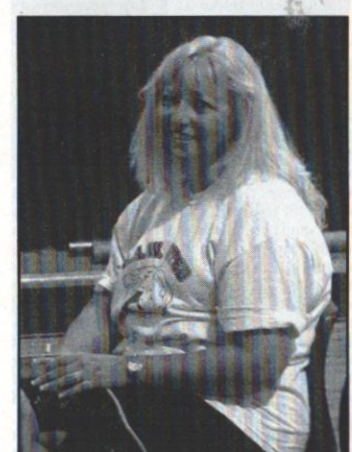
| | | | | |
|---------------|-----|-----|-----|-----|
| Powerlifting | SQ | BP | DL | TOT |
| WOMEN | | | | |
| 88 lbs. | | | | |
| (10-11) | | | | |
| S. Montgomery | 55 | 130 | 185 | |
| (12-130) | | | | |
| K. Thompson | 95 | 55 | 140 | 290 |
| C. Kermer | 90 | 57 | 135 | 282 |
| (12-13) | | | | |
| M. Douglas | 100 | 65 | 165 | 330 |
| 114 lbs. | | | | |
| (14-15) | | | | |
| A. Graham | 45 | 82 | 205 | 332 |
| (50-54) | | | | |
| L. Watson | — | 115 | — | — |
| 123 lbs. | | | | |
| (14-15) | | | | |
| B. Kissel | 140 | 80 | 180 | 400 |
| 132 lbs. | | | | |
| (12-13) | | | | |
| S. Shores | 155 | 80 | 220 | 455 |
| (35-39) | | | | |
| D. Graham | 100 | 80 | 180 | 360 |
| (50-54) | | | | |
| M. Quinn | 100 | 115 | 200 | 415 |
| 148 lbs. | | | | |
| (60-64) | | | | |
| M. Pritzl | 250 | 175 | 325 | 750 |
| 165 lbs. | | | | |
| (16-17) | | | | |
| Montgomery | 120 | 75 | 185 | 380 |
| (18-19) | | | | |
| J. Manuel | 165 | 125 | 195 | 485 |
| (45-49) | | | | |
| Montgomery | — | 130 | 305 | 435 |
| 77 lbs. | | | | |
| (10-11) | | | | |
| A. Gari | 45 | 45 | 110 | 200 |
| 88 lbs. | | | | |
| (12-13) | | | | |
| R. Taylor | — | 50 | 110 | 160 |
| 105 lbs. | | | | |
| (10-11) | | | | |
| Montgomery | — | 75 | 175 | 250 |
| 114 lbs. | | | | |
| (12-13) | | | | |
| P. Moran | 140 | 65 | 160 | 365 |
| (35-39) | | | | |
| T. Branam | — | 170 | 165 | 335 |
| 123 lbs. | | | | |
| (14-15) | | | | |
| E. Samarrah | 105 | 80 | 185 | 370 |
| (16-17) | | | | |
| F. Sciafani | 225 | 165 | 245 | 635 |
| (18-19) | | | | |
| T. Mohammed | 290 | 185 | 385 | 860 |
| J. Gonzalez | 285 | 215 | 345 | 845 |
| 132 lbs. | | | | |
| (16-17) | | | | |
| A. Bocharski | 200 | 145 | 290 | 635 |
| (20-24) | | | | |
| T. Gerhauser | — | 145 | — | — |
| (45-49) | | | | |
| S. Soukup | 275 | 185 | 290 | 750 |

RAW United National
28-29 JUN 08 - Melbourne, FL

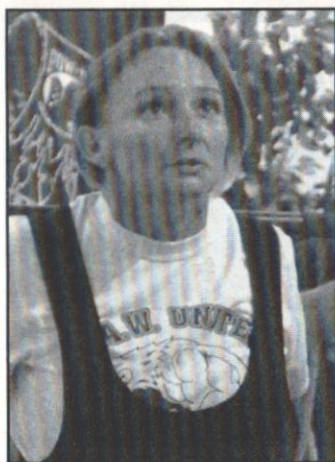
| | | | | |
|---------------|-----|-----|-----|------|
| Powerlifting | SQ | BP | DL | TOT |
| MALE | | | | |
| 148 lbs. | | | | |
| (12-13) | | | | |
| C. Baker | 145 | 90 | 182 | 417 |
| (14-15) | | | | |
| J. Howard | 240 | 225 | 350 | 815 |
| J. Douglas | 165 | 100 | 245 | 510 |
| G. West | 155 | 100 | 225 | 480 |
| R. Audet | 120 | 85 | 160 | 365 |
| J. Wadzinski | — | 170 | 280 | 450 |
| (16-17) | | | | |
| G. Barnes | 285 | 225 | 335 | 845 |
| D. Seiler | 255 | 210 | 335 | 800 |
| A. Miller | 230 | 175 | 340 | 745 |
| D. McMillen | 200 | 145 | 305 | 650 |
| (18-19) | | | | |
| W. Vickery | — | 255 | 395 | 650 |
| (35-39) | | | | |
| S. O'Grady | — | 315 | 405 | 720 |
| 165 lbs. | | | | |
| (16-17) | | | | |
| Tshontikidis | 350 | 205 | 445 | 1000 |
| A. Mesnard | 295 | 270 | 415 | 980 |
| R. Victoria | 285 | 175 | — | — |
| (18-19) | | | | |
| T. Lee | 355 | 305 | 435 | 1095 |
| R. Fay | — | 255 | 530 | 785 |
| (35-39) | | | | |
| T. McCoy | — | 310 | 375 | 685 |
| (40-44) | | | | |
| T. O'Brien | 385 | 265 | 345 | 995 |
| M. Guerra | — | 300 | — | — |
| (60-64) | | | | |
| A. Annunziato | 295 | 235 | 425 | 955 |
| 181 lbs. | | | | |
| (10-11) | | | | |
| T. Laskovich | 105 | 75 | 140 | 320 |
| (14-15) | | | | |
| K. Straus | 295 | 180 | 355 | 780 |
| (16-17) | | | | |
| J. Wadzinski | 310 | 220 | 375 | 905 |
| R. Smith | 160 | 120 | 185 | 465 |
| (18-19) | | | | |
| C. Maldonado | 225 | 160 | 340 | 725 |
| (35-39) | | | | |
| P. O'Grady | — | 275 | 505 | 780 |
| (45-49) | | | | |
| Tshontikidis | 400 | 255 | 485 | 1140 |
| 198 lbs. | | | | |
| (16-17) | | | | |
| A. Velez | 200 | 145 | 275 | 620 |
| (25-29) | | | | |
| D. Lagges | 405 | 325 | 505 | 1235 |
| D. Fullington | 385 | 290 | 420 | 1095 |
| (45-49) | | | | |
| R. Krebs | 340 | 335 | 355 | 1030 |
| K. Steward | — | — | — | — |
| S. Crossman | — | — | — | — |
| (65-69) | | | | |
| J. May | — | 250 | — | — |
| (70-74) | | | | |
| J. Ruffalo | 265 | — | 315 | — |
| 220 lbs. | | | | |
| (16-17) | | | | |
| T. Carden | 380 | 295 | 425 | 1100 |
| (20-24) | | | | |
| S. Rawl | — | 335 | 580 | 915 |
| B. Howard | 225 | — | 365 | — |
| (35-39) | | | | |
| S. Ryder | 460 | 440 | 560 | 1460 |
| (45-49) | | | | |

| | | | | |
|--------------|-----|-----|-----|------|
| B. Beekley | 485 | 275 | 550 | 1310 |
| P. Simmons | 305 | 205 | 425 | 935 |
| (50-54) | | | | |
| K. Tillman | 435 | 275 | 460 | 1170 |
| 242 lbs. | | | | |
| (16-17) | | | | |
| A. Tully | 350 | 285 | 390 | 1025 |
| (30-34) | | | | |
| J. Gaynor | 480 | 440 | 600 | 1520 |
| (45-49) | | | | |
| J. Sevor | 225 | 425 | 650 | |
| (55-59) | | | | |
| L. Bucchioni | — | — | 515 | — |
| 275 lbs. | | | | |
| (16-17) | | | | |
| T. Walter | 360 | 255 | 385 | 1000 |
| (40-44) | | | | |
| T. Smith | 500 | 340 | 525 | 1365 |
| (45-49) | | | | |
| F. Goldberg | — | 450 | 460 | 910 |
| J. Zmyewski | — | 430 | — | — |
| 308 lbs. | | | | |
| (45-49) | | | | |
| B. Kissel | 535 | 415 | 585 | 1535 |
| 308+ lbs. | | | | |
| (16-17) | | | | |
| A. DiBiase | 565 | 300 | 545 | 1410 |

miss at 405) in the 123s. Ten year-old Alex Gari captured the crowd's attention in the 77 pound class while his coach, Master's World Champion Bill Beekley, finished with an awesome 1310 total in the 220s. Moving into the 165s, Yanni Tshontikidis of Wildcat Powerlifting posted the strongest teenage, Ironman total lifting 6.28 times his bodyweight without a belt. Yanni and the Wildcats also took home the Mixed Overall title with a perfect score of 120 points. Although a pulled hamstring kept him from entering the full power division, teenage phenomenon Robbie Fay nailed a 530 pound deadlift in the 18-19, 165s, while Jacksonville, Florida's Tom Carden (competing in the 16-17, 220s) went eight for nine en route to his 1100 pound total. And Anthony DiBiase, lifting with Power in the Blood, showed great technique with lifts of 565, 300, and 545 in the 308+ class. Sunday's lifting included outstanding performances from brothers Shawn and Pat O'Grady in the push/pull division, Masters legend Al Annunziato, and eighth grader Kyle Straus. Shawn totaled nearly five times his bodyweight in the two lifts, going 315 and 405 in the 148s to take Best Lifter honors. Pat, who was scheduled to be out of town on business, was able to compete "last minute," and hit a 275 pound bench and 505 pound deadlift in the 181s. Al got off to a stressful start, missing his first two squats. Fortunately, he sunk a 295 pound effort on his third attempt and then went six for six en route to his 955 total in the 60-64, 165s. Kyle, who lifts for Wildcat Powerlifting and just completed the eighth grade, had a perfect day, going nine for nine with lifts of 245, 180, and 355. Sunday also found the ladies on the platform. Twelve year-olds Katrina Thompson and Colleen Kermer, both members of Wildcat Powerlifting, battled it out in the 88 pound class. Katrina's 95 pound squat and Colleen's 57 pound bench were both good for Ironman records; Katrina edged out Colleen in the end with a 290 pound total (Colleen totaled 282). Teenage World Champion Amanda Graham injured her knee while serving with the Sea Cadets two weeks prior to the meet and had to settle for a token, 45 pound squat. Amanda did, however, break both the bench and deadlift records (82, 212) to win the 114s. Wildcat lifter Brianna Kissel squatted deep and strong, finishing with a 140 pound effort. Brianna went on to post a 80 pound bench and 180 pound deadlift in the 123s. Samantha Shores, who just turned thirteen, broke records across the board in her move to the 132s, and captured Best Lifter honors in the teenage division. Finally, Marie Pritzl came off of a three-week annual training exercise and still managed to nail impressive lifts of 250, 175, and 325 to take the 148s and Best Lifter honors. Marie and her unit are preparing to deploy to Iraq, so please keep her in your prayers! Finally, Sunday saw inspiring performances by Disabled American Lifters Thomas Gerhauser and Ryan Smith. Thomas, who



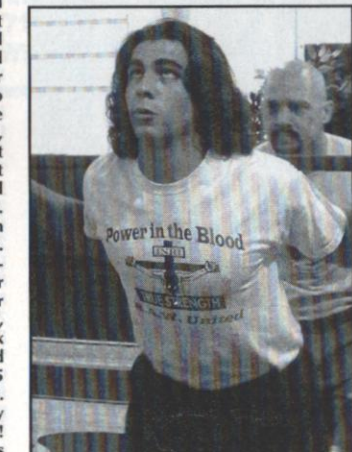
Caryn Tshontikidis, R.A.W. United official, and wife of Spero



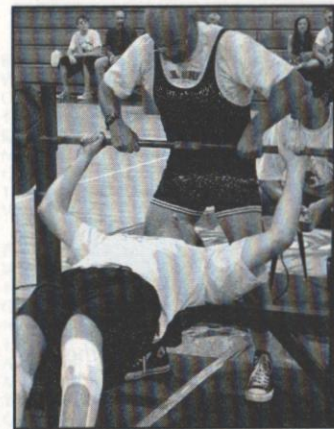
Denise Graham, the voice of R.A.W. United debuted her lifting

has cerebral palsy, pressed 145 pounds "through the roof" on his third bench for a DAL record. Ryan, an autistic student at Palm Bay High School, hit personal bests across the board with lifts of 160, 120, and 185. As a result of their efforts, Thomas and Ryan were awarded Best Lifter trophies from the two Best Lifter recipients (Men's Open and Men's Masters) in the men's division. A third lifter that brought the crowd to their feet was Colleen Kermer. On her final deadlift, Colleen attempted 135 pounds, and struggled from the start. As the bar reached her knees, the twelve year-old shook her head in an effort to signal her inability to complete the lift. Fortunately, everyone in attendance encouraged Colleen to keep pulling. And pull she did, locking out the 135 pounds and receiving three white lights! The contest's success can be attributed to two things God's presence and the efforts of everyone that lent a hand throughout the weekend. Chaplain Paul Simmons, the company's official chaplain, offered worship and communion services each morning before the Rules Clinic and prayed over those in attendance prior to each day's competitive lifting. Veteran lifters Bob Gaynor and Eric Talmant served as Head Judge, and were joined by Jan Montgomery, Caryn Tshontikidis, Bill Beekley, and Paul Simmons. Danny Aguirre and Steve Ryder served as center spotter, and Bobby Imbt, Wolfgang Kermer, Yanni Tshontikidis, Anthony DiBiase, and Brian Kissel all pitched in loading throughout the weekend. Wildcat lifters Gabriel West, Carlos Maldonado, Albert Velez, Kyle Straus, Chance Baker, and Patrick Moran also helped out with rack heights and loading while Tori Simmons and Amanda Graham expedited. At the score table, Denise Graham and Sam Gough kept the meet moving, while Carrie Moran assisted with totaling and Best Lifter computation. Sava Tshontikidis and Tori Simmons ran the "Dollar Store," and Steve Shores, Kevin Moran, JP Baker, Mike Smith, and all the Wildcats pitched in with set up and clean up. Thanks to everyone that helped to make our inaugural National Championships a successful event! And more thanks to Kelly, Colleen, and MJ Quinn and Brian and Brianna Kissel of Mighty Quinn Photography for the excellent still shots of all the lifters; to Georg Baker and Sandy Shores for additional shots of the Wildcats; to Sir Charles Venturella for the awesome eagle sculptures; to Paul Bossi (President of 100% RAW) of Elizabeth City Trophy for the awesome Best Lifter and Team trophies; to Scott Crossman for donating a copy of John Eldredge's book "Wild at Heart" to each lifter; to Mike Lambert of Powerlifting USA Magazine for donating copies of the May and June issues for each of our lifters; and to all the lifters for their support and encouragement. On behalf of the entire R.A.W. United staff, thanks! Finally, thanks to the brave men and women of the United States Armed Forces

has cerebral palsy, pressed 145 pounds "through the roof" on his third bench for a DAL record. Ryan, an autistic student at Palm Bay High School, hit personal bests across the board with lifts of 160, 120, and 185. As a result of their efforts, Thomas and Ryan were awarded Best Lifter trophies from the two Best Lifter recipients (Men's Open and Men's Masters) in the men's division. A third lifter that brought the crowd to their feet was Colleen Kermer. On her final deadlift, Colleen attempted 135 pounds, and struggled from the start. As the bar reached her knees, the twelve year-old shook her head in an effort to signal her inability to complete the lift. Fortunately, everyone in attendance encouraged Colleen to keep pulling. And pull she did, locking out the 135 pounds and receiving three white lights! The contest's success can be attributed to two things God's presence and the efforts of everyone that lent a hand throughout the weekend. Chaplain Paul Simmons, the company's official chaplain, offered worship and communion services each morning before the Rules Clinic and prayed over those in attendance prior to each day's competitive lifting. Veteran lifters Bob Gaynor and Eric Talmant served as Head Judge, and were joined by Jan Montgomery, Caryn Tshontikidis, Bill Beekley, and Paul Simmons. Danny Aguirre and Steve Ryder served as center spotter, and Bobby Imbt, Wolfgang Kermer, Yanni Tshontikidis, Anthony DiBiase, and Brian Kissel all pitched in loading throughout the weekend. Wildcat lifters Gabriel West, Carlos Maldonado, Albert Velez, Kyle Straus, Chance Baker, and Patrick Moran also helped out with rack heights and loading while Tori Simmons and Amanda Graham expedited. At the score table, Denise Graham and Sam Gough kept the meet moving, while Carrie Moran assisted with totaling and Best Lifter computation. Sava Tshontikidis and Tori Simmons ran the "Dollar Store," and Steve Shores, Kevin Moran, JP Baker, Mike Smith, and all the Wildcats pitched in with set up and clean up. Thanks to everyone that helped to make our inaugural National Championships a successful event! And more thanks to Kelly, Colleen, and MJ Quinn and Brian and Brianna Kissel of Mighty Quinn Photography for the excellent still shots of all the lifters; to Georg Baker and Sandy Shores for additional shots of the Wildcats; to Sir Charles Venturella for the awesome eagle sculptures; to Paul Bossi (President of 100% RAW) of Elizabeth City Trophy for the awesome Best Lifter and Team trophies; to Scott Crossman for donating a copy of John Eldredge's book "Wild at Heart" to each lifter; to Mike Lambert of Powerlifting USA Magazine for donating copies of the May and June issues for each of our lifters; and to all the lifters for their support and encouragement. On behalf of the entire R.A.W. United staff, thanks! Finally, thanks to the brave men and women of the United States Armed Forces



Yanni Tshontikidis prepares to squat. He's the son of Spero T.



Masters Legend Al Annunziato hands off a bench press to his new protegee, Thomas Gerhauser

and their families for enduring the hardship required to preserve freedom in the greatest country on the face of the earth! May God richly bless you for your service and sacrifice! And thanks to our Lord and Savior Jesus Christ who taught us at the Cross of Calvary that sacrifice and selflessness is rewarded in God's Kingdom when He calls us to stand, Redeemed Among the World! (Thanks, and God Bless, Spero Tshontikidis, Competition Director)

USAPL MSPL Club Open
19 Apr 08 - Hattiesburg, MS

| | | | | |
|--------------|-----|-----|-----|------|
| Powerlifting | SQ | BP | DL | TOT |
| MALE | | | | |
| 114 lbs. | | | | |
| Raw Teen III | | | | |
| C. Tourres | 315 | 225 | 205 | 745 |
| Teen II | | | | |
| I. Gray | 350 | 150 | 400 | 900 |
| Teen I | | | | |
| D. Peden | 280 | 155 | 320 | 755 |
| 123 lbs. | | | | |
| Teen III | | | | |
| C. Trour | 450 | 225 | 440 | 1115 |
| C. Wallace | 325 | 195 | 375 | 895 |
| Teen II | | | | |
| B. Starling | 345 | 165 | 325 | 835 |
| Teen I | | | | |
| M. DePryest | 275 | 175 | 300 | 750 |
| S. Oswald | 260 | 165 | 315 | 740 |
| 132 lbs. | | | | |
| Teen III | | | | |

Original York Barbell (made in the USA) used milled cast iron olympic lb. plates (1470 lbs.) asking \$.75/lb. (\$1100 for all) 12 ea. 2 1/2, 5, 10, 25, 35, 45 lb. plates. Outlaw Strength, 104 Loop Rd., Biglerville, PA 17307, 717-677-7570 or 330-501-5876, Mike White.

**WABDL Northwest Regional
12 APR 08 - Medford, OR**

| | | | |
|----------------|-------------------|----------------|-------|
| BENCH | | Master (61-67) | |
| WOMEN | | 165 lbs. | |
| Master (40-46) | C. Tennant | 225 | |
| 165 lbs. | 181 lbs. | | |
| S. Klocke | 292!* | R. Hieb | 314 |
| 181 lbs. | 198 lbs. | J. Taylor | 354* |
| J. Taylor | — | A. Beteta | 354* |
| Open | A. Franke | 304 | |
| 165 lbs. | 4th-305* | | |
| S. Klocke | 292* | Master (68-74) | |
| 198 lbs. | 198 lbs. | D. Simpson | 451 |
| K. Sandoval | 231* | M. Prickett | 650* |
| 220 lbs. | Open | Junior (20-25) | |
| E. Jackson | 209* | 165 lbs. | |
| Teen (12-13) | R. Harris | 485 | |
| 105 lbs. | 220 lbs. | | |
| A. Pecktol | 71 | M. Olson | — |
| 4th-85!* | 259 lbs. | J. Davasher | 600 |
| Teen (18-19) | T. Chun | 644* | |
| 123 lbs. | 308 lbs. | Law/Fire | |
| K. Phipps | 143 | Master (40-47) | |
| 220 lbs. | Special Olympics | 259 lbs. | |
| Class I | 242 lbs. | D. Bodensab | 573 |
| 148 lbs. | N. Ceglia | 236 | |
| B. Kunkel | 325 | 4th-248* | |
| 165 lbs. | Submaster (33-39) | | |
| R. Koke | 198 | 220 lbs. | |
| 181 lbs. | S. Edmondson | 518* | |
| T. Thomas | 303 | 259 lbs. | |
| 198 lbs. | T. Chun | 644* | |
| D. Simpson | 385 | Teen (12-13) | |
| J. Eva | 286 | 97 lbs. | |
| R. Crusie | 259 | C. Grizzle | 77 |
| 220 lbs. | D. Sites | 165!* | |
| K. Heath | 418 | 148 lbs. | |
| D. Wilcox | 396 | A. Grizzle | 159* |
| 242 lbs. | Teen (14-15) | | |
| J. Sandlin | 462 | 165 lbs. | |
| T. Canaday | 363 | J. Ditty | 181 |
| Junior (20-25) | 242 lbs. | 181 lbs. | |
| 181 lbs. | A. Lindsey | 358 | |
| S. Harder | 303 | Teen (18-19) | |
| 198 lbs. | T. Capello | 705 | |
| K. Herzik | 374 | Master (54-60) | |
| 220 lbs. | D. Gilbertson | 314 | |
| A. Georgeon | 369 | DEADLIFT | |
| 242 lbs. | 198 lbs. | WOMEN | |
| C. Stimac | 385 | Master (40-46) | |
| 308 lbs. | 165 lbs. | S. Klocke | 352 |
| J. Davasher | 473 | 181 lbs. | |
| Law/Fire | J. Taylor | 418!* | |
| Master (40-47) | 198 lbs. | | |
| 220 lbs. | R. Sandoval | 237 | |
| D. Wilcox | 396 | Master (47-53) | |
| 259 lbs. | 123 lbs. | D. Bodensab | — |
| L. Bodensab | — | Law/Fire | |
| Master (48-55) | D. Ruff | 325 | |
| 220 lbs. | 148 lbs. | B. McGowan | 325 |
| J. Hollaway | 297* | 165 lbs. | |
| Law/Fire Open | T. Holte | 414 | |
| 181 lbs. | 4th-431!* | | |
| D. McFarland | 259 | Master (54-60) | |
| Master (40-46) | 181 lbs. | B. Heriford | 374!* |
| 165 lbs. | Open | | |
| R. King | 369 | 148 lbs. | |
| 181 lbs. | A. Wass | 341 | |
| J. Riley | 418 | 165 lbs. | |
| 242 lbs. | T. Holte | 414 | |
| K. Doerfler | 462 | 4th-431!* | |
| G. Phipps | 418 | Teen (12-13) | |
| 308 lbs. | 105 lbs. | A. Pecktol | 203 |
| Hostkoetter | 523 | 4th-214!* | |
| Master (47-53) | 181 lbs. | G. King | 336 |
| 220 lbs. | 148 lbs. | G. Harris | 407 |
| G. Harris | 407 | A. Wass | 342!* |
| D. Macri | 402 | Teen (18-19) | |
| 242 lbs. | 123 lbs. | E. Macauley | 584!* |
| E. Macauley | 584!* | 259 | |
| Master (54-60) | MEN | | |
| 123 lbs. | Class I | | |
| L. Muth | 177* | 148 lbs. | |
| 308 lbs. | B. Kunkel | 496* | |
| S. Brown | 451 | 165 lbs. | |
| D. Stevens | 451 | C. McFarland | 435 |



Amos Grizzle had quite the hair-style at the '07 WABDL Worlds.

| | | | | | |
|----------------|-------------------|--------------|-------|------------------|-------|
| 198 lbs. | 242 lbs. | D. Simpson | 451 | B. Anderberg | 562 |
| 259 lbs. | 308 lbs. | M. Prickett | 650* | D. Stevens | 584 |
| Junior (20-25) | Master (61-67) | | | | |
| 165 lbs. | 165 lbs. | A. Russell | 508* | C. Tennant | 363 |
| 198 lbs. | 198 lbs. | K. Herzik | 496 | A. Franke | 424 |
| 308 lbs. | 220 lbs. | J. Davasher | 600 | R. Wass | 479 |
| Law/Fire | 4th-501* | Law/Fire | | 4th-501* | |
| Master (40-47) | Master (68-74) | 259 lbs. | | Master (68-74) | |
| D. Bodensab | 573 | 198 lbs. | | D. Maloney | 352* |
| Law/Fire Open | Open | D. McFarland | 507 | J. Capello | 705 |
| 242 lbs. | 242 lbs. | 308 lbs. | | 308 lbs. | |
| D. McFarland | 507 | W. Snyder | 562* | J. Nickerson | 683 |
| 220 lbs. | Law/Fire | 220 lbs. | | D. Stevens | 584 |
| W. Snyder | 562* | Submaster | | Special Olympics | |
| 220 lbs. | 220 lbs. | 220 lbs. | | 220 lbs. | |
| W. Snyder | 562* | E. Jackson | 402 | E. Jackson | 402 |
| Master (40-46) | 4th-424* | 165 lbs. | | 165 lbs. | |
| M. Petrucelli | 508 | H. Bonilla | 380 | H. Bonilla | 380 |
| P. Lawyer | 413 | 4th-402* | | 4th-402* | |
| 220 lbs. | Submaster (33-39) | 220 lbs. | | 220 lbs. | |
| K. Doerfler | 584 | C. Jackson | 556 | C. Jackson | 556 |
| 308 lbs. | Teen (12-13) | 97 lbs. | | 97 lbs. | |
| Hostkoetter | 600 | C. Grizzle | 165 | C. Grizzle | 165 |
| Master (47-53) | 242 lbs. | 123 lbs. | | 123 lbs. | |
| J. Capello | 705 | D. Sites | 293!* | D. Sites | 293!* |
| Master (54-60) | 148 lbs. | A. Grizzle | 242 | A. Grizzle | 242 |
| 123 lbs. | Teen (16-17) | 198 lbs. | | 198 lbs. | |
| L. Muth | 348!* | C. McFarland | 541* | C. McFarland | 541* |
| 198 lbs. | 220 lbs. | M. Phipps | 424 | M. Phipps | 424 |
| WOMEN | 242 lbs. | B. Collins | 567 | B. Collins | 567 |
| Master (40-46) | A. Lindsey | 418 | | A. Lindsey | 418 |
| 181 lbs. | 198 lbs. | | | 198 lbs. | |
| B. Heriford | 374!* | | | 374!* | |
| Open | | | | | |
| 148 lbs. | | | | | |
| A. Wass | 341 | | | | |
| 165 lbs. | | | | | |
| T. Holte | 414 | | | | |
| 4th-431!* | | | | | |
| Teen (12-13) | | | | | |
| 105 lbs. | | | | | |
| A. Pecktol | 203 | | | | |
| 4th-214!* | | | | | |
| Teen (16-17) | | | | | |
| 148 lbs. | | | | | |
| A. Wass | 342!* | | | | |
| Teen (18-19) | | | | | |
| 123 lbs. | | | | | |
| K. Phipps | 259 | | | | |
| Master (54-60) | | | | | |
| MEN | | | | | |
| Class I | | | | | |
| 148 lbs. | | | | | |
| B. Kunkel | 496* | | | | |
| 165 lbs. | | | | | |
| C. McFarland | 435 | | | | |

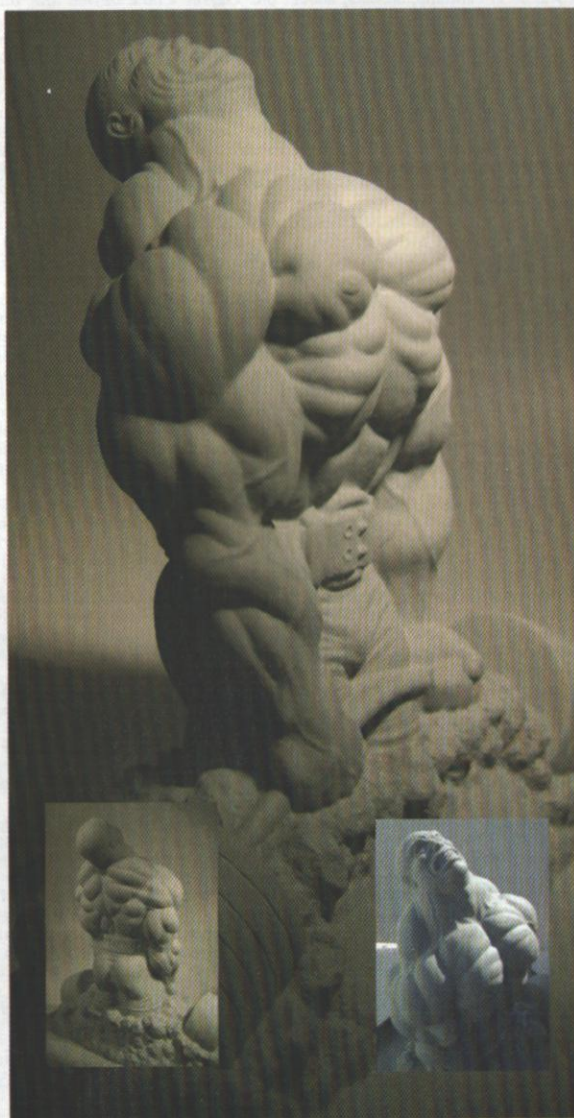
coached numerous teenagers in the ways of strength and Jesus. Troy Chun put up a huge 644.7 bench at 255 for an Oregon record. He also passed his second drug test, and Jeff Holloway who hadn't lifted for about six years and came back to competition last year put up an Oregon record 297.5 in Law/Fire Master 220 at age 53. Jason Davasher had a good meet with 473.7 bench in Junior 308 and a 600.7 deadlift. Kent Hostkoetter pulled 600.7 in Master 4-46/308 and Jerry Capello who was injured still had the best pull of the day with 705. I want to thank Bill Anderberg who was the main sponsor and also pulled 562 in Master 54-60. His company is called Answer Page. Also, the photographer was Bill Porter. The meet directors were Sam Pecktol and Dan Guches. Dan is a 600 lb. deadlifter at age 50 in the 165 class. Sam is a 680-700 deadlifter in his fifties. The Ramada Inn was the meet site hotel and the crowd, by the way, was over 400 for the deadlift. The most exciting deadlifting in WABDL takes place in Medford with that big crowd. I also want to thank Chris Erhardt who conducted the drug testing and was the MC. He also tested Jim Nickerson who deadlifted 683 in open 308 weighing only 286. He also passed his test as did Troy Chun. I can't say enough about Chris Erhardt who has helped me at meets in Bend, Oregon, and the Worlds every year since 1993. He was my work-out partner in Bend for many years also. I lived in Bend for 17 years. The judges were Sam Pecktol, Ken Anderson, Dan Guches, Eric Thomas and Chris Erhardt also did some judging Gary and Elma Thomas did weigh-ins and did the computer work. Rhonda Guches did a smooth job of scorekeeping. The most notable aspect of this meet is the large crowd for deadlifting and the place rocks when the deadlifts state, which is very conducive for some great lifts, standing room only of over 400 people in a place that hold 320 seats. (Thanks to Gus Rethwisch for the results and meet report)

**USAPL Texas State
17 MAY 08 - Corpus Christi, TX**

| | | | | | |
|--|-------------|------------|-----|------|--|
| BENCH | | G. Kaiser | | 353 | |
| FEMALE | | 220 lbs. | | | |
| 148 lbs. | C. Martinez | — | | | |
| L. Saldana | 165 | 242 lbs. | | | |
| MALE | T. Sweet | 375 | | | |
| 181 lbs. | 275 lbs. | | | | |
| J. Reed | 435 | F. Garcia | 535 | | |
| M. Settles | 287 | A. Gholson | 430 | | |
| 198 lbs. | UNL | — | | | |
| J. Saldana | — | T. Wilson | 485 | | |
| Powerlifting | SQ | BP | DL | TOT | |
| FEMALE | | | | | |
| Open | 139 lbs. | | | | |
| 134 lbs. | S. Emanuele | 230 | | | |
| C. Leech | 105 | N. Ziegler | 215 | | |
| 149 lbs. | 180 lbs. | | | | |
| L. Caskey | 125 | Scalamogna | 300 | | |
| 165 lbs. | 200 lbs. | | | | |
| S. Frisina | 155 | J. Raymer | 375 | | |
| 275 lbs. | 220 lbs. | | | | |
| B. Propst | 452 | G. Puleio | 430 | | |
| UNL | 261 lbs. | Z. Sprohar | 300 | | |
| C. Krause | 430 | 331 | 424 | 1185 | |
| Best Lightweight Female: Stephanie King. | | | | | |
| Best Heavyweight Female: Daliann James. | | | | | |
| Best Teenage Lifter: Ian Bell. Best Master Lifter: Jimmie Espinoza. Best Open Lifter: Andre Gholson. Best Raw Lifter: Don Broseman. Meet Directors: Hector Munoz & Gary Pamplin. (courtesy from USAPL) | | | | | |

Kelli Sandoval is a successful competitor in the 40-46 group.

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**4th Oil Heritage Competition
26 JUL 08 - Oil City, PA**

| | | | | | |
|--|-------------|------------|-----|----------|--|
| BENCH | | Open | | 220 lbs. | |
| WOMEN | | 139 lbs. | | | |
| 134 lbs. | S. Emanuele | 230 | | | |
| C. Leech | 105 | N. Ziegler | 215 | | |
| 149 lbs. | 180 lbs. | | | | |
| L. Caskey | 125 | Scalamogna | 300 | | |
| 165 lbs. | 200 lbs. | | | | |
| S. Frisina | 155 | J. Raymer | 375 | | |
| 275 lbs. | 220 lbs. | | | | |
| B. Propst | 452 | G. Puleio | 430 | | |
| UNL | 261 lbs. | Z. Sprohar | 300 | | |
| C. Krause | 430 | 331 | 424 | 1185 | |
| Best Lightweight Female: Stephanie King. | | | | | |
| Best Heavyweight Female: Daliann James. | | | | | |
| Best Teenage Lifter: Ian Bell. Best Master Lifter: Jimmie Espinoza. Best Open Lifter: Andre Gholson. Best Raw Lifter: Don Broseman. Meet Directors: Hector Munoz & Gary Pamplin. (courtesy from USAPL) | | | | | |

**IPA Lexen Xtreme In House
22 JUN 08 - Columbus, OH**

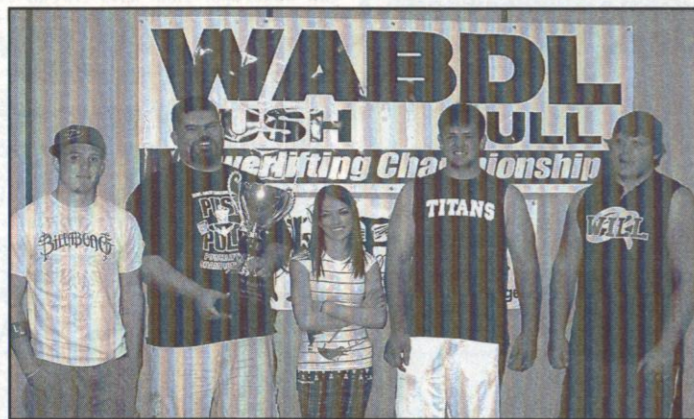
| | | | | | | | | | | | | | |
|--------------|-------------|----------|-----|--------------|----------------|-----|-----|-----|------|-----|--|------|------|
| BENCH | | 181 lbs. | | J. Brown | | 760 | | 545 | | 550 | | 1855 | |
| WOMEN | | J. Fry | | A. Gualtieri | | 585 | | 460 | | — | | 1790 | |
| Open | 220 lbs. | | | | T. Williams | | | | | | | | 1735 |
| 165 lbs. | G. Halbert | — | | | J. Bandy | 600 | 250 | 525 | 1375 | | | | |
| K. Trausch | 225 | 242 lbs. | | | J. Ashworth | 665 | 440 | — | 1105 | | | | |
| MEN | C. Smith | — | | | M. Maxwell | 790 | — | — | 790 | | | | |
| Open | M. Lawrence | 500 | | | Teen | | | | | | | | |
| 165 lbs. | 275 lbs. | | | | B. Lohr | 560 | 290 | 455 | 1305 | | | | |
| V. Gualtieri | — | R. Manns | — | | 220 lbs. | | | | | | | | |
| | S. Greene | 700 | | | Open | | | | | | | | |
| Powerlifting | SQ | BP | DL | TOT | Cummerlande | 680 | 480 | 665 | 1825 | | | | |
| WOMEN | | | | | M. Adams | 570 | 465 | 565 | 1600 | | | | |
| 123 lbs. | | | | | Teen | | | | | | | | |
| Open | | | | | S. Brintlinger | 540 | 425 | 535 | 1500 | | | | |
| N. Carr | 425 | 215 | 330 | 970 | 242 lbs. | | | | | | | | |
| 148 lbs. | | | | | Open | | | | | | | | |
| Am Junior | | | | | J. Riddle | 825 | 640 | 675 | 2140 | | | | |
| M. Klann | 285 | 135 | 225 | 645 | E. Clark | 740 | 565 | 565 | 1870 | | | | |
| 165 lbs. | | | | | J. Hughart | 550 | 355 | 500 | 1405 | | | | |
| Open | | | | | 275 lbs. | | | | | | | | |
| L. Sweatt | 740 | 430 | 550 | 1700 | Open | | | | | | | | |
| 181 lbs. | | | | | D. Dague | 785 | 520 | 635 | 1940 | | | | |
| Teen | | | | | M. Burke | 675 | 425 | 525 | 1625 | | | | |
| K. Dague | 340 | 1 | | | | | | | | | | | |



The APT Champions from the WABDL Rocky Mountain Regional thank Alan from APT Pro Wrist Wraps for the merchandise they received. (photographs courtesy Laura Cunningham & Dawn Richards)

| WABDL Rocky Mountain | | 14 JUN 08 - Salt Lake City, UT | |
|----------------------|-------------------|---|------------------|
| BENCH | E. Reyes 363 | 148 lbs. | J. Herstein 485* |
| WOMEN | Master (54-60) | 242 lbs. | A. Stephens 485 |
| Master (40-46) | 148 lbs. | 242 lbs. | R. Bills 529 |
| 181 lbs. | G. Miller 314!* | Junior (20-25) | Teen (14-15) |
| J. Tripp 192 | 198 lbs. | SHW | 165 lbs. |
| 4th-214 | R. Marchant 336* | T. Roessler 606 | J. MacKay 347 |
| Master (47-53) | 242 lbs. | Master (40-46) | 4th-352* |
| UL | D. Wolf 363* | 148 lbs. | Teen (16-17) |
| C. McCaw 165 | Master (61-67) | R. Bills 529 | 148 lbs. |
| 4th-167* | 165 lbs. | Master (54-60) | R. Lund 413* |
| Master (54-60) | S. Lemire 242* | 148 lbs. | 259 lbs. |
| 114 lbs. | 275 lbs. | G. Miller 358* | G. Clark 473!* |
| H. Miller 203* | E. Acey 380* | 242 lbs. | 275 lbs. |
| Open | M. Herrera 391* | D. Wolf 523* | R. Petersen 501 |
| 97 lbs. | Master (68-74) | Master (61-67) | 4th-502* |
| Cunningham 110* | 198 lbs. | 165 lbs. | Teen (18-19) |
| 114 lbs. | W. Prince 264 | S. Lemire 253* | 148 lbs. |
| H. Miller 203* | Open | 259 lbs. | J. Herstein 485* |
| S. Tal 148 | 165 lbs. | ! = World Records. * = State Records. David Edgell was the meet director and had great awards. He did an excellent job of emceeing and passing out the trophies. John Dennison and Scott Mecham were drug tested and passed. The Hampton Inn is a half block from I-80, near the Salt Lake City airport. Plenty of parking and a nice restaurant. In the deadlift, Justin Herstein set a Wyoming record 485 in Class 1/148. Gary Miller set a Nevada record 358 in Master 54-60/148. David Wolfe set a Wyoming record 523.5 in Master 54-60/242. In Master 61-67/165, Stefan Lemire set a Utah record 253.5. In Master 61-67/259, Bud Davis, age 65, hauled in an impossible 628.2 stiff legged! He's got the strongest back of any master lifter in the world. He's 6'2", so he pulls the bar a long way. Manny Herrera set a Utah record 440.7 in Master 61-67/275. Leslie Hofheins set a Utah record 369.2 in Open women 132, almost triple body weight. Jody Tripp, in her first meet, set a Utah record 303 in Open women 181. She has tremendous intensity. In Teen 16-17/259, Garrett Clark set a world record 502.6 with 25 to spare. Richard Peterson, in 16-17/275, set a Utah record 501.5 and Justin Herstein was very impressive with a Wyoming Teen 18-19/148 record of 485. In the bench press, Gary | |
| 132 lbs. | K. Lyons 314 | | |
| L. Hofheins 203* | 181 lbs. | | |
| 165 lbs. | D. Carr 446 | | |
| T. Cowgar 115* | 198 lbs. | | |
| 181 lbs. | E. Reyes 363 | | |
| J. Tripp 192 | 220 lbs. | | |
| 4th-214* | S. Mecham 523 | | |
| UL | 4th-529* | | |
| D. Richards 314 | 275 lbs. | | |
| Submaster | T. Cowgar 523 | | |
| 114 lbs. | 308 lbs. | | |
| S. Tai 148* | J. Dennison 606 | | |
| 132 lbs. | Submaster (33-39) | | |
| L. Hofheins 203* | 198 lbs. | | |
| 165 lbs. | T. Ponzio 303 | | |
| T. Cowgar 115* | Teen (14-15) | | |
| Teen (16-17) | 165 lbs. | | |
| 97 lbs. | J. MacKay 192* | | |
| Cunningham 110!* | Teen (16-17) | | |
| MEN | 148 lbs. | | |
| Class 1 | R. Lund 242* | | |
| 148 lbs. | Teen (18-19) | | |
| J. Herstein 264* | 148 lbs. | | |
| 165 lbs. | J. Herstein 264* | | |
| A. Stephens 303 | DEADLIFT | | |
| 198 lbs. | 198 lbs. | | |
| J. Adams 457 | Master (40-46) | | |
| 4th-462* | 181 lbs. | | |
| Junor (20-25) | J. Tripp 303* | | |
| 181 lbs. | Open | | |
| W. Anderson 305 | 114 lbs. | | |
| 4th-319* | S. Tai 275* | | |
| SHW | 132 lbs. | | |
| T. Roessler 424 | L. Hofheins 369* | | |
| Master (40-46) | 165 lbs. | | |
| 165 lbs. | T. Cowgar 181* | | |
| K. Lyons 314 | 181 lbs. | | |
| 181 lbs. | J. Tripp 303* | | |
| D. Carr 446 | Submaster | | |
| 275 lbs. | 114 lbs. | | |
| T. Cowgar 523 | S. Tai 275* | | |
| 308 lbs. | 132 lbs. | | |
| J. Dennison 606 | L. Hofheins 369* | | |
| Master (47-53) | MEN | | |
| 198 lbs. | Class 1 | | |

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The Rocky Mountain Regional Team Champions: Ryan Lund, Tyler Roessler, Geri Cunningham, Garrett Clark, and Richard Petersen (l-r)

Miller set a world record 314 in Master 54-60/148 and locked out 330.5, but was turned down for uneven extension. Gary will be putting on a WABDL event August 15, 2009, that promises to be a first class event. It will be in Pahrump, Nevada, about 1.5 hours northwest of Las Vegas. Randy Marchant set a Utah record 336 in Master 54-60/198. Manny Herrera set a Utah record 391.2 in Master 61-67/275, Manny is Ted Williams' cousin and has collaborated on almost every book written about Ted Williams. David Wolfe set a Wyoming record 363.7 in Master 54-60/242. Geri Cunningham set a world record 110 in teen 16-17/97. She was ably coached by her father, Jon Cunningham, who has set two world records in Master 40-46/181 bench with over 500 lbs. Scott Mecham, after a three year absence, set a Utah record 529 in open 220 and passed the drug test. John Dennison, in Open 308, benched 606.2 for the highest bench of the day. Tim and Teresa Cowgar, from Casper, Wyoming, set state records. Teresa benched 181.7 at Open women 165, and Tim benched 523.5 in Master 40-46/275. Also, after a three year absence, Bill Mott deadlifted 677.7 at super. He's done 771 at 308 and he only trained for six weeks. He's one of the truly gifted natural strength athletes. If he ever gets serious, 850 is his. I want to thank David Edgell and his staff. Dave Marchant did a good job judging. The main sponsor was Jason Hansen and his revolutionary nutrition company. (report provided courtesy Gus Rethwisch) "For the second year in a row the Hampton Inn and Suites at the Salt Lake City airport hosted the WABDL Rocky Mountain Regional Powerlifting Championships. The contest was attended by dozens of the western United States strongest athletes. These athletes showed their prowess by breaking three world records and shattering state record books with 38 new state records. The roomful of spectators was entertained all day long. A special thanks is deserved by K&T Performance of Roy Utah, HBFS of Sunset Utah, Big Dave's Training of Draper Utah, Powerade Utah, APT Prowristwraps, and The Body Evolution for making the competition possible. The meet started with the women's divisions and the teen men. Within the first several lifters Geri Cunningham stepped up and delivered another world record bench press. The women proved they were there to compete as most set PRs, broke various state records, and put on a show. When the dust settled Hedy Miller won best lifter by breaking the 200 barrier for the first time with a 203 press. Hedy is 54 and lifts in the 114 class! The men continued the show with Gary Miller of Pahrump Nevada pushing a world record 314. Gary is a multi world record holding presser. Scott Mecham turned in a notable performance with a 529 press at 218 bodyweight. John Dennison won best lifter with a 606 performance. The deadlift was a show for the young and old. Perennial crowd favorite Bud Davis was back in form with his grab and grind style of deadlift. Bud won best male deadlift with a 628 effort

at 65 years old. Some young dogs put on a show with notable lifts by 19 year old Justin Herstein of Wyoming pulling a 485 at 148. Believe it or not Justin had an off day as he is usually able to go over 500! Sixteen year old Garret Clark bested the old world record in his class by almost 100 lbs. He raised the new mark to 501.5 from the old record of 414. If he would have been allowed more attempts he could have pulled past the 550 mark. Another teen Richard Petersen showed true grit. This first time lifter hurt both hamstrings a week before the meet while working on the farm. Even though he wasn't at 100% he pulled a 501.5 in fine style. In full health he would have easily bested the world record in his class. Sarah Tal pulled my personal favorite deadlift of the contest. At a 114 bodyweight this first time lifter pulled a 275 lift that easily took 20 seconds. She has a pitbull attitude that is amazing to witness. Leslie Hofheins continued her winning ways by pulling a 369 lift that at 132 earned best lifter honors. Jody Tripp in her second contest took two state records with a 303 pull. Three weeks before the meet Teresa Cowgar was nursing a sore back, but by contest time decided to go all in and came away with two new Wyoming state records. Team "The Shop" comprised of Tyler Roessler, Geri Cunningham, Garrett Clark, Ryan Lund, and Richard Petersen carried away team honors and two individual world records. Before during and after the meet Powerade of Utah provided an endless supply of hydration for all the athletes and spectators. Without their help we would have all been a little more parched. Jason Hansen of Body Evolution was on hand to provide the athletes what I consider to be the greatest meal replacement supplement ever. A special thanks goes to Alan of APT Prowristwraps who provided t-shirts and wrist wraps for the contest. In any contest there are efforts that are noticed but often go unrewarded. There are only a couple of "best lifters", but due to Alan's efforts we were able to hand out some of his new 'lockout' and 'good lift' t-shirts and his top notch wrist wraps. Alan you are a true gem. The athletes were treated to different styles of battle axes as trophies from Charles Venturella. The best lifters were awarded full size roman gladiator helmets as symbols of their victories! A very special thanks goes out to Jeremy Martin and Jon Cunningham for all their help and generosity in putting on this competition. (report courtesy David Edgell)

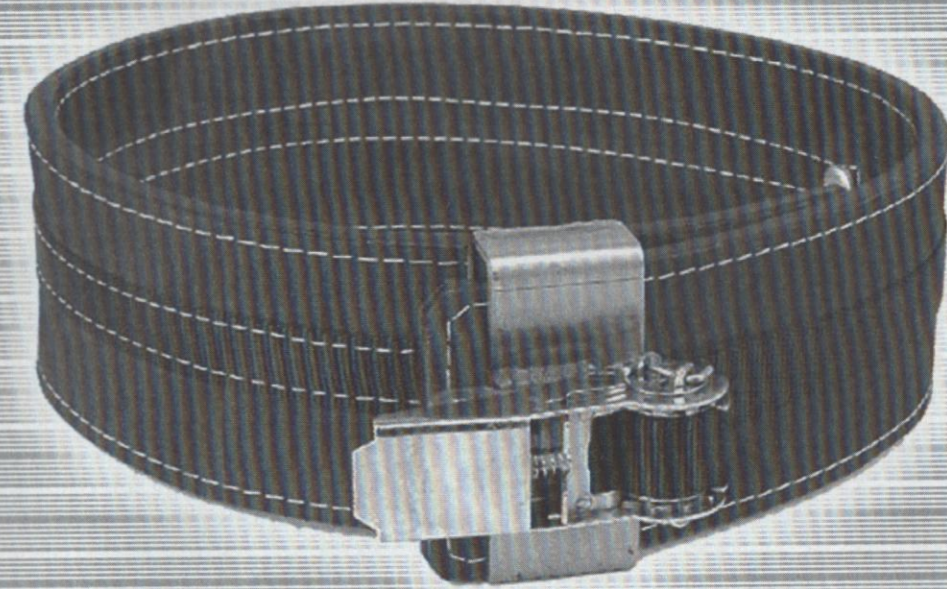
APF/AAPF Cutting Invitational
28 JUN 08 - Albany, NY

| BENCH | AAPF | FEMALE | 220 lbs. |
|--------------|------------------|----------------------------------|---|
| APF | Master (65-69) | 132 lbs. | E. Brown 337* |
| Open | 275 lbs. | J. Faraone 353!* | Master (45-49) |
| MALE | P. Burgess 285* | 148 lbs. | SQ BP DL TOT |
| Teen (18-19) | R. Mayer 352* | 217*!! | 313* 882* |
| MALE | 114 lbs. | Teen (13-15) | A. Forezzi 225* 126* 260* 611* |
| 165 lbs. | 4th-BP-140* | Master (50-54) | G. Sagor 446* 209* 391* 1046* |
| 181 lbs. | Master (40-44) | D. Naughton 403 | 475*!! 470* 1348 |
| 198 lbs. | Teen (13-15) Raw | A. Carter 400* 280* 475* 1153* | 4th-BP-295* |
| 275 lbs. | Submaster | Asimakopoulo 610* 435 580* 1625* | !! = AAPF American Records. ! = APF Records. * = Meet Records. Special thanks to judges Glenn Stevens, Ray Brunk, and Susan McCallion; spotter/loaders Kyle Mangione, Peter Hand, Austin Lobban, Evan Cronmiller, and Platform Manager Tys Yavonditte. (thanks to Cutting Edge Sport Sciences for providing the meet results) |

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Flora Trio, left to right, cheerleader Amy Poole, Jr. High footballer Zach Davis, and freshman basketball/softball player Harley Davis went a combined 27/29 attempts with 11 State and 7 NASA Unequipped American records at the Tri State meet, raising more than \$1000 for the cheerleading squad in the process. (photograph courtesy Smitty)

| NASA Tri-State Regional 19 JUL 08 - Flora, IL | | | |
|--|-------|------|-------|
| | BP | DL | TOT |
| BENCH | 290* | | |
| MALE | | | |
| 181 lbs. | | | |
| Masters III | 405* | | |
| J. Wood | 410! | | |
| 198 lbs. | | | |
| Intermediate | | | |
| Push Pull | 415* | | |
| MALE | | | |
| 165 lbs. | | | |
| Teen | | | |
| Z. Davis | 90* | 205* | 295* |
| Power Sports CR | | | |
| 198 lbs. | | | |
| Masters III | | | |
| J. Racklin | 100 | 170 | 285 |
| Powerlifting | SQ | BP | DL |
| FEMALE | | | |
| Raw | | | |
| 114 lbs. | | | |
| High School | | | |
| A. Poole | 855* | 651* | 1451* |
| MALE | | | |
| Raw | | | |
| 181 lbs. | | | |
| High School | | | |
| H. Davis | 1051* | 901* | 2001* |
| ! = American Records. * = State Records. The | | | |

2008 Natural Athlete Strength Association's annual Tri-State Regional Championships in Flora drew a new record for fewest number of entries this year with just eight bodies competing. The result, everybody including spotters and loaders, was at the local Pizza Hut by noon with plenty of energy left to attack the buffet bar. Despite a record low number of lifters, the percentage of lifters setting records remained high. Perhaps the story of the day was the record setting effort by Flora High School cheerleader Amy Poole, who made the most of her debut with four state and three American records in the 114 pound, unequipped high school division. Amy, who just began lifting at the beginning of the summer, opened with a state record attempt of 65 pounds in squats. She was in the meet and increased the weight to 85 pounds before loosening her abs and leaning forward at 95 pounds for no lift. She cruised through the bench press with state and American record efforts of 50, 60, and 65 pounds. The 65 pound effort also represented a personal best. Amy capped off her day with three strong deadlifts of 125, 135 and 140 pounds. All state and American records. She opted to take a fourth and hoisted a successful 145 pound final at-

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tempt to boost her record total to 295 pounds. Also lifting in the High School Division was incoming FHS freshman Harley Davis, who made her debut a year ago in this same meet. Harley has had to train basically on her own with her lifting coach spending most of his summer at his other job. She did well on her own, setting state and American records for squat, bench press, deadlift and total, plus putting together her first 10-10 day when she successfully pulled a fourth attempt deadlift of 200 pounds. Harley cautiously opened with a 95 pound squat, then increased it to 100 pounds before finishing with a 105. She stayed perfect with bench press efforts of 80, 85, and 90 pounds to give her a 195 pound sub-total going into deadlifts. The tall freshman was rock solid on her 185-pound opening deadlift, then made five-pound increases on the next three efforts to finish the day with a 200-pound lift and a 395-pound total. The two high school lifters were close, but it was Amy taking the Outstanding Lifter trophy by less than five-tenths of a point. Harley's younger brother, Zach, opted to enjoy the meet and do Push-Pull to skip squats. The result was he set State records in Bench Press, 90 pounds; Deadlifts, 205 pounds and Total, plus claimed the Push-Pull Outstanding Lifter award with a 295 pound total. Olympic lifter Jon Racklin made the short trip from Olney to Flora to train light for the day by doing a Power Sports meet. Jon lifted well within his capabilities with the State record holder for Masters 3 cruising through the day and going 8-9. Curly was easy at weights of 75, 90, and 100 pounds,

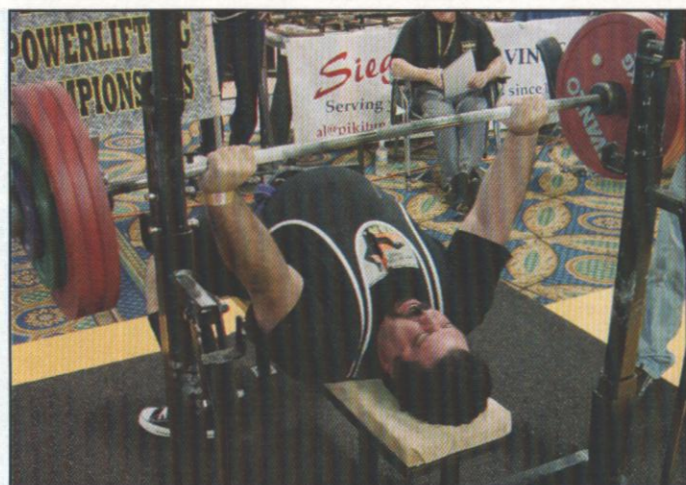
while his first two Bench Press efforts of 155 and 170 pounds jumped off his chest before 190 stalled just before breaking over the top. He came back with easy, overhead Deadlifts of 255, 270 and 285 to post a solid 555 total and claim the Power Sports Outstanding Lifter trophy. Part of the H&B Fitness crew was able to attend the meet, although they admitted moving the meet up a week resulted in several lifters not being able to attend. H&B's big guy, Deputy Sheriff Mark Rose, was making his return to the platform after a work-related injury took him out of action for nearly a year. The big guy opted not to put too much pressure on himself, so he lifter raw and the result was state records in the unequipped submasters, pure, and open divisions where the 302 pounder easily pushed up a 415 opening attempt before running into trouble with the pause at 440 and getting it stuck twice. Anthony Decker increased his 198 pound state record in the police and fire division with his opening lift of 405 pounds, 10 pounds more than last year's effort. Twice he had trouble getting his shirt in the right groove at 430 pounds, so he had to settle for the one lift. His 430 would have also given him the American record, plus allowed him to dislodge teammate Jerry Wood as the outstanding lifter. Instead, it stuck just short of breaking over the sticking point. Jerry Wood just continues to get better with age. The H&B lifter has his name scattered throughout the record book for several age and weight divisions and added it to another level on July 19 with lifts of 405 and 410 pounds in the masters III, 181 pound class. The meet went quickly without anybody being rushed. The first lift was made a 9 a.m. and everybody was eating pizza by 11:30 a.m. A total of 49 attempts were taken with 39 of them successful and 37 lifts taken toward either State or American records. Most importantly, the event generated more than \$1,000 for the Flora High School cheerleading activity fund. Next year, the meet returns to its regularly scheduled last Saturday of July time. Before then, NASA President Rich Peters returns to Flora for the annual Christmas meet on Dec. 20. (results provided courtesy Lindell Smith)

| APF 1st Western States 26 JUL 08 - Reno, NV | | | |
|--|------|-----|-----|
| | SQ | BP | TOT |
| BENCH | | | |
| MEN | | | |
| Teens | | | |
| 242 lbs. | | | |
| D. Gooch | 405 | | |
| A. Lindsey | 365 | | |
| Master (45-49) | | | |
| 198 lbs. | | | |
| F. Dena | 390 | | |
| 242 lbs. | | | |
| G. Phipps | 465 | | |
| SHW | | | |
| A. Ramsey | 540 | | |
| Powerlifting | | | |
| WOMEN | | | |
| Master (50-54) | | | |
| 181 lbs. | | | |
| R. Arredondo | 350 | | |
| Master (65-69) | | | |
| 181 lbs. | | | |
| M. Minietta | 330* | | |
| Open | | | |
| 198 lbs. | | | |
| I. Miller | 480 | | |
| P. Dena | 390 | | |
| 220 lbs. | | | |
| J. Bachmeier | — | | |
| SHW | | | |
| A. Ramsey | 540 | | |
| Powerlifting | | | |
| WOMEN | | | |
| Master (50-54) | | | |
| 181 lbs. | | | |
| L. Ivy | 505 | | |
| 275 lbs. | | | |
| R. Cabo | 630 | 465 | 525 |
| Master (55-59) | | | |
| 181 lbs. | | | |
| D. Cain | 225 | 265 | 275 |
| 220 lbs. | | | |
| D. Cameron | 400 | 200 | 500 |
| 242 lbs. | | | |
| T. Kezerian | 425 | 370 | 425 |
| Master (65-70) | | | |
| R. Erickson | 500 | 290 | 460 |
| Open | | | |
| 198 lbs. | | | |
| J. Bova | 520 | 380 | 505 |
| K. Herzik | 455 | 390 | 485 |
| D. Dejean | 505 | 300 | 475 |
| 220 lbs. | | | |
| J. Young | 315 | 365 | 365 |
| K. Nieznanski | 530 | — | 480 |
| R. Matulia | 500 | — | 630 |
| 275 lbs. | | | |
| D. English | 550 | 525 | 625 |
| Open | | | |
| 198 lbs. | | | |
| S. Avanzino | — | — | 425 |
| 220 lbs. | | | |
| D. Copeland | 520 | 425 | 520 |
| 275 lbs. | | | |
| D. English | 550 | 525 | 625 |
| Masters (50-54) | | | |
| 181 lbs. | | | |
| L. Ivy | 505 | — | — |
| 275 lbs. | | | |
| R. Cabo | 630 | 465 | 525 |
| Master (55-59) | | | |
| 181 lbs. | | | |
| D. Cain | 225 | 265 | 275 |
| 220 lbs. | | | |
| D. Cameron | 400 | 200 | 500 |
| 242 lbs. | | | |
| T. Kezerian | 425 | 370 | 425 |
| Master (65-70) | | | |
| R. Erickson | 500 | 290 | 460 |
| Open | | | |
| 198 lbs. | | | |
| J. Bova | 520 | 380 | 505 |
| K. Herzik | 455 | 390 | 485 |
| D. Dejean | 505 | 300 | 475 |
| 220 lbs. | | | |
| J. Young | 315 | 365 | 365 |
| K. Nieznanski | 530 | — | 480 |
| R. Matulia | 500 | — | 630 |
| 275 lbs. | | | |
| D. English | 550 | 525 | 625 |
| Open | | | |
| 198 lbs. | | | |
| S. Avanzino | — | — | 425 |
| 220 lbs. | | | |
| D. Copeland | 520 | 425 | 520 |
| 275 lbs. | | | |
| D. English | 550 | 525 | 625 |
| Masters (50-54) | | | |
| 181 lbs. | | | |
| L. Ivy | 505 | — | — |
| 275 lbs. | | | |
| R. Cabo | 630 | 465 | 525 |
| Master (55-59) | | | |
| 181 lbs. | | | |
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| 220 lbs. | | | |
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| 220 lbs. | | | |
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| 275 lbs. | | | |
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| 220 lbs. | | | |
| D. Copeland | 520 | 425 | 520 |
| 275 lbs. | | | |
| D. English | 550 | 525 | 625 |
| Masters (50-54) | | | |
| 181 lbs. | | | |
| L. Ivy | 505 | — | — |
| 275 lbs. | | | |
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| Master (55-59) | | | |
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| 220 lbs. | | | |
| J. Young | 315 | 365 | 365 |
| K. Nieznanski | 530 | — | 480 |
| R. Matulia | 500 | — | 630 |
| 275 lbs. | | | |
| D. English | 550 | 525 | 625 |
| Open | | | |
| 198 lbs. | | | |
| S. Avanzino | — | — | 425 |
| 220 lbs. | | | |
| D. Copeland | 520 | 425 | 520 |
| 275 lbs. | | | |
| D. English | 550 | 525 | 625 |
| Masters (50-54) | | | |
| 181 lbs. | | | |
| L. Ivy | 505 | — | — |
| 275 lbs. | | | |
| R. Cabo | 630 | 465 | 525 |
| Master (55-59) | | | |
| 181 lbs. | | | |
| D. Cain | 225 | 265 | 275 |
| 220 lbs. | | | |
| D. Cameron | 400 | 200 | 500 |
| 242 lbs. | | | |
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| R. Erickson | 500 | 290 | 460 |
| Open | | | |
| 198 lbs. | | | |
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| D. Dejean | 505 | 300 | 475 |
| 220 lbs. | | | |
| J. Young | 315 | 365 | 365 |
| K. Nieznanski | 530 | — | 480 |
| R. Matulia | 500 | — | 630 |
| 275 lbs. | | | |
| D. English | 550 | 525 | 625 |
| Open | | | |
| 198 lbs. | | | |
| S. Avanzino | — | — | 425 |
| 220 lbs. | | | |
| D. Copeland | 520 | 425 | 520 |
| 275 lbs. | | | |
| D. English | 550 | 525 | 625 |
| Masters (50-54) | | | |
| 181 lbs. | | | |
| L. Ivy | 505 | — | — |
| 275 lbs. | | | |
| R. Cabo | 630 | 465 | 525 |
| Master (55-59) | | | |
| 181 lbs. | | | |
| D. Cain | 225 | 265 | 275 |
| 220 lbs. | | | |
| D. Cameron | 400 | 200 | 500 |
| 242 lbs. | | | |
| T. Kezerian | 425 | 370 | 425 |
| Master (65-70) | | | |
| R. Erickson | 500 | 290 | 460 |
| Open | | | |
| 198 lbs. | | | |
| J. Bova | 520 | 380 | 505 |
| K. Herzik | 455 | 390 | 485 |
| D. Dejean | 505 | 300 | 475 |
| 220 lbs. | | | |
| J. Young | 315 | 365 | 365 |
| K. Nieznanski | 530 | — | 480 |
| R. Matulia | 500 | — | 630 |
| 275 lbs. | | | |
| D. English | 550 | 525 | 625 |
| Open | | | |
| 198 lbs. | | | |
| S. Avanzino | — | — | 425 |
| 220 lbs. | | | |
| D. Copeland | 520 | 425 | 520 |
| 275 lbs. | | | |
| D. English | 550 | 525 | 625 |
| Masters (50-54) | | | |
| 181 lbs. | | | |
| L. Ivy | 505 | — | — |
| 275 lbs. | | | |
| R. Cabo | 630 | 465 | 525 |
| Master (55-59) | | | |
| 181 lbs. | | | |
| D. Cain | 225 | 265 | 275 |
| 220 lbs. | | | |
| D. Cameron | 400 | 200 | 500 |
| 242 lbs. | | | |
| T. Kezerian | 425 | 370 | 425 |
| Master (65-70) | | | |
| R. Erickson | 500 | 290 | 460 |
| Open | | | |
| 198 lbs. | | | |
| J. Bova | 520 | 380 | 505 |
| K. Herzik | 455 | 390 | 485 |
| D. Dejean | 505 | 300 | 475 |
| 220 lbs. | | | |
| J. Young | 315 | 365 | 365 |
| K. Nieznanski | 530 | — | 480 |
| R. Matulia | 500 | — | 630 |
| 275 lbs. | | | |
| D. English | 550 | 525 | 625 |
| Open | | | |
| 198 lbs. | | | |
| S. Avanzino | — | — | 425 |
| 220 lbs. | | | |
| D. Copeland | 520 | 425 | 520 |
| 275 lbs. | | | |
| D. English | 550 | 525 | 625 |
| Masters (50-54) | | | |
| 181 lbs. | | | |
| L. Ivy | 505 | — | — |
| 275 lbs. | | | |
| R. Cabo | 630 | 465 | 525 |
| Master (55-59) | | | |
| 181 lbs. | | | |
| D. Cain | 2 | | |

ADAU Raw Pittsburgh/Kumite
24 MAY 08 - Pittsburgh, PA

| Powerlifting | SQ | BP | DL | TOT |
|----------------|-----|-----|-----|------|
| EMALE | | | | |
| 123 lbs. | | | | |
| Open Teen | | | | |
| K. Irwin | 176 | 82 | 237 | 496 |
| 132 lbs. | | | | |
| Open Submaster | | | | |
| S. Tephly | 154 | 110 | 176 | 440 |
| 148 lbs. | | | | |
| Open | | | | |
| D. Pritchett | 115 | 88 | 154 | 358 |
| 165 lbs. | | | | |
| Open | | | | |
| K. Boyer | 225 | 137 | 275 | 639 |
| Open Submaster | | | | |
| P. Moore | 148 | 110 | 248 | 507 |
| MALE | | | | |
| 132 lbs. | | | | |
| Open Teen | | | | |
| D. Gloeckl | 275 | 203 | 330 | 810 |
| Open Master | | | | |
| S. Stein | 242 | 165 | 330 | 738 |
| 148 lbs. | | | | |
| Open | | | | |
| J. Martucci | 341 | 225 | 402 | 970 |
| 165 lbs. | | | | |
| Open | | | | |
| S. Contreras | 330 | 242 | 462 | 1036 |
| Open Teen | | | | |
| L. Gloeckl | 314 | 286 | 363 | 964 |
| Open Master | | | | |
| R. Hutchison | 325 | 203 | 424 | 953 |
| 181 lbs. | | | | |
| Open | | | | |
| D. Teeter | 485 | 325 | 573 | 1383 |
| R. Spaniel | 402 | 319 | 473 | 1196 |
| 198 lbs. | | | | |
| Open Junior | | | | |
| T. Bozich | 374 | 297 | 512 | 1184 |
| Open | | | | |
| D. Chew | 407 | 297 | 473 | 1179 |
| J. Stopiro | 374 | 314 | 418 | 1107 |
| D. Urban | 380 | 259 | 435 | 1074 |
| Open Master | | | | |
| C. North | 220 | 154 | 314 | 688 |
| 220 lbs. | | | | |
| Open | | | | |
| D. Dorn | 479 | 292 | 600 | 1372 |
| T. MacDonald | 407 | 297 | 562 | 1267 |
| Open Junior | | | | |
| B. Moore | 352 | — | 496 | — |
| 319 lbs. | | | | |
| Open Submaster | | | | |
| Blattenberger | 440 | 402 | 507 | 1350 |
| SHW | | | | |
| Open | | | | |
| S. Buccilli | 622 | 440 | 600 | 1664 |

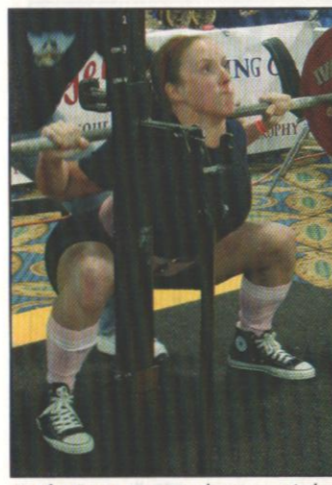
Team Champions: 63rd Street Powerlifting Team, NY, NY. Outstanding Female Lifter: Katie Boyer, Age 27 from New York City. Outstanding Male Lifter: Don Teeter, Age



Steve Buccilli, the biggest man in the house, smoked a 440 lb. bench to take the Superheavyweight title at the ADAU Raw Pittsburgh Championships. (photographs were provided by Nickolas Vlastic)

36 from Pittsburgh, PA. On Memorial Day weekend, the most important of all holidays, amidst a capacity crowd of thousands at the Kumite Classic Pittsburgh Fitness Expo held at the Expomart in Monroeville, PA, in conjunction with 15 other championship events ranging from bodybuilding to karate to strongman to figure competition to grappling to name a few, the 2008 ADAU Raw Pittsburgh Powerlifting Championships exploded onto the scene and solidly established raw, drug-tested powerlifting as a force to be reckoned with in the Pittsburgh strength community. The powerlifters came from across the Northeastern United States. Some young, some old, most from Southwestern Pennsylvania, many from as far away as Erie, New York, and Maryland, but all with a fire in their eyes and determination in their hearts, these competitors brought their best to the platform and lifted with something to prove. And once the first lifters grunted and climbed under the bar to begin the squats, there was no turning back the raw, drug-tested powerlifting revolution in Pittsburgh had begun. At 123 lbs., Kayla Irwin from Erie representing Joe's Gym was the lightest lifter at the meet but posted big numbers as she hit an American record squat at 176 lbs. and an American record deadlift at 237 lbs. to

55 he has many more years of impressive lifting to come. A legend in raw powerlifting for many years, Joe Martucci iced first place in the 148 lb. Men's Open Class with a large 970 lb. total. In a calm and cool manner throughout the meet, he proved on the platform why he is the best. Coached by the great Ryan Celli, Shawn Contreras masterfully and methodically powered his way through each of his lifts, finishing with a big total of 1036 lbs. that earned him the 165 lb. crown in the Men's Open Division. Second place in the Men's 165 lb. Open Class went to Lowell Gloeckl with a 964 lb. total, who showed good potential to be one of the top raw, drug-free powerlifters in the Pittsburgh area as he gains more experience. A close third place finish in the 165 lb. Men's Open Class but first place in the 165 lb. Men's Master Class went to Rich Hutchison from Maryland who never fails to produce a strong and consistent performance in every competition over his many, many years as a powerlifter. At 181 lbs., Don Teeter was a man on a mission. With unmatched intensity and a will of steel, he posted the second biggest squat of the meet at 485 lbs., the third biggest bench of the meet at 325 lbs., and a huge 573 lb. deadlift to finish with an unreal 1383 lb. total, winning not only the 181 lb. Men's Open Class but the Men's Best Lifter Award as well without question making him the strongest man in Pittsburgh, raw and drug-tested. A strong and determined competitor throughout the competition, R. Sean Spaniel hit many impressive lifts as well to finish in second place in the 181 lb. Men's Open Class with an 1196 lb. total. Fierce and heavy competition ruled until the end in the 198 lb. Men's Open Class, with the top four finishers separated by only a small margin. But when the smoke cleared, a big 512 lb. deadlift helped Tony Bozich jump two positions to come out victorious with a first place finish not only in the 198 lb. Men's Open Class but in the 198 lb. Junior Class as well. Close behind, second place 198 lb. Men's Open Class finisher Derek Chew muscled up the biggest squat in the class at 407 lbs; and close behind as well, Jason Stopiro who finished in third place blasted up the biggest bench press in the class at 314 lbs. Dennis Urban, who stayed strong and close throughout the day, finished in fourth place; and Charles North, in his first competition, finished fifth in the 198 lb. Men's Open Class but won first place in the 198 lb. Men's Master Class. In the end, the 220 lb. class became a battle of the monster deadlifters, with Darren Dorn and Terry MacDonald rocking the



Katie Boyer goes deep to sink a 225 pound squat effort on her way to winning the Best Female Lifter Award at the ADAU Raw Pittsburgh Championship event.

house back and forth with big pulls and big pull attempts. Dorn earned the 220 lb. Men's Open Class first place trophy, ripping up a colossal 600 lb. deadlift on his opener, but missing an American record 672 twice on subsequent attempts. Transitioning from a very successful bodybuilding career to a powerlifting career, a very muscular MacDonald stayed close and posted an awesome 1267 lb. total to finish second in the class. Bob Moore started strong and showed promise to remain competitive until the end, but missed three bench press attempts which knocked him out of the competition. Fierce and focused, Christian Blattenberger drew the awe of many onlookers as he muscled his way through a 440 lb. squat, a 402 lb. bench press, and a 507 lb. deadlift to earn the Men's 319 lb. Open and Submasters Classes. Like an M1A1 Tank, Big Steve Buccilli rolled over the biggest lifts of the day, man-handling a 622 lb. squat, a 440 lb. bench press, and a 600 lb. deadlift to total a Hulk-like 1664 lbs., pulverizing the Men's Open Superheavyweight Class. Many thanks to those who made this meet possible. Many thanks to Joe Wilson and his crew from Rock Hard Gym II in Bell Township (Adam Euzak and Corey Adams) for providing spotting/loading assistance; and thanks to Lance Schreengost and his crew from Schrec's Health Club for their spotting/loading assistance as well. Thanks to Sir Charles Venturella of 5150 Sports Photography for providing his professional services. Thanks to Mighty Joe Oregia for serving as meet announcer; and special thanks to the most experienced judges in all of powerlifting, Brenda and Allan Siegel, Jay Siegel, and Thomas "Bugsy" Bayer for their expertise throughout the day. Katie Boyer, Steve Buccilli, Lowell Gloeckl, and Don Teeter, all passed the Quest Diagnostics urine tests. (Results provided by courtesy of the undead staff at Monsters Unlimited "We Build Bodies from Scratch")

| Master Natural | SQ | BP | DL | TOT |
|-----------------------------|-----|-----|-----|------|
| 220 lbs. | | | | |
| J. Keurink | 700 | 365 | 535 | 1600 |
| Master Open | | | | |
| 220 lbs. | | | | |
| T. Sheehan | 725 | 500 | 510 | 1735 |
| Submaster Natural | | | | |
| 275 lbs. | | | | |
| B. Gainey | 600 | 420 | 505 | 1525 |
| Guest Master Natural | | | | |
| 165 lbs. | | | | |
| J. Smoker | 575 | — | — | 575 |

Congratulations to all of the participants in this very exciting meet! New lifter CamVredevel, age 15, only had one squat workout under his belt so elected to bench and deadlift only. He set two personal records! Lynne Boshoven, age 51 at 165 lbs., had a great 1370 total at 164 lbs. bodyweight. This matched her best total ever in the 181 weight days. Jim Jeurink had his best day ever with a personal record 1600 total at 220 bodyweight. Tim Sheehan also lifted at 220 with a stellar 725 squat which he has been training intensely for! He was also happy his bench is "back" after having done body building contests. Both Mike King (220) and Manny Valles (232) are training around injuries. Mike has had a pec tear, and Manny has pins and plates in his leg from a fall from a ladder. Bud Gainey is a new lifter at 275 and was excited to make a personal best in the squat, bench and deadlift. (Lynn Boshoven)

Illinois SO Summer Games
13-14 JUN 08 - Normal, IL

| Push Pull | BP | DL | TOT |
|--------------|----|-----|-----|
| EMALE | | | |
| 123 lbs. | | | |
| C. Kensing | — | 175 | 175 |
| 148 lbs. | | | |
| L. Newbury | — | 85 | 85 |
| 165 lbs. | | | |
| S. Meents | 85 | 210 | 295 |
| N. Brickwood | 80 | 205 | 285 |
| M. Mena | — | 110 | 110 |
| 181 lbs. | | | |



Ricky Fryman approaches the bar with arm/wrist crutches, which he hands to his coach, and then does a conventional deadlift. According to Lindell Smith.. 'Ricky represents some of the reasons we volunteer to work Summer Games each year.'

APA August Meet
31 AUG 08 - Wyoming, MI

| Powerlifting | SQ | BP | DL | TOT |
|--------------------|-----|-----|-----|------|
| WOMEN | | | | |
| Open | | | | |
| 165 lbs. | | | | |
| L. Boshoven | 580 | 260 | 530 | 1370 |
| Master | | | | |
| 165 lbs. | | | | |
| L. Boshoven | 580 | 260 | 530 | 1370 |
| MEN | | | | |
| Teen Raw | | | | |
| 148 lbs. | | | | |
| C. Vredevel | — | 180 | 280 | 460 |
| Master Raw Natural | | | | |
| 220 lbs. | | | | |
| M. King | 555 | 225 | 555 | 1335 |
| 242 lbs. | | | | |
| M. Valles | 295 | 265 | 345 | 905 |



No Doubt About It... Don Teeter convincingly won the Best Men's Lifter award with a huge 573 deadlift, finishing with a 1383 total.



Dustin Dickens with his first ever competition squat at the Illinois Special Olympics Championships. (Photos courtesy of Smitty)

| D. Laws | SQ | BP | DL | TOT |
|-----------------|-----|-----|-----|-----|
| 198 lbs. | 65 | 125 | 190 | |
| L. Penkas | 90 | 235 | 325 | |
| N. Riggs | 125 | 200 | 325 | |
| S. Dunn | 90 | 210 | 300 | |
| N. Nunez | 110 | 175 | 285 | |
| K. Kreitz | 105 | 135 | 240 | |
| C. Kelly | 90 | 145 | 235 | |
| G. Reed | 100 | 135 | 235 | |
| MALE | | | | |
| 114 lbs. | | | | |
| J. Kurpiel | — | 150 | 150 | |
| A. Kremer | 85 | 140 | 225 | |
| 123 lbs. | | | | |
| J. Klotzke | 200 | 200 | 400 | |
| 132 lbs. | | | | |
| R. Strzewski | 90 | 130 | 220 | |
| P. McHugh | 125 | 85 | 210 | |
| 148 lbs. | | | | |
| J. Allen | 155 | 195 | 350 | |
| B. Smith | 125 | 210 | 335 | |
| J. Naughton | 90 | 225 | 315 | |
| J. McNeal | 90 | 200 | 290 | |
| J. Nykiel | 70 | 90 | 160 | |
| 165 lbs. | | | | |
| S. Logan | 185 | 315 | 500 | |
| J. Campbell | 125 | 250 | 375 | |
| T. Hanlon | 145 | 225 | 370 | |
| A. Mayer | 140 | 225 | 365 | |
| J. Collins | 140 | 215 | 355 | |
| B. Salzer | 135 | 195 | 330 | |
| R. Fryman | 190 | 135 | 325 | |
| G. Mata | 60 | 125 | 185 | |
| H. Pimental | — | 90 | 90 | |
| 181 lbs. | | | | |
| T. Eller | 220 | 305 | 525 | |
| A. Schaumleffel | 155 | 340 | 495 | |
| W. Seabolt | 175 | 315 | 490 | |
| R. Callahan | 220 | 255 | 475 | |
| J. Smith | 190 | 305 | 495 | |
| C. Walti | 160 | 280 | 440 | |
| M. Tielke | 165 | 245 | 410 | |
| D. Hernandez | 150 | 250 | 400 | |
| R. Gaynor | 160 | 235 | 395 | |
| C. Duchon | 130 | 250 | 380 | |
| F. Kajdanowski | 85 | 270 | 355 | |
| I. Ruiz | 115 | 240 | 355 | |
| T. Jordan | 125 | 225 | 350 | |
| H. Mota | 125 | 225 | 350 | |
| J. Lopez | 125 | 165 | 290 | |
| 198 lbs. | | | | |
| A. Carlson | 155 | 355 | 510 | |
| M. Garland | 175 | 315 | 490 | |
| S. Campbell | 165 | 305 | 470 | |
| D. Bergl | 115 | 260 | 375 | |
| R. Davenport | 125 | 245 | 370 | |
| N. Adams | 115 | 25 | 365 | |
| C. Nykiel | 110 | 230 | 340 | |
| R. Andrews | 145 | 185 | 330 | |
| G. Donis | 110 | 215 | 325 | |
| M. Affetto | 90 | 185 | 275 | |
| T. McKeon | 125 | — | 125 | |
| 220 lbs. | | | | |
| M. Bray | 035 | 315 | 450 | |
| A. Mascheroni | 250 | 310 | 560 | |
| T. Strack | 155 | 310 | 465 | |
| T. Mabbott | 175 | 265 | 440 | |
| Q. Allen | 135 | 280 | 415 | |

| S. Scala | SQ | BP | DL | TOT |
|---------------------|-----|-----|-----|-----|
| 220 lbs. | | | | |
| A. Khalil | 115 | 210 | 325 | |
| M. Dickson | 115 | 215 | 330 | |
| 242 lbs. | | | | |
| B. Evans | 220 | 390 | 610 | |
| E. Doby | 250 | 355 | 605 | |
| E. Polivka | 205 | 365 | 570 | |
| E. Gosa | 185 | 315 | 500 | |
| C. Bosomworth | 125 | 325 | 450 | |
| B. Simpson | 180 | 250 | 430 | |
| A. Kozarewicz | 150 | 240 | 390 | |
| A. Mingle | 165 | 190 | 355 | |
| P. O'Malley | 150 | 200 | 350 | |
| 275 lbs. | | | | |
| W. Hopkins | 260 | 410 | 670 | |
| M. Brown | 230 | 380 | 610 | |
| B. Stroud | 195 | 325 | 520 | |
| S. Millwe | 185 | 335 | 520 | |
| J. Fajdich | 185 | 330 | 515 | |
| B. Albert | 185 | 270 | 455 | |
| D. Graham | 145 | 300 | 445 | |
| E. Adams | 115 | 265 | 380 | |
| J. Andres | 115 | 245 | 380 | |
| D. Phillips | 145 | 225 | 370 | |
| C. Georgatos | 120 | 245 | 365 | |
| B. Perkins | 120 | 230 | 350 | |
| K. Garner | 65 | 165 | 230 | |
| T. Lake | 50 | 120 | 170 | |
| D. Cahill | — | 170 | 170 | |
| P. Paige | — | 170 | 170 | |
| A. Esquivel | — | 135 | 135 | |
| Powerlifting | | | | |
| 148 lbs. | | | | |
| D. Dickens | 240 | 185 | 240 | 665 |
| 165 lbs. | | | | |
| D. Kelly | 225 | 135 | 255 | 615 |

The spotters are NASA volunteers Marshall Lake and Jason Sanders. (Lindell Smith).

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National Referee _____ State Referee _____

Club No. _____ Club Name: _____

Membership good for 1 year from date of application. For information on registration and program, call your State Chairman or 814-833-3727. A.D.A.U. membership provides each member with an opportunity to participate in A.D.A.U. events.

MEMBERSHIP APPLICATION:

Adult 25.00 Youth 15.00

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

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

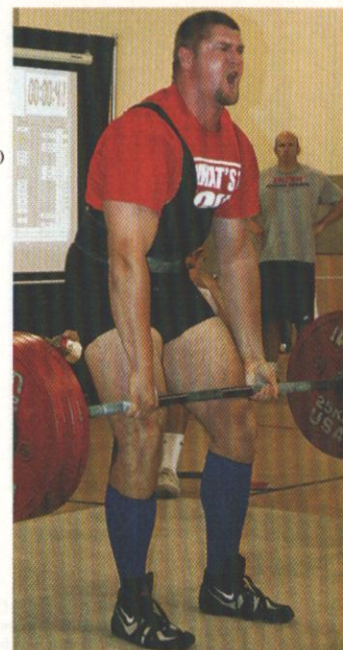
NOTE: Parent/Guardian signature required if member under 18 years old.

Member's Signature _____
Parent/Guardian Signature _____

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Allan Siegel, President, CFO
304 Daisy Street • Clearfield, PA 16830
Phone or Fax: 814-768-9400
E-mail: al@pikitung.com • Website: www.pikitung.com

**USAPL CA Summertime PP
16 AUG 08 - Santa Clarita, CA**

| | | | |
|---------------------------|-----------------------|--------------|-----|
| BENCH | | Vandermade | 336 |
| MALE | | 275+ lbs. | |
| Masters | M. Pacione | 452 | |
| DEADLIFT | | | |
| MALE | | | |
| 220 lbs. | Masters (coefficient) | | |
| G. Baxter | 331 | 270 lbs. | |
| Wolmesdorf | 254 | G. Baxter | 595 |
| 242 lbs. | | Wolmesdorf | 331 |
| J. Chaaban | 480 | 242 lbs. | |
| B. Evans | 424 | J. Chaaban | 507 |
| 275 lbs. | | 275 lbs. | |
| T. Stewart | 303 | T. Stewart | 529 |
| Masters Raw | | Masters Raw | |
| 242 lbs. | | 242 lbs. | |
| W. Jandoc | 342 | W. Jandoc | 551 |
| 275 lbs. | | Open | |
| D. Mishalof | 265 | 181 lbs. | |
| Open | | J. Pascual | |
| 181 lbs. | | 242 lbs. | |
| J. Pascual | 331 | J. Chaaban | 507 |
| 198 lbs. | | Open Raw | |
| L. Oeri | 336 | 132 lbs. | |
| 242 lbs. | | G. Molina | 380 |
| J. Chaaban | 480 | K. Meskew | 358 |
| R. Ryan | 353 | 198 lbs. | |
| Open Raw | | A. Fregoso | 375 |
| 132 lbs. | | C. Hedges | 369 |
| G. Molina | 187 | 220 lbs. | |
| K. Meskew | 182 | R. Garza | 485 |
| 198 lbs. | | C. Rasmussen | 480 |
| A. Fregoso | 215 | 242 lbs. | |
| C. Hedges | 187 | R. Ryan | 507 |
| 220 lbs. | | 275 lbs. | |
| R. Garza | 287 | J. Planas | 672 |
| C. Rasmussen | 287 | Vandermade | 562 |
| 275 lbs. | | 275+ lbs. | |
| J. Planas | 485 | M. Pacione | 562 |
| Push Pull | | BP | DL |
| MALE | | | |
| Masters (coefficient) | | | |
| 220 lbs. | | | |
| G. Baxter | 331 | 595 | 926 |
| M. Wolmesdorf | 254 | 331 | 584 |
| 242 lbs. | | | |
| J. Chaaban | 480 | 507 | 987 |
| 275 lbs. | | | |
| T. Stewart | 303 | 529 | 832 |
| Raw Masters (coefficient) | | | |
| 242 lbs. | | | |
| W. Jandoc | 342 | 551 | 893 |
| Open | | | |
| 181 lbs. | | | |
| J. Pascual | 331 | | 331 |
| 242 lbs. | | | |
| J. Chaaban | 480 | 507 | 987 |
| R. Ryan | 353 | 507 | 860 |
| Raw Open | | | |
| 132 lbs. | | | |
| G. Molina | 187 | 380 | 568 |
| K. Meskew | 182 | 358 | 540 |
| 198 lbs. | | | |



Russ Ryan deadlifting at the USAPL Summertime Push/Pull (photo by courtesy of Lance Slaughter)

the contest. Highlights of the meet included Bob Evans setting a California Masters State record in the bench press with a lift of 424 lb. Evan's lift also earned him a first place finish among all Masters competitors by weight/age coefficient. Jim Chaaban competed in the Open and Masters and got a strong opening bench press at 479 lb. while missing two attempts at 507 lb. In the deadlift event, Geraldo Molina, lifting in the 132 lb. weight class, competed in the raw division and posted an outstanding 380 lb. deadlift. Greg Baxter went 3 for 3 and shattered the California State Masters Record with final lift of 595 lb. The star of the meet was John Planas. Lifting raw in the 275 lb. class, John went six for six in both events and posted a personal best in the bench press with 485 lb. and a personal best deadlift of 672 lb. Planas' outstanding lifting also earned him Best Lifter recognition among all competitors, equipped and raw, for the contest. Overall, the meet was a lot of fun and it is hoped that it becomes an annual summer tradition. It's success was due to the tremendous support of Velocity Sports Performance and a team of volunteers who make up an incredible meet staff. Referees: Bill Ennis, Jim Merlino, Gordon Santee, Ron Scott, Technical Controller & Platform Manager: Gordon Santee. Score Table: Barbara Behm, Melody Jordan, Pam Pannuccio, Hung Pham. (L. Slaughter)

**Pride WA State Championships
23 AUG 08 - Kennewick, WA**

| | | | |
|----------------|--------------|----------|------|
| BENCH | | C. Jones | 480 |
| WOMEN | | | |
| Master (54-60) | J. Payne | 565 | |
| 132 lbs. | S. Gilliland | 125 | |
| 148 lbs. | | | |
| C. Rasmussen | 287 | 480 | 766 |
| 275 lbs. | | | |
| J. Planas | 485 | 672 | 1157 |
| M. Pacione | 452 | 562 | 1014 |
| G. Vandermade | 336 | 562 | 898 |
| Open | | | |
| L. Thierolf | 200 | | |
| L. Powell | 185 | | |
| 4th-190 | | | |
| Master (47-53) | J. Reyes | 697 | |
| 242 lbs. | | | |
| Open | | | |
| R. Petty | 450 | | |
| Master (40-46) | V. White | 500 | |
| 259 lbs. | | | |
| Teen (13-15) | S. Toovey | 135 | |
| 275 lbs. | | | |
| Master (40-46) | L. Bush | 500 | |
| Open | | | |
| R. Norris | 630 | | |
| Master (40-46) | R. Norris | 630 | |
| Junior (20-25) | | | |

308 lbs. Open R. Kennelly 985 Submaster (34-39) J. Getchell 550 Raw 165 lbs. Teen (16-19) T. Wheatley 235 Submaster (34-39) K. Phaneckham 300 181 lbs. Teen (16-19) Z. Nicklas 245 220 lbs. Junior (20-25) B. Hamilton 465 Open D. Piggee 475 Master (40-46) R. Garza 405 242 lbs. Master (40-46) R. Hyatt 335 259 lbs. Open G. Garberg 485 Submaster (34-39) W. Blagg 385

Locals Lifters Shine at the 2008 WA State Bench Press & Deadlift Championships. Starfit Fitness Club in Kennewick, Washington was host to the 2008 Washington State Bench Press and Deadlift Championships. Powerlifters from around the state, as well as from Idaho and Oregon, gathered for a day of fun yet fierce competition. The event featured competition in a range of weight classes and age divisions and lifters chose to compete in the bench press and/or deadlift. The event was promoted and conducted by Pride Powerlifting, a non-profit athletic sanction based out of Coeur d'Alene, Idaho. Pride has been hosting meets in the Northern Idaho area since 2003 and has recently branched out into the greater Northwest. "Our goal is to provide a fun and exciting lifter-friendly environment, yet have strict rules and judging so that records can unquestionably be set at the state, national and world level," said promoter Judy Sverchek. The event featured lots of spectators and exciting music to help pump up the athletes. "I believe powerlifting meets can be an exciting show for people to watch and still be done to strict standards. We want the lifters to do well, these competitions are for them." Laura Thierolf of Kennewick set Open Women state records in the bench press and deadlift. 55 year old, Sherry Gilliland of Richland and 48-year old Lani Powell also set state records

| | | | |
|----------------|--------------|-----|--|
| DEADLIFT | | | |
| WOMEN | | | |
| Open | D. Snow | 340 | |
| 123 lbs. | | | |
| Raw | L. Thierolf | 315 | |
| 148 lbs. | | | |
| Teen (16-19) | Teen (16-19) | | |
| K. Segura | 420 | | |
| 220 lbs. | | | |
| Open | J. Linnell | 550 | |
| 242 lbs. | | | |
| R. Petty | 275 | | |
| Open | J. Payne | 670 | |
| Master (40-46) | L. Bush | 510 | |
| 220 lbs. | | | |
| Master (40-46) | R. Garza | 550 | |
| Open | | | |
| J. Derousie | 630 | | |

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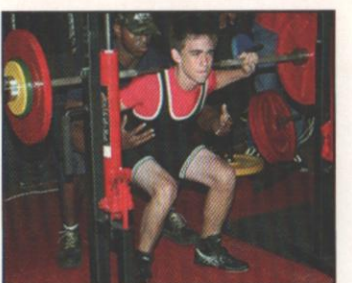
Lee Beane 1998 AAU World Powerlifting Champion

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in the Master Women division. Danna Snow of Spokane pushed her own state record marks in both lifts as well in the 123 lb. class. From Umatilla, Oregon, Roland Garza made an impressive showing as always with his 550 deadlift and 405 bench press, bettering his existing state records in both lifts and teammate Jerame Linnell also pulled 550 after a full year layoff from weight lifting. Smitty's Gym from Richland, a breeding ground for great lifters put on an impressive performance. Wade Blagg pressed 385 lbs. and Cory Jones benched 480 lbs., both setting new state records. Joe Derousie deadlifted 630 lbs. weighing in at 235 lbs. coming just shy of beating his personal best on his third attempt. "Expect big things from Derousie in the near future. He is an excellent raw deadlifter," said Sverchek. Local Kom Phaneckham, despite not having competing since 2003, showed up at took charge, pressing 300 lbs. at 158 bodyweight. The Kennelly Power Team, based out of Starfit, had a huge representation with fifteen benchers and three deadlifters. First time lifter, Ashley Condray successfully made all three attempts and set a new state record in the Junior division. Gib Garberg, age 34, had not competed in lifting since high school, but debuted on the platform with a 485 lb. bench press, setting a record in the Open

Men division. Brian Hamilton, an APA and WABDL world record holder broke the existing state record with his 465 lb. bench press. Darris Piggee broke the state bench press record with his 475 lb. raw press. Piggee is the current APF, APA and All-time master record holder. Robert Norris, age 46, the current APA and IPA World Record Holder for his division, broke the state record with a solid 630 lb. bench press, coming shy of breaking his all-time best with a 650-lb. attempt. Vern White, Russel Petty, Joel Reyes and James Getchell, also representing the Kennelly Power Team, had an excellent showing, all setting new state records respectively. Finally, Randy Hyatt and Shane Toovey of Kennewick, both set new state records in the bench press. The highlight of the event was Ryan Kennelly of Moses Lake, who successfully broke the all-time world bench press record in the 308 lb. class. Kennelly is already the current all-time bench press world record holder in the superheavyweight division with a 1,074 lb. bench press, set earlier this year. Kennelly weighed in at a solid 306.0 lbs. on the scale with the mission of breaking the 308 lb. class records, now formerly held by Tiny Meeker of Texas. Meeker's record was 942 lbs. Ryan Kennelly broke the existing record on his opening attempt as he easily pressed 985

lbs. and the crowd froze in anticipation as he came just shy of locking out 1,020 lbs. on his third attempt. Pride Powerlifting will return to Kennewick on Saturday, November 8, 2008 for their next Washington installment of competition the 2008 Pride Powerlifting Strength Wars. Starfit Fitness Club will again host the competition. Strength Wars will feature a full power competition, where lifters compete in the squat, bench press and deadlift, for a weight total. Also there will be single-lift bench press and deadlift competitions. For more information about this event and other upcoming powerlifting event, visit their website at www.PridePowerlifting.com. "We get competitors as young as 10 years old, and have had first-time lifters as old as 84," said Sverchek. The website also has a current list of all state records, rules, entry forms and past event results. First time lifters are always welcome and encouraged to enter. (Thanks to Judy Sverchek for providing these results)



Chase Rhymer was one of the young competitors at the AAU North Carolina Championships (by the courtesy of Keith Payne)

**AAU NC State Championships
28 JUN 08 - Rockingham, NC**

| | | | |
|-----------|------------------------|------------|-----|
| BENCH | | | |
| FEMALE | | | |
| 165 lbs. | Open | T. Walker | 255 |
| 165 lbs. | Submaster (35-39) | T. Walker | 255 |
| Open | Powerlifting SQ | BP | DL |
| 198+ lbs. | Master (45-49) Raw | I. Owens | 190 |
| 198 lbs. | MALE | | |
| 198 lbs. | Youth/Teen (12-13) Raw | J. Delgado | 140 |
| 132 lbs. | Youth/Teen (12-13) Raw | C. Rhymer | 155 |
| 132 lbs. | Youth/Teen (12-13) Raw | Daubenmire | 155 |
| 148 lbs. | Master (40-44) | R. Wess | 445 |
| 148 lbs. | Open | R. Wess | 445 |
| 165 lbs. | Master (50-54) Raw | M. Wicker | 315 |
| 165 lbs. | | | |

| | | | | | | |
|------------------------|------------------------|-------------|-----|-----|-----|--------|
| 165 lbs. | Teen (14-15) | J. Shue | 325 | 280 | 360 | 965 |
| 4th-SQ-335 | | | | | | DL-375 |
| Teen (14-15) | | R. Davis | 235 | 165 | 315 | 715 |
| 4th-DL-325 | | | | | | |
| Youth/Teen (12-13) Raw | | J. Davis | 130 | 115 | 220 | 465 |
| 4th-SQ-135 | | | | | | |
| 181 lbs. | Master (40-44) Raw | E. Bell | 380 | 245 | 440 | 1065 |
| 4th-DL-450 | | | | | | |
| 198 lbs. | Master (55-59) Raw | M. Brady | 425 | 280 | 500 | 1205 |
| 4th-DL-450 | Open Raw | E. Bell | 380 | 245 | 440 | 1065 |
| 198 lbs. | Youth/Teen (12-13) Raw | S. Whiting | 525 | 385 | 515 | 1425 |
| 132 lbs. | Master (45-49) Raw | P. Capps | 390 | 300 | 455 | 1145 |
| 242 lbs. | Open Raw | J. Cravy | 365 | 295 | 465 | 1125 |
| 275 lbs. | Master (40-44) | R. McMillan | 600 | 355 | 545 | 1500 |
| 308 lbs. | Master (50-54) Raw | W. Greene | 375 | 325 | 510 | 1210 |
| 4th-BP-340 | | | | | | |

(from Keith Payne, Executive Director IBP)

AAU ATHLETE INDIVIDUAL MEMBERSHIP APPLICATION

AAU Membership Year is September 1 to August 31. A membership card will be forwarded to you.

Use Legal Name

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

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

| | |
|--------------------|---------------------------|
| Member's Signature | Parent/Guardian Signature |
| Date | Date |

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

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

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

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

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

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

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

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

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

USAPL Merchandise: (please circle choices) • T-Shirt - \$15.00 (size ____ qty. ____)(colors: Navy and black, gray) • Sweatshirts (Crewneck, zipper or hooded)- see e.store
• Women's T-Shirt - \$18.00 (size ____ qty. ____)(colors: Black, gray and white) • Kids T-Shirts and hooded sweatshirts - see e.store on website
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Credit Card: Visa-Mastercard-Discover Exp. Date: _____
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WABDL Golden State
31 MAY 08 - Modesto, CA

| | |
|------------------|--------------------|
| BENCH | 181 lbs. |
| WOMEN | C. Desmond 385 |
| Master (40-46) | 275 lbs. |
| 148 lbs. | J. Tolle 529* |
| L. Bradshaw 115 | Master (40-46) |
| T. Geisick 99 | 220 lbs. |
| Master (47-53) | DeGennaro 424 |
| 114 lbs. | 242 lbs. |
| B. Aerts 115 | K. Doerfler 485 |
| M. Rubcic 126 | D. Vasquez 446 |
| Open | 259 lbs. |
| 114 lbs. | J. Schaer 424 |
| B. Aerts 115 | 275 lbs. |
| Submaster | J. Wood 666 |
| 132 lbs. | R. Lincoln Jr. 650 |
| M. Nunes 170 | Master (47-53) |
| MEN | 181 lbs. |
| Class I | P. Janoff 385 |
| 165 lbs. | 220 lbs. |
| S. Santellan 248 | G. Alves 440 |
| 20 lbs. | K. Engleman 325 |
| R. Perez 485 | 308 lbs. |
| 4th-502* | A. Aerts 473 |
| D. Bradshaw 440 | SHW |
| 275 lbs. | D. Schultz — |
| E. Stockbridge | Master (54-60) |
| 573* | 165 lbs. |
| S. Henry 541* | A. Nebo 336* |
| 308 lbs. | 181 lbs. |
| A. Aerts 473 | D. Cummerow 341 |
| Junior (20-25) | 275 lbs. |
| 242 lbs. | P. Murphy 308 |
| B. Ferbuson 501 | K. Kirk 231 |
| 259 lbs. | 242 lbs. |
| R. Palomino 468 | K. Tawzer 253 |
| SHW | 308 lbs. |
| C. Tawzer — | D. CanBrook 418 |
| Law/Fire | Master (61-67) |
| Master (48-55) | 132 lbs. |
| 259 lbs. | B. Yager 255 |
| M. Johnson 258 | 4th-264!* |
| Law/Fire | 181 lbs. |
| Master (56+) | L. Joiner 170 |
| 242 lbs. | 198 lbs. |
| K. Tawzer — | S. LaFolletti 391* |
| Law/Fire Open | J. Dye 330 |
| 198 lbs. | R. Nasser 275 |
| R. Harris 485 | 220 lbs. |
| 4th-508* | D. Marba 424 |
| Law/Fire | R. Urrea 314 |
| Submaster | R. Kunz 259 |
| | 275 lbs. |



Alan Aerts, Mike Womack, Bonnie Aerts, and Gus Rethwisch. Bonnie won Best Lifter, Open and Masters, in the deadlift at the Modesto event. (photograph provided courtesy C.S.S. Photo Design)

| | | | |
|--------------------|-----------------|-----------------|--------------|
| 242 lbs. | B. Cikana 529 | Teen (14-15) | B. Aerts 236 |
| H. Garris 308 | SHW | C. Gaytan 192 | 165 lbs. |
| C. Tawzer 358 | Teen 916-17) | D. McLeod 242 | 4th-265* |
| Special Olympian | 132 lbs. | | |
| SHW | R. Reppond 170* | UL | |
| J. Mayes 220 | 148 lbs. | M. Rubcic 281 | |
| Submaster (33-39) | S. Johnson 200* | Open | |
| 181 lbs. | Teen (18-19) | 114 lbs. | |
| Master 980-84) | C. Desmond 385 | B. Aerts 236 | |
| 148 lbs. | 198 lbs. | V. Salas 270 | |
| R. Fornachon 183!* | D. Soto 512 | C. Hendersn 220 | |
| Open | 4th-541!* | D. McLeod 242 | |
| 148 lbs. | 220 lbs. | 4th-265 | |
| C. Bareng 352 | S. Pena — | R. Midson 281 | UL |
| 165 lbs. | J. DeLuca 440 | L. Lopez 281 | |
| A. Davila 486* | 220 lbs. | M. Rubcic 281 | |
| S. Santellan 248 | 259 lbs. | Teen (14-15) | |
| 198 lbs. | L. Zarate 523 | 132 lbs. | |
| SHW | R. Harris 485 | DEADLIFT | |
| 4th-508 | R. Lopez 407 | WOMEN | |
| 220 lbs. | Teen (12-13) | Master (40-46) | |
| R. Perez 485 | 123 lbs. | UL | |
| 4th-502 | D. Sites 170 | T. Geisick 352 | Class I |
| R. Urrea 314 | Master (47-53) | 148 lbs. | Class I |
| R. Kunz 259 | 4th-176!* | 114 lbs. | R. Smith 501 |
| | | | 165 lbs. |

| | |
|-------------------|-------------------|
| S. Santellan 413 | S. Santellan 413 |
| 220 lbs. | 275 lbs. |
| C. Ortwein 501 | B. Cikana 584 |
| 275 lbs. | 308 lbs. |
| S. Henry 600 | D. Glahn 617 |
| 308 lbs. | SHW |
| A. Aerts 551 | C. Tawzer 485 |
| Junior (20-25) | Special Olympian |
| SHW | SHW |
| C. Tawzer 485* | J. Mayes 248 |
| Law/Fire | Submaster (33-39) |
| Master (40-47) | 165 lbs. |
| 242 lbs. | Y. Kiuroda 473 |
| Z. Clark 633 | Teen (12-13) |
| Master (40-46) | 123 lbs. |
| 220 lbs. | D. Sites 297!* |
| A. Tortorelli 600 | Teen 914-15) |
| 242 lbs. | 198 lbs. |
| R. Exum 662 | C. Gaytan 341 |
| 275 lbs. | Teen (16-17) |
| J. Wood 677 | 132 lbs. |
| Master (47-53) | R. Reppond 241* |
| 220 lbs. | 148 lbs. |
| C. Ortwein 501 | R. Smith 501!* |
| 242 lbs. | S. Johnson 407 |
| Z. Clark 633 | 181 lbs. |
| 308 lbs. | S. Graves 440 |
| D. Glahn 617 | K. Mobley 429 |
| A. Aerts 551 | 198 lbs. |
| Master (54-60) | K. Keisler 440 |
| 220 lbs. | 220 lbs. |
| P. Murphy 529 | M. Stepper 451 |
| K. Kirk 363 | Teen (18-19) |
| Master (61-67) | 181 lbs. |
| 181 lbs. | C. Henderson 490 |
| L. Joiner 253 | V. Salas 418 |
| Open | 198 lbs. |
| 148 lbs. | R. Garcia 391 |
| D. Moya 479 | R. Midson 352 |
| C. Bareng 473 | 220 lbs. |
| 165 lbs. | A. Cuthbert 402 |
| B. Bailey 429 | |

powerlifting event. It makes the lifters feel special and it's a one stop service, if that hotel has a restaurant. You weigh-in Friday evening or afternoon, eat dinner, go to your room and chill. All in all, Michael Womack and his crew did an excellent job. Gary and Elma Thomas came down from Bend, Oregon, to do weigh-ins and computer work. Gus Rethwisch drove 2,200 miles from Minneapolis with equipment, bars, warm-up bench, plywood, rubber mats, and judging lights. Gus, along with Bonnie Aerts, passed out trophies, was the MC and conducted the drug tests. (Gus Rethwisch)

USAPL West River Open
23 JUN 08 - Spearfish, SD

BENCH
FEMALE
148 lbs.
Open
A. Ashmore 58
165 lbs.
Master II
D. Kullerd 63

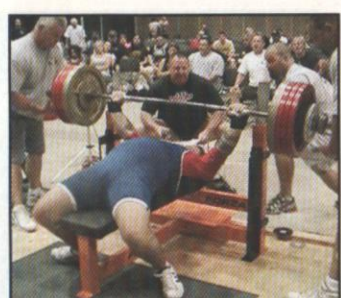
A. Lenz 78
D. Kullerd 108
181 lbs.
Open
M. Barns —
198 lbs.
Open
M. Barns 80
198 lbs.
Open
J. Canfield 160
114 lbs.

88
200
133
105
98
155
80
155
125
125
125
143
208
160
138
220
200
170
108
120
108
63
58
63
63

MALE
114 lbs.
Teen I
T. Wagner 78
148 lbs.
Master II
S. Hill 145
MBL
S. Hill 145
Teen I
Z. Weymouth 108
Teen II
J. McClurg 103
Teen V
N. Fast —
165 lbs.
Master I
K. Fuller 208
L. Allen 193
Open
K. Fuller 208
L. Allen 193
275+ lbs.
Master I
M. Broom 210
Open
R. Lester 248
N/A lbs.
Master I
B. Steinbach 200
Teen IV
S. Seljeskog —

38
93
208
168
405
168
405
58
115
65
98
98
230
463
230
463
185
105
195
113
125
160
398
113
125
160
398
215
153
238
605
53
45
93
190
273
208
240
618
220
160
203
583
200
95
218
513
195
125
220
540
275
200
240
715

Master II
L. Robinson 190
135
228
553
MBL
B. Steinbach 275
200
240
715
Open
B. Steinbach 275
200
240
715
L. Robinson 190
135
228
553
Teen III
D. Knutson 148
105
165
418
Master I
VanderVorste 208
163
240
610
Master III
J. Osborne —
140
—
140
MBL
VanderVorste 208
163
240
610
J. Osborne —
140
—
140
Open
C. Dick Jr 220
155
230
605
Teen III
J. Bennett 163
115
175
453
Master I
S. Donlea 165
—
198
363
275+ lbs.
MBL
S. Donlea 165
—
198
363
Master
Open
N. Meadows —
—
—
—
Teen IV
J. Dillon —
—
—
—
S. Seljeskog —
—
—
—
Teen V
C. Allen —
—
—
—
Best Female Master PL: Deb Kullerd. Best Female PL: Janeen Canfield. Best Teen Lifter: Drew Peery. Best Open Male Lifter & Best Overall Male Lifter: Justin Frank. Best Master PL: Brent Steinbach. Best Female BP: Janeen Canfield. Best Master Female BP: Marcia Barns. Best Teen BP: Dyllan Knutson. Best Master Male BP: Randy Lang. Best Male Open and Overall BP: Robert Lester. (Tracey Steinbach, Black Hills State University) (Thank you to the USAPL for providing these results)



Robert Lincoln Jr. benched 650 at 40-46, 275 lb. at the Golden State Classic (Mr. Lincoln photo)

powerlifting event. It makes the lifters feel special and it's a one stop service, if that hotel has a restaurant. You weigh-in Friday evening or afternoon, eat dinner, go to your room and chill. All in all, Michael Womack and his crew did an excellent job. Gary and Elma Thomas came down from Bend, Oregon, to do weigh-ins and computer work. Gus Rethwisch drove 2,200 miles from Minneapolis with equipment, bars, warm-up bench, plywood, rubber mats, and judging lights. Gus, along with Bonnie Aerts, passed out trophies, was the MC and conducted the drug tests. (Gus Rethwisch)

USAPL West River Open
23 JUN 08 - Spearfish, SD

BENCH
FEMALE
148 lbs.
Open
A. Ashmore 58
165 lbs.
Master II
D. Kullerd 63

A. Lenz 78
D. Kullerd 108
181 lbs.
Open
M. Barns —
198 lbs.
Open
M. Barns 80
198 lbs.
Open
J. Canfield 160
114 lbs.

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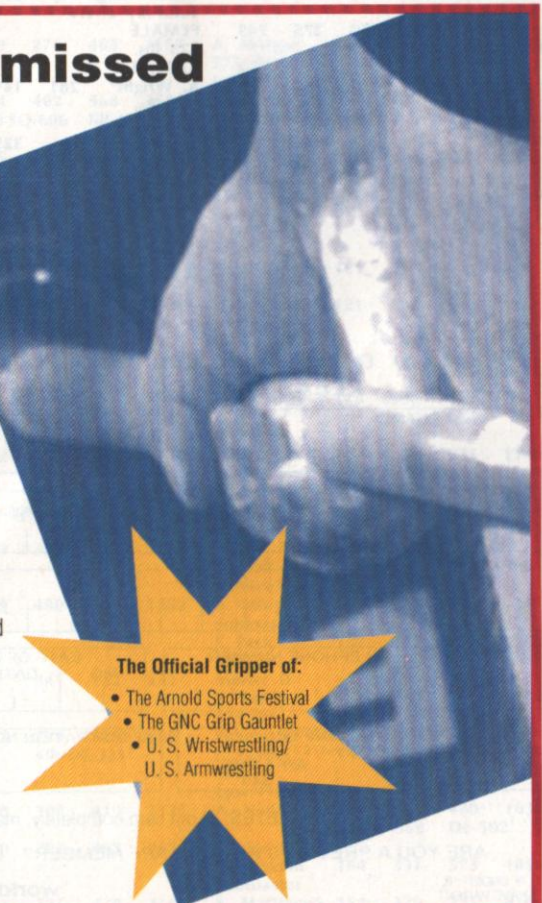
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WORLD ASSOCIATION OF BENCH PRESSERS AND DEADLIFTERS (WABDL)

| | | | | | | |
|------------------------------|----------------|---------------|-----------------------|-----------------------------|--------------|----------------|
| Last Name | First Name | Initial | Renewal | Current Card # (If Renewal) | | |
| | | | Y N | | | |
| Street Address | | | | Club Name | | |
| City | State | Zip | Area Code / Telephone | | | |
| Current WABDL Classification | Referee Status | U.S. Citizen? | Date of Birth | Sex | Today's Date | Card Issued By |
| Elite Master I II III IV | World National | Y N | | M F | | |

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NOTE: All WABDL-sanctioned meets will be subject to drug testing.

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

If under 18, have parent initial _____ Signature _____

WNPF GA vs AL & TN/GA
5 APR 08 - Atlanta, GA

| | | | | | |
|--|--|-------------|------|------|-----|
| BENCH | | (40-49) Raw | 390 | | |
| 181 lbs. | Monroe | | 315 | | |
| WOMEN | | (50-59) Raw | 335 | | |
| 123 lbs. | Wilson | | 29 | | |
| (50-59) Raw | Open | | 29 | | |
| Araujo | 155* | Harper! | 29 | | |
| 148 lbs. | Open | Harper | 29 | | |
| Patton-Gooch! | 275* | 242 lbs. | 16 | | |
| 181 lbs. | (13-16) Raw | Wilson | | | |
| Hearn | 275 | DEADLIFT | | | |
| (17-19) Raw | 220 lbs. | | | | |
| Hay | 295 | Open | | | |
| 198 lbs. | Open | Shetler | 425 | | |
| Open Raw | Lifetime Raw | | | | |
| Duncan! | 345* | Jaffe | 400 | | |
| Subs Raw | Harper!# | 375* | 500 | | |
| Harper! | 375* | 300 lbs. | | | |
| 220 lbs. | Harper | Lifetime | | | |
| (60-69) Raw | Braden# | 635 | | | |
| Dudley! | 280* | Subs | | | |
| (60-69) SP | Braden | 635 | | | |
| Coleman | 350 | POWERCURL | | | |
| (40-49) Raw | 181 lbs. | | | | |
| Kayes | 315 | Hay | 150* | | |
| Lifetime Raw | Jaffe | 220 lbs. | | | |
| 242 lbs. | 285 | (60-69) | | | |
| Junior Raw | 225 | Coleman | 120 | | |
| Ramsey | 225 | 242 lbs. | | | |
| (40-49) SP | 450 | (40-49) | | | |
| Pate | 450 | Monroe# | 225 | | |
| Powerlifting | SQ | BP | DL | TOT | |
| 181 lbs. | | | | | |
| (13-16) Raw | 285 | 185 | 170 | 640 | |
| Trevina | 198 lbs. | | | | |
| (40-49) SP | 515 | 370 | 510 | 1395 | |
| Fuller# | 220 lbs. | | | | |
| (40-49) Raw | 385 | 275 | 315 | 975 | |
| Housworth | (13-16) Raw | 300 | 170 | 275 | 745 |
| Dougherty | 242 lbs. | | | | |
| (13-16) Raw | 455 | 315 | 435 | 1205 | |
| Brown | 275 lbs. | | | | |
| (13-16) Raw | 415 | 245 | 455 | 1115 | |
| Weigand | *=WNPF American Records. #=Best Lifters. | | | | |
| ! | =WNPF Lifetime Organization Lifters. | | | | |
| SP=Single Ply. (by courtesy of the WNPF) | | | | | |



Matthew Christi was awarded AAPF Best Lifter at the Alabama Open.

| | | | | | |
|----------------------------|--------------|---------|-----|-----|-----|
| AAPF Alabama Open/Pro Cash | | SHW | | | |
| 15-16 MAR 08 - Gadsden, AL | | AAPF/BO | | | |
| Powerlifting | SQ | BP | DL | TOT | |
| Saturday Lifters | | | | | |
| FEMALE | | | | | |
| 123 lbs. | AAPF/T/DL | | | 364 | 364 |
| AAPF/M | A. Wright* | 281 | 149 | 325 | 755 |
| 132 lbs. | Guest Lifter | | | | |
| K. Smith | | 325 | | 325 | |
| 165 lbs. | AAPF/O | | | | |
| A. Rhodes | | 248 | 154 | 276 | 678 |

| | | | | |
|------------------|------|-----|-----|------|
| L. McCormick | 187 | — | 187 | |
| APF/O/BO | | | | |
| C. Witcker | — | — | — | |
| 198 lbs. | | | | |
| APF/JR | | | | |
| C. Clayton | 601 | 424 | 502 | 1527 |
| APF/JR Raw | | | | |
| D. McCoy | 480 | 353 | 540 | 1372 |
| APF/O | | | | |
| R. Jones | 452 | 325 | 496 | 1273 |
| AAPF/O | | | | |
| D. Wright | 497 | 281 | 485 | 1263 |
| AAPF/SM | | | | |
| D. Wright | 497 | 281 | 485 | 1263 |
| 220 lbs. | | | | |
| APF/O/BO | | | | |
| D. Nealy | — | — | — | — |
| Sunday Lifters | | | | |
| 220 lbs. | | | | |
| APF/O | | | | |
| K. Soileau | 854 | 441 | 705 | 2000 |
| AAPF/O | | | | |
| M. Christie | 805 | 518 | 601 | 1924 |
| APF/O | | | | |
| W. Carter | 965 | 551 | — | 1516 |
| APF/M(40-44) | | | | |
| C. Sanford | 474 | 336 | 507 | 1317 |
| APF/O | | | | |
| S. Peed | 689 | 496 | — | 1185 |
| APF/M(55-59) | | | | |
| E. Burns | 402 | 198 | 463 | 1064 |
| AAPF/O/BO | | | | |
| M. Green | — | 661 | — | 661 |
| AAPF/SM | | | | |
| Wiemann Jr. | — | — | — | — |
| APF/O/BO | | | | |
| D.I. Nealy | — | — | — | — |
| APF/SM | | | | |
| Wiemann Jr. | — | — | — | — |
| 242 lbs. | | | | |
| APF/M(60-64) | | | | |
| T. Lancaster | 485 | 419 | 500 | 1404 |
| AAPF/O | | | | |
| J. Leftwich | 502 | 419 | 402 | 1323 |
| APF/O | | | | |
| J. Killo | 402 | 325 | 424 | 1152 |
| AAPF/DL | | | | |
| J. Nelson | — | — | 551 | 551 |
| APF/O | | | | |
| J. Nelson | — | — | 551 | 551 |
| 275 lbs. | | | | |
| APF/O Raw | | | | |
| T. Lucas | 573 | 474 | 606 | 1653 |
| APF/O | | | | |
| R. McMillian | 612 | 452 | 540 | 1604 |
| AAPF/M/DL | | | | |
| S. Caine | — | — | 507 | 507 |
| Pro Cash /BO | | | | |
| P. Hall | — | 309 | — | 309 |
| 308 lbs. | | | | |
| APF/O | | | | |
| T. Bower | 711 | 358 | 551 | 1620 |
| AAPF/N Raw | | | | |
| H. Hardric | 623 | 353 | 628 | 1604 |
| APF/O | | | | |
| B. Phillips Jr. | 832 | 557 | — | 1389 |
| APF/J | | | | |
| C. Farmer | 563 | 226 | 535 | 1324 |
| APF/O | | | | |
| J. McCormick | 672 | 441 | — | 1113 |
| Pro Cash | | | | |
| J. Hoskins | 1108 | — | — | 1108 |
| SHW | | | | |
| APF/O Raw | | | | |
| R. Wilkerson | 805 | 551 | 551 | 1907 |
| APF/O | | | | |
| H. Smith | 755 | 463 | — | 1218 |
| Pro Cash | | | | |
| J. Ewing | 1042 | — | — | 1042 |
| C. Clark | 926 | — | — | 926 |
| AAPF/M(40-44)/BO | | | | |
| K. Overbey | — | 661 | — | 661 |
| AAPF/J/BO Raw | | | | |
| B. Alford | — | 424 | — | 424 |

*=Best Lifters. First I want to thank everyone who took part in this wonderful Powerlifting experience! The camaraderie and atmosphere of Unity and Family was like few I have ever experienced! To the World Class (and World's level) judging crew, the lifters, spotters and staff I can not say enough complimentary things about you all! I want to give a special thanks to my co-promoter and friend Stace Beechum of Gold's Gym of Rainbow City and to my training partner and old friend Chris Sanford who may as well have been a third promoter as he ran with me on every inch of pulling this thing together; burning up his own gas and money and never asking a thing in return. Chris you are a true friend



Barry Alford - winner of the Raw Bench Only SHW at the Alabama Open. (photos courtesy B. McKee)

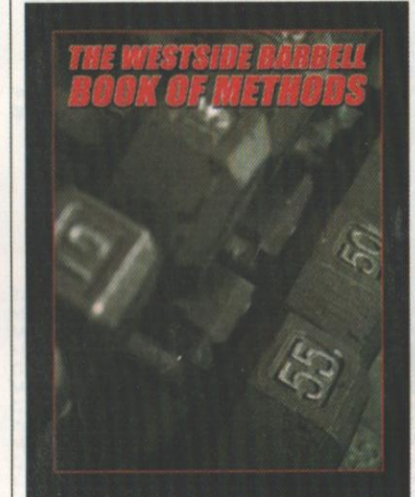
and asset to this sport! How you competed and won (set an AL Deadlift record) as tired as you had to be is just amazing... hat's off to you! I want to thank our sponsors for the meet: Titan Support Systems Inc. (donated the beautiful Katana swords for Best lifters), Gadsden Inn and Suites, Gold's Gym of Rainbow City and McClellan's Family Chiropractics (donated additional prize money for the Pro Cash division.), DRs. Mike and Leslie McClellan. A very special thanks to my wife and scorekeeper Pam McKee; the most beautiful person I've ever known! I also want to thank Garry Frank and the Hardcore guys again for bringing a monolith and bench and bars all the way from Baton Rouge, La. and Chris Senese and Robert Wilkerson for bringing Chris' monolith and bench up from Foley, AL. Also Mike and Beverly for coming all the way from Texas to judge and Rick Lawrence coming from way down in Tampa, FL. Again, the judging was superb! Now for the meet! The Activity Center of the River Country Campground (RV resort), the new facility; was awesome! Very large and comfortable! A scenic setting on the beautiful Coosa River and Lake Gadsden. Highlights included the return of Kara Bohigian-Smith to the platform! This time as an ultram 132! With only 1 month of training after a long layoff with a back injury she benched 325 lbs. at 130 lbs. bodyweight for the #6 bench All-Time at the weight class! I predict the #1 spot will fall this year for her! Kara and Craig are a great and happy couple! It's written all over their faces! And 'Stella' is a doll too! Thanks for picking the Alabama for your comeback! You and Craig are family to us here! Big Jim Hoskinson's huge 1107 squat upping his already top 308 squat in the U.S. this year! Most of you know the story of him being told he'd probably never walk again after severing both patella tendons in a horrible accident a few years ago! Inspiring! Big Robert Wilkerson passing his 3rd squat of the meet to take an exhibition squat with just belt and knee wraps (wraps not legal for the Raw meet) of 903! He squatted it solidly but cut it just short! The crowd went wild over it anyway! A great show of strength! (results courtesy Buddy McKee)

| | | | |
|--------------------------|--------------|----------------------------|-----|
| NASA West Virginia State | | 26 APR 08 - Ravenswood, WV | |
| BENCH | Helmondollar | 287 | |
| 165 lbs. | Pure | | |
| HSP | K. Samples | 220 | |
| B. Ferrell | 198 | Teen | |
| Natural | L. Hitt | 303 | |
| Z. Trembley | 226 | 198 lbs. | |
| Open | Junior | | |
| S. Martin | 452 | T. Rowsey | — |
| 181 lbs. | Pure | | |
| Master II | M. Metts | 358 | |
| Helmondollar | 287 | 220 lbs. | |
| Master III | Int | | |
| K. Samples | 220 | M. Harless | 397 |
| Master V | 4th-419 | | |

| | | | | |
|----------------|-------------|-------------|------|------|
| Open | Master II | | | |
| W. Davis | 452 | K. Burgess | 463 | |
| 4th-463 | Open | | | |
| D. Diaz | 364 | K. Burgess | 463 | |
| Pure | Pure | | | |
| W. Davis | 452 | K. Burgess | 463 | |
| 4th-463 | 308 lbs. | | | |
| Submaster Pure | Novice | | | |
| W. Davis | 452 | S. Matthews | 325 | |
| 4th-463 | PS BENCH | | | |
| M. Morrision | 441 | 165 lbs. | | |
| D. Diaz | 364 | Junior | | |
| 242 lbs. | Z. Cross | 331 | | |
| Int | 242 lbs. | | | |
| S. Sebok | 446 | HSP | | |
| Submaster II | A. Hudson | 237 | | |
| C. Asbury | 557 | PS CURL | | |
| Youth | MALE | | | |
| J. Turkale | 105 | 165 lbs. | | |
| 275 lbs. | Junior | | | |
| HSP | Z. Cross | 143 | | |
| Z. Howerton | 386 | 181 lbs. | | |
| 4th-413 | Master III | | | |
| Teen | K. Samples | 99 | | |
| Z. Howerton | 386 | 308 lbs. | | |
| 4th-413 | Novice | | | |
| SHW | S. Matthews | 154 | | |
| Master I | PS DEADLIFT | | | |
| T. Goudy | 485 | 198 lbs. | | |
| Raw | Master II | | | |
| 275 lbs. | R. Warden | 441 | | |
| FEMALE | BP | DL | TOT | |
| 132 lbs. | | | | |
| Master II | 215 | 270 | 485 | |
| D. Barnette | | | | |
| 148 lbs. | | | | |
| HSP | | | | |
| C. Jarrell | 182 | 303 | 485 | |
| L. Bateman | 94 | 237 | 331 | |
| MALE | | | | |
| Youth | | | | |
| J. Rosser | 72 | 182 | 254 | |
| 165 lbs. | | | | |
| HSP | | | | |
| J. Nelson | 237 | 380 | 617 | |
| A. Fields | 149 | 270 | 419 | |
| Teen | | | | |
| Z. Tomblin | 182 | 336 | 518 | |
| 181 lbs. | | | | |
| HSP | | | | |
| D. Lomax | 209 | 380 | 590 | |
| C. Owens | 171 | 320 | 491 | |
| Junior | | | | |
| S. Coup | — | — | — | |
| Youth | | | | |
| G. Gambill | 72 | 149 | 220 | |
| 198 lbs. | | | | |
| HSP | | | | |
| Z. Underwood | 193 | 314 | 507 | |
| S. Lusk | 182 | 320 | 502 | |
| Master II | | | | |
| S. Lamneck | 364 | 584 | 948 | |
| Open/Pure | | | | |
| S. Brooks | 402 | 551 | 953 | |
| 220 lbs. | | | | |
| Int | | | | |
| M. Harless | 397 | 480 | 876 | |
| 4th-BP-419 | | | | |
| 242 lbs. | | | | |
| HSP | | | | |
| C. Maynard | 215 | 441 | 656 | |
| Teen | | | | |
| R. Copley | 171 | 281 | 452 | |
| Youth | | | | |
| Z. Tackett | 105 | 226 | 331 | |
| 275 lbs. | | | | |
| HSP | | | | |
| C. Toler | 220 | 369 | 590 | |
| Youth | | | | |
| B. McComas | 94 | 226 | 320 | |
| SHW | | | | |
| Open | | | | |
| J. Belcher | 535 | 601 | 1135 | |
| FEMALE | SQ | BP | DL | TOT |
| 132 lbs. | | | | |
| Master II | | | | |
| D. Barnette | 215 | 121 | 270 | 606 |
| Novice | | | | |
| C. Spinks | 176 | 105 | 243 | 524 |
| MALE | | | | |
| 165 lbs. | | | | |
| HSP | | | | |
| A. Hale | 358 | 270 | 419 | 1047 |
| 4th-BP-276 | | | | |
| 181 lbs. | | | | |
| Pure | | | | |
| K. Moody | 446 | 320 | 535 | 1301 |
| 198 lbs. | | | | |
| HSP | | | | |
| N. Hall | 419 | 276 | 463 | 1157 |
| Junior/Novice | | | | |

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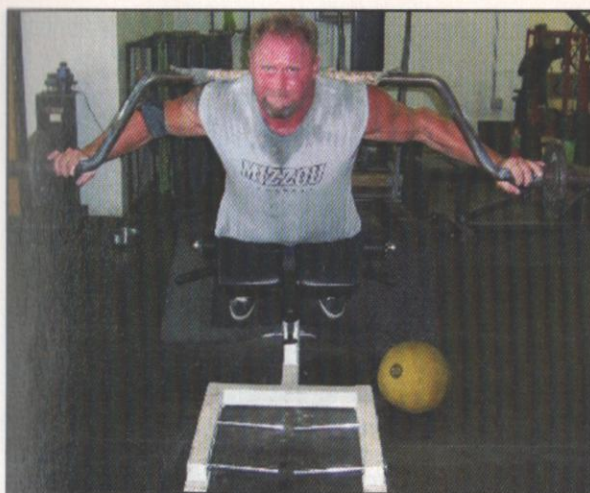


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| | | | | | | | | | |
|-------------|-----|-----|-----|------|--------------|-----|-----|-----|------|
| N. Hall | 419 | 276 | 463 | 1157 | A. Morgan | 557 | 331 | 623 | 1510 |
| 220 lbs. | | | | | 275 lbs. | | | | |
| HSP | | | | | Junior | | | | |
| S. Burgraff | 584 | 402 | 568 | 1554 | S. Doyle | 485 | 369 | 551 | 1405 |
| 4th-SQ-606 | | | | | J. Lester | 342 | 215 | 446 | 1003 |
| BP-430 | | | | | Master I | | | | |
| Int | | | | | J. Adkins | 551 | 364 | 546 | 1461 |
| M. Harless | 375 | 397 | 480 | 1251 | Master V | | | | |
| 4th-BP-419 | | | | | J. Adkins | 551 | 364 | 546 | 1461 |
| Int | | | | | Power Sports | CR | BP | DL | TOT |
| A. Satler | 474 | 314 | 441 | 1229 | 181 lbs. | | | | |
| Junior | | | | | Master II | | | | |
| S. Burgraff | 584 | 402 | 568 | 1554 | Helmondollar | 121 | 287 | 408 | 816 |
| 4th-SQ-606 | | | | | BP-430 | | | | |
| BP-430 | | | | | Master V | | | | |
| Master II | | | | | Helmondollar | 121 | 287 | 408 | 816 |
| R. Roach | 457 | 287 | 502 | 1246 | 198 lbs. | | | | |
| Teen | | | | | Junior | | | | |
| S. Burgraff | 584 | 402 | 568 | 1554 | S. Fields | 154 | 325 | 430 | 909 |
| 4th-SQ-606 | | | | | BP-430 | | | | |
| BP-430 | | | | | Master II | | | | |
| 242 lbs. | | | | | R. Warden | 116 | 193 | 441 | 750 |
| HSP | | | | | 220 lbs. | | | | |
| J. King | 380 | 209 | 452 | 1042 | Int | | | | |
| HSP | | | | | A. Morgan | 187 | 331 | 623 | 1141 |
| T. Brown | 502 | 413 | 485 | 1400 | Master I | | | | |
| Master II | | | | | B. Hall | 160 | 303 | 402 | 865 |
| K. Dolin | — | 325 | 342 | 667 | Master IV | | | | |
| 4th-BP-331 | | | | | D. Dolin | 121 | 215 | 320 | 656 |
| Novice | | | | | Master V | | | | |
| C. Sites | 463 | 303 | 457 | 1224 | B. Hall | 160 | 303 | 402 | 865 |
| 308 lbs. | | | | | | | | | |



Chuck Vogelpohl with yet another option in back training

(continued from page 12)

onto the bar.

MENTAL TRAINING

I feel you must be positive, be confident in your ability, and lift within your ability. Don't worry about others; make a plan and follow it. If you don't have a plan, you plan to fail.

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while his feet were turned outward to prolong leg drive. Fred Hatfield, who was known for his squatting, pulled like an Olympic lifter at the start with a very straight back. Ed Coan would sumo but straighten his legs soon after the bar lifted off the floor. Mike Bridges, I felt, had an impeccable form with incredible strength.

So what's my point? If you train all muscles properly whatever your style, you will succeed if you can hold

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LOUIE SIMMONS
TRAINING SECRETS

(continued from page 16)

in the sport. The idea of becoming bulky and manly is still the common misconception. Also, I think the sport in general is still biased. This is still a male-dominated world, female executives make 30% less than their male counterparts, female bodybuilders compete for less than half of the prize money awarded to men, and female powerlifters are primarily entertainment. Look at how the WPO treated the elite women: you were lucky to get an invite to lift if you picked up your expenses and there was never a true completion for prize money. Until the men of our sport stand with us, we will just have to keep doing the best we can.

Q: How has your training evolved over the past few years?

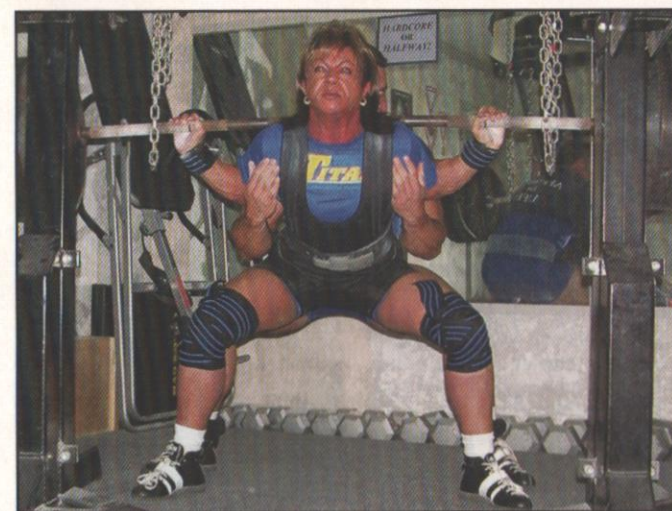
A: Initially my training was aimed at particular goals and gaining a basic understanding of the fundamentals of each lift. Supportive gear is a lesson all of its own. I started with the very basic equipment and moved my way up gradually. There were times when the gear won the battle and I would have to back up and re-group. Now that I have a greater understanding of the dynamics, I concentrate on increasing strength, stamina, and perfecting leverage points. The more concise the movement, the more power I am able to utilize.

Q: Who are a few of the powerlifters you look up to, both male and female and why?

A: Bobby and I have been very blessed to have had the opportunity to train and be friends with some of the greatest powerlifters of our generation. Jon Grove and NGBB, Joe Ladnier, Kara Bohigan, Garry Frank and Hardcore Barbell, Shawna Mendelson, and the girls from Big Iron, all have had a great impact on my lifting. These lifters have shared not only their gyms and equipment, but also their vast knowledge and inspiration with me. I am definitely a sum of parts. Anything that you can learn from another lifter is something that you are able to add to your lifting repertoire. The more you understand, the better equipped you will become meet time. Powerlifters are a unique group of individuals because we truly understand the drive and lack of sanity that it takes to get beneath the weight.

Q: What are your views on training alone versus training with a crew?

A: Bobby and I have trained for numerous years with just each other in a backyard gym. We coach and spot one another. We have made tremendous gains



Carol Ann has squatted deep into the 500s in training & contests.

with just the two of us. We have learned how to unrack the monolift from the spotting position; we use a video camera to review our squat depth and form. (Hint: a heavy lift usually does not look as bad on video as it feels in your hands - that is a definite confidence booster.) We have learned to improvise with boxes for additional spots on the bench. Necessity dictates creativity. But, the largest lesson we have for any lifter is to never abandon the weight. We stay with each other from start to finish. We have also trained with large crews (NGBB, the Power Pit, and Hardcore Barbell) and it definitely gives you more confidence going after a maximum effort lift. You have great spotters and good feedback. Regardless of the training conditions, it should always be your primary goal to place safety first. If you get hurt because of carelessness - you have no one to blame but yourself.

Q: Where have you trained to perfect your technique?

A: Jon Grove and Joe Ladnier are superior technique coaches. Both have helped me tremendously. I have an extremely strong squat (565 lb @ 165 APF Seniors, 605 lb @ 165 training in NGBB, and a 400 lb raw @ 146 lb) due to perfecting technique. Strength is only 33% of the lift, if your technique or your confidence is lacking - you are going to bomb. Good form in every lift will never be overrated.

Q: What kind of gear do you use?

A: I am committed to my Titan Boss! The briefs and suit are the best I have ever used. I am addicted to the support I receive as the lift gets to the critical point. I alternate between an Inzer Phenom and a Titan F-6 single-ply for the bench. The choice of shirt is dependent on my level of training at the time of the meet. Regardless of your

choice of gear, it is important to learn your equipment and get comfortable in it. Gear can be a benefit or a detriment to your lifting. Just because you put on a bench shirt or a squat suit does not mean your numbers will go up - train smart.

Q: How important is speed training in strength sports to you?

A: I wish I could tell you that speed training is vital to my workout, but I do little to none. I am one of those lifters who is either going to get the lift because of technique and strength or is not.

Q: Now that you are an Elite Female Powerlifter and Figure Competitor, where do you go from here? How does your family play a role in your future in strength sports?

A: My goals are still the same today that they were the first day I walked into a gym - to constantly improve myself. I began this journey with no sense of direction but forward. That direction has not changed; I just have a variety of roads to choose. I will always lift - it is an important part of my life that has brought about an increased sense of good health and well-being. An important aspect of that well-being is my family. My husband, Bobby, has been a major source of support for me. He has always supported my lifting and now my pursuit of figure/bodybuilding. He is a fantastic training partner and coach. Not a day goes by when he doesn't express his pride in my accomplishments.

Before my last question I would like to take a moment to thank Teresa & Gary Frank for their hospitality; Kara Bohigan for all her help and friendship; Joe Ladnier for his friendship and coaching; TITAN for believing in me enough to sponsor me!!!!; John & Amanda Micka for their friendship and support - John is the nutritionist that helped me with my diet. If you need a nutritionist John

knows his stuff!; Jesse Rodgers, President of the SPF; Amber Suter for doing this interview.

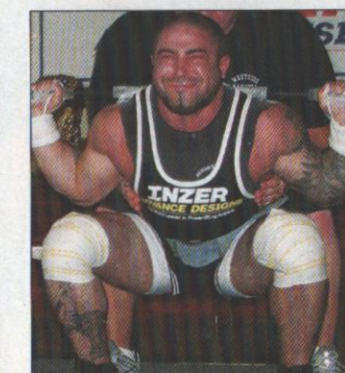
Last but not least, Jon Grove for all his help, coaching, friendship, generosity, and for inviting Bobby and I to be part of his North Georgia Barbell Team!!!

Q: If you could leave one piece of powerlifting legacy behind for female athletes to stand the test of time, what would that be? Whether it's advice, a quote, or something inspiring to keep the flame burning.

A: The best advice I can give is to always remember to lift for yourself. Never lose sight of the reason you decided to pick up your first weight - keep it real. I wish I could say "fun," but that isn't really accurate. Achieving any goal entails a great deal of work and dedication and sometimes even sacrifice. Keep it real and I hope to see on the road sometime.

SSA Backyard Meet
2 AUG 08 - Tribes Hill, NY

| BENCH | DEADLIFT | | |
|---------------------------------------|--------------|-----|------|
| FEMALE | MALE | | |
| 198 lbs. | 181 lbs. | | |
| Open Single Ply | Teen (13-15) | | |
| T. Brown 175 | D. Betti 375 | | |
| MALE | SQUAT | | |
| 181 lbs. | MALE | | |
| Open | 181 lbs. | | |
| D. Cull 390 | Open | | |
| 198 lbs. | D. Cull 460 | | |
| Open Single Ply | | | |
| R. Spitzner 435 | DL | TOT | |
| Ironman BP | | | |
| MALE | | | |
| 181 lbs. | | | |
| Teen (13-15) | | | |
| D. Betti | — | 375 | — |
| 242 lbs. | | | |
| Submaster Unlimited | | | |
| M. Ferlito 400 | 455 | 855 | |
| 275 lbs. | | | |
| Open Single Ply | | | |
| S. Brown 480 | 500 | 980 | |
| Full Power SQ | BP | DL | TOT |
| MALE | | | |
| 181 lbs. | | | |
| Open Unlimited | | | |
| D. Kirschen 740 | 515 | 575 | 1830 |
| 198 lbs. | | | |
| Open | | | |
| M. Gerardi 505 | 400 | 500 | 1405 |
| 220 lbs. | | | |
| Open Unlimited | | | |
| S. Tria 670 | 475 | 505 | 1650 |
| 275 lbs. | | | |
| Teen (18-19) Single Ply | | | |
| Hollingsworth 670 | 340 | 505 | 1515 |
| Venue: Iron Asylum Gym. (S. McCaslin) | | | |



Mike Gerardi totaled 1405 in the 198 pound Standard Division with a 505 squat, 400 bench, and 500 deadlift in Tribes Hill, NY.

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(article continued from pg. 36)

Bodybuilding.com, Eric The Trainer, Marina Pacific Best Western Hotel, Monkee Express Restaurant. Thank you to our vendors: Ken Anderson and Titan Support Systems. (Results courtesy Steve Denison)



Drew Casey out of Los Angeles

USPF Muscle Beach

13-14 SEP 08 - Venice Beach, CA

Over 73 athletes competed at the USPF Muscle Beach Powerlifting, Bench Press, Deadlift Championship competition on September 13 & 14, 2008. Multiple State and American records were broken, including State Powerlifting Records: Nicolai Stern, 181 lbs. Master Women (40-44), squat, deadlift total, Alexey Nechay, 148 lbs. Junior men (18-19) bench, O'Neil Russell, 308+ lbs. Junior men (20-23), squat, deadlift total, Robert Speno, 275 lbs. Submaster (35-39), squat, bench total, Arthur Fu, 181 lbs. Master (55-59) bench. State Bench Press Records: Tracie Marquez, 198 lbs. women's Master (45-49) bench, James Burdett, 198 lbs. men's Open bench, James Burdett, 198 lbs. men's Submaster (35-39) bench. State Deadlift Records: Roland Madera Jr., 165 lbs. men's Junior (16-17) deadlift, Howard Myers, 220 lbs. men's Master (60-64) deadlift. American Powerlifting Records: Nicolai Stern, 181 lbs. women's Master (40-44), squat, deadlift and total, Darren Matsumoto, 148 lbs. men's Open bench, Eric Welch, 308 men's Master (45-49) deadlift, Arthur Fu, 181 lbs. men's Master (55-59) bench. American Bench Press Records: James Burdette, 198 lbs. men's Open bench. American Deadlift Records: Leonetta Richardson, 148 lbs. women's Open deadlift, Eric Welch, 308 lbs. men's Master (45-49) deadlift, Howard Myers, 220 lbs. men's Master (60-64) deadlift. The United States Marine Corp team from Camp Pendleton were on hand to demonstrate their enthusiasm and support for the sport of powerlifting, and their spirit and competition were most appreciated. Joe Wheatley Productions would like to acknowledge the Title Sponsor Ken Anderson Powerlifting and Titan Support Systems, along with the Presenting Sponsor Powerlifting USA and the other vendors who supported the event. Our thanks goes out to Meet Director Steven Denison and all the Officials and support personnel who contribute to making the Muscle Beach event a huge success. This event ends the 2008 powerlifting season at Muscle Beach. Next year's events will prove to be fun and spirited in the tradition of competitive powerlifting. For information on next year's event go to www.powerliftingca.com or www.musclebeachvenice.com. (Thank you to Joe Wheatley for providing report)



Left to Right ... Steve Denison, Kellie LaMantia, and Chuck Lamantia made the contest GO!

USAPL 25th New Jersey State
22 MAR 08 - Atlantic City, NJ

| BENCH | | Open | | K. Boyer | | 243 | 132 | 259 | 634 | E. Petrone | | 375 | 336 | 529 | 1240 | | | | | | | | | | | | | | | | | | | | |
|----------------|--|----------------|--|----------------|-----|--------------|------------|--------------|--------------|----------------|------------|----------------|-------|----------------|-----------|--------------------------------------|---------------------------------------|----------------------------------|-------------------------------|----------------------------------|------------------------------------|----------|-------------------------------------|----------------|---------------------------------------|---|------|---|------|---------------------------------------|---|--|------|----------------------------|--|
| MALE | | K. Kotche | | MALE | | J. Urrigarro | | 198 lbs. | | HS JV | | 364 | | 303 | | 375 | | 1042 | | | | | | | | | | | | | | | | | |
| 181 lbs. | | Teen (16-17) | | S. Devries | | 248 | 143 | 298 | 689 | J. Wilsbach | | 413 | 265 | 430 | 1108 | over 6000. | | By this time some people | | | | | | | | | | | | | | | | | |
| Open | | S. Smith | | D. Terry | | 204 | 121 | 281 | 606 | HS JV | | Master (40-49) | | Master (40-49) | | were asking for water, as many | | assumed that it would be sold at | | | | | | | | | | | | | | | | | |
| M. Cuipinski | | 275 lbs. | | B. Miller | | 176 | 116 | 215 | 507 | V. Parels | | 55 | 303 | 590 | 948 | the National Guard, who was handling | | security, managed to get a few | | | | | | | | | | | | | | | | | |
| C. Ruskie | | Open | | Teen (14-15) | | K. MacFerren | | 149 | | B. Scully | | 55 | 55 | 198 | 309 | truckloads of water and saved the | | day. After a two hour delay the | | | | | | | | | | | | | | | | | |
| Master (40-49) | | R. Merkh | | Junior (20-23) | | 123 lbs. | | Teen (14-15) | | Master (60-69) | | A. Shaklin | | 287 | 215 | 298 | stage was set for the plane pull. The | | huge C-130 Hercules transport | | | | | | | | | | | | | | | | |
| S. Spear | | E. Lalota | | 275+ lbs. | | M. DeLuca | | 204 | 116 | 292 | 612 | Collegiate | | R. Finkelstein | | 314 | 231 | 457 | 1003 | weigh about 80,000 pounds making | | | | | | | | | | | | | | | |
| Raw | | Open | | L. Mellilo | | 413 | M. McGlynn | | 303 | 154 | 336 | 794 | HS JV | | S. Harris | | 524 | 380 | 601 | 1505 | it the heaviest object ever pulled | | | | | | | | | | | | | | |
| E. Petrone | | M. Barcelona | | Master (40-49) | | L. Mellilo | | 413 | Open | | R. Ullman | | 314 | 203 | 375 | 892 | T. Jones | | 342 | 265 | 463 | 1069 | in a WSM contest. Phil Pfister, who | | | | | | | | | | | | |
| 220 lbs. | | Teen (16-17) | | Police/Fire | | HS JV | | N. Gagliardi | | 287 | 176 | 303 | 766 | A. Rao | | 254 | 160 | 320 | 733 | G. Montorie | | 347 | 270 | 397 | 1014 | started in the seventh position, pulled | | | | | | | | | |
| Open | | S. Florke | | Varsity HS | | N. Terlitz | | 220 | Teen (14-15) | | D. Salvati | | 309 | 237 | 380 | 926 | Master (50-59) Raw | | S. Stein | | 243 | 160 | 298 | 700 | himself into first place in the plane | | | | | | | | | | |
| N. Terlitz | | 242 lbs. | | Powerlifting | | SQ | | BP | | DL | | TOT | | S. Stein | | 243 | 160 | 298 | 700 | Teen (18-19) | | J. Veach | | 480 | 303 | 513 | 1295 | pull. I had to go on a nature call, but | | | | | | | |
| 242 lbs. | | FEMALE | | 93 lbs. | | Teen (14-15) | | C. Martinez | | 116 | 55 | 165 | 336 | Open | | J. Golba | | 408 | 309 | 402 | 1119 | HS JV | | G. Montorie | | 347 | 270 | 397 | 1014 | I got back to see Mariusz pull in the | | | | | |
| 105 lbs. | | Teen (16-17) | | T. Sohn | | 116 | 55 | 171 | 342 | L. Hill | | 320 | 276 | 463 | 1058 | Teen (14-15) | | B. Lowery | | 650 | 408 | 601 | 1659 | J. Nicolosi | | 628 | 413 | 529 | 1571 | ninth slot and he tore down the | | | | | |
| Raw | | D. Verrigni | | 193 | 121 | 198 | 513 | 114 lbs. | | Teen (14-15) | | J. Ruiz | | 127 | 77 | 220 | 424 | J. Wolff | | 281 | 182 | 386 | 849 | S. Smith | | 502 | 413 | 507 | 1422 | tarmac and just as he crossed the | | | | | |
| 114 lbs. | | Teen (14-15) | | J. Bristol | | 105 | 77 | 204 | 386 | 132 lbs. | | J. Everhart | | 149 | 77 | 215 | 441 | J. Delessio | | 529 | 364 | 546 | 1439 | E. Crowder | | 375 | 248 | 502 | 1124 | finish line he fell down. It took for | | | | | |
| Junior (20-23) | | K. Bristol | | 105 | 77 | 204 | 386 | 123 lbs. | | HS JV | | Teen (14-15) | | B. LeLuyer | | 121 | J. Kuhn | | 44 | 237 | 446 | 728 | Teen (16-17) | | K. Kotche | | 298 | 320 | 353 | 970 | ever to get the results, but at last it | | | | |
| 123 lbs. | | HS JV | | J. Everhart | | 149 | 77 | 215 | 441 | Teen (16-17) | | A. Doyle | | 171 | 88 | 254 | 513 | C. Guenette | | 342 | 204 | 419 | 965 | Raw | | K. Kotche | | 298 | 320 | 353 | 970 | was announced, Mariusz took the | | | |
| 123 lbs. | | J. Sochocky | | 160 | 94 | 243 | 496 | 132 lbs. | | Junior (20-23) | | E. Everhart | | 116 | 83 | 215 | 413 | Z. Karpf | | 254 | 270 | 254 | 777 | HS JV | | J. Keller | | — | — | — | — | lead. This left only Derek | | | |
| 132 lbs. | | B. LeLuyer | | 121 | — | | 121 | 132 lbs. | | Master (40-49) | | S. Tertz | | 187 | 121 | 243 | 551 | M. Donnelly | | 287 | 204 | 386 | 876 | HS JV | | K. Kotche | | 298 | 320 | 353 | 970 | Poundstone, the huge law enforce- | | | |
| 132 lbs. | | Teen (16-17) | | A. Doyle | | 171 | 88 | 254 | 513 | Collegiate | | M. Li | | 446 | 292 | 485 | 1224 | M. Li | | 446 | 292 | 485 | 1224 | Raw | | B. McCarthy | | — | 386 | 557 | 942 | ment officer from Connecticut. He | | | |
| 132 lbs. | | A. Doyle | | 171 | 88 | 254 | 513 | 132 lbs. | | Raw | | E. Cruz | | 287 | 254 | 375 | 915 | M. Li | | 446 | 292 | 485 | 1224 | HS JV | | E. Harper | | 502 | 342 | 441 | 1284 | started his pull and motored down | | | |
| 132 lbs. | | E. Everhart | | 116 | 83 | 215 | 413 | 132 lbs. | | Open | | D. Nemow | | 590 | 386 | 639 | 1615 | M. Li | | 446 | 292 | 485 | 1224 | Junior (20-23) | | C. Merkio | | 463 | 369 | 314 | 1146 | the tarmac. Most of the people | | | |
| 132 lbs. | | Teen (18-19) | | S. Tertz | | 187 | 121 | 243 | 551 | HS JV | | M. Cuipinski | | 55 | 502 | 402 | 959 | D. Chervenak | | 292 | 154 | 391 | 838 | Raw | | D. Chervenak | | 292 | 154 | 391 | 838 | thought that he had won the event, | | | |
| 148 lbs. | | Teen (14-15) | | D. Rodriguez | | 143 | 83 | 193 | 419 | Open | | N. Attino | | 171 | 88 | 220 | 480 | F. Eskridge | | 353 | 276 | 435 | 1064 | Raw | | J. Weiss | | 601 | 386 | 650 | 1637 | but it was not to be as he finished in | | | |
| 148 lbs. | | D. Rodriguez | | 143 | 83 | 193 | 419 | 132 lbs. | | Open | | J. Johnson | | 154 | 105 | 220 | 480 | Teen (18-19) | | M. Consalvi | | 468 | 325 | 452 | 1246 | HS JV | | M. Giaquinto | | 402 | 243 | 502 | 1146 | third place, just a couple | |
| 148 lbs. | | K. Walford | | 380 | 254 | 507 | 1141 | 132 lbs. | | Open | | K. Zwick | | 132 | 110 | 220 | 463 | M. Cuipinski | | 55 | 502 | 402 | 959 | Raw | | B. McCarthy | | — | 386 | 557 | 942 | precious seconds behind | | | |
| 148 lbs. | | N. Attino | | 171 | 88 | 220 | 480 | 132 lbs. | | Open | | J. Johnson | | 154 | 105 | 220 | 480 | M. Cuipinski | | 55 | 502 | 402 | 959 | Raw | | B. McCarthy | | — | 386 | 557 | 942 | Mariusz and Phil. Terry | | | |
| 148 lbs. | | J. Johnson | | 154 | 105 | 220 | 480 | 132 lbs. | | Open | | K. Zwick | | 132 | 110 | 220 | 463 | M. Cuipinski | | 55 | 502 | 402 | 959 | Raw | | B. McCarthy | | — | 386 | 557 | 942 | Hollands from the UK | | | |
| 148 lbs. | | K. Zwick | | 132 | 110 | 220 | 463 | 132 lbs. | | Open | | K. Zwick | | 132 | 110 | 220 | 463 | M. Cuipinski | | 55 | 502 | 402 | 959 | Raw | | B. McCarthy | | — | 386 | 557 | 942 | made fourth place and | | | |
| 148 lbs. | | Teen (14-15) | | E. Sculin | | 132 | 105 | 198 | 435 | Open | | K. Zwick | | 132 | 110 | 220 | 463 | M. Cuipinski | | 55 | 502 | 402 | 959 | Raw | | B. McCarthy | | — | 386 | 557 | 942 | Tamo Mitt took fifth. The | | | |
| 148 lbs. | | Master (40-49) | | M. Tierney | | 127 | 77 | 204 | 408 | Open | | K. Zwick | | 132 | 110 | 220 | 463 | M. Cuipinski | | 55 | 502 | 402 | 959 | Raw | | B. McCarthy | | — | 386 | 557 | 942 | Stones would be held that | | | |
| 148 lbs. | | Raw | | M. Tierney | | 127 | 77 | 204 | 408 | Open | | K. Zwick | | 132 | 110 | 220 | 463 | M. Cuipinski | | 55 | 502 | 402 | 959 | Raw | | B. McCarthy | | — | 386 | 557 | 942 | evening and they would | | | |
| 148 lbs. | | Raw | | M. Tierney | | 127 | 77 | 204 | 408 | Open | | K. Zwick | | 132 | 110 | 220 | 463 | M. Cuipinski | | 55 | 502 | 402 | 959 | Raw | | B. McCarthy | | — | 386 | 557 | 942 | decide the winner. | | | |
| 148 lbs. | | Raw | | M. Tierney | | 127 | 77 | 204 | 408 | Open | | K. Zwick | | 132 | 110 | 220 | 463 | M. Cuipinski | | 55 | 502 | 402 | 959 | Raw | | B. McCarthy | | — | 386 | 557 | 942 | The stones were held | | | |
| 148 lbs. | | Raw | | M. Tierney | | 127 | 77 | 204 | 408 | Open | | K. Zwick | | 132 | 110 | 220 | 463 | M. Cuipinski | | 55 | 502 | 402 | 959 | Raw | | B. McCarthy | | — | 386 | 557 | 942 | at Appalachian Power | | | |
| 148 lbs. | | Raw | | M. Tierney | | 127 | 77 | 204 | 408 | Open | | K. Zwick | | 132 | 110 | 220 | 463 | M. Cuipinski | | 55 | 502 | 402 | 959 | Raw | | B. McCarthy | | — | 386 | 557 | 942 | Park, a very appropriate | | | |
| 148 lbs. | | Raw | | M. Tierney | | 127 | 77 | 204 | 408 | Open | | K. Zwick | | 132 | 110 | 220 | 463 | M. Cuipinski | | 55 | 502 | 402 | 959 | Raw | | B. McCarthy | | — | 386 | 557 | 942 | name for the grand fi- | | | |
| 148 lbs. | | Raw | | M. Tierney | | 127 | 77 | 204 | 408 | Open | | K. Zwick | | 132 | 110 | 220 | 463 | M. Cuipinski | | 55 | 502 | 402 | 959 | Raw | | B. McCarthy | | — | 386 | 557 | 942 | nale. The fifth stone | | | |
| 148 lbs. | | Raw | | M. Tierney | | 127 | 77 | 204 | 408 | Open | | K. Zwick | | 132 | 110 | 220 | 463 | M. Cuipinski | | 55 | 502 | 402 | 959 | Raw | | B. McCarthy | | — | 386 | 557 | 942 | weighed over 400 | | | |
| 148 lbs. | | Raw | | M. Tierney | | 127 | 77 | 204 | 408 | Open | | K. Zwick | | 132 | 110 | 220 | 463 | M. Cuipinski | | 55 | 502 | 402 | 959 | Raw | | B. McCarthy | | — | 386 | 557 | 942 | pounds and it was a mon- | | | |
| 148 lbs. | | Raw | | M. Tierney | | 127 | 77 | 204 | 408 | Open | | K. Zwick | | 132 | 110 | 220 | 463 | M. Cuipinski | | 55 | 502 | 402 | 959 | Raw | | B. McCarthy | | — | 386 | 557 | 942 | ster. With the threat of | | | |
| 148 lbs. | | Raw | | M. Tierney | | 127 | 77 | 204 | 408 | Open | | K. Zwick | | 132 | 110 | 220 | 463 | M. Cuipinski | | 55 | 502 | 402 | 959 | Raw | | B. McCarthy | | — | 386 | 557 | 942 | rain looming, the stone | | | |
| 148 lbs. | | Raw | | M. Tierney | | 127 | 77 | 204 | 408 | Open | | K. Zwick | | 132 | 110 | 220 | 463 | M. Cuipinski | | 55 | 502 | 402 | 959 | Raw | | B. McCarthy | | — | 386 | 557 | 942 | carry got underway. Still, | | | |
| 148 lbs. | | Raw | | M. Tierney | | 127 | 77 | 204 | 408 | Open | | K. Zwick | | 132 | 110 | 220 | 463 | M. Cuipinski | | 55 | 502 | 402 | 959 | Raw | | B. McCarthy | | — | 386 | 557 | 942 | the rains came, and then | | | |
| 148 lbs. | | Raw | | M. Tierney | | 127 | 77 | 204 | 408 | Open | | K. Zwick | | 132 | 110 | 220 | 463 | M. Cuipinski | | 55 | 502 | 402 | 959 | Raw | | B. McCarthy | | — | 386 | 557 | 942 | | | | |

| SSA Imperium | | | | |
|-----------------------------|------------|-----|------|------|
| 31 MAY 08 - Tribes Hill, NY | | | | |
| BENCH | 220 lbs. | | | |
| WOMEN | Open | | | |
| Unlimited | K. Herbert | 630 | | |
| 198 lbs. | S. Nilsen | 510 | | |
| Masters (40-44) | D. Epolito | 475 | | |
| T. Brown | 150 | | | |
| MEN | Junior | | | |
| Unlimited | T. Morris | 605 | | |
| 181 lbs. | Submaster | | | |
| Open | S. Nilsen | 510 | | |
| R. Hillyard | M. Ferlito | 435 | | |
| Ironman | 430 | | | |
| WOMEN | BP | DL | TOT | |
| Single-Ply | | | | |
| 198 lbs. | | | | |
| Master (40-44) | | | | |
| T. Brown | — | 150 | 150 | |
| MEN | | | | |
| Unlimited | | | | |
| 198 lbs. | | | | |
| Open | | | | |
| J. Rock | 555 | 500 | 1055 | |
| Single-Ply | | | | |
| 275 lbs. | | | | |
| Open | | | | |
| S. Jordan | 475 | 570 | 1045 | |
| Submaster | 490 | 510 | 1000 | |
| Standard | | | | |
| 148 lbs. | | | | |
| Open | | | | |
| J. Gorsky | 235 | 365 | 600 | |
| 308 lbs. | | | | |
| Teen (16-17) | | | | |
| J. Kresa | 190 | 335 | 525 | |
| Full Power | SQ | BP | DL | TOT |
| WOMEN | | | | |
| Unlimited | | | | |
| 148 lbs. | | | | |
| Open | | | | |
| R. West | 445 | 275 | 405 | 1125 |
| MEN | | | | |
| Unlimited | | | | |
| 148 lbs. | | | | |
| Open | | | | |
| S. Tepper | 550 | 405 | 425 | 1380 |
| 181 lbs. | | | | |
| Open | | | | |
| M. Romeo | 585 | 430 | 530 | 1545 |
| 198 lbs. | | | | |
| Open | | | | |
| D. Barker | 680 | 405 | 600 | 1685 |
| J. Rock | — | — | — | — |
| Submaster | | | | |
| 148 lbs. | | | | |
| D. Barker | 680 | 405 | 600 | 1685 |
| 220 lbs. | | | | |
| Open | | | | |
| A. Williams | 660 | 465 | 500 | 1625 |
| Master (40-44) | | | | |
| G. Hopkins | 500 | 400 | 630 | 1530 |
| 242 lbs. | | | | |
| Open | | | | |
| A. Ditillo | 710 | 510 | 585 | 1805 |
| Masters (60-64) | | | | |
| L. Bagnoli | 405 | 275 | 465 | 1145 |



Sandi Tepper is an outstanding lightweight lifter, who showed much potential at the SSA Imperium. (photos courtesy of Sandi McCaslin)

275 lbs. Open C. Ryder 860 525 600 1985 Single Ply 181 lbs. Open M. Hanley 495 360 545 1400 220 lbs. Submaster D. Wray 500 475 500 1475 Standard 148 lbs. Open J. Gorsky — — — — Venue: Iron Asylum Gym. I'd like to thank everyone that turned out to support this meet. It was a nice day with some very impressive lifters on the platform. We had a nice variety of lifters in single ply, standard and unlimited divisions, as well as a variety of full power, ironman and single lifters. There were two outstanding lifter awards given out, one in full power and one in bench only. Along with the award, I with the help of Natalie Ceklovsky put together some nice gift baskets to go along with the award. The baskets contained various supplements, tee shirts and gift certificates from our sponsors. House of Pain always comes through with some nice things for us to give out. Inzer Advance Designs takes such good care of our meets as well. With their promotional packages, we are able to give out some nice items as well as help support the meet costs. For this we are extremely grateful. I really don't think people are aware of all that Inzer Advance Designs does for our sport. They are certainly at the top of their game when it comes to supporting the lifters and meet promoters. I would also like to extend a big thank you to John Bott. He has supported our meets for some time and he has a class act crew that trains with him. They come up to lift, help and just plain support. It's hard to get to talk to John much at the meets. We are both pretty busy during the meet, and when we all get together at the lounge in the meet hotel, John always has a plethora of lifters around him, wanting tips or sharing stories. What a great man. It's not hard to tell why people have so much respect for John. He's a genuine person. People started rolling in on Friday. If you peeked out my living room door at about 2AM into the gymnasium, it looked like a teenage slumber party. It is very costly to attend meets today, what

with fuel prices and such. I extended an invitation for anyone that wanted to sleep on the gymnasium floor to bring pillows. I had plenty of blankets to share. Many people took me up on that, and as I said. We had a full house. It was awesome. I wouldn't want to get into the lifting until I have given thanks to the much help that is necessary to run a meet. There were so many people willing to help on the platform. My dear Sarah has proven herself under the bar and now has become an irreplaceable person in the meets. She worked the cameras along with her boyfriend Jason, and ran the handle on the monolift for all of the squats. Joe and Natalie Ceklovsky are here for every meet. Joe has become an absolute asset in the meet as well. Natalie helps with details like the Outstanding Lifter baskets and helps with the cooking and cleaning up. What a great couple. What great friends. Other Asylum inmates helping out were Jim Farina and Brett Pavlus (Brett spotted nearly all day long). Lisa Johnson, a mom of one of the teens that trains here, worked concession all day. Carl Seeker, always bringing a great selection of trophies, stays to help out with judging, emceeing, etc. Tony Barbaccio and Shawn Lattimer came from Jersey to help out there teammates and made time to help out on the platform as well. Thanks guys! John Bott, with his band of misfits, came up to assist their teammates and helped out so much throughout the meet. John helped with the monolift and put his impeccable eye in the judge's chair. Chris DelPreore spotted all damn day. John Impallomeni "The Jersey Jackal" and Dave Kirschen were more than willing to pitch in when needed as well. Thank you so much to all of you. Some of the impressive lifting included IAG's own Rheta West. At 148, Rheta squatted 445 and pulled her first over 400 deadlift. Even after she scared me in the bench, she put up a very impressive total of 1125. A lightweight impressive was Sandy Tepper. Sandy pulled together a great day with his 550 squat and 405 bench. Originally from the area, Sandy recently moved to Texas. It was great having back in New York. Mike Romeo returned to the asylum platform with a nice total of 1545 in the 181 class. Derek Barker came in from Buffalo hitting a 1685 total. It's always great seeing Jon Rock on the

platform. Jon cut a lot of weight to compete 198, and it really knocked the hell out of him. He couldn't get a squat in. Andrew Williams has consistently improved with every meet. He is proving himself to be a solid lifter. His 1625 total seemed almost effortless. Greg Hopkins is another return lifter to the asylum. I like watching Greg lift. He is extremely motivating. Anthony Ditillo also proved himself a promising lifter, totaling over 1800. Larry Bagnoli, an impressive master lifter, received a double hip replacement, yet he still keeps pulling it together on the platform impressive as always. What can I say about Charlie Ryder? This guy is so impressive on the platform. He has strength and a whole lot of class to go along with it. I really enjoy watching his performance on the platform and I also enjoy watching his total consistently climb. Charlie took Outstanding Lifter in the full power event with his 1985 total. The Unlimited Division benchers included the likes of Rudy Hillyard, an extremely inspirational lifter, with his 430 bench, also Kris Herbert, taking Outstanding Lifter in the Bench Division with his 630 @ 220. Steve Nilsen also competed 220 and benched 510, while Dave Epolito took third in the class with 475. Mike "The Oswego Freight Train" Ferlito benched 435 in the 220 Submaster Division. Mike Hanley and Duane Wray both put up great totals in the Single Ply Division. Scott Jordan totaled 1045 in the Ironman Division. Shawn "Shooter" Brown came to the meet with his lovely wife Tammy all the way from Canada. Tammy made her meet debut here. It's always nice to see a husband and wife lifting together. Being able to share something like powerlifting is just such a wonderful thing. In the Standard Division, Jef Gorsky was having a really rough day. He had a cut a lot of weight and told me himself that he thought it might be time to move up a weight class. James Kresa returned to our platform to come after some Ironman pr's. James comes to the meets with his dad, Frank. Frank has stepped onto the platform himself. Again, very inspirational to see family involved in this together. I love it! In closing, I would like to thank once again everyone that came out to spend another day with us at Iron Asylum Gym. We enjoy having you all around us and look forward to doing it again. To see videos, pictures and full coverage of the meet, please visit www.ironasylumgym.com. Big thanks from the Ass Family. (courtesy Sandi McCaslin)

Mahony's Barbers Bash

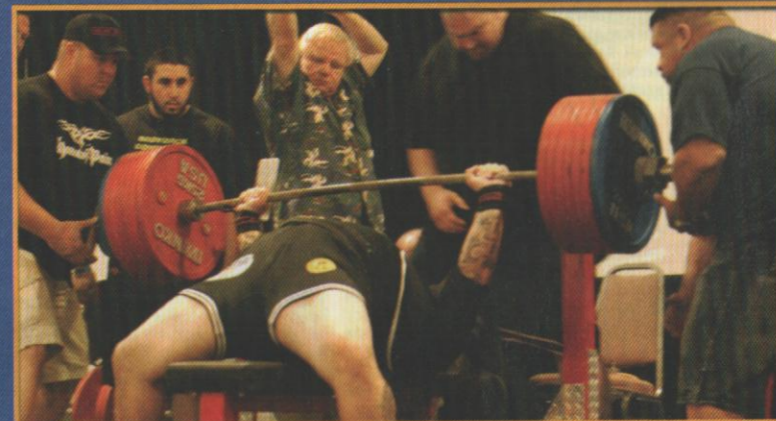
| 14 JUN 08 - Frockville, PA | | | | |
|----------------------------|-----|-----|-----|------|
| Powerlifting | SQ | BP | DL | TOT |
| 148 lbs. Belgrade | 45 | 255 | 450 | 1155 |
| 165 lbs. Lovett | 500 | 295 | 600 | 1395 |
| Jones | 540 | 315 | 475 | 1330 |
| Blizzard | 400 | 55 | 445 | 1100 |
| Woodard | — | — | — | — |
| 181 lbs. Carter | 700 | 425 | 660 | 1785 |
| Chhoeum | 475 | 325 | 450 | 1250 |
| Felix | 375 | 270 | 400 | 1045 |
| 198 lbs. Smith | 660 | 400 | 660 | 1720 |
| Mack | 510 | 370 | 590 | 1470 |
| Salgado | 550 | 300 | 530 | 1380 |
| Johnson | 360 | 270 | 420 | 1050 |
| 220 lbs. Gibbons | 610 | 380 | 600 | 1590 |
| McGregor | 500 | 380 | 505 | 1390 |
| Garipey | 400 | 235 | 465 | 1100 |
| Moral | 315 | 325 | 290 | 930 |
| 242 lbs. Burgos | 600 | 400 | 575 | 1575 |
| Middleton | 560 | 350 | 605 | 1515 |
| Buchanan | 470 | 375 | 550 | 1395 |
| Lafferty | 475 | 300 | 450 | 1225 |
| Maser | 450 | 135 | 400 | 985 |
| 275 lbs. McFarland | 510 | 405 | 570 | 1485 |
| Bolden | 460 | 350 | 600 | 1410 |
| Brown | 430 | 380 | 500 | 1310 |
| Howard | 430 | 320 | 550 | 1300 |
| Osborne | 470 | 300 | 500 | 1270 |
| Kennedy | 400 | 250 | — | 650 |

(Thanks to Jerry Burgos for these results)

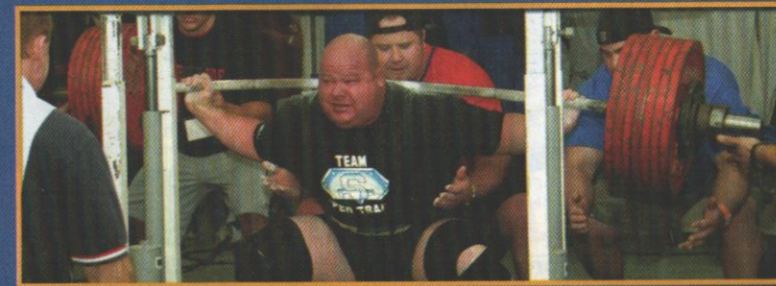
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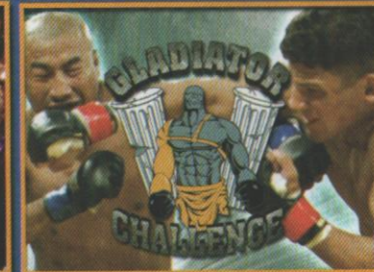
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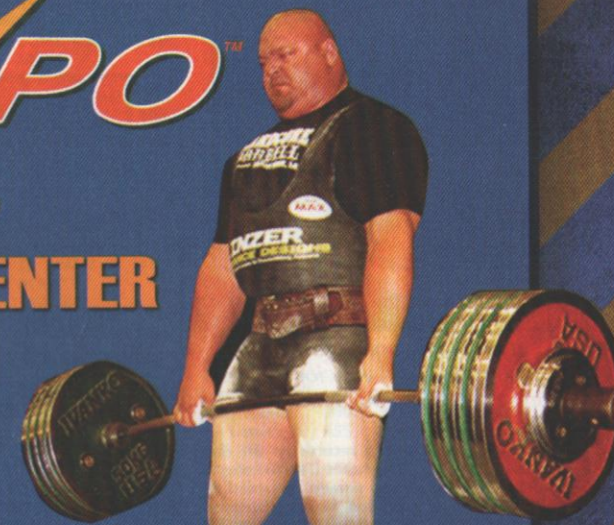


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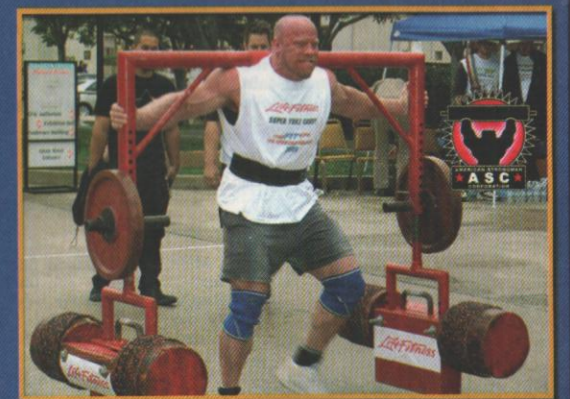
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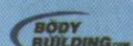








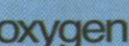






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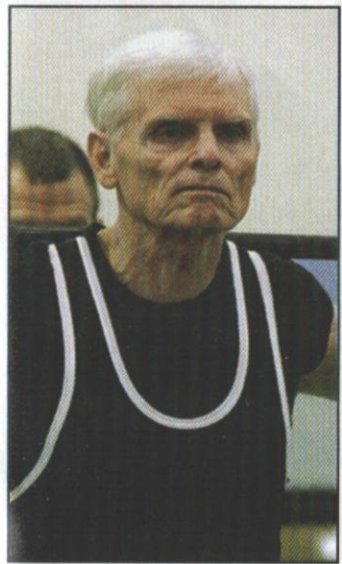

















(article continued from pg. 26)



Kelvin Hayes squatted 600 very easily, raw, and anticipates going as much as 700+ at the Worlds

national and American records on the day in both the open and Master (50-54) categories. Dave also was named outstanding lifter in the Unequipped Master Category. I hope he had a truck to haul all of his awards back home! Sean Herron and Jacob Wallace raised all records in their respective Teen III and Teen II categories. Gary Morrison established record marks as well in hoisting a fine 731 lb. total in M5. Tyler Steelman was runner up in the Teen II category with a 792 total. The 70 kilo unequipped had two very strong women competing head to head in the Master III category. Carol Burr took top honors with a 720 lb. total. She established new Master III records along with a new open deadlift record. Susan Sanaghan came in second with a nice 500 lb. total. In the unequipped 75 kg., the highest total went to Luke Dewig. This was Luke's first powerlifting meet and he only trained for about 3 weeks prior. He established the Junior National Meet records and I expect we will be hearing more about Luke in the future. He posted a very nice 973 total after struggling with technicalities in the bench and waiting until his third try to get a successful bench. Mark Thomas upped the Master III squat record in route to a first place finish in the Master III category. Bobby Allbright bested Bob Soaper to win the open category. Colton Whitcomb established the National record marks for Teen

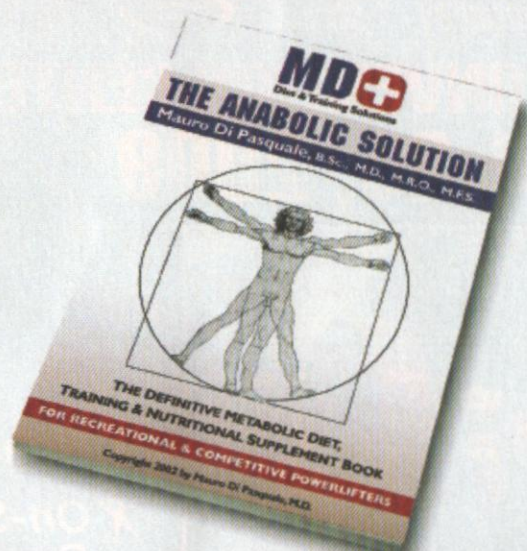


Steve Smith, 74, was the oldest competitor at the 2008 Nationals.

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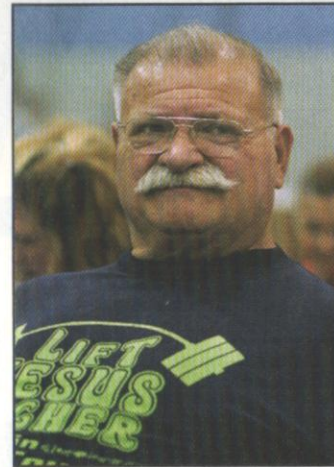
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I while Ryan Steelman finished first in the Teen II category. The unequipped 82 kg. class was perhaps the most entertaining of the day. Caleb Wallace at age 18 easily out totaled the rest of the field en route to a first place finish in the Open and Teen III categories. Caleb broke the open division squat, deadlift and total records in his class and set the Teen III national marks. Caleb also set the American open squat record with his 418 lb. effort. American Teen III records all belong to Caleb as well. Caleb was named the outstanding teen lifter for the meet. There's no telling what Caleb may lift at worlds in November. Master II lifter Jerry King came into this meet trying to qualify for the worlds. He left this meet qualified with room to spare. He even established the National Meet marks along the way. Jerry is one of those people that just makes everyone around him feel good. I look forward to seeing Jerry in a USA uniform come November. Brian Whitcomb, Jim Waters (who gets the award for the longest distance, travelling all the way from California), and Robert Batko rounded out the rest of the Master's

field with each lifter winning their division a setting a few more records along the way. Kyle Moschner won the 90 kg. unequipped class establishing the junior marks for the national meet and taking the Junior American records in squat, bench and total along the way. Roger Utley and Joshua Scott rounded out the 90 kg. field falling just short of the necessary qualifying totals for the world meet. Hopefully, they can get their needed lifts in the near future. Bruce Thomas out totaled the rest of the unequipped 100 kg. class by a substantial margin and set a new national deadlift record in the Open and Master I categories. In the Master V category, Du Wayne Burr upped his own National bench, deadlift and total records and Ross Arnold set the bar for future lifters with an 852 total in the Master V group. It took Tim Andrews III tries to get deep enough to satisfy the national judges. Once he did though, Tim cruised to an 815 lb. total in setting the American and National records for Master VII lifters. The 110 kg. unequipped class only fielded two unequipped lifters, but they really put on a show. Kelvin Hayes

entered the National meet only to qualify for the Worlds. But after his 500 lb. opening squat seemed "a little too light", Kelvin jumped to 600 lbs. and, to be honest, it looked just as easy. What is really impressive is how deep Kelvin squats and how effortless he makes it look. He passed his third attempt but said he will squat over 700 lbs. in November unequipped. He only took three more attempts on the day. He broke the National & American record in squat and the national deadlift and total records. In his own words he wasn't really trying and just wanted to qualify for worlds. He will be fun to watch come November. Not to be outdone, Mitchell La Brock (Teen III) did very well in his first powerlifting competition. He seemed a little nervous at the beginning of the day so I suggested he open light since this was his first meet. I bet his football coaches enjoy coaching this young man. He truly listens. He added 176 lbs. from his opening squat to his final squat. He then added 176 lbs. from his opening deadlift to his final attempt. His attempts were good for American/National records in bench, deadlift

(article continued from pg. ??)



Paul Wrenn, a legend from the 80s, took 1st in his weight class.

and total. I expect Mitch will put up even larger numbers in November. The 125 kg. unequipped class gave us a glimpse of things to come from Canada at the World meet as Adrian Ninabar made a guest appearance and posted an impressive 1520 lb. total. Chris Phillips set National and American records in Squat, Bench and total in his first full power meet. Brad Lovejoy only took opening lifts in qualifying for the World meet in November. Brad's openers were good enough to establish new marks in the Master III squat, deadlift and total. Ron Nicodemus lifted uncontested in the 145 kg. unequipped, however, that did not seem to affect the quality of his lifts. Ron set new national meet records with his bench, deadlift and total while improving on his own American record total. What could be scarier than a 145+ kg. massage therapist who owns the American deadlift and total powerlifting records! Carl Schmitt, owner of "To The Point Massage", put in some quality gym time in preparation for this meet and it showed with a big 1336 overall class best total in the Master II. Chris Allgood took three tries to get in a good squat attempt and then set new marks in the National bench and deadlift records in the open class while Andrew Crum set the National marks for SHW Teen II and a new mark for American Teen II squat with his lifts. The equipped divisions produced about 1/3 of the total lifters with the Teenage team from Riverside High school in Ohio providing the majority of the equipped lifters. In the 60 kg. equipped class, Mason Harbour lifted uncontested, however, he took the best teen lifter award for the equipped division, established the Equipped National/American record marks and qualified for the World Championships. The 67.5 kg. class saw Teen II Ryan Stewart take a large subtotal lead over Cody Weeks. However, Cody made a furious comeback in the deadlift but fell just a little short in the final totals. Both young men qualified for the worlds and split the national records with Cody also notching the American deadlift record. David Wilson took the class total along with the American and National records en route to his 1061 total. In the 75 kilo class, Chris Siders had the high total of 1166 lbs. with Steve Lumpe not far behind with 1150. Both established National marks and Steve upped the American squat record in the Master III class with his effort of 423 lbs. In the Teen III category, Ben Brown established National records in each lift while improving on the existing American records. In the 82.5 kilo class, Joseph Coulson out lifted Nick Snapp to take the overall class total and Teen 2 honors setting the National & American records in the process. Mike Seeling had a tough time in the squat and failed to register a total. In the 100 kg. equipped class, Tyler Scott

lifted uncontested. Tyler set impressive marks in the national/American Teen I lifts while qualifying for the world championships. Ryan Pettit posted the high total of 1419 lb. in the 110 kg. class. Ken Jones took the Master III award with Jared Holycross and Brad Moffet establishing Teen 1 and Teen II records respectively. Paul Wrenn was a powerlifting legend in the early 1980s and at 60 years of age he showed he is still strong with the highest equipped total in the 125 kg. class. Brad Lovejoy upped the American records in Master 3 while Chad Small posted a new American deadlift record and put numbers on the national record books in the Teen II class. Chris Forestier lifted uncontested at 145 kilos. However, Chris had the highest total of the meet, was named outstanding lifter and improved on his own squat, deadlift and total American records. The Pit powerlifters captured their 14th national title in winning the Overall 2008 ADFPF National Championship. Riverside High School made the most of their drive from Ohio by winning the National Teen Title with The Pit Teenage Team taking second. In closing, we had a number of American and National records set. Many lifters qualified for the World Championship in Evansville, IN on November 22-23. The judging at this meet was strict but fair and consistent. All drug tests were negative. Thanks all of the lifters and I look forward to seeing all of you in USA uniforms in November. (courtesy from Mike Stag)

USAPL Viking Classic 10 MAY 08 - Onawa, IA

| BENCH | G. Stillman | 369 | | | | |
|--------------|--------------|-------------|-----|------|------|------|
| 181 lbs. | C. Friend | 336 | | | | |
| R. Hurkman | 298 | 220 lbs. | | | | |
| 198 lbs. | Frederickson | — | | | | |
| D. Thurman | — | T. Anderson | 601 | | | |
| Geistlinger | — | K. Nadrchal | 331 | | | |
| FEMALE | SQ | BP | DL | TOT | | |
| 132 lbs. | M. Bennett | 254 | 116 | 237 | 606 | |
| 165 lbs. | B. Lambert | 358 | 226 | 342 | 926 | |
| MALE | 148 lbs. | S. Hansen | 336 | 209 | 457 | 1003 |
| J. Balomenos | 281 | 176 | 391 | 849 | | |
| B. Vickerman | 220 | 171 | 309 | 700 | | |
| 165 lbs. | C. Rohlfing | 474 | 237 | 480 | 1190 | |
| J. Cypress | 231 | 127 | 309 | 667 | | |
| 181 lbs. | D. Szymanski | 441 | 276 | 507 | 1224 | |
| D. Storm | 358 | 231 | 457 | 1047 | | |
| R. Hurkman | 320 | 298 | 347 | 965 | | |
| S. Walela | 231 | 198 | 314 | 744 | | |
| 198 lbs. | C. Friend | 424 | 336 | 441 | 1202 | |
| D. Redwing | 187 | 149 | 237 | 573 | | |
| 220 lbs. | | | | | | |



Mason Harbour was the Nationals' Best Equipped Teen Lifter.

K. Nadrchal 491 331 502 1323
 J. Weers 430 220 424 1075
 Best Lifter: Kelli Lambert. Meet Director: Tim Anderson. (results courtesy USAPL)

WNPF Drug Free Nationals 27 JUL 08 - Youngstown, OH

| BENCH | Single Ply | Police/Fire | 100! | |
|---------------------|--------------------|--------------|--------------|-------|
| FEMALE | 114 lbs. | C. Miller | 100! | |
| Raw (13-16) | MALE | 198 lbs. | (17-19) Raw | |
| J. Welton | 75 | M. Welsh | 405 | |
| 123 lbs. | (50-59) Single Ply | N. Proctor | 150! | |
| N. Proctor | 150! | 242 lbs. | Raw (35-39) | |
| 165 lbs. | Raw (40-49) | D. Fryberger | 550* | |
| Raw (40-49) | C. Macri | 105!* | DEADLIFT | |
| MALE | 114 lbs. | (70-79) | Police/Fire | |
| Unlimited | 114 lbs. | C. Miller | 160!* | |
| (40-49) | MALE | 198 lbs. | Single Ply | |
| P. Aracri | 565 | 198 lbs. | (40-49) | |
| Single Ply | (50-59) | T. Welton | 460 | |
| (40-49) | J. Chrissis | 405!* | 242 lbs. | |
| (50-59) | (60-69) | B. Bidinotto | 330!* | |
| J. Combine | 410!* | 275 lbs. | Police/Fire | |
| (50-59) | D. Ogan | 365! | 390 | |
| Raw | Raw | 165 lbs. | Lifetime | |
| (13-16) | M. Hunick | 225* | M. Hart# | |
| (50-59) | (50-59) | 198 lbs. | (40-49) | |
| T. Duff | 250! | (17-19) | 181 lbs. | |
| 181 lbs. | M. Welsh | 515!* | (35-39) | |
| Lifetime | P. Rosenstern | 545! | 220 lbs. | |
| L. Spirtos | 350* | J. Chrissis | 425* | |
| (35-39) | M. Willett | 225 | Lifetime | |
| (60-69) | E. Freeman | 325* | L. Eleuteri | |
| L. Eleuteri | 560 | (50-59) | 560* | |
| (50-59) | L. Eleuteri | 560* | 242 lbs. | |
| P. Rosenstern | 235 | (60-69) | B. Bidinotto | |
| 220 lbs. | (50-59) | 330! | POWER CURL | |
| (50-59) | D. Lhota | 315 | 165 lbs. | |
| 242 lbs. | (60-69) | B. Bidinotto | 135 | |
| (60-69) | 275 lbs. | C. Marcri | 60! | |
| Lifetime | J. Behari Jr. | 450 | 181 lbs. | |
| (40-49) | J. Behari Jr. | 450* | MALE | |
| (50-59) | (50-59) | 145* | R. Staab | |
| SQUAT | S. Rinehart | 340 | 160 | |
| 198 lbs. | R. Staab | 160 | Lifetime | |
| 114 lbs. | Open | 150* | N. Jeffreys | |
| R. Gregory | 150* | (40-49) | 315 | |
| 220 lbs. | Reps | 440* | 305 | |
| 123 lbs. | FEMALE | 220 lbs. | 500* | |
| (50-59) | (17-19) | T. Luchini | 450* | |
| N. Proctor | 60 | (20-23) | 250 | |
| 165 lbs. | 57!* | T. Ellis | 485* | |
| Open | 75 | (50-59) | 365!* | |
| C. Macri | 22!* | D. Lhota | 400 | |
| Lifetime | 22!* | 275 lbs. | 315 | |
| C. Macri | 75 | (17-19) | 1030 | |
| MALE | 181 lbs. | J. Neal | 325 | |
| 181 lbs. | Lifetime | 300 lbs. | 250 | |
| (60-69) | L. Spirtos | 170 | 505 | |
| 275 lbs. | (40-49) | 34* | 1080 | |
| (40-49) | R. Jeffrey | 445!* | 290!* | |
| J. Behari Jr. | 270 | 575* | 540!* | |
| Ironman | 17!* | 450* | 575* | |
| FEMALE | BP | 450* | 1600* | |
| 181 lbs. | DL | 575* | 1600* | |
| Raw (40-49) | TOT | 450* | 1600* | |
| M. Gerkin | 145 | 285* | 430 | |
| MALE | 275 lbs. | 430 | 930 | |
| Lifetime Single Ply | C. Mathaios | 405* | 525* | |
| C. Mathaios | 405* | 525* | 930 | |
| POWERLIFTING | SQ | BP | DL | TOT |
| FEMALE | 114 lbs. | 100* | 60* | 160* |
| 114 lbs. | Single Ply | Police/Fire | 100* | 60* |
| 114 lbs. | C. Miller | 170* | 85* | 275!* |
| Raw (17-19) | A. Schory | 170* | 85* | 275!* |
| 148 lbs. | 148 lbs. | 275!* | 530* | 530* |

Raw (13-16)
 N. Sarbaugh 180* 105* 225* 510*
 Raw (17-19)
 S. Keister# 265!* 115!* 315!* 695!*
 Natural Single Ply
 S. Bugner 300* 180* 285* 765*
 165 lbs.
 Raw (17-19)
 J. Mayer 230!* 105!* 255!* 590!*
 MALE
 Unlimited
 165 lbs.
 (40-49)
 A. McVaney 605!* 355* 520!* 1480!
 242 lbs.
 Lifetime
 Poffenberger 620 450 600* 1670
 Single Ply
 165 lbs.
 (13-16)
 A. Fenimore 250* 125* 250* 625*
 (70-79)
 J. Collazo 340!* 225!* 350!* 915!*
 MALE
 198 lbs.
 (17-19)
 C. Mosely 395* 300* 370* 1065*
 Lifetime
 R. Gregory 350 315* 480* 1145*
 220 lbs.
 Lifetime
 J. Bellanca 600!* 370* 550* 1520!
 C. Donati Jr. 455 320* 485 1260
 (50-59)
 W. Schaffer 450 310 430 1260
 242 lbs.
 Lifetime
 L. Newman# 660!* 525!* 615* 1800!
 (40-49)
 L. Newman 680 520 610 1810
 275 lbs.
 (35-39)
 D. Eddy 515!* 460!* 515!* 1490!
 Raw
 114 lbs.
 Youth
 C. Bagnall 95 95 195 385
 148 lbs.
 (13-16)
 M. Hunick 315 255* 350* 890*
 (17-19)
 J. Pellegrini 270* 175 375* 820
 A. Short 235 155 260 650
 165 lbs.
 Lifetime
 M. Hart 390 285 575 1250
 181 lbs.
 MALE
 Lifetime
 R. Davis 405 255 425 1085
 (50-59)
 R. Davis 405* 255* 425* 1085*
 198 lbs.
 (20-23)
 T. Cox# 570!* 260* 600!* 1430!
 Lifetime
 N. Jeffreys 315 225 315 855
 (40-49)
 R. Gregory 150*
 Lbs. Reps
 D. Pagonis 440* 305 500* 1245*
 FEMALE
 123 lbs.
 (17-19)
 T. Luchini 450* 250 510* 1210*
 (20-23)
 T. Ellis 485* 365!* 515 1365*
 (50-59)
 D. Lhota 400 315* 315 1030
 (17-19)
 J. Neal 325 250 505 1080
 (60-69)
 R. Jeffrey 445!* 290!* 540!* 1275!
 SHW
 (40-49)
 B. Lenzi 575* 450* 575* 1600*
 !=National Records. *=State Records.
 #=Best Lifters. Team Champions
 Powerlifting: Anytime Fitness. Team
 Champions Bench Press: Doc on the Water.
 This year we had a great turnout, with lifters
 coming from five states. Several new state
 and national records were set and some
 strong totals turned in. Taking home best
 lifter awards were Sarah Keister for
 women's powerlifting, Len Newman for
 men's equipped powerlifting, Tim Cox for
 men's raw powerlifting, Mike Hart for
 deadlift only and Joseph Behari Jr. for
 bench only. Thanks to all the lifters who did
 such a great job and my staff for again
 helping put on a great meet. Also, thanks to
 Bill Schaffer and Dick Davis for bringing
 along some great lifters. (Ron Deamicis)

(continued from page 6)

3. Reduce weight and do more reps on board.
4. Decline bench straight bar at 200 lbs., hitting low, three sets of eight.
5. One arm incline dumbbell press, 75-90 lb. dumbbells 3x8
6. Varying assistance machines (pec deck, chest presses, cable flys)

SATURDAY - SQUAT DAY

Training cycle is in 10-week periods

1. Work up to 450 lbs. put on briefs.
2. 500 lbs. with suit (straps down), loose wraps, 1x2 reps
3. 530 lbs. straps down, medium tension wraps, 1x2 reps
4. 560 lbs. straps down, medium tension wraps, 1x1 reps
5. 585 lbs., straps up, tight wraps, 1x1
6. 605 lbs, straps up, tight wraps, 1x1
7. 620 lbs, straps up, tight wraps, 1x1
8. 650 lbs., straps up, reverse bands (green) 2x2

Assistance:

1. Reverse hyper
2. Leg Press, 3x8, 600 lbs. (varying feet placement)
3. Straight Leg Deadlifts of RDL, 3x10, 315 lbs.
4. Leg Extensions, 3x10, 250 lbs.
5. Leg Curl, 3x10, 150 lbs.
6. Various other assistance exercises (abductor, adductor, standing leg curl)

SUNDAY - TRICEP/SHOULDER

Triceps:

1. Reverse bands, bench 450 lbs., 3x3 reps
2. Lockouts, 225 lbs, 3x3
3. Skull Crusher, 90 lbs., 3x8
4. Weighted Dips, 25 lbs., 3x15
5. Various other assistance exercises (dumbbell kickbacks, rope push downs, machine dips)

Shoulders:

1. Straight Bar behind neck, 135-165 lbs., 3x8
2. Standing Presses, 135-165 lbs., 3x10
3. Lat Raises, 20 lbs., 3x15

I don't train my biceps because it's gay!

What kind of vitamins and/or supplements do



Benching in WPO Competition at the 2007 Arnold Classic. (photographs by Powerlifting USA)



In the Squat, Shannon has made amazing gains since training at Big Iron.

you use?

I do not take any vitamins or supplements. I eat all organic, no processed or fast food, and no red meat. I eat eight times per day consisting of vegetables, fruits and protein. I consume approximately 250-300 grams of protein per day, which is through eggs, chicken, turkey, and fish.

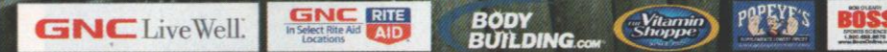
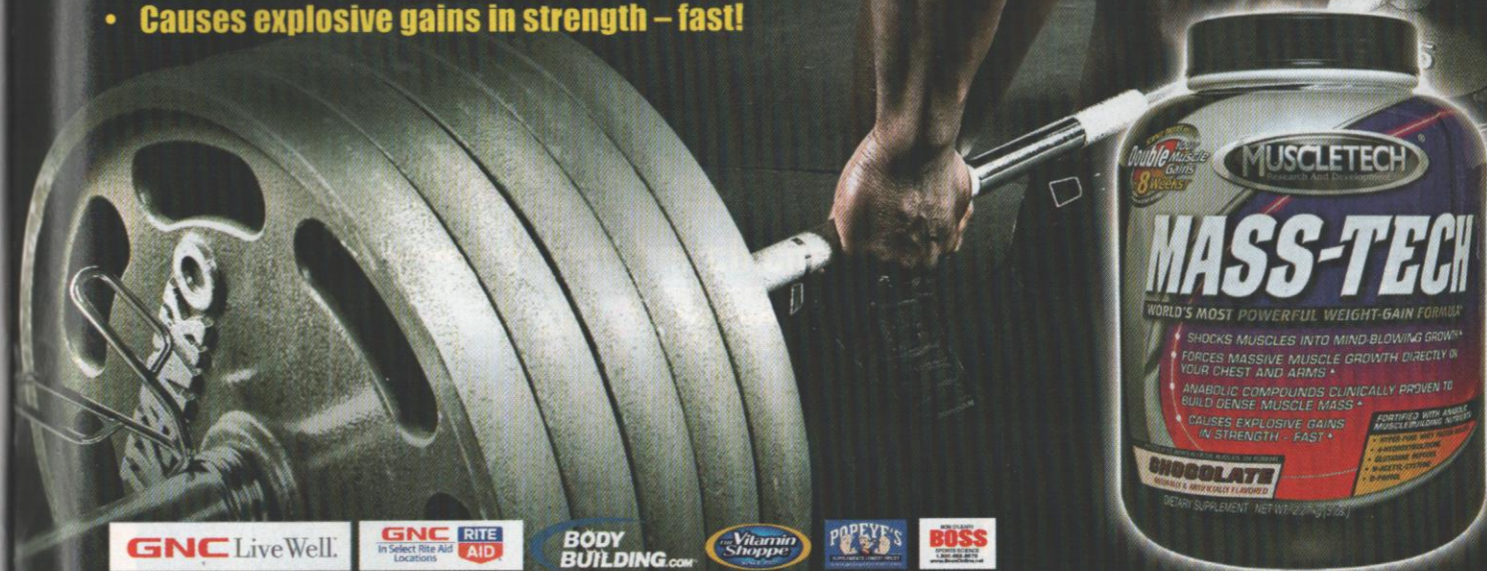
What are your comments on powerlifting?

I would first like to thank my sponsor, Inzer, who has been very supportive and helpful to me. I would also like to thank Rick Hussey and everyone at Big Iron. Other gyms and individuals who have assisted me in my success include Kingpin Barbell, Super Training and Iron Society, and 24 Hour Fitness. I cannot forget to thank my dog, Rosa Parks, who travels with me and sits in gyms all day while I train.

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Frank Ranelli Hoists 325 at Vince Soto Memorial Meet ... "Every year, for the past eight years, apart from one due to illness, I have lifted in the Vince Soto Memorial Ohio State Bench Press / Deadlift Championship in Columbus, Ohio. It is held annually during the Ohio State Fair, taking place this year on August 3, 2008. On this day, I went three for three on my attempts, in the Master men's 148 pound weight class and division, finishing off a strong, third attempt bench press of 325 pounds for the win. I narrowly missed a big, 360 pound fourth attempt, which was just short of lockout. My ambitious fourth try, at least for a 42 year old master lifter, was dedicated to the memory of Vince Soto - who died in 2000 - and his family, who were in attendance. It was my diminutive way of paying homage to a lost friend, by being intrepid and taking 350 pounds for "a ride". The meet was held by Son Light Power (SLP) and Dr. Darrell Latch at the Ohio State Fairgrounds in the Buckeye Sports Center. In 2001, the met was officially renamed the Vince Soto Memorial Ohio State Bench Press / Deadlift Championship, after Vince's unexpected and untimely death of eight years ago. Vince was only 23 years old at the time of his sudden death. He was formerly a personal trainer for World Gym of Dublin, Ohio, a highly competitive powerlifter in the 123 lb. weight class, and a head judge at numerous meets. Each year, Dr. Latch invites the Soto family to attend as honorees, and presents them with a special tribute trophy and plaque commemorating Vince's life and contributions to the sport of powerlifting. Vince also had a profound impact on my own life. He introduced me to the sport of powerlifting in 1997, my current and longtime training partner Kirk Bardos, and a multitude of other close friends and competitors within the powerlifting community. Fortuitously, in 1999, Vince bequeathed to me his then newly purchased custom denim bench shirt, which was slightly too big on Vince, in a random act of sheer kindness seldom found today. Since 2000, I have worn Vince's denim bench press shirt in most meets, and always since 2001 at the Vince Soto Memorial meet. The shirt is now almost ten years old, has seen numerous repairs and alterations, but - somehow - stubbornly refuses to ultimately surrender. Perhaps, and more likely, it is my own persistent unwillingness to retire the shirt as a personal reminder of Vince. Truly, it would seem an act of sacrilege to compete at that meet, which bears his name, without donning the shirt that was his last, but unquestionably not his only, living gift to me. Thanks to Dr. Darrell Latch of SLP for keeping Vince's memory alive and reminding his family - the kind and gentle Sotos - each year that while his life was shorter than most, Vince's legacy will endure long after I - and just maybe his intractable shirt - retire from powerlifting".

FRANK RANELLI



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(continued from page 20)

I use kettlebells, frequently and believe they have helped my strength, flexibility and upper back size.

BT: Who do you train with?
RC: I train alone most of the time. When training for a competition I always have support from gym members. We always come together to help one another when someone is getting ready for a competition.

BT: Do you have any advice for beginners?
RC: Learn the lifts, the form and technique, the weight will come. Eat, sleep, rest and only train 3 days a week. Talk to all the lifters you can and learn from them. Compete as much as possible. Most beginners are reluctant to start competing, but I feel you need to regardless of your strength in order to learn and improve. There are a growing number of professional powerlifters available on Wannabebig.com.

BT: Out of the squat, bench and deadlift, what is your favorite lift?
RC: I love all three lifts.

BT: What is your least favorite lift?
RC: I hate good mornings for some reason.

BT: What are some important dos and don'ts?
RC: Get plenty of rest and listen

to your body. When you feel beat up and need a break, take one!

BT: How do you mentally prepare for a contest?
RC: Mentally I try to be positive. I use a lot of visualization. I see myself doing everything from chalking up, to walking up to the bar and executing the lift in the most controlled explosive manner imaginable. I see the three white lights and hear the crowd go wild.

BT: What goes through your mind during and after completing a huge lift?
RC: I stay calm and try to channel my energy into the lift. After the completion of a lift I try and remember exactly how it felt so I can duplicate it next time.

BT: What do you enjoy doing away from powerlifting?
RC: I'd say powerlifting is pretty much my life, but other than that I enjoy spending time with my wife and son, riding my motorcycle, fishing, eating out, going to see a good movie, and hanging out with friends and family.

BT: Do you take any supplements?
RC: I'm honored to be sponsored by At Large Nutrition and have been using mostly their products. I use their Opticen, Nitrean, Results, ETS, creatine monohydrate, fish oil, and multivitamin. I also use flax oil,

garlic, and a green drink.

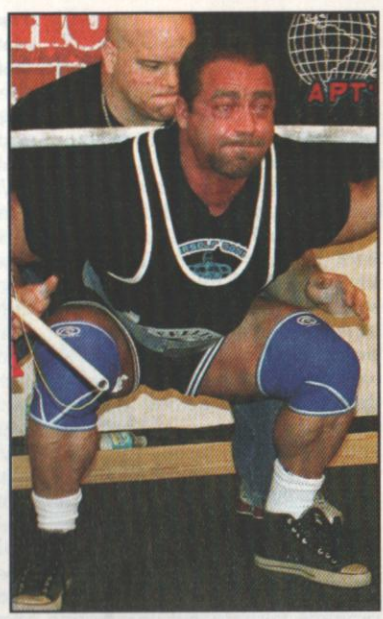
BT: Do you have any favorite quotes or sayings that have helped you become as successful as you are today?
RC: You can do anything you put your mind to.

BT: Ryan, you are living proof of that! You have set the record and we are looking forward to seeing what you have in store next. It has been an honor talking to you today. In closing is there anyone who you would like to thank?
RC: First and foremost, I'd like to thank my wife Dana, for believing in me and always being there and supporting me no matter what I decide to do.

I'd like to thank Critical Bench for the opportunity to do this interview.

I'd like to thank my sponsors, Alan Thomas from APT Pro Gear, Chris Mason from At Large Nutrition, Pete Alaniz from Titan Support Systems, Ken Anderson from Anderson Powerlifting, and Ty and James from Supplement Central.

I'd like to thank everyone from Celli's Fitness for always being there for me when I need them, Fei Lung for the incredible photos he takes for the Celli's web site, and Natty Freed for



Ryan is not just a one lift wonder (CB)

taking care of the Celli's Fitness website. I'd also like to thank my massage therapist Amie Marx. I can't leave out John Casciato, he's always there for me whenever I need anything. I rely on him for his valuable training advice, motivation and keen eye for technical errors. My training sessions and competitions always go better when I have him with me. Thanks everyone!

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Pro Powerlifter Mike Schwanke of Tampa Barbell
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Pro Arena Football Player - Steve Konopka

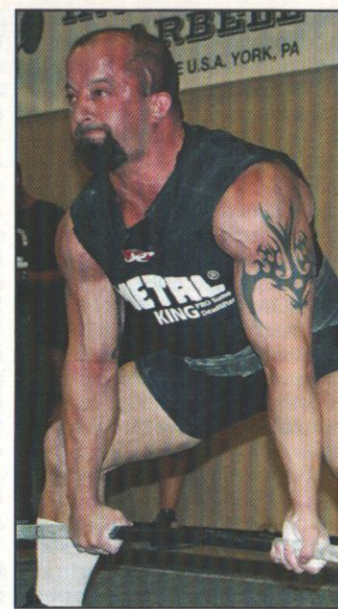
(article continued from pg. 14)

years ago. Skeptics thought the squat was high, but not on this day. During her second attempt Laura sank a 700 squat that passed - no question! On Shannon's second attempt, she gave 570 a ride, beautiful execution, three white lights. Amy went to 595, a 45 pound jump hoping to distance herself from Shannon who has a superior deadlift. However, the 45 pound jump was too much, and Amy failed on both her second and third attempt.

Shannon also gave 595 a ride, but stalled on the ascent. Laura came back out to attempt 750, a bold increase, but too much. On to the bench where Amy Weisberger rules, she opened with 325, no problem, but two attempts with 345 were no go. Shannon struggled with 280 pounds, and finally pulled it together on her third attempt.

Laura Phelps showed vast improvement during the bench press. Her numbers were 390, 440, and 455, all executed with great prowess. During the deadlift event, Amy opened with 435 no problem. Shannon followed with 500. During their second attempts, Amy went to 470 pounds, again effortless. Shannon bumped it to 525 perfect. Amy's final attempt was 505, but no go, and Shannon gave 550 a pull which came off the floor to just below the knee before crashing back down. Their final totals 1,345 for Amy Weisberger, and 1,375 for Shannon Hartnett. Laura Phelps pulled 500, and 560, no problem, but 585 was too much. Laura was very happy with her overall lifting performance; she looked really good this year and won the women's division. At 165, Laura's 1,715 total is a new world record. Her debut at the WPO 2006 Arnold Expo was also a world record total of 1,650; big improvement.

The bad news, 181 Dan Petrillo, Brian Strickland, and 198 Mike Maxwell all bombed in the squat. They all opened in the mid 700's, but it was Brian Strickland who wisely decided to repeat his 760 opener, but was unsuccessful. Both Dan and Mike proceeded to go up into the 800 pound barrier, but still no luck. Other bad news, 198 Shawn Frankl was injured. During his final training session he injured a hamstring or glute deadlifting. Either way, he was not going to squat, so instead, he came out during the second flight and did 135 pounds to stay in the meet. He had a big bench press on his mind. Let's get right to it! At 198, Shawn benched 825, and then 850 - white lights. He even gave 870 a ride, but no go. If you haven't figured it out yet, Shawn Frankl pound-for-pound is one of the greatest powerlifters on the planet today, if not in the history of this sport. During the 2008 APF



Brian Schwab - incredible at 165.

Senior Nationals in Omaha, Nebraska, Shawn squatted 1003 pounds and deadlifted 750 pounds. Shawn is "the giant killer" and is potentially looking at a 2,603 total maybe more!

Next up in flight one was Sakari Selkainaho, from Finland, competing at 181 pounds. There were seven other 181s, but as I mentioned above, Dan and Brian were out of the running. It took two attempts at 650, before Sakari got the white lights, and then he found his groove and executed a nice 700 pounds squat. He proceeded to make all three bench attempts, starting with 420, then 455, and finally 465. Sakari's first two deadlifts were successful, 530, and 560, but 580 was too much. Overall we see an intelligent powerlifter and a great coach. Sakari corresponds with Louie Simmons on a regular basis each sharing and practicing each other's training methods. Sakari is a great ambassador for the sport of powerlifting in Finland where many more big name lifters exist, like Anu Turtiainen, Mikko Hamalainen, Jouko Ahola, and Jani Murtomaki to name but a few champions.

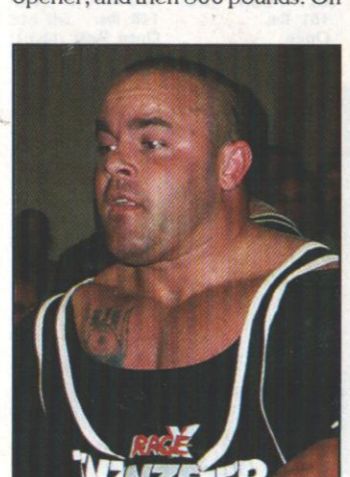
At 44, 198 Brad Bishop out of Ohio totaled 1,870 in Flight Two. A strong 700 squat opener, after missing his 500 bench opener, Brad found his groove, repeated the 500, and then proceeded to bench 520. After missing his fist 635 deadlift, Brad came out strong, and pulled 635, and 650, nice job. 22, Nate Strong out of Ohio, and lifting for Lexum Extreme totaled 1,805. He squatted 720, benched 520, and deadlifted 565. His Mom sat next to me, very amusing, and out going to say the least. She was very happy with her son. Also in the second flight, at 35, Jason Adams, out of Kentucky totaled 1,960. He opened with 740, but double pumped off the bottom, and just as

he came up, a side spotter touched the weight. The lift was called no good, but many thought it was the spotter who messed-up, it wasn't. In any case, Jason squatted 790, which was beautiful, and then 810, but it was high, although his wife thought otherwise. After opening with 535, Jason jumped to 570, missed it, but gave it another ride, and got it! Super! During the deadlifts a 600 pound opener was good, but two attempts with 640 were too much. I believe Jim Wendler, from Elite Fitness Systems, was coaching Jason.

Since the results are based on formula I took the liberty of reporting in the same manner, by formula. 38, Brian Tincher out of Florida, finished in the middle of the pack. He totaled 1,925. His numbers were 750, 540, and 635, a consistent powerlifter. At 33, Jason Coker out of Texas, was back again and totaled 2,050. Jason still benches more than he squats and deadlifts, but like Shawn Frankl, Jason has the potential to move his squat and especially his deadlifts up. His numbers were, 745, 805, and 500. Jason had the second biggest bench of the day. The final top seven starts with 42, Angelo Berardinelli out of Ohio. Angelo has been around the sport for quite a while, having lifted in several major federations, including the WPO. Angelo totaled 1,885. He kind of struggled after his opening squat of 730, having jumped to 800, and then 840. Both attempts were courageous, and 840 would have been a world record; he came down controlled and tight, but couldn't come out of the hole, and the spotters took it away. Angelo went on to have a great bench day, hitting all three attempts finally finishing with 540. With all that momentum, Angelo had two nice pulls, up to 615, but 660 was too much.

Flight one, at 38; weighing 181 Tony Ramos out of Ohio, and lifting for Westside Barbell totaled 2,060. Tony fought a great battle during the squats. He missed his 760 opener, and then 800 pounds. On

his third attempt, Tony went to 840, a wild card. He came down, dropped below parallel, and then slowly fought that weight to the top. It was a nasty looking squat, but awesome show of strength. Tony went on to bench 570, and then pulled a big 680 deadlift on his second attempt.



Shawn Frankl an unworldly BP!

At 35, Adam Driggers out of Florida was lifting at 198 pounds. He totaled 2,205. Adam had trouble with his squat suit last year, and also during a few other big shows, but that's all in the past. He had a terrific lifting day, which began with a monstrous 925 squat, a 600 bench, and a 680 deadlift; a great showing on Saturday. The last four lifters were 28, Al Caslow out of Kansas, with a 2,045 total. Al has been working with Rick Hussey, and it defiantly showed in his performance. Take a look at these numbers, 820, 525, and a big 685, nice job! Number three was our buddy, Mike Cartinian. Mike is out of Ohio, a shooting star that made a lot of waves in the WPO. Mike is strong in all of his lifts, take a look at these numbers, and remember he weighs just 181. Mike hit 890 pounds on his third squat, benched 700 on his second attempt, and deadlifted 645, for a super 2,235 total. Mike is a thickly built, like a Sherman Tank. Second place was another friend and fierce competitor 165 Brian Schwab. Brian totaled 2,045. He is the proud owner of Orlando Barbell, Florida. Brian's numbers were astounding. He squatted 825, benched a huge 605, and deadlifted 615, amazing. And finally we come to the champion of the day, and also the best lifter of the meet. From the Ukraine, at 27 Sergiy Naleykin had a really fantastic lifting day. It began dramatically, after Sergiy missed his opening and second squat, but his third ambitious attempt was 970, and he dunked it! On to the bench, Sergiy benched 670, 700, and 730 pounds, perfect. What really set him apart was his squat and deadlift. Sergiy pulled 710, 760, and even tried 780, but no go. His final total was a whooping 2,460 pounds, numbers that you would expect from a 308 or SHW. Wow, what a great first day, and it was over by 3:30 pm. The cash prizes went out to biggest lifts, first, second, and third place and overall PRO meet winner by co-efficient. Laura Phelps walked away with some cash, \$1,000 for Mike Cartinian, \$1,000 for Brian Schwab, and \$1,000 for Shawn Frankl for best bench, but Sergiy Naleykin really took home the bacon. He won cash \$1,000 for Best Squat, \$1,000 for Best Deadlift, and \$2,500 1st Place in his division, and 3,500 1st overall, that's \$8,000 cash! Doris Simmons and Marcia Fergusson passed out the cash prizes, again non complaints from the winners.

Part II Next Month.

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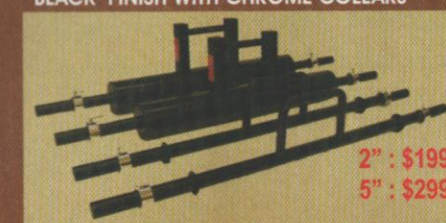
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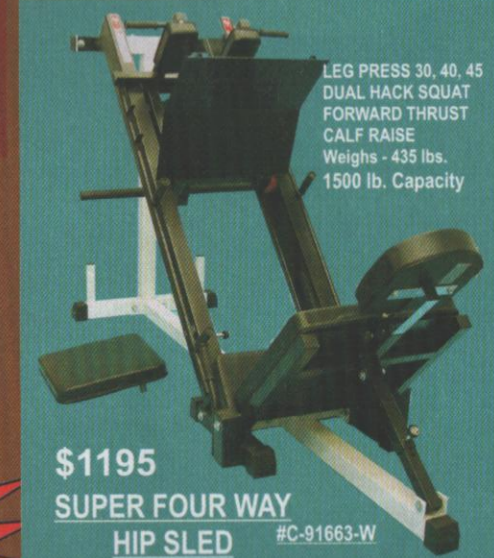
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*In: Karim Stejskal & Branislav, Comparison of Kre-Alkalyn to Creatine on body composition, muscular performance, & safety. In: U.S. Greenberg Medical Center, Sofia, Bulgaria.



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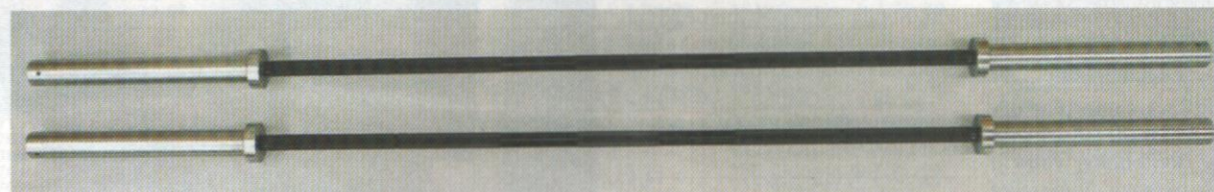
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| Item Number | Qty. | Color Code | Weight (Kg) |
|-------------------|----------|--|--------------|
| CBP-.25KG | 2 | Black | 0.25 Kg |
| CBPP-.5KG | 2 | Black | 0.5 Kg |
| CBPP-1.25KG | 2 | Black | 1.25 Kg |
| CBPP-2.5KG | 2 | Black | 2.5 Kg |
| CBPP-5KG | 2 | Black | 5 Kg |
| CBPP-10KG | 2 | Black | 10 Kg |
| CBPP-15KG | 2 | Yellow | 15 Kg |
| CBPP-20KG | 2 | Blue | 20 Kg |
| CBPP-25KG* | 6 | Red | 25 Kg |
| CO-2.5KG | 2 | Competition Forged Pressure Ring Collars | |
| Q-BAR | 1 | 20Kg, IPF Approved, 1500 Lbs. Test | |

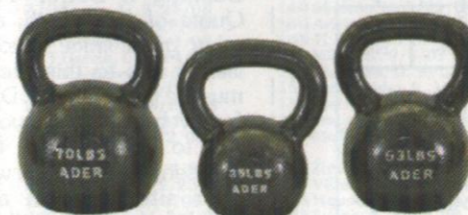


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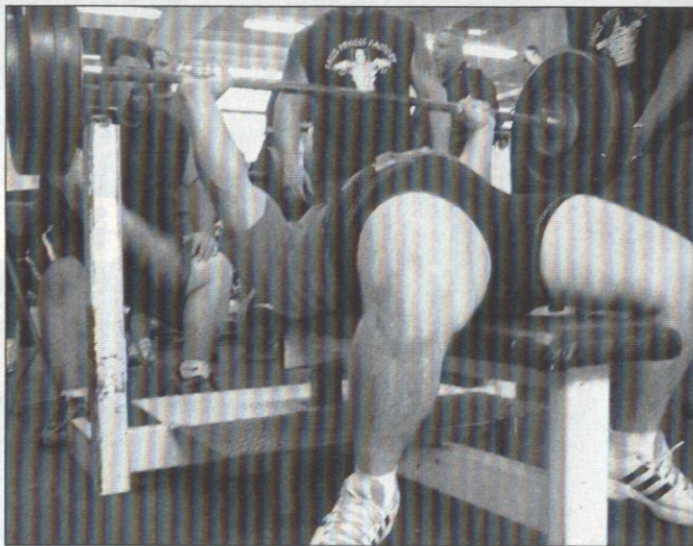
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Vinny Pipparo who benched 500 @ 242 in the Standard (raw) division at the SSA Battle of the Bench Gods contest in Niagara Falls, New York

SSA Battle of the Bench Gods
13 JUL 08 - Niagara Falls, NY

| BENCH | Weight | Name | Weight |
|---------------|----------|--------------|--------|
| Standard | 181 lbs. | J. Moore | 400 |
| 114 lbs. | 242 lbs. | V. Pipparo | 500 |
| Youth (10-12) | 275 lbs. | M. Flatt | 345 |
| 165 lbs. | 275 lbs. | E. Carter | 325 |
| Open | 220 lbs. | A. Ferchen | 275 |
| 198 lbs. | 220 lbs. | M. Pariso | 95 |
| Single Ply | 148 lbs. | Teen (18-19) | |
| E. Carter | 275 | G. Guldin | 340 |

Open J. Moore 400
V. Pipparo 500
Submaster Submaster
M. Flatt 345
275 lbs. 308+ lbs. 405
Open Open
336 Fontenot, M. 5/4/08
336 Toures, C. 7/26/08
330 Robyle, D. 2/2/08
330 Snell, K. 3/15/08
330 Tamez, J. 3/29/08
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Submaster Open 148 lbs.
A. Pera 198 lbs.
Open 198 lbs.
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| Last Name | | First Name | | MI | |
| Street Address | | Date of Application | | | |
| City | | State | Zip Code | | |
| Area Code | Telephone Number | Date of Birth | Age | Sex | U.S. Citizen |
| Registration Fee (Circle Appropriate Fee) | | Registration Number | | Email Address | |
| AFFP: \$30 | | AAFFP: \$30 | | AFFP & AAFFP: \$40 | |
| Fill out card completely, make check payable to AFFPF/AAFFP and mail to: Are you a previous AFFPF of AAFFP Member? <input type="checkbox"/> YES <input type="checkbox"/> NO | | | | | |
| Ernie Frantz, Chairman/Founder Email: ErnieFrantz@aol.com | | AFFPF/AAFFP - West 3010 N. Torrey Pines Drive. Las Vegas, NV 89108 702-656-6762 630-546-3769 | | AFFPF/AAFFP - East 62 So. Broadway Aurora, IL 60543 603-546-3769 | |
| If under 18, have parent initial here | | I certify that the above answers are correct and that I am eligible in accordance with the rules of the AFFPF or AAFFP | | Signature X | |

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TOP 100

For standard SHW/125+ Kg. USA lifters in results received from AUG/07 through JUL/08

| SQUAT | BENCH | DEADLIFT | TOTAL |
|---------------------------------|------------------------------|----------------------------|------------------------------|
| 1 440 Milian, E. 6/6/08 | 276 Scheldrup, T. 11/18/07 | 460 N., Billy. 3/08 | 1091 Milian, E. 6/6/08 |
| 2 415 Garza, F. 3/29/08 | 265 Holland. 3/29/08 | 424 Scheldrup, T. 11/18/07 | 1045 Rodriguez. 3/29/08 |
| 3 410 Perez. 3/29/08 | 260 T., Caleb. 3/08 | 420 Torres, E. 3/29/08 | 1045 Holland. 3/29/08 |
| 4 405 Rodriguez. 3/29/08 | 259 Cohn. 11/9/07 | 418 Milian, E. 6/6/08 | 1030 Cohn. 11/9/07 |
| 5 400 Zeolla, G. 9/22/07 | 245 Oliver. 3/29/08 | 415 Rodriguez. 3/29/08 | 1020 Torres, E. 3/29/08 |
| 6 400 Holland. 3/29/08 | 242 Patel, H. 11/3/07 | 413 Gray, L. 6/12/08 | 1010 Zeolla, G. 9/22/07 |
| 7 400 Gonzales, J. 3/29/08 | 236 Brandenburg, E. 3/1/08 | 410 Gonzales, J. 3/29/08 | 1010 Gonzales, J. 3/29/08 |
| 8 380 Oliver. 3/29/08 | 231 Milian, E. 6/6/08 | 400 Rodriguez. 3/29/08 | 1010 N., Billy. 3/08 |
| 9 375 Torres, E. 3/29/08 | 230 Campos, B. J. 3/29/08 | 396 Cohn. 11/9/07 | 985 Oliver. 3/29/08 |
| 10 375 Gausin, D. 3/29/08 | 225 Messimer, C. 11/17/07 | 390 Zeolla, G. 9/22/07 | 980 Perez. 3/29/08 |
| 11 375 Salgado, J. 3/29/08 | 225 Pantilat, L. 11/18/07 | 385 Carmona, R. 3/29/08 | 975 Garza, F. 3/29/08 |
| 12 374 Cohn. 11/9/07 | 225 Rodriguez. 3/29/08 | 380 Holland. 3/29/08 | 960 Rodriguez. 3/29/08 |
| 13 371 Hartwig-Gary, S. 6/18/08 | 225 Torres, E. 3/29/08 | 380 Garza, F. 3/29/08 | 953 Hartwig-Gary, S. 6/18/08 |
| 14 370 Rodriguez. 3/29/08 | 225 Tourres, C. 4/19/08 | 380 Martinez, A. 3/29/08 | 950 Campos, B. J. 3/29/08 |
| 15 370 Garcia, J. 3/29/08 | 225 Hartwig-Gary, S. 6/18/08 | 380 Hill, M. 3/29/08 | 945 Garcia, J. 3/29/08 |
| 16 370 Rocha. 3/29/08 | 220 Zeolla, G. 9/22/07 | 375 Snell, K. 3/15/08 | 935 Carmona, R. 3/29/08 |
| 17 370 Berry. 3/29/08 | 220 Gausin, D. 3/29/08 | 375 Messimer, C. 3/29/08 | 935 Messimer, C. 3/29/08 |
| 18 369 Rotar, P. 9/6/07 | 220 Rachman, M. 6/14/08 | 370 Garcia, J. 3/29/08 | 935 Gausin, D. 3/29/08 |
| 19 365 N., Billy. 3/08 | 215 Pori, S. 9/22/07 | 370 Martinez, A. 3/29/08 | 925 Rotar, P. 9/6/07 |
| 20 363 Hinkel, J. 7/26/08 | 215 Snell, K. 10/13/07 | 369 VandeVoort, J. 2/17/08 | 910 Rocha. 3/29/08 |
| 21 360 Perez. 3/29/08 | 215 Sullivan, G. 11/3/07 | 365 Campos, B. J. 3/29/08 | 905 Berry. 2/16/08 |
| 22 355 Campos, B. J. 3/29/08 | 215 McBride, M. 3/29/08 | 363 Hartwig-Gary. 10/16/07 | 900 Salgado, J. 3/29/08 |
| 23 350 Messimer, C. 3/29/08 | 214 Hinkel, J. 7/26/08 | 363 Patel, H. 11/3/07 | 900 Gray, L. 4/19/08 |
| 24 350 Martinez, A. 3/29/08 | 210 Tafuri, J. 1/20/08 | 360 Ochoa, J. 3/8/08 | 890 Williams. 3/29/08 |
| 25 350 Lozano, P. 3/29/08 | 210 Perez. 3/29/08 | 360 Garcia, J. 3/29/08 | 887 Patel, H. 11/3/07 |
| 26 350 Delgado, L. 3/29/08 | 210 Carmona, R. 3/29/08 | 360 Perez. 3/29/08 | 885 Snell, K. 3/15/08 |
| 27 350 Gray, L. 4/19/08 | 205 Garcia, J. 3/29/08 | 360 Tamez. 3/29/08 | 885 Lozano, P. 3/29/08 |
| 28 345 Nowlin. 3/29/08 | 205 Beene, J. 3/29/08 | 360 Mata, A. 3/29/08 | 885 Perez. 3/29/08 |
| 29 345 Martinez. 3/29/08 | 204 Claypatch, H. 11/17/07 | 360 C., Lance. 3/08 | 880 Nowlin. 3/29/08 |
| 30 345 Esquivel, E. 3/29/08 | 203 Miller, H. 6/14/08 | 358 Rotar, P. 9/6/07 | 880 Delgado, L. 3/29/08 |
| 31 340 VandeVoort, J. 3/7/08 | 200 Gonzales, J. 3/29/08 | 355 Berry. 3/29/08 | 880 Ullman. 6/28/08 |
| 32 340 Carmona, R. 3/29/08 | 200 Martinez, A. 3/29/08 | 350 Salgado, J. 3/29/08 | 860 Tamez. 3/29/08 |
| 33 340 T., Caleb. 3/08 | 200 Weeks, D. 3/29/08 | 350 Lozano, P. 3/29/08 | 860 Martinez. 3/29/08 |
| 34 336 Fontenot, M. 5/4/08 | 200 Ullman. 6/28/08 | 350 Nowlin. 3/29/08 | 855 VandeVoort, J. 3/7/08 |
| 35 336 Toures, C. 7/26/08 | 200 Davenport, M. 7/12/08 | 350 Hunter. 3/29/08 | 855 Weeks, D. 3/29/08 |
| 36 330 Robyle, D. 2/2/08 | 199 Hedman, S. 11/18/07 | 345 Cadena, C. 3/29/08 | 855 Esquivel, E. 3/29/08 |
| 37 330 Snell, K. 3/15/08 | 198 Rotar, P. 9/6/07 | 341 Messimer, C. 11/17/07 | 845 Hill, M. 3/29/08 |
| 38 330 Tamez, J. 3/29/08 | 198 Prins, J. 1/26/08 | 340 Acosta, J. 2/23/08 | 845 Hunter. 3/29/08 |
| 39 330 Beene, J. 3/29/08 | 195 Berry. 2/16/08 | 340 Gausin, D. 3/29/08 | 835 Beene, J. 3/29/08 |
| 40 330 Skaggs, K. 3/29/08 | 195 Williams. 3/29/08 | 340 Perez. 3/29/08 | 825 Cadena, C. 3/29/08 |
| 41 330 Williams, M. 6/21/08 | 195 Esquivel, E. 3/29/08 | 340 Delgado, L. 3/29/08 | 825 Mata, A. 3/29/08 |
| 42 325 Williams. 3/29/08 | 192 Severs. 6/12/08 | 340 Skaggs, K. 3/29/08 | 820 Skaggs, K. 3/29/08 |
| 43 325 Weeks, D. 3/29/08 | 190 Rodriguez. 3/29/08 | 340 Skelton, H. 3/29/08 | 815 Jaramillo. 3/29/08 |
| 44 325 Brooks, T. 3/29/08 | 190 Rodriguez. 3/29/08 | 340 M., Ross. 3/08 | 815 C., Lance. 3/08 |
| 45 320 Jaramillo. 3/29/08 | 190 Delgado, L. 3/29/08 | 335 Pan, J. 2/23/08 | 815 Williams, M. 6/21/08 |
| 46 319 Miller, K. 9/4/07 | 190 Perez, C. J. 3/29/08 | 335 Perez, C. J. 3/29/08 | 810 Brooks, T. 3/29/08 |
| 47 315 Pan, J. 2/23/08 | 187 Shuttleworth, M. 6/25/08 | 335 L., Artiefene. 3/08 | 810 T., Caleb. 3/08 |
| 48 315 Hunter. 3/29/08 | 185 Ochoa, J. 3/8/08 | 330 Hess, M. 3/7/08 | 805 Sullivan, G. 11/3/07 |
| 49 315 Ullman. 6/28/08 | 185 Lozano, P. 3/29/08 | 330 Weeks, D. 3/29/08 | 800 McBride, M. 3/29/08 |
| 50 310 Ybarra, J. 3/14/08 | 185 Perez. 3/29/08 | 325 Tobin, K. 11/18/07 | 793 Miller, K. 9/4/07 |
| 51 305 Cadena, C. 3/29/08 | 185 Nowlin. 3/29/08 | 325 Campbell, B. 3/7/08 | 788 Fontenot, M. 5/4/08 |
| 52 305 C., Lance. 3/08 | 185 N., Billy. 3/08 | 325 Jaramillo. 3/29/08 | 788 Hinkel, J. 7/26/08 |
| 53 300 Pan, A. 2/9/08 | 181 Williams, M. 6/21/08 | 325 Freed, N. 3/30/08 | 785 Perez, C. J. 3/29/08 |
| 54 295 Bennett, D. 8/4/07 | 180 Garza, F. 3/29/08 | 325 Severs. 6/12/08 | 782 Severs. 6/12/08 |
| 55 295 Linkous, R. 2/16/08 | 180 Hunter. 3/29/08 | 320 Robyle, D. 2/2/08 | 780 Robyle, D. 2/2/08 |
| 56 295 Hill, M. 3/29/08 | 180 Mata, A. 3/29/08 | 320 Martinez. 3/29/08 | 775 Skelton, H. 3/29/08 |
| 57 290 Sullivan, G. 11/3/07 | 180 Brooks, T. 3/29/08 | 320 Peden, D. 4/19/08 | 770 Tafuri, J. 1/20/08 |
| 58 290 Golden, R. 2/16/08 | 176 Hendrix, J. 7/26/08 | 320 Thompson, W. 5/10/08 | 770 Ford, C. 2/16/08 |
| 59 290 Whaley, K. 2/23/08 | 175 Ziong, D. 3/7/08 | 319 Brandenburg, E. 3/1/08 | 770 Pan, J. 2/23/08 |
| 60 290 Morales, B. 2/28/08 | 175 Salgado, J. 3/29/08 | 319 Snow, D. 3/8/08 | 765 Martinez, M. 2/2/08 |
| 61 290 Ruby, M. 3/14/08 | 175 Cadena, C. 3/29/08 | 319 Martin, K. 4/19/08 | 760 Toures, C. 7/26/08 |
| 62 286 Lauer, C. 6/21/08 | 170 Branam, T. 8/12/07 | 315 Sullivan, G. 8/4/07 | 755 Peden, D. 4/19/08 |
| 63 285 White, J. 1/12/08 | 170 Doan, J. 11/3/07 | 315 Pan, A. 2/9/08 | 750 Adair, J. 3/29/08 |
| 64 285 Martinez, N. 2/2/08 | 170 Martinez, N. 2/2/08 | 315 Ford, C. 2/16/08 | 749 Pantilat, L. 3/14/08 |
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| 66 285 Ford, C. 2/16/08 | 170 Ford, C. 2/16/08 | 314 Miller, K. 9/4/07 | 740 Ybarra, J. 3/14/08 |
| 67 285 Mata, A. 3/29/08 | 170 VandeVoort, J. 2/7/08 | 310 Martinez, M. 2/2/08 | 735 Pan, A. 2/9/08 |
| 68 285 Adair, J. 3/29/08 | 170 Tamez. 3/29/08 | 310 Jenkins, C. 2/16/08 | 730 Campbell, B. 3/7/08 |
| 69 285 Leyba, A. 3/29/08 | 170 Hill, M. 3/29/08 | 305 Whaley, K. 2/23/08 | 730 Ruby, M. 3/14/08 |
| 70 281 Patel, H. 11/3/07 | 170 Jaramillo. 3/29/08 | 305 Vang, S. 2/24/08 | 727 Fallennwider, E. 1/26/08 |
| 71 281 Fallennwider, E. 1/26/08 | 165 Rivera, C. 11/18/07 | 305 Ybarra, V. 3/14/08 | 725 Linkous, R. 2/16/08 |
| 72 281 Clough, J. 5/17/08 | 165 Reyes, A. 11/18/07 | 305 Brooks, T. 3/29/08 | 725 Ybarra, V. 3/14/08 |
| 73 280 Tafuri, J. 1/20/08 | 165 Brownfield. 3/1/08 | 305 McBride, M. 3/29/08 | 725 McGee, J. 3/29/08 |
| 74 280 Jenkins, C. 2/16/08 | 165 Snow, D. 3/8/08 | 305 Adair, J. 3/29/08 | 720 White, J. 1/12/08 |
| 75 280 Gonzalez, A. 3/14/08 | 165 Rocha. 3/29/08 | 304 Williams, M. 6/21/08 | 720 Jenkins, C. 2/16/08 |
| 76 280 McBride, M. 3/29/08 | 165 McGee, J. 3/29/08 | 303 Hedman, S. 11/18/07 | 715 Golden, R. 2/16/08 |
| 77 280 Peden, D. 4/19/08 | 165 B., Eric. 3/08 | 303 Pantilat, L. 3/16/08 | 715 Leyba, A. 3/29/08 |
| 78 275 Hogan, D. 2/2/08 | 165 Harris, A. 5/4/08 | 303 Fontenot, M. 5/4/08 | 715 H., John. 3/08 |
| 79 275 Campbell, B. 3/7/08 | 165 Thompson, W. 5/10/08 | 303 Clough, J. 5/17/08 | 710 Doan, J. 11/3/07 |
| 80 275 Ybarra, V. 3/14/08 | 160 Kenner, C. 1/12/08 | 300 Foster, G. 2/28/08 | 710 Neal, B. 2/9/08 |
| 81 275 Skelton, H. 3/29/08 | 160 Grogan, D. J. 2/9/08 | 300 Linger, B. 3/7/08 | 710 Acosta, J. 2/23/08 |
| 82 270 Foster, G. 2/28/08 | 160 Skelton, H. 3/29/08 | 300 Thyssen, T. 3/7/08 | 710 L., Artiefene. 3/08 |
| 83 270 McGee, J. 3/29/08 | 160 Adair, J. 3/29/08 | 300 Ruby, M. 3/14/08 | 710 Clough, J. 5/17/08 |
| 84 265 Brownfield. 3/1/08 | 160 H., John. 3/08 | 300 Gonzalez, A. 3/14/08 | 705 Hess, M. 3/7/08 |
| 85 265 Garcia, L. 3/14/08 | 159 Miller, K. 9/4/07 | 300 Garcia, L. 3/14/08 | 705 B., Eric. 3/08 |
| 86 265 Martinez, L. 3/14/08 | 159 Hairston, D. 9/12/07 | 300 Morales, B. 2/28/08 | 700 Morales, B. 2/28/08 |
| 87 264 Severs. 6/12/08 | 159 Fallennwider, E. 1/26/08 | 300 Linger, B. 3/7/08 | 700 Linger, B. 3/7/08 |
| 88 264 Backes, B. 6/21/08 | 159 Mattis, D. 3/29/08 | 300 Beene, J. 3/29/08 | 695 Brownfield. 3/1/08 |
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| 90 260 Brown, M. 2/2/08 | 159 Marcellino, R. 6/28/08 | 300 B., Eric. 3/08 | 690 Gonzalez, A. 3/14/08 |
| 91 260 Grogan, D. J. 2/9/08 | 155 Zielinski, L. 8/12/07 | 300 Doran, J. 4/19/08 | 688 Devries, S. 3/22/08 |
| 92 260 Johnson, C. 2/23/08 | 155 Villareal, V. 2/2/08 | 297 Principati, F. 2/9/08 | 688 Backes, B. 6/21/08 |
| 93 260 Linger, B. 3/7/08 | 155 Houdersheldt, E. 3/14/08 | 297 Devries, S. 3/22/08 | 685 Bennett, D. 8/4/07 |
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