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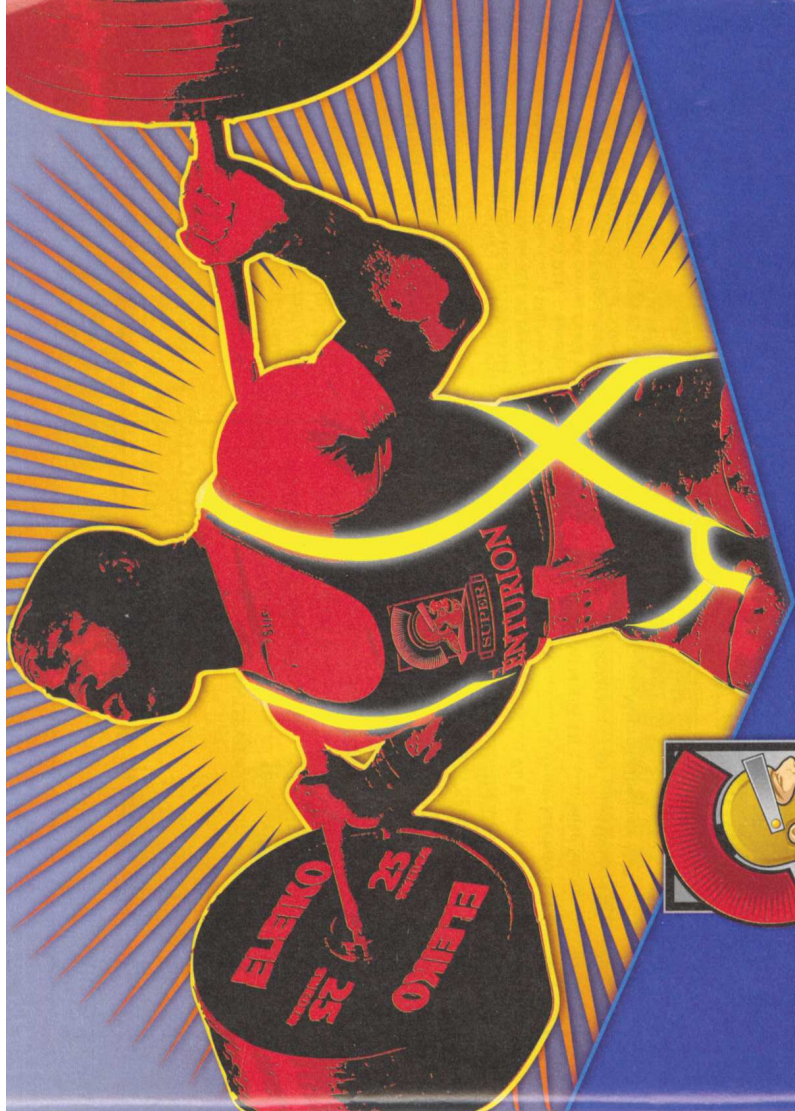
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ON THE COVER ... Superheavyweight Donnie Thompson's history making 2905 pound all time record total at the IPA Senior Nationals, as photographed by Charles Ventrella

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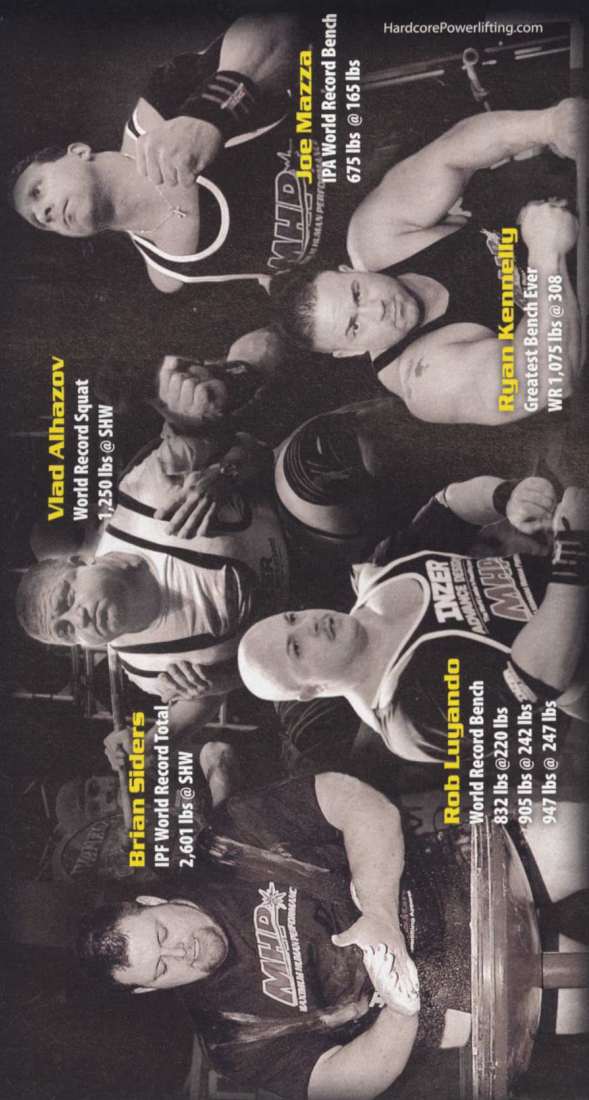
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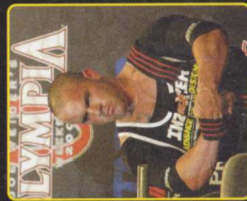
Dennis Cleri
IPF World Record Bench
634 lbs @ 198 lbs



Jeremy Hoornstra
World Record "Raw" Bench
615 lbs @ 242 lbs



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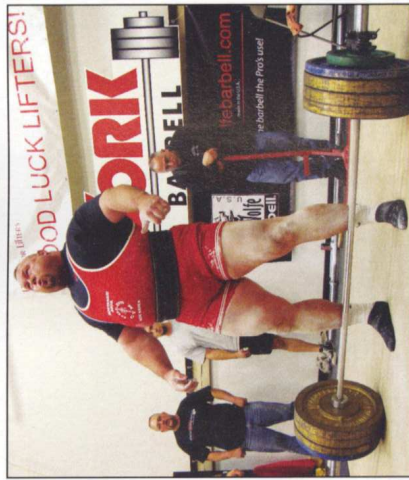


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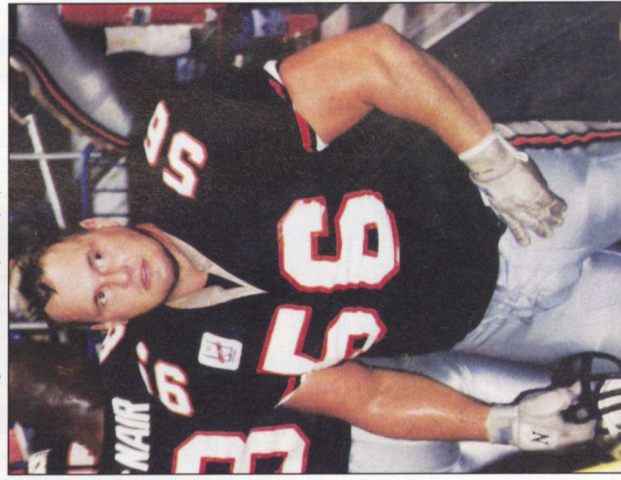


INTERVIEW

DONNIE THOMPSON Ready To Hang Up His Wraps After Breaking All Time World Record Powerlifting Total interviewed by Ben Tatar of CriticalBench.com



(Above) Donnie Thompson getting ready to pull a big 760. (Below) Donnie during his football days (he played for the NFL and AFL)



Donnie Thompson recently recorded the highest total in the history of powerlifting. Donnie performed a 2,905 pound total at the IPA Senior Nationals which were held November 22-23 in York, Pennsylvania. Thompson squatted 1,235 pounds, benched 910, and deadlifted 760 pounds for the highest total in the history of powerlifting.

Critical Bench: Donnie, before I ask you about setting the all-time world record in the history of powerlifting, humor us by introducing yourself to the Powerlifting USA readers.

Donnie Thompson: There is not much that other powerlifters do not know about me. I am difficult to get along with. I live in a place I built called the compound. It is an apartment on one side and a training facility on the other. I have a baby on the way and she should be born by the publication of this article. The mother and I are still friends, but are not together. We plan to do what is best for her. Her name will be Bridget. Hopefully, she will look like her mother. She is the reason I am quitting Powerlifting.

There is always drama in my life and that is something that will always be. I am not proud of it, but when you are very intense about a mission you are on, drama surrounds you. That is my life and I will not apologize for it.

CB: Donnie, you have just totaled 2905 lbs. and set the biggest total in the history of powerlifting! How did it feel to set the biggest total of all time?

DE: I was happy but not elated. It was kind of depressing. Whenever you leave room for more poundage on the platform, it is hard to celebrate. The real hell starts when you get home and play different scenarios over and over in your head of what might have been if you only got this weight or that. Then, when I got home on Tuesday, my celebration was greeted with my landlord telling me my rent check bounced. My Yukon was reposed and my girlfriend quit talking to me! Great welcome home. I really haven't even thought about the meet since I have been home. Too much else going on.

CB: You said drama follows you; you were right. Donnie, what are your best lifts?

DE: My Best Lifts: 1235 squat, 910 bench, and 832 Deadlift.

CB: What are your future powerlifting goals?

DE: I do not have any. I met them all and I am quitting now. I will do no more meets. I am done.

CB: You'll be remembered forever! Donnie, people talk about you being the best squatter in the world today. Many athletes we have interviewed before mention your name as one of the greats. How does that make you feel to be called one of the best by your peers? Do you like being compared to other top notch lifters in the game?

DE: I do not like being compared. We are all different. Also, I know everyone who can squat what I can, near what I can, or more than I can. I met them, have their phone or email, and pick their brain. And they do mine. I know I am the best squatter now. If I trained for one or two more meets in my gear, I would really master it and squat the WR highest ever. I am very happy I did not pass up Vladimir my last meet. That sits well with me, because I could keep going. Vladimir is going to have a hard time overcoming his injury, so he may never break his old record. I am proud to say that I did not break it either.

CB: Donnie, before you attempt a 1235 lb. squat, what is going through your mind?

DE: I try to calm myself. If I get too emotional, I try to laugh. I did this when I squatted 1235. Thinking of my weak points and remembering to execute helps me a lot. Sometimes I flash through all the people I feel have wronged me. This helps too. I can kill them in my mind and not get arrested.

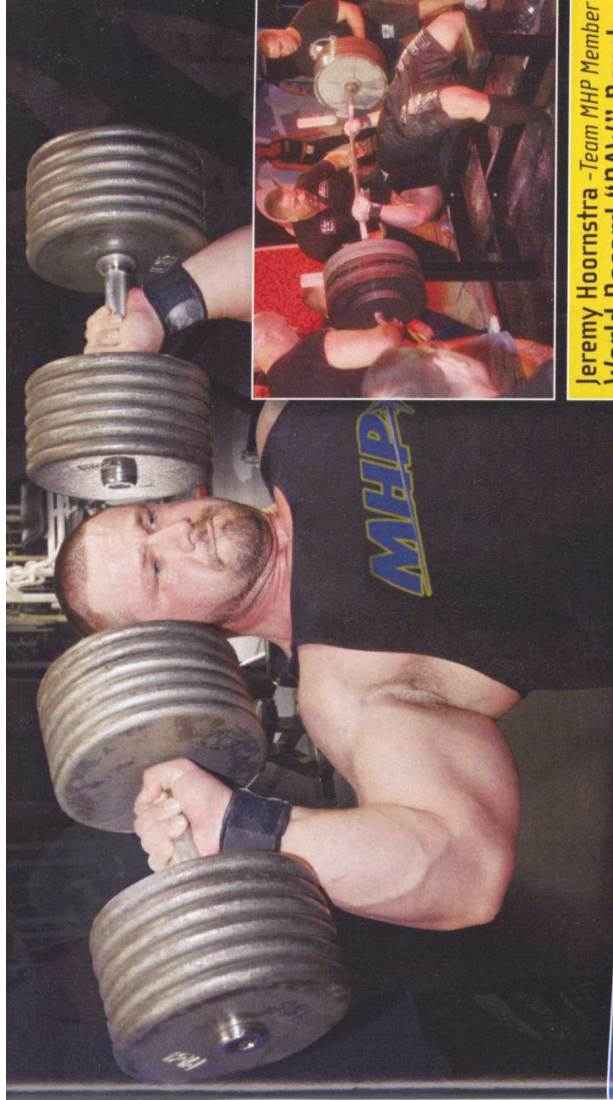
CB: Remind me not to piss you off. Donnie, you were a free agent with the Tampa Bay Buccaneers and then you were signed by the Atlanta Football League. Did you enjoy football more or powerlifting?

DE: I enjoyed them both equally. When I was a football player playing center, I was the best I could be. Powerlifting I did the very best I could. So they are equal.

CB: How would you compare and contrast people in the NFL to the people in powerlifting?

DE: In football, the lesser player can hide in the midst of his teammates and ride. He will be found out eventually. In powerlifting, it is only you on the platform and lifters coast on the training of their superior lifting partners, but that is short lived. In the end, the cream will rise to the top. The training is very similar for both. The football

(Continued on page 88)



**Jeremy Hoornstra - Team MHP Member
World Record "RAW" Bench
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IPF Masters World Powerlifting Championships as told to PL USA by Lance Slaughter



(Above) Brad Gillingham made a new World Record Deadlift. (Below) 198 lb. class medalists Craig Terry, Greg Jones, and Mario Schnurr

The USA has had a tremendous run of success at the IPF Masters World Powerlifting Championships. With this year's championship being held in Palm Springs, CA, expectations were very high that USA Powerlifters would present its best teams and continue its success in the individual and team competitions.

Two hundred seventy-one lifters from over 30 nations came to Palm Springs to determine who would be crowned world champion. As one would expect, Palm Springs was an outstanding choice as host city. Attendees were welcomed by its warm weather, picturesque clear, blue skies, majestic mountains and an abundance of palm trees. The Hilton Palm Springs provided a world class resort atmosphere for athletes to rest and relax in preparation for the competition and opportunities to socialize at the poolside bar and lounge in the evening. The Palm Springs Convention Center was an outstanding venue for these championships. Benefiting from a \$32 million expansion in 2005, the Palm Springs Convention Center features a dramatic 18,000 square foot lobby with floor-to-ceiling glass walls and panoramic mountain views. The championship utilized over 23,000 sq. ft. within the venue providing ample competition and exhibit space, an on-site training area, a hospitality room and secure doping control facilities.

This year's championship was held over five days September 30-October 4 and commenced with the Opening Ceremonies on Tuesday morning. Following the Parade of Athletes into the competition venue, welcome remarks were offered by the Mayor of Palm Springs Steve Pougnet, by Dr. Larry Maille, president of USA Powerlifting and by the president of the International Powerlifting Federation Detlev Ahlbrings.

Highlights of Tuesday's morning session included multi-world champion and IPF Hall of Famer Hirooyuki Isagawa of Japan earning yet another world title. Isagawa, competing in the 60 kg class but now comfortably in his fifties, is still putting up world-class numbers including a world-record-tying squat of 220 kg and a 177.5 kg bench press. USA's Alex Galant captured gold in the 56 kg 60+ age class with an easy 8 for 9 day and Jeff Jacobs claimed gold for the USA as a result of remarkable lifting that left him only 10 kg from a world record total.

The afternoon session provided the first look at the women featuring the 48 kg, 52 kg and 56 kg classes. Finnish competitors Ella Kumpuniemi and Seija Turunen, lifting in the 48 kg class, exchanged Masters 3

Petroczi traveled alone and without a coach but utilized a strong 147.5 kg squat and a 157.5 kg deadlift to win convincingly and earned second place among the Champions of Champions.

The first full and very long day of competition ended with the Men 40-49 age group of the 56 kg - 67.5 kg classes competing in the evening session. The evening's highlight was Eric Kupperstein getting the "three-peat" and winning his third consecutive IPF gold medal in the 60 kg class.

Day Two competition featured the women's 60 kg and 67.5 kg classes in the morning and the men's 75 kg class in the afternoon. In the 60 kg class, Miriam Gonzales of Columbia seemed struggle getting lifts passed but the lifts that were approved were impressive and she won the gold medal convincingly in the morning and the USA's Angela Simons used her strong bench to win gold in that lift and claim silver in the total. Friederike Pfeiffer of Austria didn't miss any lifts all day and easily won gold in the 50+ group. Most impressive was her final deadlift at 162.5 kg. Rita Carlsson of the USA won the silver medal in the total along with a gold medal in the squat. In the 67.5 kg class, there was expected to be heated competition in the 40-49 age group. Multi-time and current world champion Paula Houston of the USA would do battle with Tatiana Zubkova of Russia. Then the unexpected occurred. Houston could not get a squat passed and that pretty much settled it. Zubkova enjoyed an 8 for 9 performance anchored by a very easy 170 kg squat and a strong 202.5 kg deadlift. Houston displayed why she is still one of the best in the world winning individual lift gold in the bench press and a bronze in the deadlift. Donna Marts of the USA lifted steady and consistent going 9 for 9 to earn her second consecutive silver medal in the class total. In the 50+ age group, the USA dominated finishing 12 with Ruth Wedding claiming gold and Debra Dufry-Smet winning the silver medal.

Wednesday's afternoon session offered outstanding lifting and memorable performances in the men's 75 kg class. Among the Masters 3 lifters, Sam Alduenda was considered a heavy favorite to reclaim a gold medal but a shoulder injury just weeks prior severely jeopardized his ability to bench and post a winning total. Not to be completely undone, Alduenda posted a gold medal winning squat and deadlift and had to settle for a fifth place finish in total after posting a token 25 kg bench.

(continued on page 96)

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There are several popular and effective bench press assistance exercises that can be of use to the powerlifter. Among them are incline and decline presses as well as variations of the regular flat bench. They each have different benefits and each have their own challenges. To get the most out of these exercises, I'd like to describe how to best execute each one as well as common ways lifters perform them to their detriment. In addition, I will explore some alternatives.

Incline presses are an extremely popular exercise for bodybuilders. Incline presses target the upper portion of the pectoral muscles. However, many powerlifters do not perform inclines in the most effective manner. To start, if the angle of the incline exceeds 30 degrees, most of the work is done by the delts, not by the chest. Another practice that lessens the effectiveness of inclines is while pressing, many lifters lift their butts off the bench. This essentially changes the incline press to an almost flat press. This totally defeats the purpose of the exercise by taking away emphasis on the targeted area; the upper pec. For best results, keep your butt on the bench, with your back flat on the inclined bench support. You may have to lower the weight to achieve this proper form. If you do want to target your delts, then use an angle over 30 degrees.

The decline press is another popular exercise. Its focus is just the opposite of inclines; placing strong emphasis on the lower pec region. When many lifters perform declines they tend to hit the bar closer to the waist than the chest, essentially doing a press off their stomachs. This shortens the range of motion drastically. This could explain why some lifters claim to decline press more than they can on the regular flat bench. Less distance the bar must move translates to more weight that can be lifted; Physics 101. For best results when doing declines, lower the bar to the lower pec area and press upwards. As with inclines, you may have to lower the weight used.

A major complication for many lifters who want to work their upper and lower pecs is they don't have access to an incline or decline bench; but no problem! For the upper pecs, try benching on a flat bench with a wide grip lowering the bar to a point high on the chest, towards the head. Emphasis on the pecs can be increased by keeping your elbows at right angles to the body. This variation of the bench really stresses the upper pecs and is actually more effective than inclines. Be careful and patient when starting to use this exercise. If you use heavy weights too quickly, you can easily pull a muscle. Start with lighter weights and warm-up and stretch slowly with this movement. This extended stretching of the pecs and shoulders is a drawback to this exercise. If you experience any pain or soreness, don't go as high towards your neck as you were, decrease the weight or drop the exercise altogether. Start with about 2/3's of your regular flat bench weight and go from there.

To target the lower pec area, try the opposite of the above example. Hit the bar lower on the chest, slightly below your nipple line. As in the previous example, keep your elbows at right angles to the body and you will add more emphasis to your pecs. However, the regular flat bench works the lower pecs pretty hard already, so I really don't see much need for this exercise.

Fitting these assistance exercises into your routine is the last topic. Incline can be a good choice on your light bench day, replacing regular flat benches or after your benches. If you don't have access to an incline bench, benches high to the chest can be substituted. The same can be said for declines and their substitute exercise. Discontinue most, if not all, assistance work for the bench like inclines, declines and these bench variations the last 2-3 weeks prior a meet. Dumbbells can be used for inclines and declines instead of a barbell for variety and additional work for the stabilizing musculature.

Incline and declines are two of several bench assistance exercises available to the powerlifter. You can also get most, if not more, benefit from the flat bench variations I discussed in this article. This is espe-

cially valuable if you do not have an incline or decline bench. Full range of movement is essential for best results in any exercise. On the other hand, extreme range of movement can be risking injury. Work into any new exercise slowly with lighter weights. Never compromise your lifting form to increase the weight. Don't cheat yourself.

from their potential benefits just to be able to lift more. As with any assistance exercise, remember their end goal is to increase the powerlifts. Use the most effective exercises in the most effective manner and your lifting totals will be on a steady incline.

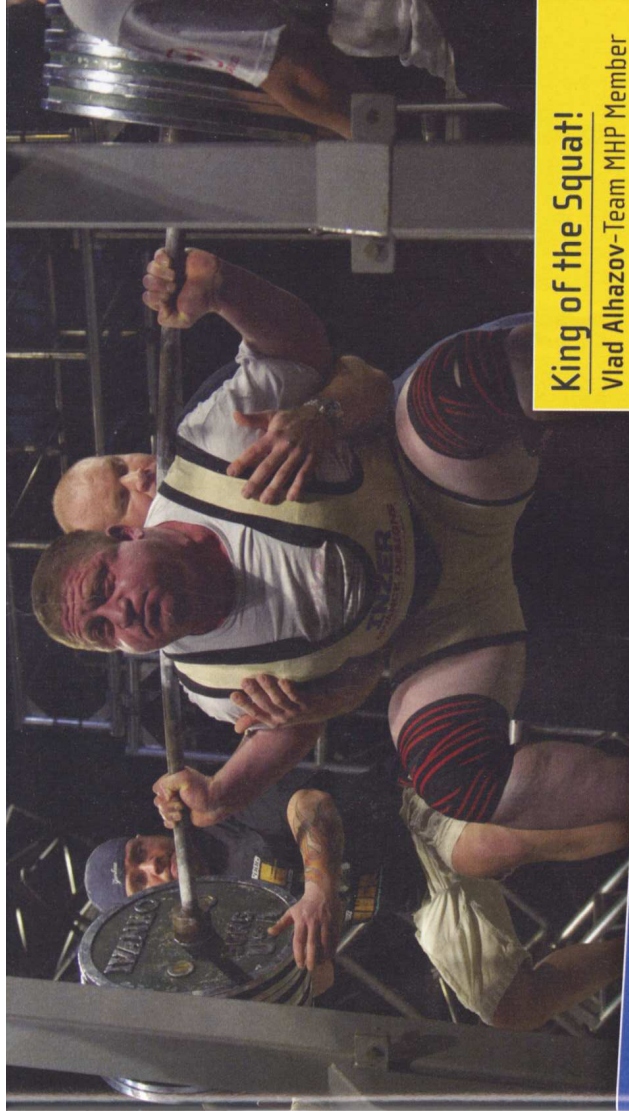
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INCLINES & DECLINES as told to PL USA by Doug Daniels



Shawn Frankl Broke All Time Record!!!

MHP Team member Shawn Frankl broke his all time record at the recent WPC/WPO World Powerlifting meet in Palm Beach, Florida. He totaled 2,539lbs with 1008lb squat, 815 bench and 716lbs deadlift at a bodyweight of 220lbs and also won the award for the best lifter at the meet. Shawn also currently holds the world record in the 198lb class with a 2,470lb total. Shawn takes MHP's Probiotic protein, A-BOMB, Trac and Dark Matter and says, "These products are really helping with recovery and building quality muscle mass while allowing me to gain strength." Shawn credits his strict training regimen, dedication to the sport and MHP supplements for his great accomplishment.



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

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The squat is the king of all exercises. It builds strong legs and hips, which helps in all sports, but, of course, it is an official power lift. The squat is the first lift contested and sets the tone for the rest of the meet. Without gear, when the squat goes up, so do the pulls: power clean, power snatch, and, of course, the deadlift.

There are many forms of squatting. You can do both front and back squats. With innovation, we have the Zercher squat harness, the Bow Bar, which has a 2-inch camber, a rackable cambered bar, and the Safety Squat bar. The Safety Squat bar is also cambered when sitting on your back.

With Olympic-style squats, the bar sits high on the back and your feet are close together. A Mania Ray squat device sits higher on the back. My experience is that all of these squats and squat devices aid the deadlift more than the squat.

Belt squatting will build the leg muscles and save the back, plus acts as a traction device, correcting pelvic tilt. Our favorite is the box squat. They are done at parallel or below. No need to do high box squatting when using Jump Stretch bands or chains. There is one way to box squat, and one way only. Squatting to a box causes one to relax then overcome the load dynamically, as well as static overcome dynamically at the same time. Both are great for explosive and absolute strength. Box squatting is the safest type of squat because you do a leg curl to separate yourself from the box.

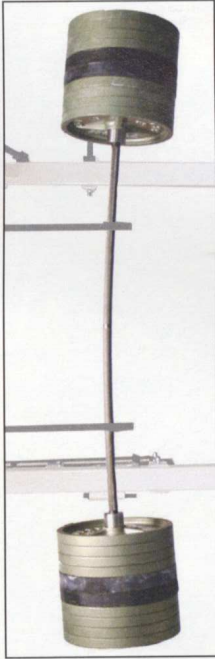
As far as the methods used at Westside, let's start on squat day, which is Friday. Here, we rotate three methods: the dynamic method, the circa-max method, and occasionally the max effort method. All are followed by the repetition method with special exercises. The Friday squat workouts should make use of a squat bar. We use the Mastodon squat bar sold exclusively at Elite Fitness by my good friend Dave Tate.

Other style bars can distort squatting form. These are to be used on max effort day, which is 72 hours later (on Monday). First, the dynamic effort method will build a fast rate of force development and not absolute strength. This is because of the explosive strength deficit. The percentages are up to 70% of a 1-rep max. This method is very

WESTSIDE TRAINING

The Squat - King of Lifts

as told to PL USA by Louie Simmons



The Mastodon Bar, sold exclusively by Elite Fitness, can be found at www.elfitfits.com

important for sports and jumping development. We know the strongest lifter handles the most weight and most often. So let's look how a powerlifter should train most of the year. Let's look at a 9-week cycle of dynamic efforts. The laws of physiological training must be utilized. One such law is continuous training. The percentages should range from 55% to 68%, each week moving up 5% for accommodating resistance with Jump Stretch bands or by adding chains.

This is for a 9-week dynamic cycle for an 800-pound squat with contest gear. For training, use strong briefs plus a suit with the straps down.

- Week 1:** 405 x 12 sets of 2 reps; 2 sets of chains
- Week 2:** 445 x 12 sets of 2 reps; 2 sets of chains
- Week 3:** 480 x 10 sets of 2 reps; 2 sets of chains
- Week 4:** 405 x 12 sets of 2 reps; 3 sets of chains
- Week 5:** 445 x 12 sets of 2 reps; 3 sets of chains
- Week 6:** 480 x 10 sets of 2 reps; 3 sets of chains
- Week 7:** 405 x 12 sets of 2 reps; 4 sets of chains
- Week 8:** 445 x 12 sets of 2 reps; 4 sets of chains
- Week 9:** 480 x 10 sets of 2 reps; 4 sets of chains

Because we box squat and have a box squat max, which should be about 700 for an 800 contest squat, that is how we arrive at these approximate percentages. If no gear is used, it would represent 50-60% of

that equals 25% of 1000 pounds at the top. Let's not forget the virtual force effect. This is when the lifter comes in contact with the box at an overspeed eccentric phase imposed by the downward pressure of the band tension. When velocity is increased, so is kinetic energy.

- Week 1:** 400 on bar plus 250 band tension, 10 x 2
- Week 2:** 450 on bar plus 250 band tension, 10 x 2
- Week 3:** 500 on bar plus 250 band tension, 10 x 2
- Week 4:** 550 on bar plus 250 band tension, 8 x 2
- Week 5:** 600 on bar plus 250 band tension, 8 x 2

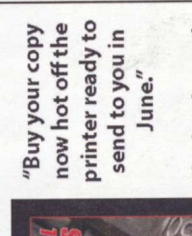
The bar weight is waved from 40% to 60% plus 25% added at the top.

A third cycle is the future method. The band is attached at the top of the power rack and reduces the load in the bottom of the lift. This is great for intermediate lifters or ball players. A 600-pound max squat workout would look like this:

(continued on page 73)

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*These statements have not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, prevent or cure any disease. Call 1-800-477-4622 for more information. ©2009 General Nutrition Corporation. May not be available outside the U.S. **When used in conjunction with regular weight training. **In an eight week randomized double-blind placebo-controlled study of healthy male volunteers, 18 subjects completed three sets of resistance training (RT) daily + Mass XXX, and 16 subjects performed five sets RT daily with no supplement. After eight weeks, subjects on Mass XXX showed equal gains in body weight, fat free mass (FFM), maximal muscle strength (MMS) and muscle endurance (ME) with only three sets RT per day compared to the control group who completed five sets RT per day.

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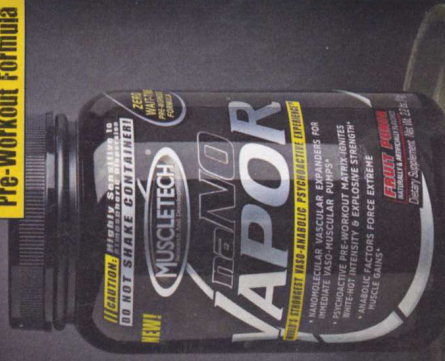
>>> **Matt Kroczaleski**
220 lb. Class Powerhouse



As a powerlifter, you know 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. Your ultimate goal is to crush your previous best lifts. This unforgiving sport can drain you physically and mentally. When you step up to the platform, your muscles need to be primed with endless strength and power, and your mind needs to be focused to the point where every lift feels light.

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 Team Muscletech™

researchers engineered naNO Vapor™ – a zero wait-time pre-workout formula ultra-dosed with scientifically researched ingredients that will make you stronger. With over 60 cutting-edge ingredients infused into six extremely powerful blends and backed by countless stacks of scientific research, you'll stimulate the anabolic, neurological and metabolic pathways necessary to crush another PB. Join countless powerlifters that have made naNO Vapor America's #1 selling pre-workout nitric oxide formula and feel its vaso-anabolic power that will make you bigger and stronger, faster!



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POWER RESEARCH

dedicated to bringing Science to the sport of Powerlifting

A New Form of Relentless Power as told to PL USA by Team Muscletech

When it comes to professionals dedicated to their trade, the most relentless workers and the most hardcore and determined of athletes are powerlifters.

As a powerlifter, you possess a rare commitment to the daily grind of gaining relentless power and strength. Some may look at you with curiosity or disapproval of your daily life and the punishing workouts you so willingly put yourself through. But this is the life of a hardcore powerlifter; you didn't choose it, it chose you, and you wouldn't have it any other way.

Although you do everything possible to ensure you're crushing your PBs on the most famous lifts in history from week to week – bench, squat, deadlift – you know that eventually your strength will stagnate and you will struggle to make it past your frustrating plateaus.

Since the beginning of the powerlifting era, very few discoveries have truly been revolutionary. Now, there's a new scientific discovery that can truly be classified as revolutionary, and it's raising the bar for powerlifters around the world – Heat Shock Proteins (HSPs).

HSPs are biological regulators that are increased throughout the body during periods of stress; for example, during temperature elevation as a protective mechanism for muscle cells. To illustrate just how cutting edge the research on HSPs truly is, scientists have theorized that their effects may be useful for helping astronauts preserve valuable muscle throughout space flight in extremely low-gravity environments. Researchers have concluded that HSPs have been shown to act as lieutenants against proteotoxic stresses and assist in protein formation and stabilization.

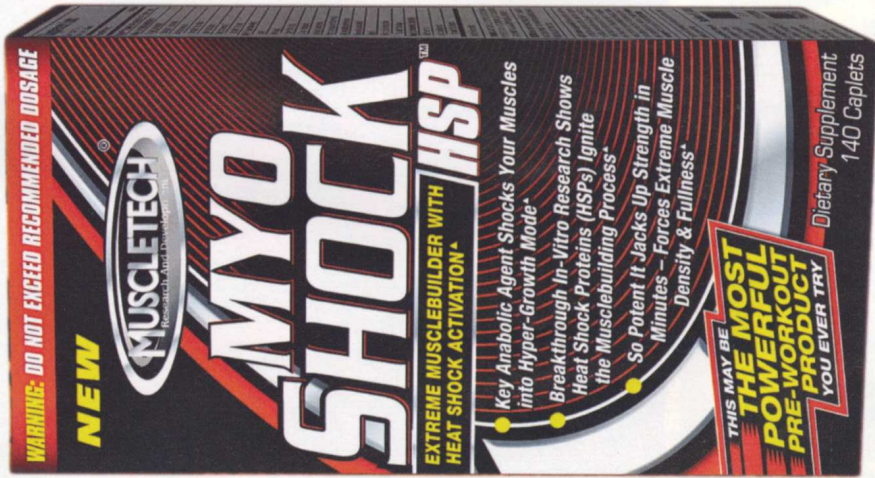
One study concluded that HSPs were responsible for post-translational processing and modification of protein peptides that are formed by the ribosomes. HSPs were found to help the newly formed protein to fold or configure into the correct 3D shape to make it functional; HSPs also help move the protein to its correct location in the cell. In addition,

cutting-edge research shows that HSPs play an extremely crucial role in accelerated protein synthesis and activating intracellular growth signals. HSPs help maintain homeostatic mechanisms and myocardial stability and help generate new functional muscle tissue. Astute researchers have observed that skeletal muscles can upregulate the levels of HSPs during times of intense exercise and researchers believe this can trigger myocardial stability and even amplified anabolic growth potential. In a concurrently conducted breakthrough laboratory study (in-vitro), HSPs were shown to be a powerful tool for building muscle. In addition, priming your body for HSP activation pre-workout will help trigger maximum HSP response during training.

Through countless hours of tireless research, one company has been able to harness the incredible power of HSPs into a revolutionary pre-workout supplement. Team Muscletech™ brings you MyoShockHSP™ – a product that's engineered to jack up strength capacity, increase muscle fullness in minutes and shock muscles into hyper-growth mode. With the arrival of MyoShockHSP, the world's powerlifting records are no longer safe.

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- Hightower, L.E. (2007). Hsp70B: Regulation and Function. Cell Stress & Chaperones, 12(4), 393-402.
- Houston, M.E. (2001). Biochemistry Primer for Exercise Scientists. (2nd ed.) Frontiers in Bioscience, 11, 2802-27.



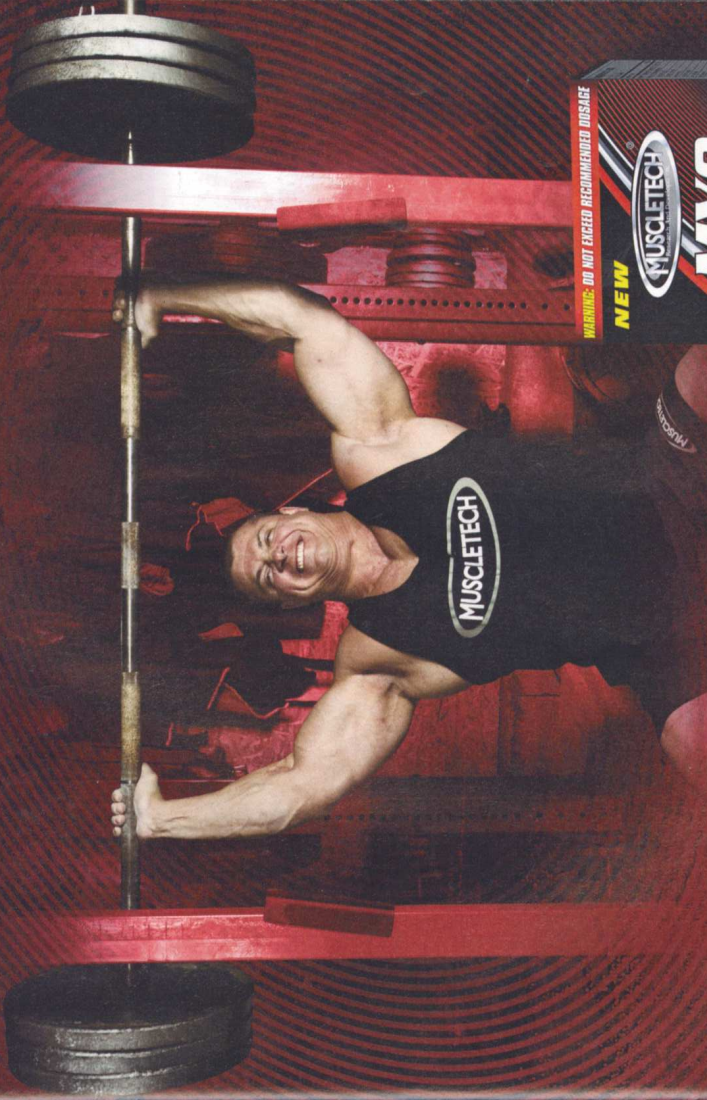
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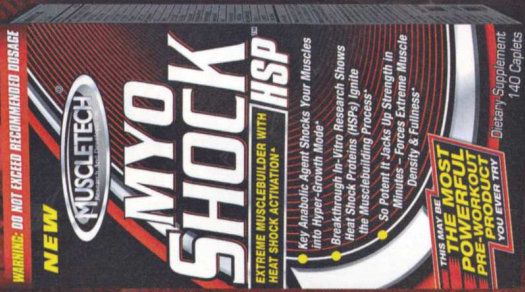
HSPs are biological regulators that are activated in your muscles during balls-to-the-wall training sessions that only powerlifters can understand. Research shows that these regulators play a vital role in

increasing protein synthesis, muscle recuperation and protein stabilization. A recent laboratory study (in-vitro) showed HSPs to be an extremely powerful tool for building muscle. MyoShock^{HSR} is formulated with a key anabolic ingredient designed to directly activate HSPs at the cellular level.

But what makes MyoShock^{HSR} a true weapon in the powerlifting realm is its incredible ability to jack up strength capacity in minutes. Yeah, that's right – with MyoShock^{HSR}, you'll be able to bust out more groundbreaking reps after just your first dose. MyoShock^{HSR} is set to shatter the world's powerlifting records!



- World's first pre-workout product to harness Heat Shock Proteins (HSPs)!
- Shocks muscles into extreme hyper-growth mode!
- Instantly jacks up strength!
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DR. JUDD

GREATNESS...WHAT IT REALLY TAKES - PART V as told by Judson Biasotto Ph.D.

"A great athlete does every day what a good athlete does occasionally. A great athlete does whatever it takes on a daily basis while a good athlete does it when it's convenient. A great athlete trains every day while a good athlete trains when of his or her way to eat properly so that the body recovers faster while a good athlete eats whenever and whatever is available." —Author unknown



Dan Austin knows what it takes to be a great athlete because he is a great athlete!

What is it that separates the great athlete from the really good athlete? Unquestionably, most great athletes have some genetic predisposition for greatness. Still, there is considerable evidence which indicates that most great athletes are made, not born. Remember, we talked about that series of studies conducted by John Lawther, a researcher who worked for the Academy, who found that elite performance was primarily contingent upon time spent in training, not genetics. If you will recall, Lawther said that heredity may provide numerous biological advantages, but there is strong evidence to suggest that elite performance is due more to quality training than to genetic superiority. Along those same lines, we talked about greatness requiring obsession, athletes placing a higher priority on their sport than they do on work, family, interpersonal relationships, and even on their own health...individuals who seem quite willing to sacrifice the very essence of life just to achieve athletic greatness. We also talked about the really great athletes having near perfect biomechanics and the extraordinary ability to focus on the moment even in the most pressure-packed situations.

Without question all of the aforementioned factors weave a common thread that tends to run through elite athletes, especially the stars of stars, the greatest of the great. That has certainly been what the research evidence suggests and what I have observed empirically.

Still, there is a factor that seemingly all great athletes possess which is intangible, yet great athletes possess to even the untrained eye. For lack of a better description, they have the heart and soul of a champion... it is not measurable but it exists, and it just may be the most important and vital quality of achieving world-class status. Interestingly, not even the great athletes themselves can define this type of enigmatic chemistry that seems to separate them from the masses.

Wayne Gretzky, THE GREAT ONE, says, "My goodness, I don't know what it is, but I know it is there. If I knew what it was, I'd bottle it up and sell it."

"I can't put my finger on it," says Curtis Leslie, WPC World Powerlifting Champion, "but there is definitely something fundamental about great athletes. It is something inside of them, a type of spirit that just refuses to quit no matter what the circumstances. For lack of a more tangible term, I'll say it is soul."

World Powerlifting Champion Karl Salsger says, "It is a type of passion that the great athletes have and the others don't. You have to want it with a great passion. All the great athletes that I have met have this type of passion in them, a desire to be the very best that they can be. This is not a simple thing I am talking about. It is a total commitment that goes beyond what normal athletes don't seem to comprehend."

Patrick Cohn, a world renowned sports psychologist, says, "Simply put, it is their belief in their ability to perform. They see themselves as winners. They think, act and behave in very confident ways, sometimes to the point it can turn people off because most people can't relate to such unabashed confidence. For instance, Cassius Clay declared, 'I am the greatest,' in the early 1960s. Years later, as Muhammad Ali, he added, 'I said that when I was a little boy.' Muhammad Hamn loved playing soccer as a girl. She also loved winning. She told me "When I was little, people always used to say, 'It doesn't matter if you win or lose.' Well, to me it did." That is the type of mentality, or spirit the great ones have...it is embedded in them.

Perhaps the great Dan Austin puts it best though...at least he attempts to put it in more objective terms. "The great athletes that I know," says Austin, "have this uncanny belief in themselves. They are self-motivated. They are inherently driven to be great. They don't need someone standing over them to get things done. They don't need money, trophies, recognition, or praise. They have drive from within. They compete because they love to compete. When an athlete gets to that level, he's hard to defeat. The only thing that matters is the game. Everything else is secondary. Of course, great athletes also work hard

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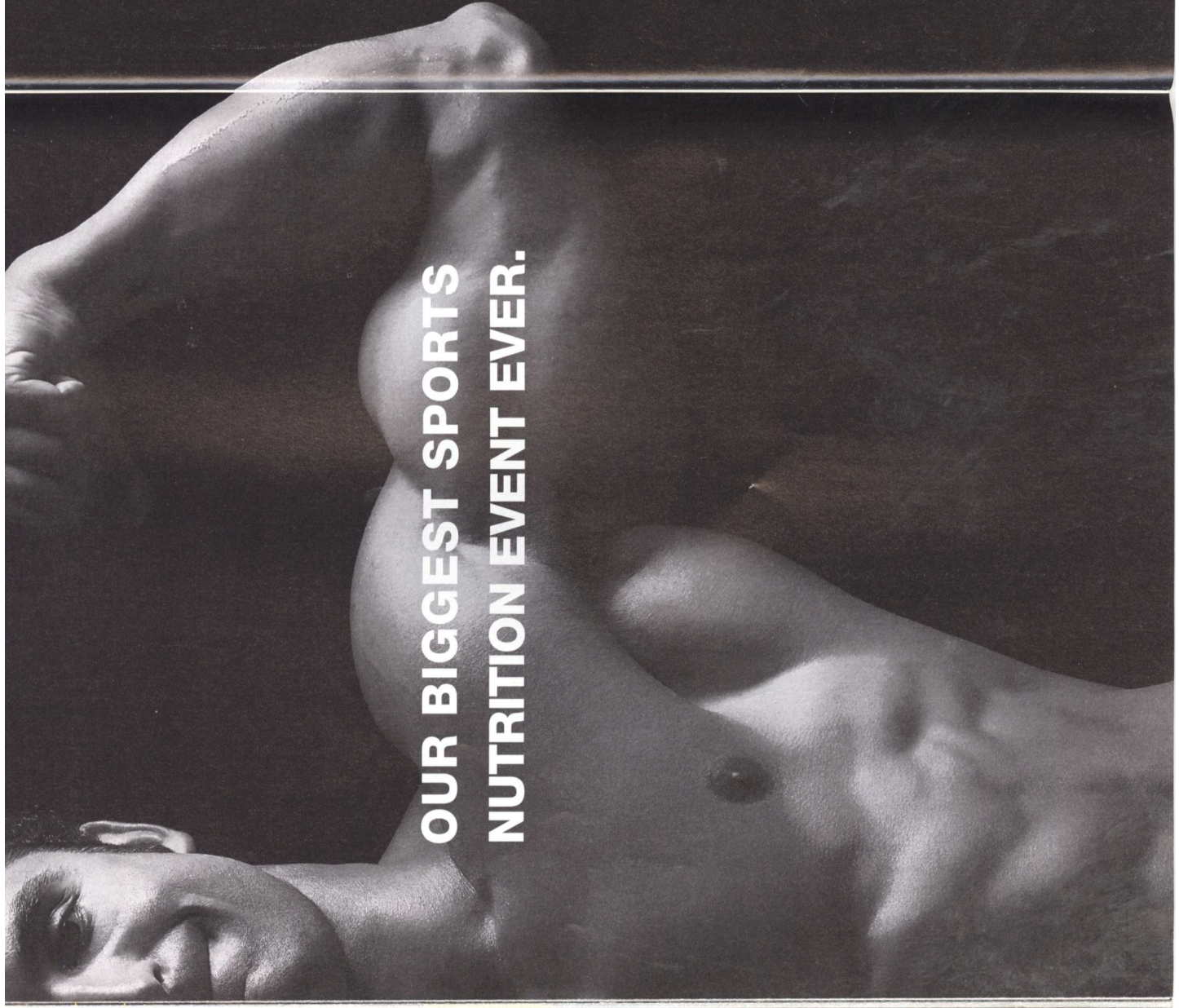
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INTERVIEW

GREG PANORA World Record 2600 at 242 lbs. Interviewed by Matt Wenning M.S.



Greg Panora is probably one of the strongest lifters around today. His best squat is 1050 lbs., his bench is 775lbs., and his deadlift is 815 lbs., and still growing. He has the all-time highest total by almost a hundred pounds ever done at the 242 lb. weight class, and is only a few months away from breaking the world record. He currently posts a top 5 total in the 275 lb. weight class. He currently trains at Westside Barbell in Columbus, OH.

Matt Wenning: Hello, Greg. We have trained together for a while now, but tell me where you're from and some background information.
Greg Panora: I'm from a small town in Massachusetts called Stow. After high school, I moved to Ohio of Maine where I first started competing in 1999. I trained at a small gym called Union Street Athletics, where we had a pretty good lifting group. We had the basics, reverse tippers, good squat bars and a good atmosphere. I competed raw for my first two years of training which I think was a great base. I squatted around 700, benched in the high 400s, and deadlifted 700 raw.

MW: Who do you credit for your success in powerlifting and name some people that have big some big influences?

GP: In the beginning, my father helped me, trained with me, and taught me the basics, so he was a huge influence and still is today. Although not a distinguished lifter himself, he saw my dream and helped me to accomplish it. In Maine, in 2001, Russ Barlow showed me quite a bit, and my friend, Louie Morrison, was a good guide who supplied a ton of information. In 2006, I came to Westside and learned a ton from Louie, you, and others at the gym that were stronger than me. This was a big influence on my training, gear usage, and everything in general. This had been the first time I had really used any good gear and training methods, so the learning curve was slow, especially since you and I didn't train in gear all that much.

MW: When I was younger it was Chuck Vogelphol, and still is Louie, for what he has brought to the lifting community and anyone else that has stepped through the door and paved the way at Westside. Ed Coan was an influence as well, but I always looked up to the world's strongest men, since I could watch them and see them

GP: I've given up everything to be strong. I moved to Columbus with only a beat-up car and clothes to my name. I didn't even own furniture or a TV for the first few months at the gym, and slept on the floor. I've left good jobs, relationships, and for me, to be the best in this sport, powerlifting has to come first. Some of the most hardcore people live at the top of powerlifting; you can't do this for external rewards, just pride.

MW: How do you feel about the advanced equipment of today, and how it has changed or affected your training, would you still be the strongest 25 years ago?

GP: I think that I would be the strongest 25 years ago as well; my deadlift training would have to be much more severe since I wouldn't get that extra poundage out of a shirt or a suit. I think people put too much emphasis on gear and the strongest now, at least most of them would be the strongest then. Sure, there are a few people that are getting insane corpuses, but I'm definitely not one of them. Today a person must be strong and also learn to manipulate gear. I want to say that I don't train in gear very often, but I do have to put more emphasis on different muscles for optimal transfer. Back work, and tricep work have dominated over chest muscles, but I still get stronger even raw. So for me, they are one in the same.

MW: How do you feel about the internet?

GP: I think that it is sad with the state of powerlifting over the internet. Accessibility to the top level guys was very cool in the beginning and getting advice from your idols. Now it seems everyone bad mouths everyone else and a lot of the top level guys don't even utilize it because of negative posts. Now I just train, eat, and try to learn from people around me.

MW: Thanks for taking the time to do this interview. Not only have you been a good lifting partner, but a great friend. Any closing comments?

GP: I'd like to say thanks to Louie and you for showing me the way in the sport. I also want to say thanks to my dad that has been there since the beginning, and my girlfriend, Katie, who has stuck with me through all the hard times. And to my two buddies, Scott and Tony, for making my job easy so I can train hard.

MW: Good luck to you, Greg. We will be anxiously awaiting your new records.

Comparison of Current IPF World Records and Alltime World Records

SQUAT	IPF WR	Alltime WR	Diff.	
52	Stanaszek	300.5	300.5	0.00%
56	Carlson	287.5	292.5	1.74%
60	Carlson	320	320	0.00%
67.5	Olech	340	365	7.35%
75	Olech	360	395	9.72%
82.5	Bridges	379.5	410.5	8.17%
90	Belyaev	380	476.3	25.34%
100	Coan	423	499	17.97%
110	Hamenko	417.5	502.5	20.36%
125	Kanowski	455	521.6	14.64%
SHW	Hamman	457.5	567	23.93%
Overall Difference			11.75%	
Overall Diff. (52-67.5)			2.27%	
Overall Diff. (67.5-90)			12.65%	
Overall Diff. (90-SHW)			20.45%	

BENCHPRESS (powerlifting or single lit record)	IPF WR	Alltime WR	Diff.	
52	Stanaszek	182.5	182.5	0.00%
56	Kraft	202.5	202.5	0.00%
60	Zakiev	222.5	222.5	0.00%
67.5	Kazakov	232.5	272.2	17.08%
75	Miyake	253	297.1	17.43%
82.5	Kodama	281	328.9	17.05%
90	Cieri	287.5	341.2%	34.12%
100	Anderson	292.5	395	35.04%
110	Hickson	305	410.5	34.59%
125	Hironen	326.5	430	31.70%
SHW	Mikdote	353.5	487.5	37.91%
Overall Difference			20.45%	
Overall Diff. (52-67.5)			4.27%	
Overall Diff. (67.5-90)			21.42%	
Overall Diff. (90-SHW)			34.67%	

DEADLIFT	IPF WR	Alltime WR	Diff.	
52	Bhaskaran	256	260	1.56%
56	Gant	289.5	289.5	0.00%
60	Gant	310	310	0.00%
67.5	Olech	318.5	320	0.47%
75	Lappi	340	360	5.88%
82.5	Kumpuniemi	357.5	360	0.70%
90	Thomas	372.5	390	4.70%
100	Coan	390	409	4.87%
110	Kuc	395	405	2.53%
125	Anvai	397.5	430	8.18%
SHW	Mészáros	408	455	11.52%
Overall Difference			3.67%	
Overall Diff. (52-67.5)			0.52%	
Overall Diff. (67.5-90)			2.94%	
Overall Diff. (90-SHW)			6.36%	

TOTAL	IPF WR	Alltime WR	Diff.	
52	Fedosienko	665	687.5	3.38%
56	Fedosienko	700	700	0.00%
60	Sviridov	743.5	750	0.87%
67.5	Olech	832.5	875.7	5.19%
75	Olech	880	985	11.93%
82.5	Bridges	952.5	1013.8	6.44%
90	Belyaev	980	1120.4	14.33%
100	Freydun	1037.5	1150	10.84%
110	Suslov	1060	1190.7	12.33%
125	Yarymbash	1092.5	1210	10.76%
SHW	Siders	1180	1292.7	9.55%
Overall Difference			7.78%	
Overall Diff. (52-67.5)			2.36%	
Overall Diff. (67.5-90)			9.47%	
Overall Diff. (90-SHW)			11.56%	

Source: International Powerlifting Federation (IPF), Powerlifting Watch (M. Spang), Compiled by Thomas Klose 12/7/08

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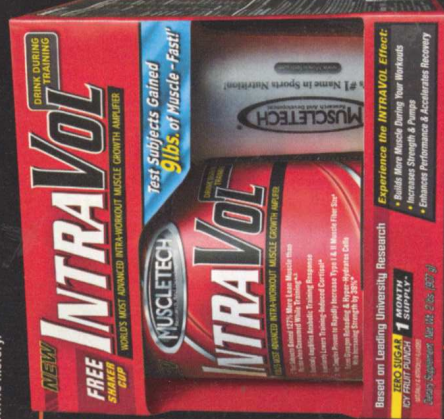
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 - 3 **PhosphoCell** features multiple forms of advanced ultra-pure creatine and is a muscle ATP regeneration complex. PhosphoCell is engineered to jack up strength to maximum levels and quickly regenerates the crucial energy source used during heavy lifting.
 - 4 **ElectroVol** helps maintain peak performance by replenishing vital electrolytes lost during hardcore sessions in the gym.
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Background:

Age: 26 years
Profession: Work on powerlifting and lifting equipment for Metal Sport & Wear
Family: Girlfriend Heidi and 2 dogs.

Hobbies: Walking with dogs, computers, fishing during the summer.

Best accomplishments:
First and only European to bench 400kg.
WPC World Bench Press Champion 2006.
SHW Finnish Record total 1140kg.

I feel the best is yet to come.

Sakari Selkainaho: How did you get into powerlifting?

Jani Murtomäki: I went to the gym with some friends just to try out how much I can bench.

SS: Did you do any other sports then?

JM: I wrestled all my childhood till I was 17. I also played soccer, did some track and field and bandy.

SS: What was your first meet?

JM: It was a national IPF meet back in 2001.

SS: What kind of goals do you have?

JM: I aim to be the best bench and powerlifter in the world.

SS: How has powerlifting developed during the last decade?

JM: The gear has improved a lot. Lifters get more out of the gear, the camover has gotten bigger. Also, training information and knowledge has got better.

SS: What do you see to be the biggest changes during the last couple of years?

JM: The eastern bloc has entered the pro meets, that is a major change. I believe it will improve the sport greatly. The standard has become higher too.

SS: What do think about prize money in powerlifting?

JM: It's a good thing. The more money the better the results get.

SS: The results have definitely blown through the roof during the last few years. Where do you see the limit?

JM: I don't think you can set any limits.

SS: Let's talk about training. What do you think are the best assistance exercises to each powerlift?

JM: Squat—heavy good mornings, glute/ham raises, ab work and Kettlebell front swings.

SS: Bench—board presses and upper back work.

SS: How do you see the role of speed in strength training?

JM: It's important for lifting with today's equipment, explosive strength

INTERVIEW

JANI MURTOMÄKI interviewed by Sakari Selkainaho



NOT JUST A ONE LIFT WONDER—Jani Murtomäki has credentials in every lift (photographs courtesy of Sakari Selkainaho)



SS: What kind of max effort work do you think is best?
JM: Squats with chains are good. For bench presses, bands and chains work well along with floor pressing. For the deadlift, traditional deadlifts are best.
SS: How do you see the role of speed in strength training?
JM: It's important for lifting with today's equipment, explosive strength

things.
2. Training too much.
3. Not being able to change the training.
4. Thinking you know it all.
5. Not listening to advice.
6. Poor nutrition.

SS: Name the 3 most common technical mistakes on each lift?
JM: Squat—Falling forward, knee going forward, not being tight enough.

Bench—not keeping elbows in, lowering too fast, not turning arms under the bar on lockout.
Deadlift—not using hips on the end, not staying tight on the start, deadlift with too straight legs on the start.

SS: Name the 3 most important on factors for constant progress?
JM: 1. Training the right way.
2. Proper nutrition.
3. Rest.

These are in this very order.
SS: Where do you get the knowledge in training?
JM: I studied something from the internet, but I'm very skeptical in that area. In the beginning, I got good advice from Antti Lyytikäinen and Pasi Martikainen. Antti Uotinen has helped a lot in the bench press.

I now train with Antti Turkinen and during the five months spent with him I've learned more from strength training than all the previous years together.

SS: How did your training change with Antti?
JM: I got madness and sense in my workouts at the same time.

SS: What lifters do you look up to?
JM: All who compete, no matter what federation they're in. If they keep their feet on the ground and respect others, they have my respect.

SS: What's your advice for beginners?
JM: Don't rush. Learn good form first and stick with the basics. Learn the basics of healthy nutrition.

SS: How have the bands and chains changed training?
JM: A lot really. I have eliminated a lot of weaknesses and got more explosive with them.

SS: How do you see the role of powerlifting in other sports?
JM: It's big. As far as I know, most sports use powerlifting as foundation in their strength training.

SS: What kind of influence does strength training have on other sports?
JM: It has a big influence for almost every sport.

(continued on page 80)

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LM: Tim, let's start out with some background information. When and where were you born?

TA: I'm 36, and I was born in Black River Falls, Wisconsin. I grew up in Wisconsin before going to college in Minnesota. I moved to Nebraska in 1995, and have been living here since.

LM: What do you do for a living?

TA: I'm currently a police officer and have been working in law enforcement for 13 years. I also own a small commercial gym in Lyons, Nebraska.

LM: Did you go to college and what did you major in?

TA: I attended college in Rochester, Minnesota, and I majored in Criminal Justice.

LM: How did you get started in Powerlifting? What sports did you play in High School and College?

TA: As with many powerlifters I started lifting weights to get stronger for football. I started powerlifting in high school during the off season of football; it was something to keep me motivated and training for football. There was an unofficial powerlifting team in my high school that competed in full powerlifting meets. I played football throughout high school and I continued playing football for two years of college. After college I took a couple years off from lifting while I was starting my career in Law Enforcement. I started training and competing again in 1997.

LM: When did you start competing in Powerlifting? What organizations have you competed in?

TA: I first started powerlifting in 1991 while in high school. Over the years I have competed in ADF, PA, USAPL, NASA, IPF and non-sanctioned events. When I started out in high school I competed in some non-sanctioned events and later found ADFPA/USAPL and events, which seemed to fit my beliefs and goals the best. I now compete exclusively in IPF sanctioned events to include USAPL and NAPF events.

LM: When you started competing, what weight class were you in and

I do shirred board presses with over max weights all for doubles. I limit the number of sets to prevent overtraining. I plan to post my detailed training program on BigGunsNutrition.com soon.

LM: What are your views on steroids?

TA: I have a problem with those that take steroids and compete in drug free or drug tested federations. Any way you look at it, it's cheating. It is unfortunate that some feel they need to cheat in order to compete.

LM: What type of supplements do you take?

TA: I keep my supplementation fairly simple. I take creatine, protein, and occasionally I take MSN, Glucosamine and Condromine for joint health. I also use flax seed oil and a multivitamin. Since I'm subject to constant drug testing I am very cautious of the type and brands of supplements that I take. I get my supplements from BigGunsNutrition.com.

LM: What advice would you give to a beginning powerlifter?

TA: Always be open to learning. Even after 20 years of training I am still learning. I'm open to new ideas about training, programs, exercises, equipment, etc. Most powerlifters are happy to share training philosophies, routines, etc. with other lifters. Train smart and listen to your body. Everyone is an individual and what works for me may not work for you. You have to be willing to try new things, and don't be in a hurry—rushing things will end in injury. Progress takes time.

LM: What type of experience has it been for you to be on the US team competing at the IPF worlds?

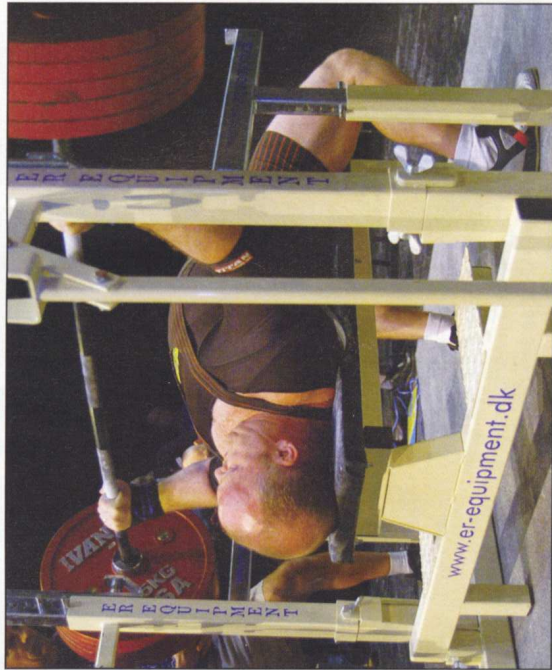
TA: Being part of Team USA over the past four years has been very rewarding. It took me six years to finally earn a spot on Team USA and every year I make the team I am proud and honored to represent the USA. I believe being on the team and competing at the international level is one of the

extra tricep and lockout work.

(continued on page 78)

INTERVIEW

TIM ANDERSON as told to PL USA by Dr. Larry Miller



Tim Anderson with his IPF World Record bench press of 644 pounds in the 220 pound class

TA: 165-308 (High School 1992)
181-350 (College 1994)
198-455 (1999)
220-644

TA: When I started in High School I was a light 165-pounder. While in college, I did a contest at 181.

When I returned to competing in 1997 I was in the 198lb class. I was only in the 198lb class for a few years before moving up to the 220 class. I hated cutting weight and decided to move up.

LM: Where do you train and who do you train with?

TA: I own a small commercial gym in Lyons, Nebraska named "Anderson Strength & Fitness". It is a 24 hour gym and has everything a powerlifter needs. I do all my training there. I train with Danny Thurman. Thurman has been on three US World Bench Teams, he has won Silver at the IPF Bench Worlds and holds the American Bench record at 181 with a 578lb lift.

LM: What are your best lifts at the weight classes you have competed in?

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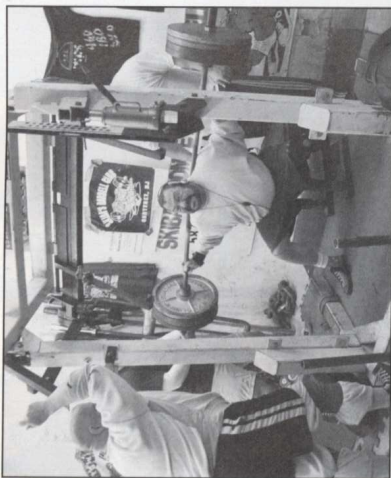
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Hard Core Gym #81

SKIBA'S BARBELL CLUB

as told to Powerlifting USA by Rick Brewer



(Above) Peter Ortalano training his squat Westside style (Below) State Trooper Joe Calagieri benching at Skiba's gym



having a place to go or something to do. My thing is I get them in the gym and into something positive, and then I keep them in.

Weeknights, Henri's gym is bumping with high school and adult lifters. A special education teacher for 28 years at local Carteret High School, Henri gets the students involved in powerlifting, helping to keep them on the straight and narrow.

Skiba Barbell Club (www.skibasgym.com) has a couple of Henri's students to thank for its present location on Roosevelt Avenue. Henri was working with two brothers—

Every year the bodybuilder crowned Mr. Olympia is awarded a bronze Sandow as their ultimate trophy. Why is the Sandow trophy given to bodybuilders? Many of you are aware that Eugen Sandow (born Friedrick Wilhelm Muller) was known as the "Father Of Modern Bodybuilding" half a century before Joe Weider was born. He modeled his physique after Greek & Roman sculptures, and showed off super-sized muscles—true enough. But Sandow was first and foremost a traveling "Strongman" known for demonstrating unusual feats of strength. He broke chains wrapped around his chest, lifted several people overhead with one arm, and generally excelled at various non-standard but showy lifts. Some of these strongman demonstrations came to be known as Odd Lifts.

What are the Odd lifts? Why did we let the bodybuilders steal Sandow away from his Strongman roots? Do you have a 2" thick bar at your gym?

When lifter Tony Monchinski told me about the Indian "Daga" at Skiba's Barbell Club it made me wonder what I was missing. Then 50-year-old Henri Skiba mentioned Sandow in the same breath as Louie Simmons and—but wait, I'm getting ahead of myself. FIRST, before I run totally off course, let's go to NJ and see what we can learn from a "Special Ed" teacher. I asked Henri Skiba a little about working with special needs kids, starting Skiba's Barbell Club (in Carteret, NJ), and his old-school training ideas:

I work with special needs kids because I understand the look in their eyes when they try as hard as they can and it seems to be impossible. I'm there to see that they keep trying. God gave me patience, and I'll do whatever it takes to help them succeed.

My father was my inspiration. We fought cancer together, until it took my father. He was always helping others in life, so I decided the gym would be a living tribute to him. Rich people build statues or dedicate parks, but this will remind people everyday—my father made a positive difference in this world. I try and find young lifters who also have a dream, whether it is to set records, play better in sports, or simply carry themselves with their head a little higher.

To tell you the truth, there's not a day that goes by that I don't thank the Good Lord for his help in guiding the gym along its way. So many times I wonder how such a little tiny gym has been so

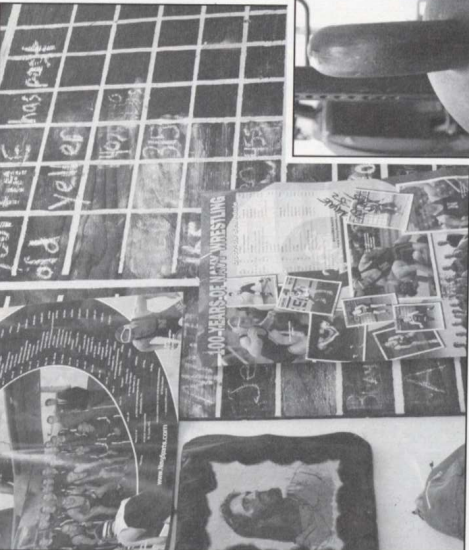
aside from special ed... he works with kids on video and TV production—and their dad was extremely thankful. "Mr. Skiba, you've done a lot for my kids," Henri recalls their father saying to him at one point three years ago. "Now what can I do for you?" I said, "Mr. Patel, I've been trying for years to find a building to house my little [powerlifting] project with the kids." He said, "Mr. Skiba, give me five minutes." He made one phone call and we had the building!

Weekends some heavy hitters find their way into the gym. Guys like Mike Coughan and Frank Lamotta who coach Henri's high school powerlifting team. Mike benches 500 for a double, raw, at 275; an ex-football player, Frank is 240 pounds of solid muscle. The high school team features impressive lifters like Michael Jilve and Sebastian Waters, whom Henri praises as a "wrestler in fantastic shape, a real up and comer!" Jersey State Trooper Joe Calagieri loves his job and the loves lifting too; he benches over 450 at 181. Joe isn't the only peace officer that trains at Skiba's: Tom Kemble is in the Port Authority Academy. Peter Ortalano's powerlifting history includes a 750 squat. Henri also lavishes praise on a recent European immigrant named Yuroshov, who at 181-198 pounds benches around 600. "The sky is the limit for this kid," Henri says of "the Mighty Slav."

Tony Monchinski and I became friends after his covering our gym on a photo shoot. He enjoyed the camaraderie and hardcore spirit of the gym.

Another friend Zach Even Esh, a world renowned trainer of wrestlers and hardcore training, frequently visits and helps our group. We were lucky enough to have Bill Crawford and Sebastian Burns come and help our group grats, because they understood what we do with young athletes.

Skiba's Barbell Club boasts some unique and/or "old-school" equipment. Henri is friends with Louie Simmons, so there is the requisite reverse hyper. "Louie sent it to me without a dime," recalls Henri. "He said, 'Henri, send me the money when you can. What kind of people do that kind of thing?'" Henri has long admired Simmons. "He was getting into lifting," explains Henri. "I still remember a picture of Louie lifting with red glasses on because he believed if you saw the color red you actually became stronger. I really believe in what Louie does, in



Iron Game memorabilia next to Skiba's record board

his methods and techniques. He is our biggest influence in training." Back to the unique equipment. Skiba's boasts a belt squat machine, a Monolift, farmers walks, kettlebells and a "platform built like Westside so we can do our speed pulls off the floor." Skiba's barbell club goes much further east than Westside and back into the past when it comes to some pieces of equipment. Henri has a set of Indian gadas which look like a sledgehammer without the metal head. "The gada is a tool used in the past by the 'Great Gama,' he was undefeated and dominating," reports Henri. "I think his training tool, the gada, definitely helps our wrestlers. They're really great for building up your core strength," notes Skiba.

When asked about some of the other seemingly antiquated stuff alongside the new, Henri says, "I believe in looking back to move forward. If you look back at guys like Sandow, they really had incredible physiques. What I do is go backwards and see what they did in those days to attain those physiques. You know what they did? They kept it simple and they had incredible bodies. So I adopt some of the odd lifts and equipment they used."

There are so many ways to train and keep it interesting. Variation makes training fun. I brought kettlebells and clubbells to our group nearly 5 years ago. I guess I was right—I knew they had promise!

Family is important at Skiba's. Henri and his wife, Ellen, have been married now for twenty eight years.

they're two of the teeniest things you've ever seen. They're my everything."

Thanks to Henri Skiba for building such an interesting place to train! We could all learn things from the lifters of yesterday. Modern powerlifters whine if we don't have a monolift, when old-school guys had to pick the barbell off the floor before set-

ting it onto their shoulders to squat. Try that next leg day!

Henri keeps it strangely odd with old-school tips and odd-lifts, and it makes me want to go train at his crazy gym!

Henri looks back to move forward. Are you scared to look back? We've all learned useful things in the gym that are currently ignored.

Tell me about your odd-lifts, or your gym: Rick@houseofpain.com.

because they are too much trouble! Have you ever built forearm strength with big-bar deadlifts or curls? This builds your grip 'old-school' when there's no Captain/Crusher handy. Just try some basic exercises with a 2" bar and you'll be a believer! If you don't have a 2" bar, just go to www.weightliftingmoonfruit.com to learn how to make a 2" sleeve for your regular bar.

If you really want to see some good old-fashioned injury-producing dangerous lifting, look at some 'Bent Presses!' I've seen quite a few 2-person deadlifts (and 1-finger deadlifts) over the years, but there is a longer list of oddlifts online at www.oddlifts.com. The USAWA (United States AllRound Weightlifting Association) has more info applicable to the real world, and a lot of helpful photos on their site (www.usawa.com). Check out the 'Crucifix'.

As far as I can tell, it would be very easy to get maimed or killed doing some of these odd-lifts. Of course, that makes me want to go try 'em, but for legal reasons, I better tell you "DO NOT TRY THIS AT HOME!" But seriously—why would you try it at home, when you can go to Skiba's?

Until next month, lift big, lift odd, and shock people with some old-school stuff!

Tell me about your odd-lifts, or your gym: Rick@houseofpain.com.

Henri and his wife, Ellen, have been married now for twenty eight years.

Some of the stars at Skiba's Barbell Club in Carteret, New Jersey (photos courtesy of Henri Skiba)



Some of the stars at Skiba's Barbell Club in Carteret, New Jersey (photos courtesy of Henri Skiba)

ANABOLIC POWERHOUSE

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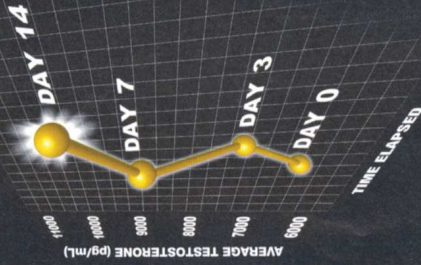
reducing increases in the unwanted metabolite DHT in just 14 days! But the potent effects don't stop there. CryoTest is formulated with a key ingredient that's clinically proven to increase androgen receptor concentration in just 21 days! CryoTest's advanced

formulation is the only testosterone amplifier on the market that's designed to boost and drive anabolically active testosterone directly into muscles. And as any world-class powerlifter like Matt knows, testosterone is truly what separates the champions from the rest of the pack. If you're ready to step onto the platform as a true powerlifter, then you need CryoTest!

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NUTRITION

Power Nutrition Q & A by Anthony Ricciuto, B.Phed. C.F.T. S.P.N. S.W.M. F.T.



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

A Taste of the Orient

Q: I would like to know more about a type of mushrooms called Shiitake mushrooms. I have heard that they have some major health benefits and I was wondering if you could do a write up in your column on them. If not can you just email me some info. I know they are extensively used in Asia and like a lot of things over there they are usually much healthier than the average American diet. Oh yeah, can you include some of your favorite Shiitake mushroom recipes too? Thanks again for such an excellent column. I truly look forward to reading it each and every month because they are very informative and comprehensive, but most importantly it is information we can actually apply to our daily lifestyle as well.

Sincerely, Rose Juarez

A: Hey, it's usually just bald headed 300 pound mass monsters sending me all the emails so it's nice to get some mail from the ladies of our sport. So you have heard that Shiitake mushrooms are good for you, eh? Well, you are correct on that one. I am also glad to see you understand the reality of the typical American diet and how horrible it really is when compared to other cultures around the world. In other words, you are right. It is one of the worst on the planet even though Americans are some of the most educated in regards to nutrition.

Shiitake mushrooms are some of my favorite mushrooms. I know some of you are going to crack some "shroom" jokes, but these are not the same ones that you did back at Woodstock or popped with your buddies at a Led Zeppelin concert. Now that it has been cleared up, let's get back to the scientific info. They can be used as a supplement or natural medicine like in Traditional Chinese Medicine. They can also be part of your regular diet in which you can use them in different recipes. I have studied Traditional Chinese Medicine extensively over the last decade and I can tell you that the Chinese would not be eating them so religiously for the past 6000 plus years if they didn't have several different health benefits. Shiitake mushrooms offer just about everyone a very balanced nutritional and healthy profile. Let's take a look at some of the many good things that Shiitake mushrooms can do for your health and performance.

For those of you who have never eaten a Shiitake mushroom then you are missing out not only

sure all of you have had a cold or flu at sometime in your life. What makes Lentinan so special is the amazing benefits it has at fighting disease and pathogens that make the body sick.

One study has shown that Lentinan is actually more potent at fighting the common flu than antibiotics and pharmaceutical drugs. I am sure the drug manufacturers won't want you to hear that. I guess the Chinese were onto something good all those years, eh?

Lentinan is also a potent Cancer fighter as well. Different clinical trials have been done and they have shown that Shiitake mushrooms can help the survival rate of patients with Breast, Stomach and Colon Cancer. You may be wondering how this works scientifically. Lentinan can increase a powerful anti-viral substance called Interferon. For those of you wondering what the hell that is, Interferon is a group of natural proteins that stops viruses from multiplying. It can also increase the antioxidant enzyme called Superoxide Dismutase within your body. Lentinan can also stimulate the immune system and by doing this it can activate certain cells and proteins that attack the Cancer.

Another thing that you will find amazing is the fact that Shiitake mushrooms have shown much promise for those infected with HIV. Shiitake mushrooms have been shown to help improve the immune function of those infected with HIV and helps them fight off illness that could otherwise be very deadly.

One thing all lifters can take advantage of is the many benefits Shiitake mushrooms have on cardiovascular health. Some of the first studies done on Shiitake mushrooms were conducted way back in the 1960's (oops hopefully that didn't offend some of the baby boomers reading this) in Japan.

Another powerful compound that is found in Shiitake Mushrooms is an researchers have discovered is an amino acid called Eritadenine. Not only has this compound been found to help lower the bad or LDL Cholesterol that powerlifters are known for worldwide (okay excuse my sarcasm), but it also has been shown to be dose dependent. What this means is that the more of this compound that is ingested the greater the results were in lowering elevated cholesterol levels.

One other thing that you will find impressive is the fact that during these studies that were conducted on animals, their cholesterol

levels continued to drop even when they were fed high fat diets including saturated fat. Now this doesn't tell the all important T-cells. For those of you that understand the science behind T Cells and HIV, this is mind blowing.

Another benefit is that it also stops cell damage from Herpes Simplex I and II. People that suffer from either strain of Herpes have found a major reduction in out breaks when using Shiitake mushrooms consistently.

Now another study done in the 1980's also showed promise for those that suffer from Hepatitis B. This study showed that this extract may help produce antibodies. Out of 60 people involved in the study all of them felt a relief of the symptoms from Hepatitis B and 15 of them actually had the virus inactivated.

So as you can see Shiitake Mushrooms offer a huge benefit for those that are suffering with life altering diseases as well as those that want to help prevent even the common cold.

Recipes

I know that you wanted some of my favorite Shiitake mushroom recipes so of course I couldn't withhold them from you. I have put together some of the best ones that I have used in the past with great success. I included a wide variety of dishes as well as a selection of various meat choices so that everyone would be happy. Please give them a try and let me know your feedback. Just bring to a boil, reduce heat to medium, and cook until reduced to 1/4 cups (about 6 minutes). Add

Gettin' back to some more information about Lentinan that I thought you would find intriguing. In Japan they have isolated Lentinan and actually registered it as an approved drug. They also use it by injection in strong doses to help those with AIDS and HIV. They are getting amazing results with this therapy in Japan, yet over here in North America there is nothing of the sort going on. The Japanese are getting amazing results with this protocol and it is something that those who are suffering with HIV should definitely look into.

This extracted drug derived from Shiitake mushrooms is actually more aggressive to HIV infected cells than AZT. For those of you who don't know, AZT under the trade name Retrovir is a drug used in the US to help delay the progression of AIDS. Could you imagine that this potent extract is more effective than AZT? For those of you who know about the application of this drug you will find this truly amazing. Another study showed that this extract also blocked HIV cells from replicating.

has got my mouth watering already. Once I am done with this article I am going to head off to the Asian market to pick up some mushrooms and start cooking like Enril.

Nutritional Information

Shiitake Flank Steak Supreme Ingredients:
Steak
-1/2 tsp. salt
-1/4 tsp. black pepper
-1 (1 lb.) flank steak, trimmed
-Cooking spray

Sauce
-1/2 cup chopped onion
-1 garlic clove, minced
-2 cups thinly sliced shiitake mushrooms (about 1/2 lb.)
-1 cup less-sodium beef broth
-1/3 cup dry white wine
-1 tsp. balsamic vinegar
-1/2 cup minced green onions

Preparation:
Preheat broiler. To prepare steak, sprinkle salt and pepper evenly over both sides of steak. Place steak on a broiler pan coated with cooking spray; broil 5 minutes on each side or until desired degree of doneness. Remove the steak from oven; loosely cover with foil.

To prepare sauce, heat a large nonstick skillet over medium-high heat. Coat pan with cooking spray. Add 1/2 cup onion and garlic; sauté 2 minutes. Add mushrooms; sauté for 4 minutes. Add broth, wine, and vinegar. Bring to a boil; reduce heat to medium, and cook until reduced to 1/4 cups (about 6 minutes). Add

green onions, and cook for 1 minute.

Slice steak diagonally across the grain into 1/4-inch slices. Serve steak with mushroom sauce.

Nutritional Information
4 servings (serving size: 3 oz. steak and about 1/3 cup sauce)
Calories: 203 (35% from fat)
Fat: 8g (sat. 3.3g, mono. 3.2g, poly. 0.4g)
Protein: 25.4g
Carbohydrate: 6.1g
Fiber: 1.2g
Cholesterol: 43mg
Iron: 1.9mg
Sodium: 462mg
Calcium: 35mg

Shiitake Citrus Salad

Ingredients:
-1/4 cup rice vinegar
-3 tsp. orange juice
-2 tsp. light teriyaki sauce
-1 tsp. dark sesame oil
-2 tsp. minced peeled fresh ginger
-1 garlic clove, minced
-2 cups orange sections
-1 1/2 cups thinly sliced cucumber
-1 1/2 cups sliced shiitake mushrooms
-1 (3-oz.) package enoki mushrooms
-1/2 cup thinly sliced radishes
-4 cups sliced romaine lettuce

Preparation:
Combine first 6 ingredients in a bowl, and stir well. Stir in oranges, cucumbers, shiitake mushrooms, (continued on page 74)

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workouts of your life! As a result of the raw power of the key complex in the GAKIC Hardcore formula, university test subjects experienced an average 10.5 percent instant surge in strength with their very first dose. One extraordinary test subject even saw his strength increase by a freaky 24.3 percent! If everyday test subjects saw their strength skyrocket like this, just imagine the massive increase that a hardcore powerlifter like you could achieve.

For the Kroc, every attempt is a potential new world record. That's why Matt trusts GAKIC Hardcore to jack up his strength before he hits the platform. Matt Kroczaleski is on GAKIC Hardcore. Are you on it?



Read the label before use. In a clinical study, a key complex in GAKIC® Hardcore increased the total muscle work performed during intense sets of resistance training by an average of 10.5 percent and increased fatigue resistance by up to 28 percent. © 2008. GAKIC Hardcore is patented and available only from MuscleTech. For more information, visit MuscleTech.com.



ALL TIME HISTORICAL TOP 50 AMERICAN MEN'S 165 Pound (75 Kilogram) Weight Division — DEADLIFT

Rank	Name	Year	Weight	Division	Association
1	Joe Spack	1977	665	Senior	USA
2	Ed Coan	1983	683	Senior	USA
3	Bill Cavalier	1995	780	Senior	USA
4	Martin Beavers	ADPFA	Superstar	USA	
5	John Inzer	1983	780	Senior	USA
6	Bill Cavalier	1995	780	Senior	USA
7	John Inzer	1983	780	Senior	USA
8	Martin Beavers	ADPFA	Superstar	USA	
9	John Inzer	1983	780	Senior	USA
10	Martin Beavers	ADPFA	Superstar	USA	
11	John Inzer	1983	780	Senior	USA
12	Martin Beavers	ADPFA	Superstar	USA	
13	John Inzer	1983	780	Senior	USA
14	Martin Beavers	ADPFA	Superstar	USA	
15	John Inzer	1983	780	Senior	USA
16	Martin Beavers	ADPFA	Superstar	USA	
17	John Inzer	1983	780	Senior	USA
18	Martin Beavers	ADPFA	Superstar	USA	
19	John Inzer	1983	780	Senior	USA
20	Martin Beavers	ADPFA	Superstar	USA	
21	John Inzer	1983	780	Senior	USA
22	Martin Beavers	ADPFA	Superstar	USA	
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25	John Inzer	1983	780	Senior	USA
26	Martin Beavers	ADPFA	Superstar	USA	
27	John Inzer	1983	780	Senior	USA
28	Martin Beavers	ADPFA	Superstar	USA	
29	John Inzer	1983	780	Senior	USA
30	Martin Beavers	ADPFA	Superstar	USA	
31	John Inzer	1983	780	Senior	USA
32	Martin Beavers	ADPFA	Superstar	USA	
33	John Inzer	1983	780	Senior	USA
34	Martin Beavers	ADPFA	Superstar	USA	
35	John Inzer	1983	780	Senior	USA
36	Martin Beavers	ADPFA	Superstar	USA	
37	John Inzer	1983	780	Senior	USA
38	Martin Beavers	ADPFA	Superstar	USA	
39	John Inzer	1983	780	Senior	USA
40	Martin Beavers	ADPFA	Superstar	USA	
41	John Inzer	1983	780	Senior	USA
42	Martin Beavers	ADPFA	Superstar	USA	
43	John Inzer	1983	780	Senior	USA
44	Martin Beavers	ADPFA	Superstar	USA	
45	John Inzer	1983	780	Senior	USA
46	Martin Beavers	ADPFA	Superstar	USA	
47	John Inzer	1983	780	Senior	USA
48	Martin Beavers	ADPFA	Superstar	USA	
49	John Inzer	1983	780	Senior	USA
50	Martin Beavers	ADPFA	Superstar	USA	

(*) indicates exact bodyweight (instead of limit bodyweight) used to derive bodyweight coefficient. Listing compiled by Michael Soong knowledge as of 10/30/08.

ALL TIME HISTORICAL TOP 50 AMERICAN WOMEN'S 132 Pound (60 Kilogram) Weight Division — DEADLIFT

Rank	Name	Year	Weight	Division	Association
1	Nora Clime	1989	440	Senior	USA
2	Jo Walker	1989	440	Senior	USA
3	Mariah Liggett	20 yrs.	440	Senior	USA
4	Sandi Easter	20 yrs.	440	Senior	USA
5	Teresa Mims	the perfect puller	440	Senior	USA
6	Jo Walker	1989	440	Senior	USA
7	Mariah Liggett	20 yrs.	440	Senior	USA
8	Sandi Easter	20 yrs.	440	Senior	USA
9	Teresa Mims	the perfect puller	440	Senior	USA
10	Jo Walker	1989	440	Senior	USA
11	Mariah Liggett	20 yrs.	440	Senior	USA
12	Sandi Easter	20 yrs.	440	Senior	USA
13	Teresa Mims	the perfect puller	440	Senior	USA
14	Jo Walker	1989	440	Senior	USA
15	Mariah Liggett	20 yrs.	440	Senior	USA
16	Sandi Easter	20 yrs.	440	Senior	USA
17	Teresa Mims	the perfect puller	440	Senior	USA
18	Jo Walker	1989	440	Senior	USA
19	Mariah Liggett	20 yrs.	440	Senior	USA
20	Sandi Easter	20 yrs.	440	Senior	USA
21	Teresa Mims	the perfect puller	440	Senior	USA
22	Jo Walker	1989	440	Senior	USA
23	Mariah Liggett	20 yrs.	440	Senior	USA
24	Sandi Easter	20 yrs.	440	Senior	USA
25	Teresa Mims	the perfect puller	440	Senior	USA
26	Jo Walker	1989	440	Senior	USA
27	Mariah Liggett	20 yrs.	440	Senior	USA
28	Sandi Easter	20 yrs.	440	Senior	USA
29	Teresa Mims	the perfect puller	440	Senior	USA
30	Jo Walker	1989	440	Senior	USA
31	Mariah Liggett	20 yrs.	440	Senior	USA
32	Sandi Easter	20 yrs.	440	Senior	USA
33	Teresa Mims	the perfect puller	440	Senior	USA
34	Jo Walker	1989	440	Senior	USA
35	Mariah Liggett	20 yrs.	440	Senior	USA
36	Sandi Easter	20 yrs.	440	Senior	USA
37	Teresa Mims	the perfect puller	440	Senior	USA
38	Jo Walker	1989	440	Senior	USA
39	Mariah Liggett	20 yrs.	440	Senior	USA
40	Sandi Easter	20 yrs.	440	Senior	USA
41	Teresa Mims	the perfect puller	440	Senior	USA
42	Jo Walker	1989	440	Senior	USA
43	Mariah Liggett	20 yrs.	440	Senior	USA
44	Sandi Easter	20 yrs.	440	Senior	USA
45	Teresa Mims	the perfect puller	440	Senior	USA
46	Jo Walker	1989	440	Senior	USA
47	Mariah Liggett	20 yrs.	440	Senior	USA
48	Sandi Easter	20 yrs.	440	Senior	USA
49	Teresa Mims	the perfect puller	440	Senior	USA
50	Jo Walker	1989	440	Senior	USA

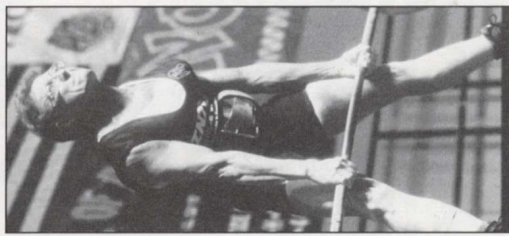
(*) indicates exact bodyweight (instead of limit bodyweight) used to derive bodyweight coefficient. Listing compiled by Michael Soong knowledge as of 10/30/08.



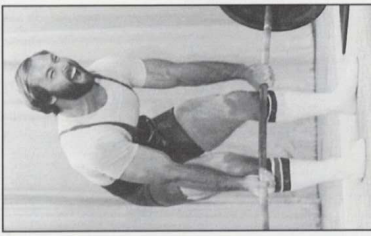
Dami Ehrdge broke the 400 mark



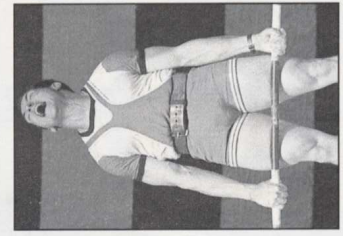
Nora Clime at the 1989 Seniors



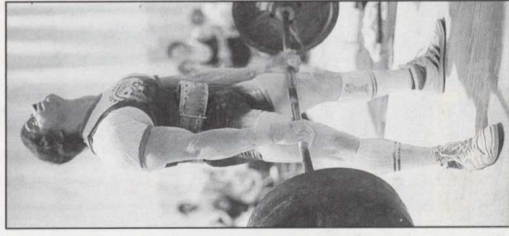
Jo Walker - 440 at 60 yrs. plus!



Mike Facteau - 665 in 1982



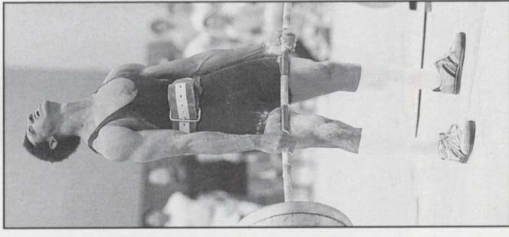
Joe Spack at the 1977 Seniors



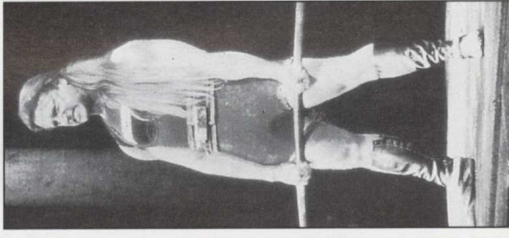
Ed Coan's 683 back in 1983



Martin Beavers - ADPFA Superstar



Bill Cavalier busting a big 705



John Inzer - 780 at the '95 CBA

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Patrick Carroll Jr. poses with proud father, Patrick Carroll. Patrick Carroll Jr. competed in the New York State Bench Press Qualifiers Competition. He placed 1st in the juniors division, as well as set a New York State record with an impressive 80 pound bench press.

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DEAR MAURO: Seasons greetings and thanks very much for all of your support and help, it is very much appreciated.

I'm off to the UK for several weeks and wanted to train and compete there. This will be my first time going overseas. I know that the UK is five hours ahead. With that said, I'm going to start my last few workouts in January 2009 at around 8 am in the morning as it will be around 1 pm there, and that's when I intend to train and compete—I leave on the 7th of January.

I was told years ago that Melatonin works well in terms of the body clock. 1) When would I start to take that and how many milligrams and for how long? 2) Do you have any products that could help with mental/physical adaptation to time differences?

In closing, my training is going very very well. I am still on your diet; it has been months now and has kept my weight down and more importantly my body fat levels are the lowest they've ever been. Also it looks like my IBS took a holiday! Thanks so much for all of your support and looking forward to continued use of your products in 2009.

Happy Holidays
 David

DAVID: I've worked out a regimen using GHBoost (which has melatonin and much more for helping jet lag) and it works well for those going West to East, which is worse than going East to West.

Basically it's the circadian clock that controls body rhythms. When jet travel disrupts it, you can run into all sorts of physiological and psychological problems, including of course not sleeping when you should be and being out of sorts and sleepy during the day.

Using sleeping pills may help to some extent but symptoms persist. The only real cure for jet lag is resetting the body clock. And I've found that the best method is to reset your body clock before you set foot on the airplane. So you would begin this regimen the night of January 2nd since you're leaving on the 7th. By the time you get to the UK you should be ready to go to bed at your usual bed time.

If for some reason you can't do it for the full five days, do it for as many days as possible because even 2 days on the regimen is better than none.

Based on a bedtime of midnight and a wakeup time of 8 am here is

ASK THE DOCTOR

Questions answered by Mauro Di Pasquale MD



Brian Schwab leads our TOP100 Ranking list for the 148 lb. class

how to decrease jet lag using GHBoost. This is based on a five hour difference in time—as occurs when travelling to the UK.

Day one (January 2nd): Take 5 tablets of GHBoost five hours before you usually go to bed (this would be around 7 pm) and go to bed one hour earlier (this would be around 11 pm). Then get up one hour earlier, at 7 AM instead of 8 AM.

Day two (Jan 3rd): Do the same as above but take everything one hour earlier. Take the GHBoost at 6 PM, go to bed at 10 PM and get up at 6 AM.

Days three, four and five (Jan 4th, 5th, and 6th): Again do the same but each day go one hour earlier. So on day 5 you'll be taking the GHBoost at 3 PM, going to bed at 7 PM and getting up at 3 AM.

It's important to stay in bed even if you're having trouble getting to sleep. And if possible when you get up turn on the lights full tilt in the house to simulate morning even though it may be the middle of the

DEAR MAURO: I am just wondering if testosterone is okay for women and how close I should take it to the date of my competition? Is there any indication that it may cause long-term health challenges in women? I realize this is not a hormone so I'm not exactly sure how it works for women. Marie

MARIE: TestoBoost is okay for women to take right up to competition as it doesn't cause any problems with drug testing. In women, TestoBoost will optimize the physiological effects of testosterone but will not cause any masculinizing side effects. As far as long term health, I formulated it to improve health, for example by it's antioxidant effects, and it's been used by thousands of males and females over the past ten years, in various formulations, with no problems. For more info on TestoBoost go to www.mplustore.com.

BTW I have a lot of female powerlifters, bodybuilders, and other athletes, including several Olympians, who get great results from using TestoBoost and GHBoost together as they have a synergistic effect on body composition and performance.

I hope that this helps.
 Best regards,
 Mauro

The Mind-Muscle Connection

Take Your Training to the Next Level

In order to maximize the results you get from your training, you have to be primed both physically and mentally.

Mind Control
 While it's important for your body to be ready to train to maximum capacity, if your head's not into it, you're not going anywhere.

That's because it's impossible to make that extra effort if the body's ready but the mind isn't. You'll end up just going through the motions and not pushing yourself enough to make any progress.

Effective training requires the right frame of mind and the ability to focus and concentrate on just your training and nothing else.

The right frame of mind means that you're up for the training and rating to go. While that's important, it's only the first step.

(continued on page 65)

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 body and the sleeves to be lowered down by 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 shirt's cause. Instead of the quarter-inch of open play between sleeve and chest-plate, 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.

- 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 jiltering 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. 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.

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.



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- 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.

- 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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PHENOM

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

- The design provides flexibility for your arm. Since the Phenom is made from the angle preference and bar placement, whether HardCore material, you will also experience that's elbows in, out or in between; low, high, or many more performance benefits. The Phenom mid chest range. Will enhance your bench will keep it's memory and will not stretch out. You will be able to use the Phenom for press form, not limit your form.
- You will be able to use the Phenom for countless workouts and competitions in the future. It's a true investment in powerlifting gear.



- Made from the exclusive HardCore material which will provide you with the most incredible balance of non-stretch and rebound rebound power available in the powerlifting combination which will provide you with world. HardCore material is also up to 40% heavier than the closest poly fabric on the market being used for powerlifting gear.

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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 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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INZER ADVANCE DESIGNS

The World Leader in Powerlifting Apparel

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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, green, yellow, green, yellow, green, white, black, 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 Superweats Crewnecks with embroidered Inzer logo.
 \$14.95



Jersey Knit Short
 50% polyester/50% cotton jersey-knit elastic waistband. Large two-color Inzer logos.
 \$12.95



Warm Up Pants
 This comfortable warm up pant with front pockets features leg-length, two-color Inzer logo on each pant leg.
 \$23.95



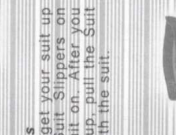
Beanies
 Embroidered with two-color Inzer logo. Available in black, grey, and red.
 \$10.00



Hoodie
 Superweats Pullover Hoodie with embroidered two color Inzer logo chases away the chills.
 \$19.50



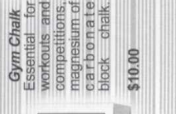
Gym Bag
 This large, deluxe embroidered gym duffel is easy to load and all-Inzer logos and "Strongest-Sport" Large main compartment and roomy pockets on each end. Heavy nylon. Great value.
 28" X 13" X 12"
 \$25.00



Suit Slippers
 Suit Slippers will help you get your suit up quicker and easier. Pull Suit Slippers on legs then slide the suit on. After you have legs of the suit up, pull the Suit Slippers out from underneath the suit.
 \$19.95



Stickum Spray
 Use this excellent tool for a variety of performance or breaks in training and competition.
 \$5.95



Gym Chalk
 Essential for workouts and competition. Magnesium carbonate block. Chalk.
 \$10.00



Elbow Sleeves XT
 The high tech Elbow Sleeves XT have multiple applications to enhance performance and pleasure of competing and training for any athlete.
 \$55.00



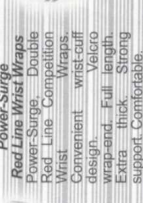
Fitting Gloves
 Save your fingers when handling and fitting your equipment. Partners or yourself. The Atlas Fitting Gloves also work great in strongman events!
 \$4.95



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
 Double Red Line Competition Wrist Wraps. Convenient wrist-cuff design. Velcro wrap-end. Full length. Extra thick. Strong support. Comfortable.
 \$12.50



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 button. Forever Lever for the most support possible.
 \$70.00



Forever Belts™ are guaranteed forever!



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



Forever Belts™ are guaranteed forever!



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



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

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



Max-DL Singlet
 Classic design lifting singlet sports several finishing touches that make this singlet a pleasure to wear. A minimum required attire over your bench shirt or for workouts.
 \$42.00



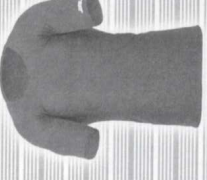
Z-Suit Singlet
 The legendary Z-Suit provides fantastic support and excellent value. Now updated for even more power!
 \$42.00



Champion Suit
 Champion Suit has proven itself in countless competitions and world records. They employ 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



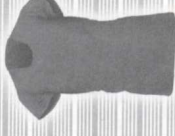
High Performance HD Blast
 Steps above in Radiant™ technology, the HPHD will enter you into the world of the more extreme designs. Made from quality, HD™ polyester material.
 \$77.00



Form-Foam™ Lifting Gloves
 Custom gripping leather and supreme stability control. Power-Surge.
 \$12.95



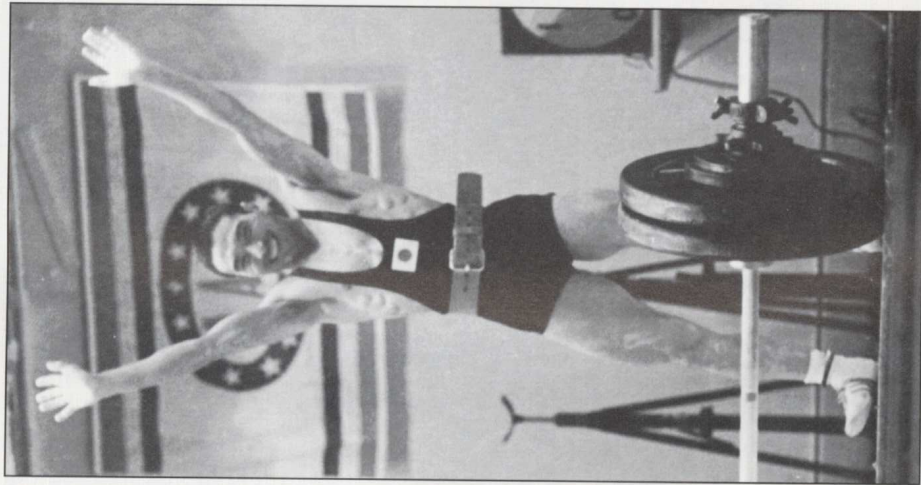
Heavy Duty Erector Shirt
 HD Erector provides firmness with the right amount of rebound to help you achieve explosive deadlifts and stable, upright squats. When used properly it's like lifting with an extra erector muscle.
 \$55.00



Heavy Duty Groove Briefs
 Made from the Heavy Duty material to give you heavy support in your quest for bigger lifts.
 \$26.00

The History of Powerlifting

The 1970s, Part 3 as told by Bob Gaynor



Mike McKenzie — an unprecedented string of World titles began in the 70s

I really think the 70s were the Golden Age of Powerlifting. The vast majority of happenings were positive. The sport was growing and was being accepted by the general public.

In the early 70s, I got most of my info by word of mouth, Muscular Development and Iron Man.

In 1975 there was still just one National Championship. The Worlds was to be held for the first time outside the USA. The meets were getting bigger, more organized, and using better equipment. There was even talk of TV coverage.

The sport was still governed by the AAU, and their rule book combined powerlifting, Olympic lifting and bodybuilding.

The 1975 Junior Nationals were to be held in Lincoln, Nebraska in July, the Senior Nationals in York in August. (Note: Orchestra Seats were \$4.00). The Worlds was to be held in England.

By this time powerlifters outnumbered Olympic lifters in the US by 6 or 7 to 1.

The Brooklyn Open that year used the Wild Card System. Each competitor got 7 attempts. This system made meets run more quickly and made the lifter make better choices for their attempts. It was a great way to speed up meets, but it never caught on.

Early in the year we had record setting performances by Walter Thomas, Enrique Hernandez and Ken McDowell.

A meet that got a lot of advance publicity, but never developed into a big annual meet was the Pan-American Championships. The first was held in Puerto Rico on April 18 and 19 of 1975 that year. The US won every class that they entered. Hernandez, Rhodes, Spack, Anello, Phillips, Patterson and Whern were all winners.

In 1975, the Collegiate Nationals were held at Northwest Missouri State University in Maryville, Missouri. There were 125 competitors. Ricky Crain and Chuck Boornazan were the winners at 148 and 165. Don Haisenedler and Roger Estep finished first and second at 198. Gus Retiwisch won the Supers.

Bob Crist was holding the Teen-Nationals at the Quantico Marine Corps Base. The minimum age to compete was 16, quite different from today.

On September 6 at Glendale College in California, the first All Women Power Meet was held. They ended with only 8 competitors, but the program grew from there. It was not at this meet, but in 1975, that Jen Todd became the first woman to lift 400 lbs.

only win once. It normally drew larger numbers and 1975 was no exception.

Some big name lifters competed in 1975. Ernesto Milan won at 114. John Inzer won at 123. Ricky Crain was the 148 lb. winner. The 165 lb. class had 15 competitors with Charles Cienat taking first. At 181 Pete Martinelli edged Rob Walker by 10 lbs.

My old friend, Ed Matz, took the 198 lb title over 11 competitors. Ed's 730 lb deadlift was the heaviest of the meet.

Dennis Thatcher, Eddie Bodkin and Paul Whern were the winners at 220, 242 and Supers.

The winners would get an all expense paid round trip to represent the USA at the World Championships. York had the experience and contacts to put on a good meet, and this was no exception.

At 114, Gary Kucipak of Tupper Lake, New York won his class and set a World Record in the Bench Press.

There were 7 competitors at 123, including former champion, 49 yr old John Bojezi, and Reading, PA's Dave Meyer, who was not at his best for the contest. It came down to Bob Lech and Lamar Gant. Bob from PA was not an extremely impressive looking lifter, but he handled big weights. Gant took the championship with a World Record total.

There was not much of a contest at 132, as Los Angeles's Enrique Hernandez won by over 90 lbs, and set a World Record in the Bench Press. Enrique was one of the top little men of all time.

At that time the Hoffman Formula was used to determine Best Lifter. There has never been or probably never will be a perfect formula. It is extremely difficult to compare the performances of a 132 lb and 242 lb lifter.

Even though Enrique did not win the Best Lifter Award, he ended up with it. How this happened will be discussed in the coming paragraphs.

At 148 it looked like Ricky Crain would take the title, but Ricky could not get a squat passed. This gave Western PA's, Jack Welch, pretty clear sailing. With balanced lifts, Jack took the title.

The 165 lb. class featured Walter Thomas and George Crawford. George had a slight lead at sub-total, but Walter had the much better deadlift. Walter's 628 lb effort assured his trip to England. The only World Record set in this class was a 650 lb. pull by 3rd place finisher, Joe Spack.

There has been much discussion

on the internet as to when the first squatsuits and bench shirts were used. At this meet, George Crawford wore what was probably the first squat suit made of the Spanish material. This was recently confirmed by Ricky Crain and Bob Packer.

At 181, the late Dennis Wright, by virtue of a class high squat and bench press, earned the trip to England. Penn State's John Gezezy was 2nd and another PA lifter, Mike Lettinen was 3rd.

The 198 lb. class had an outstanding lineup. Buddy Ravenscroft, Jake Boyer, Larry Russell, Ed Matz and Vince Anello. Buddy had a huge lead at sub-total with a class high squat and bench press.

Buddy pulled 655 to set a new World Total Record. In the deadlift Vince Anello pulled 805 to set a new deadlift record.

220 was a big class, with 11 competitors. Larry Pacifico had an easy win with two World Records. Larry's Bench Press was a World Record 556 3/4 lbs., done in a t-shirt. In the same wt. class Mike MacDonald did 545 3/4 and Bill Seno 512, both in t-shirts.

The entries at 242 were light. John Kuc was not lifting, but Doug Young appeared on the National scene and earned a trip to England. There were 7 Supers, but the contest was really between New York's Joe White and PA's Big Don Reinholdt. Both of these men were credits to the sport. Friendly, humble and very polite described both of them.

Don's squats were not at their best. This info was supplied by Bob Packer, the USA Team Coach. As moved into 1976, it seemed that Powerlifting was getting more popular. Meets continued to grow in number and size.

Early in the year Larry Pacifico reduced his bodyweight to 198 and set a new Bench Press Record with 529 lbs. Big Don Reinholdt pushed the Super Squat Record to 934 lbs.

A new name appeared on the scene. On 4/25 in Joliet, Illinois a new Teenage Bench Record was set at 380 lbs. The lifter's name was Mike Bridges.

The '75 Collegiate Nationals were held at Ohio University, and had about 150 entries. Roger Estep, Wayne Bouvier and Enrique Hernandez were winners. 3 of my former training partners competed. Chris O'Brien, Joe Kane, 181 and 198, representing Wilkes University and Dennis Ference, 220, representing East Stroudsburg.

Muscular Development was

best. On his first attempt he was called for having the bar too low on his back. His repeat was easy, but his third attempt received red lights.

Mr. White, who always had depth problems (we will cover this later in this article), was really on. It was probably Joe's best day. After an easy opener, he called for 920. No squat suit, just a singlet and Ace bandage on his knees. He stepped back, got the squat signal and slowly lowered the weight deeper and deeper, at least 2 inches below parallel, then up he came. Three whites and a new world record!

Big Don came roaring back with a 606 in the Bench. Joe still had a good lead at sub-total, but Don was a much better deadlifter. Don took the title and a trip to England.

Finishing in 7th place was Dave Waddington. We would hear more about him in years to come.

Larry Pacifico, based on the Hoffman Formula, was awarded the best lifter. Larry thought Enrique Hernandez was the best lifter and gave him the award.

Team lifting was very big at this time. There were rules about team composition, but they were easy to get around. The Olympic Health Club of California won the Team Title. Some other big time lifting teams over the years were Thompson's, the Surf Breakers, the Weightmasters, and Black's, just to mention a few.

The 1975 Worlds were held in Birmingham, England on November 20 to 23. It was the first Worlds outside of York. It was also the first Worlds I did not attend.

There were more countries and formal teams than in previous Worlds. There was fierce competition, but many green lifters. The United States team dominated, but many of



Mike MacDonald — held WRs in multiple weight classes at the same time

the lifters did not do as well as they wanted to. It was the first time they experienced international travel and how it affects performance.

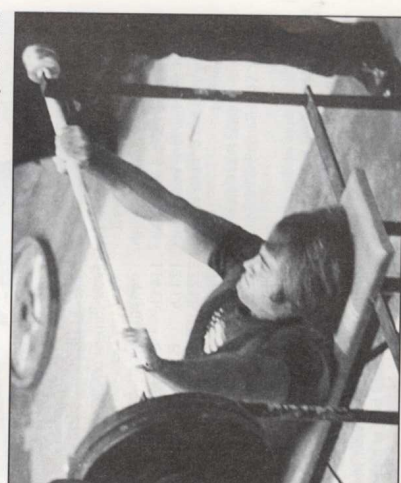
The Winners:

- 114 Lb. H. Inaba Japan
- 123 Lb. L Gant USA
- 132 Lb. E. Hernandez USA
- 148 Lb. J. Welch USA
- 165 Lb. W. Thomas USA
- 181 Lb. R. Collins England
- 198 Lb. B. Ravenscroft USA
- 220 Lb. L. Pacifico USA
- 242 Lb. D. Young USA
- Super D. Reinholdt USA

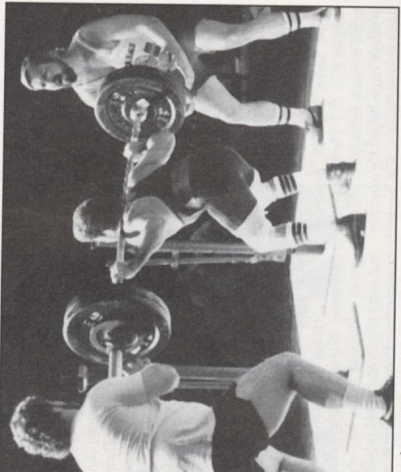
The best lifter was England's Ron Collins. Ron probably has not gotten the respect he deserves. He was setting World Records as a Master and competed against anyone.

There were many firsts at this meet, among them that the BBC provided live TV coverage of the Superheavies.

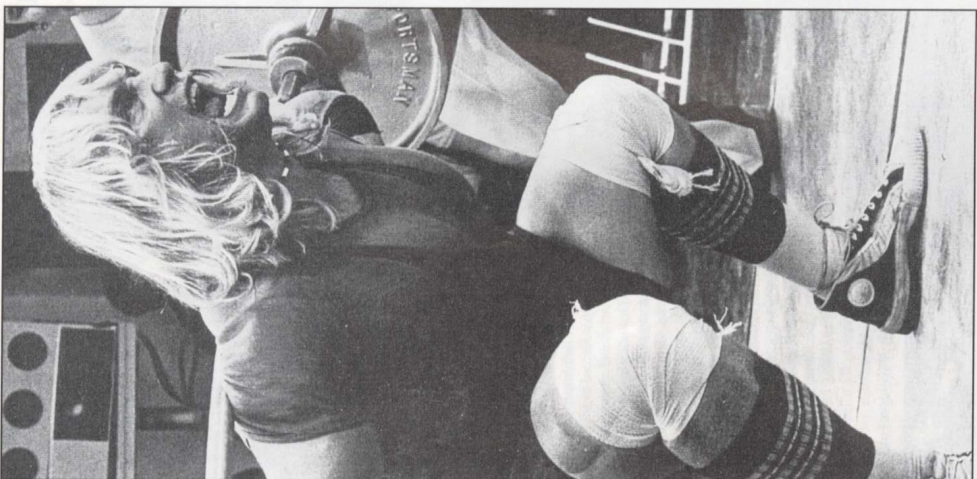
Another may have been the first Bench Shirt. Dave Carter of the UK Team wore a modified Scuba Gear



Buddy Ravenscroft used a sensational bench press to become a winner



Enrique Hernandez competing at the 1977 Senior Nationals in LA



Paul Jordan before blowing out his knees for the cameras of NBC SportsWorld

giving Powerlifting more and more coverage. Larry Pacifico was on the cover of the May/June issue. Most issues featured two or three articles on Powerlifting.

Over in England Ron Collins set two new World Records in the Squat and Total.

Bill Clark, whom we discussed in the 60's section, was holding a Masters Meet in late October in Wichita, KS. The meet included both Olympic and Powerlifting.

The Junior Nationals were held in Garfield, Ohio and directed by Frank Picha.

The winners were:

- 114 Lb. C. Dunbar
- 123 Lb. B. Lech
- 132 Lb. C. Jephson
- 148 Lb. C. Wright
- 165 Lb. R. DeCaro
- 181 Lb. M. Joyce
- 198 Lb. D. Halsenleder
- 220 Lb. P. Ellerling
- 242 Lb. C. Patterson
- Super T. Smith

Competing at 181 and 198 were Mark Dimdik and Mark Chaillet, who were very successful later at higher bodyweights.

The Pan-Ams were held in Ven-

ezuela and again a light turnout. The USA took 7 weight classes.

The Sr. Nationals were in Texas again on August 14 and 15 in Arlington. The site was very nice, but the turnout was not large, with just over 50 lifters.

John Redding of Beverly, MA won the 114's with an American Record Squat. Lamar Gant of Flint, MI beat Bob Lech of Lancaster, PA in the 123's. Enrique Hernandez took another title at 132.

Rick Gaugler of Corpus Christi, TX and Ricky Crain, then lifting out of Arlington, TX, had a good battle at 148. Ricky set a World Record Squat and Total to win. One of the most durable (still competing!) lifters of all-time, Bob Cortes, finished 3rd.

Tony Carpio of Fairfax, VA won the competition at 165. Walter Thomas of Oklahoma City, OK won at 181. Marty Joyce, with a big 735 lb. tried to reel him in, but fell 20 lbs. short.

At 198 lbs., all time great Larry Pacifico and Seal Beach, CA's Buddy Ravenscroft squared off. Larry had a great day going 680-505 (no shirt) 715 - 1900 Total. Buddy also benched 500 (no shirt). In 3rd place was Previous World Champ, Jerry Jones, who set a World Record in the squat. That was not all the record setting in this class. The human bench press machine, Mike MacDonald, did 540 without a shirt.

At 220 it took a World Record 800 lb. Deadlift by Middleburg, Ohio's Vince Anello to beat Alal Loma Police Officer, Marv Phillips. Marv, during his career, set squat records at 198, 220 and 242 lbs. As a police officer, he supposedly had more 100 per hour chases than any other officer on the force. Marv liked to get his man.

Marv also had great athletic ability. On more than one occasion he did a back flip on the platform. Squat suits were just starting to get popular. Marv wore it to compete, but did not want to depend on it too much. He did one squat workout per week in the nude. That is a true definition of "RAW".

The late Doug Young of Brownwood, TX had a pretty easy time at 242. If you ever saw Doug bench you would be amazed how he did it. Without a shirt, the bar was lowered ever so slowly. He took seconds to reach his chest. Once he got the press signal, it just exploded off his chest. At this contest he got 555.

At Super, Big Don Reinhardt weighed in at 357. He told me that he did not want to carry this amount of weight much longer. He missed as World Record Squat of 956 lbs, but was still an easy winner.

The World Championships were back in York. There were 15 countries represented, and there was some outstanding lifting.

Inaba and Gant won at 114 and 123 as expected. Inaba set a World Heavyweight. There were about 30 competitors. Cindy Reinhardt, Big Don's wife, won the best lifter award. Jay Todd had the heaviest lift with a 405 lb. deadlift.

The 1977 Collegiate Nationals were held at Oklahoma State. The contest had over 160 entries. It is a shame we can't have one collegiate meet like that today.

The sport was becoming much more organized. A classification system was created for referees. State, National and International. A more formal method of establishing qualifying totals, a running average of the previous five years was established.

The Classification System for lifters from Class IV to Elite. Lifters wore those classification patches with pride.

The 1977 Jr Nationals, now called the Nationals, were held in Lincoln, Nebraska. There were 150 entries. Many big name lifters were never able to capture a Jr. National Title. It was a very prestigious meet.

The 1977 winners were:

- 114 Lb. B. Schlegel
- 123 Lb. J. Nurez
- 132 Lb. M. Arthur
- 148 Lb. M. Bridges
- 165 Lb. L. Stone

12 issues.

Another first in 1977 took place on April 17. Joe Zarella held the first Women's National Championships. The weight classes were 111, 123, 132, 142, 155, 165, 175 and Heavyweight. There were about 30 competitors. Cindy Reinhardt, Big Don's wife, won the best lifter award. Jay Todd had the heaviest lift with a 405 lb. deadlift.

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- 148 Lb. M. Bridges
- 165 Lb. L. Stone



Marv Phillips after a record busting squat

The winners were:

- 114 Lb. Chuck Dunbar
- 123 Lb. Lamar Gant
- 132 Lb. Phil Trujillo
- 148 Lb. Rick Gaugler
- 165 Lb. George Crawford
- 181 Lb. Walter Thomas
- 198 Lb. Larry Pacifico
- 220 Lb. Vince Anello
- 242 Lb. Doug Young
- Super Dave Waddington

John Cole did not have a good day. He was tied for 5th at sub-total, and did not come out to deadlift.

The 1977 World Championships were held in Perth, Australia. To quote Dr. Terry Todd, "Powerlifting at long last seems to have come of age."

NBC Sports covered the competition, and had two 1/2 hour shows on their Saturday Sports World show.

The USA had lost the team title the previous year. There were many reasons, but one was Paul Jordan beating Vince Anello at 220. Vince again won the Nationals and would be representing the U.S. Sometime between the Seniors and Worlds Larry Pacifico and Vince Anello decided to switch weight classes (not sure that could happen today). As the US plane landed in Australia, the British contingency was there with Paul Jordan wearing a "Jordan is King" t-shirt. As Pacifico stepped off the plane, it was apparent he was not at 198 lbs. Larry calmly said to Paul, "This year you are the Queen."

At 114 Hideaki Inaba won yet another title. At 123 there was a good battle between 42 yr old Precious McKenzie and 20 year old Lamar Gant. Precious took the squat, but Lamar set World Records in the Bench and Deadlift to take the title.

Lamar had extremely long arms and a short torso. Terry Todd said that his arms seemed to stretch when he deadlifted.

England's Eddie Pengelly took the 132 lb. title. At 148 Texas's Rich Gaugler took the Gold.

At 165 Peter Fiore and multi-time National Champion, Doc Rhodes squared off. At sub-total Peter had a huge 40 kilo lead. Doc took the 655 deadlift he needed and pulled it up for the victory.

At 181 Ron Collins won again and England's Bill West was 2nd for valuable team points.

The Anello, Pacifico switch worked well at 198, as Vince won and set a World Record in the deadlift.

As the story goes, Paul Jordan was so unsettled by the switch, he was doing maximum attempts in the warmup area three days before the meet.

What happened at the contest was shown on TV for many years quite a feat.

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What happened at the contest was shown on TV for many years quite a feat.



Ron Collins - an all time great

to come. Paul opened with a tough 694. Paul then went to 755 and was crushed. His leg just collapsed. It was a horrible accident, and TV loved it. Larry took yet another title.

At 242 Doug Young, and Clay Patterson finished 1st and 2nd, with the winner.

Other happenings in 1977. Super Wraps were selling for 3 pr for \$16. A lifter by the name of Gene Kuntz was the first subscriber to Powerlifting USA. Joe Zarella was elected Powerlifting Chairman. Bruce Wilhelm won the World's Strongest Man Competition.

In December at George Turner Heart-American Meet, Mike Bridges, Jim Rouse and Marv Phillips set World Records.

In upstate New York, Jo White was handling over 1000 lbs. in his workouts. Joe had his bodyweight up to 350, and wanted to be the first to squat 1000 lbs.

SLP Samson Gym Open
5 JUL 08 - Hamilton, OH

BENCH	M. Baker	265*
WOMEN	Master (40-44)	220 lbs.
Teen (13-15)	S. Fletcher	430*
165 lbs.	A. Strecker	205*
198 lbs.	K. Johnson	450*
275 lbs.	M. Carman	250
MEN	Master (50-54)	360*
242 lbs.	D. Burk	220 lbs. (60-64)
275 lbs.	P. Carman	305
Submaster	Open	405
242 lbs.	E. Tercyak	425
275 lbs.	Master (45-49)	405
DEADLIFT	J. Wo	—
275 lbs.	Teen (13-15)	340*
315	A. Strecker	340*
340	Master (45-49)	425*
340	D. Sparks	220 lbs.
340	D. Semer	340
400-350	MEN	400-350
400-350	Teen (13-15)	315*
400-350	M. Hunick	350*
400-350	Submaster	308 lbs.
400-350	T. Novitski	485
400-350	Police/Fire (40-44)	308 lbs.
400-350	J. Myers	330*
400-350	P. Newton	485
400-350	M. Baker	550*
400-350	Open	165 lbs.
400-350	R. O'Neal	405
400-350	Z. Ghahani	500*
400-350	Submaster	242 lbs.
400-350	T. Novitski	275 lbs.
400-350	S. Vickery	650*
400-350	308 lbs.	500
400-350	C. Bredden	515
400-350	D. Neiman	181 lbs. (65-69)
400-350	J. Leonhardt	650*
400-350	M. Hess	455
400-350	G. Hale	275 lbs.
400-350	C. Hale	375
400-350	Master (50-54)	365*
400-350	D. Burk	465*
400-350	Teen (13-15)	114 lbs.
400-350	C. Hale	145*
400-350	M. Hess	198 lbs.
400-350	A. Strecker	225*
400-350	400-350	242 lbs.
400-350	T. Hall	500*
400-350	Open	315*
400-350	Teen (16-17)	275 lbs.
400-350	D. Madewell	650
400-350	C. Hale	255*
400-350	C. Bredden	450

*=Son Light Power Ohio state records. Best Lifter Bench Press Assisted: Scott Vickery, Best Lifter Deadlift: Mike Baker, The Son Light and to our trophy girl Loren Reichling for helping out. See you all again next year. (Dorrell Latch).

Samson Gym. Open weight at Samson Gym. A good turnout once again, due mostly to the hard work of owners Darris and Kathie Sparks, who are always such gracious hosts. In the raw bench press event it was first-time lifter Cindy Hale with a 450 lb. lift. Her record of 405 for the first-timer, won at novice 242 with a new state record of 365. For the 13-15 age men's division it was Curt Hale at 114, tying the state record with 145. Mason Hunick broke the state record at 146 with his 245 final attempt, while Brandon Rader broke the state record at 166-17/165 a personal best 315. Garrett Collins broke the state record at 16-17/165 with 260 while Mike Baker, who is trained by the legendary Larry Pacifico, broke the mark at 181 with 265. At 40-44/220 Shane Fletcher set the state record with a strong 440 final attempt, while Brandon Rader won at 450 lb. 450 lb. 250 Keenan's best also set the state record

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Prevent injuries!
Train Harder!

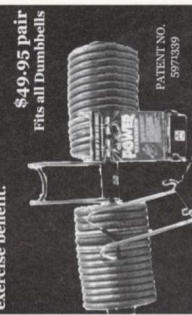


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Revolutionary tool to per-load and self-spot dumbbells!
Powerhooks make your workouts More intense—More Effective Results in maximum exercise benefit.

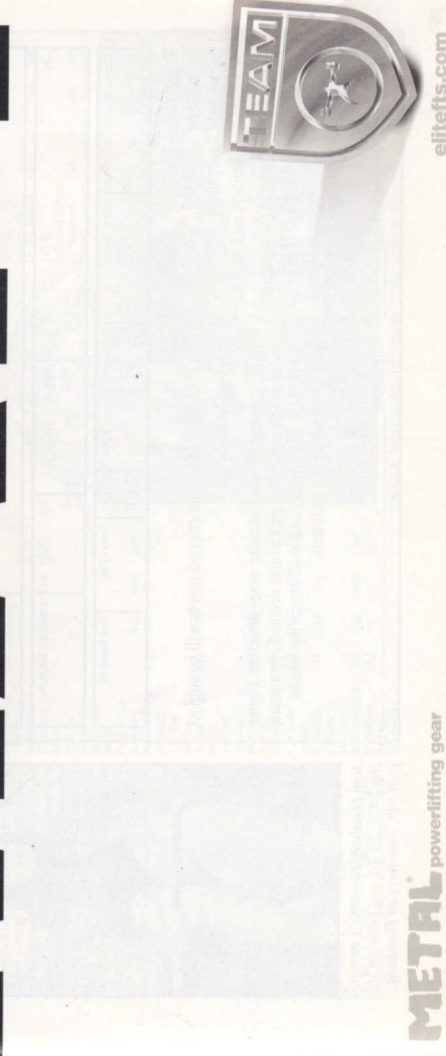


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Fits all Dumbbells
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Piracetam 250 grams \$14.99
Micro lactin 250 grams \$17.99
DL-Methionine 250 grams \$19.99



L-Iso-Leucine 250 grams \$19.99
L-Ornithine 250 grams \$19.99
L-Phenylalanine 250 grams \$11.99
L-Threonine 250 grams \$7.99
Caffeine 200 grams \$9.99 400 grams \$17.99



ARGININE ALPHA-KETOGLUTARATE
 200 gm \$14.99 SAVINGS: \$147.66
 500 gm \$24.99 **SAVE 567%! Owned!**



TRIBULUS
 200 caps \$19.99 SAVINGS: \$29.95
 500 caps \$29.99 **SAVE 152%! Nice!**



L-GLUTAMINE
 500 gm \$17.99 SAVINGS: \$120
 1000 gm \$29.99 **SAVE 400%! Sick!**
 2000 gm \$54.99



KRE-ALKALYN
 200 caps \$27.99 SAVINGS: \$75
 500 caps \$49.99 **SAVE 150%! Pwned!**



CREATINE ETHYL ESTER HCL
 500 gm \$14.99 SAVINGS: \$46
 1500 gm \$24.99 **SAVE 180%! Kapow!**



BCAA
 200 caps \$19.99 SAVINGS: \$89.99
 500 caps \$34.99 **SAVE 125%! Fa-Shizzle!**



WHEY PROTEIN
 5 lbs \$49.99
 2 lbs \$9.99
 6 lbs \$19.99
 11 lbs \$37.99
 44 lbs \$139.99
SAVINGS: \$30 SAVE 100%! Alot!



WHEY PROTEIN HYDROLYSATE
 2 lbs \$24.99 SAVINGS: \$24.95
 2 lbs \$46.98 **SAVE 125%! Sweet!**

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BCAA Powder - 250 grams \$14.99
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Citrulline Malate 250 grams \$21.99
Cissus 100 grams \$9.99



NEW!

WHEY PROTEIN ISOLATE

2 lbs \$14.99
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SAVINGS: \$65.83
SAVE 219%! Owned!

8 lbs \$14.99
 50 lbs \$74.99
SAVINGS: \$37.50
SAVE 250%! Deal!

2.2 lbs \$14.44
SAVINGS: \$37.50
SAVE 250%! Deal!

COMPLEX CARBS

200 gm \$24.99
SAVINGS: \$33.39
SAVE 133%! Frightening!

RIBOSE

7.7 lbs \$39.99
SAVINGS: \$61.94
SAVE 206%! Baa-Da-Bing!

HIGH PERFORMANCE CREATINE

11 lbs \$9.99
 50 lbs \$39.99
SAVINGS: \$42.25
SAVE 106%! Impressive!

WHEY PROTEIN

5 lbs \$49.99
 2 lbs \$9.99
 6 lbs \$19.99
 11 lbs \$37.99
 44 lbs \$139.99
SAVINGS: \$30
SAVE 100%! Alot!

CREATINE ETHYL ESTER HCL

500 gm \$14.99 SAVINGS: \$46
 1500 gm \$24.99 **SAVE 180%! Kapow!**

BCAA

200 caps \$19.99 SAVINGS: \$89.99
 500 caps \$34.99 **SAVE 125%! Fa-Shizzle!**

WHEY PROTEIN HYDROLYSATE

2 lbs \$24.99 SAVINGS: \$24.95
 2 lbs \$46.98 **SAVE 125%! Sweet!**

H-Acetyl-L-Glutamine

250 gm \$14.99 SAVINGS: \$30
 100 serv \$59.99 **SAVE 100%! Good Deal!**

PURE ZMA

180 caps \$19.99 SAVINGS: \$65
 360 caps \$34.99 **SAVE 185%! Shocker!**

DHEA

25 mg/100 \$6.99 SAVINGS: \$35
 100 mg/100 \$14.99 **SAVE 233%! Sick!**

CREATINE MONOHYDRATE

500 gm \$7.99 SAVINGS: \$51.98
 1000 gm \$13.99 **SAVE 207%! Incredible!**
 2000 gm \$24.99

DEXTROSE

11 lbs \$9.99
 50 lbs \$39.99
SAVINGS: \$42.25
SAVE 106%! Impressive!

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ADAU Coal Country Classic
7 DEC 08 - Bigler, PA

BENCH	150*
Female	165 lbs.
Teen	181 lbs.
Open	181 lbs.
Male	210
Open	210
Male	265*
Open	260
Male	225
Open	225
Male	300
Open	275
Male	185*
Open	181 lbs.
Male	198 lbs.
Open	430*
Male	285
Open	2305
Male	205
Open	305
Male	265
Open	380
Male	215
Open	405
Male	360
Open	340
Male	305
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Male	340*
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Male	110*
Open	132 lbs.
Male	240*

NASA Masters
9 NOV 08 - Mesa, AZ

BENCH	287
Female	220 lbs.
Open	402
Male	386
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Male	689
Open	242 lbs.
Male	402
Open	281
Male	375
Open	336
Open	518
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Open	452
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Open	419
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Open	408
Open	491
Open	441

Elite Fitness BP/DL
20 SEP 08 - Roanoke, VA

BENCH	365
Female	300
Open	390
Male	335
Open	375
Male	300
Open	355
Male	285
Open	475
Male	350
Open	380

State Referee

Club No.	Club Name
132	Bigler, PA
150*	Bigler, PA
181	Bigler, PA
210	Bigler, PA
265*	Bigler, PA
260	Bigler, PA
225	Bigler, PA
300	Bigler, PA
275	Bigler, PA
185*	Bigler, PA
181	Bigler, PA
198	Bigler, PA
430*	Bigler, PA
285	Bigler, PA
2305	Bigler, PA
205	Bigler, PA
305	Bigler, PA
265	Bigler, PA
380	Bigler, PA
215	Bigler, PA
405	Bigler, PA
360	Bigler, PA
340	Bigler, PA
305	Bigler, PA
370	Bigler, PA
340*	Bigler, PA
340	Bigler, PA
110*	Bigler, PA
132	Bigler, PA
240*	Bigler, PA

National Referee

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260	Bigler, PA
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185*	Bigler, PA
181	Bigler, PA
198	Bigler, PA
430*	Bigler, PA
285	Bigler, PA
2305	Bigler, PA
205	Bigler, PA
305	Bigler, PA
265	Bigler, PA
380	Bigler, PA
215	Bigler, PA
405	Bigler, PA
360	Bigler, PA
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265	Bigler, PA
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215	Bigler, PA
405	Bigler, PA
360	Bigler, PA
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370	Bigler, PA
340*	Bigler, PA
340	Bigler, PA
110*	Bigler, PA
132	Bigler, PA
240*	Bigler, PA

MEMBERSHIP APPLICATION
For more information, contact:
Allan Siegel, President, CFO
304 Daisy Street • Clearfield, PA 16830
Phone or Fax: 814-768-9400
E-mail: al@pklup.com • Website: www.pklup.com

PLEASE PRINT FIRMLY OR TYPE ALL INFORMATION

DATE OF BIRTH: _____ AGE: _____ SEX: MALE FEMALE

FIRST NAME: _____ LAST NAME: _____

ADDRESS: _____ CITY: _____ STATE: _____ ZIP CODE: _____

PHONE (WITH AREA CODE): _____

MEMBERSHIP APPLICATION

ADULT: 30.00 YOUTH: 20.00



In their FIRST Competition ever were 6 year old Gabe and his 7 year old brother Noah, the sons of Niko and Diane Hulslander, both of whom competed in their FIRST meets in the same facility, several years previous. (photograph provided courtesy of Meet Director Al Siegel)

MEMBERSHIP APPLICATION
For more information, contact:
Allan Siegel, President, CFO
304 Daisy Street • Clearfield, PA 16830
Phone or Fax: 814-768-9400
E-mail: al@pklup.com • Website: www.pklup.com

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DATE OF BIRTH: _____ AGE: _____ SEX: MALE FEMALE

FIRST NAME: _____ LAST NAME: _____

ADDRESS: _____ CITY: _____ STATE: _____ ZIP CODE: _____

PHONE (WITH AREA CODE): _____

100% RAW Powerlifting Federation

Membership Application

LAST NAME: _____ **FIRST NAME:** _____ **INT:** _____

STREET ADDRESS: _____

CITY / STATE / ZIP: _____ **DATE OF BIRTH:** _____

AREA CODE / TELEPHONE: _____ **AGE:** _____ **SEX:** _____ **E-MAIL ADDRESS:** _____

REGISTRATION FEE

\$25 - ADULTS

\$10 - HIGH SCHOOL

MAKE CHECK PAYABLE TO: 100% RAW

NOTE: Your 100% RAW Membership Will Expire One Year From The Date of Application.

REGISTRATION FEE: _____ **REGISTRATION FEE:** _____

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 further agree that I 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 while participating in 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.

WWW.RAWPOWERLIFTING.COM

ADDITIONAL INFORMATION: _____

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(Thank you to Jon W. James for the results)

Greater Burlington YMCA
5 OCT 08 - Burlington, VT

DEADLIFT

Female	216
Open	165
Male	305
Open	248
Male	215
Open	332
Male	85
Open	106
Male	126

(Thank you to Rich Peters for the results)

Elite Fitness BP/DL
20 SEP 08 - Roanoke, VA

Female	365
Open	300
Male	390
Open	335
Male	300
Open	355
Male	285
Open	475
Male	350
Open	380

ADAU Coal Country Classic
7 DEC 08 - Bigler, PA

BENCH

Female	165 lbs.
Teen	181 lbs.
Open	181 lbs.
Male	210
Open	210
Male	265*
Open	260
Male	225
Open	225
Male	300
Open	275
Male	185*
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Male	198 lbs.
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Open	2305
Male	205
Open	305
Male	265
Open	380
Male	215
Open	405
Male	360
Open	340
Male	305
Open	370
Male	340*
Open	340
Male	110*
Open	132 lbs.
Male	240*

NASA Masters
9 NOV 08 - Mesa, AZ

BENCH

Female	287
Open	402
Male	386
Open	689
Male	689
Open	242 lbs.
Male	402
Open	281
Male	375
Open	336
Open	518
Open	386
Open	535
Open	805
Open	452
Open	573
Open	480
Open	419
Open	419
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Open	408
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State Referee

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National Referee

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David Petro-Roy squatted a National Record 418 lbs. in the 55-59 165 pound class at the 100% RAW New England Championships, spotted by Derek Poundstone, who placed 2nd at the 2008 World's Strongest Man competition. (photograph courtesy of Bret Kernoff)

Greater Burlington YMCA
5 OCT 08 - Burlington, VT

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NASA Masters
9 NOV 08 - Mesa, AZ

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Open	573
Open	480
Open	419
Open	419
Open	408
Open	408
Open	491
Open	441

State Referee

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 further agree that I 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 while participating in 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.

WWW.RAWPOWERLIFTING.COM

National Referee

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 further agree that I 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 while participating in 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.

WWW.RAWPOWERLIFTING.COM

RAW LIFTING POWER

Matt Krczaleski
220 lb. Class
2,529 Total

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- Zero Androgenic Side Effects!



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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.

- 73068, 405-527-8513, SOBPDL@aol.com
- 7 FEB** SSA Candy/Az Classic (full power, Ironman, single lift - Iron Asylum Gym, Tribes Hill, NY) Sandi McCaslin (518) 829-7990, www.ironasylumgym.com
- 7 FEB** USAPL Brown's Gym 1st Charity Push Pull (James Brown, 1000 S. State St., Clarks Summit, PA 18411, 570-836-1414
- 7 FEB** APA Florida Open State (PL, PP, BP, DL, SS, OF, CR, Gear, UINL, Raw) Scott Taylor, 5738 Dayton St., Zephyrhills, FL 33542, 941-626-4247, scott@apa-wpa.com, www.apa-wpa.com
- 7 FEB** USAPL Idaho State (Nampa, ID) Steve Rayburn, 5292 Bainbridge Dr., Boise, ID 83703, 208-387-0664
- 7 or 21 FEB** USPF San Jose Open PL, BP, DL, Steve Denison, 661-333-9800, PWRLETRS@MSN.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, SOBPDL@aol.com
- 14 FEB** SLP Brickyard Open BP/ DL (Milwaukee, WI) Dr. Darrell Latch, Son Light Power, 122 West Sale St., Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com, sonlightgym@verizon.net
- 7 FEB** Slaughterhouse & Iron Age Gym (PL, BP, DL, Raw, Equipped - Minerva, OH) Craig Hurst, 330-868-7925 or Dave Bosler 330-412-4571
- 7 FEB** NASA Arizona State (Mesa, AZ) Rich Peters, Box 735, Noble, OK

APF/AAPF/WPO Schedule

- 14 FEB, APF Arizona Open State
- 14 FEB, APF Jakked Hardcore
- 28 FEB, APF Orlando FL State
- 14 MAR, APF/AAPF Spring Challenge
- 14-15 MAR, APF/AAPF Illinois State
- 15 MAR, APF Raw Bench Press
- 21 MAR, APF/AAPF Alabama Open & Pro Cash
- 28 MAR, APF Hawg Farm
- 4 APR, APF Casstrenth Missouri Open
- 4-5 APR, AAPF Nationals
- APR, APF High School Nationals
- MAY 2-3, APF Master/Teen/Jr. Nationals
- 27 JUN, APF/AAPF Chicago Summer Bash
- 22 AUG, APF/AAPF Summer Challenge
- 22 AUG, APF California State

Dates subject to change
or go to our websites:
www.worldpowerlifting.org
www.worldpowerliftingcongress.com

COMING EVENTS

- www.southernpowerlifting.com
- 14 FEB**, APF Jakked Hardcore Push/Pull (Montgomery, IL) Byron Hicks, 630-966-8611
- 14 FEB** West Virginia High School (South Charleston High School) John Messinger, 304-766-0352, 307-744-2475
- 14 FEB** WABDL World Qualifier (Beaver Falls, PA) Charles Ventrella, 724-654-4117, sircharles148@peoplepc.com
- 14-15 FEB** NASA Teen Nationals & Ohio High School Powerlifting

UPCOMING SLP COMPETITIONS
Drug Free Championships (Hamilton, NJ) Paul Sacco, 609-567-0846
5-8 MAR, Arnold Sports Festival PL/BP (Columbus, OH), 614-431-2600, www.arnold-sportsfestival.com
7 MAR, USA Raw Bench Press Federation Spring Nationals & SLP Illinois Open BP/DL Class (Tuscola, IL), Dr. Darrell Latch, Son Light Power, 122 West Sale St., Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com, sonlightgym@verizon.net
7 MAR, Alabama State Powerlifting & BP Championship (Albertville, AL), Jesse Rodgers, 423-255-3672, www.southernpowerlifting.com
7 MAR, NASA Colorado State (Denver, CO), Rich Peters, Box 735, Noble, OK 73068, 405-527-8513, SQBPDL@aol.com
7 MAR, 11th Winter Bench Press (open, teen, women, submaster, trophies, cash prizes - Allis Gym, Wildwood, NJ) Chris Lambert, 609-729-2050
7 MAR, USPF 2nd Pennsylvania BP & DL (Pittsburgh, PA), Matt McCasie, 304-376-7538, mcase@yaho.com, www.uspf.com
7 MAR, Gym Warriors PL & BP (trophies, prizes - Peabody, MA), pauldismone01@aol.com
7 MAR, Raw United Mid Atlantic (open, Greencafe, PL) Spero Thonikids, 4353 Collinwood Dr, Melbourne, FL 32901, 321-505-1194, rawunited@fl.rr.com
7-8 MAR, USAPL Washington State (Olympia, WA), Richard Schuller, 360-438-3321
8 MAR, Welsh & English PL, BP & DL (Qualifiers for British Championships - Four Seasons, Tallinn, Rd., Lansamet, Swansea) Entry to BPO no later than February 15th, Meet Director Ken Williams, 07970-625946, www.wyfpwrlifting.com
14 MAR, ADFPF Single Event Nationals (SAL, Grand Rapids, MI) Richard Van Eck & John Jachim, JM-Gedney@wiu.edu
14 MAR, 100% Raw Ironman Nationals and United States Open (BP, DL, SC - Zion Crossroads VA) John Shifflett, 186 Happy Hollow Rd., Rockersville, 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, SQBPDL@aol.com
14 MAR, APF/AAPF Spring Power Challenge Northwest (Oregon City, OR) Chris Duffin, 503-780-8890
14 MAR, AAFP 13th Annual Frank Kosto Memorial PL All American Gym, 309 W. Main St., Lakeland, FL 33815, 863-687-6268, kennsall@yahoo.com
14 MAR, APF Big Iron Midwest Power & Strength (National Guard Army, 6929 Mercy Rd., Omaha, NE) Rick Hussey, 402-392-2446
14 MAR, RAW United South Florida Open (Deerfield Beach, FL) Spero Thonikids, 4353 Collinwood Dr, Melbourne, FL 32901, 321-505-1194, rawunited@fl.rr.com
14 MAR, UPA Capital City BP, Kenny Patterson, 4423 Gaiffney Ct., Columbus, OH 43228, 614-563-0279, kpaterson@upapower.com
14 MAR, APF Scott Mendelson's St. Jude's Power Bash (3 lift: BP only - Nys, CA 91405) Scot Mendelson, 818-399-0905, www.apcaliforniaprobabooks77.com, All proceeds go to St. Jude's Children's Hospital
14-15 MAR, APF Illinois State (Velocity Sports, Willowbrook, IL) Eric Stone, 630-794-0594, www.apcaliforniaprobabooks77.com, All proceeds go to St. Jude's Children's Hospital
14-15 MAR, APF/AAPF Spring Power Challenge Northwest (Oregon City, OR) Chris Duffin, 503-780-8890
14 MAR, IBB King of Hill Push Pull (Asheville, NC) Keith Payne, Keith@

PL & BP (Santa Clarita, CA) Lance Slaughter, 310-995-0047, lance.slaughter@yahoo.com, www.usapowerlifting.com
21 FEB, ADFPF Northeastern Open BP/DL, Dave Follansbee & IFFB Pro Maggie Blanchard c/o American Powerlifting, 865 Second St., Manchester, NH 03102, 603-626-5489, nhbodybuilding@yahoo.com, www.americanpowerlifting.org
22 FEB, APC Central USA PL & BP (Packard Plaza, Peoria, IL), Greg Gordon, 1405 Kelsey St., Washington, IL 61571
28 FEB, APF Orlando/Florida State (Orlando, FL) Brian Schwab, 407-678-2447
28 FEB, APA Northwestern Region Sports/OP (Sacramento, CA) Scott Taylor, APA President, www.apawpa.com/entryforms.htm
28 FEB, SPF Virginia State BP & BP (Salem, VA), Jesse Rodgers, 423-255-3672, www.southernpowerlifting.com
28 FEB, NASA Indiana State, Indiana Pro, Wisconsin Powerlifting, Box 565, Sheboygan, WI 53082, statechairman@wisconsinpowerlifting.com, 1-888-502-4087 toll free
28 FEB, USAPL Virginia Open (PL/BP/DL) Roman, Raw Assisted - Standardsville, VA) John Shifflett, 186 Happy Hollow Rd., Rockersville, 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, SQBPDL@aol.com
28 FEB, USAPL 3rd Aggie Invitational, Dustin Wilde, 177 Oak Run, College Station, TX 77845, 830-534-8441
28 FEB, USAPL South Dakota PL & BP, Jeff Blindauer, 5912 W 56th St., Sioux Falls, SD 57106, 605-201-2411
28 FEB, SLP Tennessee Open BP/DL (Bartlett, TN) Dr. Darrell Latch, Son Light Power, 122 West Sale St., Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com, sonlightgym@verizon.net
FEB, ADFPF Macomb Record Breaker & International Qualifier (Macomb, MI) www.adfpl.org
1 MAR, WNPF Ohio (Youngstown, OH) Ron DeAmicis, 330-792-6670
1 MAR, SLP Mississippi State Open BP/DL (Cumhth, MS) Dr. Darrell Latch, sonlightgym@verizon.net
1 MAR, USAPL Florida State BP/PL, Robert Keller, 2659 SW 74th Terr, Davie, FL 33314, 954-790-2249
1 MAR, New Jersey High School

NASA Powerlifting & Power Sports
February
7th - Arizona State (Mesa, AZ)
14th - Missouri State (Joplin, MO)
14th-15th - Teen Nationals & Ohio State HS (Springfield, OH)
21st - Upper Midwest Championships (Newark, OH)
28th - Indiana State
28th - East Texas State (Tyler, TX)
March
7th - Colorado State (Denver, CO)
14th - Tennessee State (Pickwick Park, TN)
28-29th - PS Nationals Pro Power Sports (OKC, OK)
April
4th - High School Nationals (OKC, OK)
11th - Iowa State (Des Moines, IA)
18th - Kansas State (Salina, KS)
25th - WV State Championships (Ravenswood, WV)
25th - Wisconsin Regional
25th - Arizona State High School BP/PL (Mesa, AZ)
May
2nd - Western States Nationals (Mesa, AZ)
9th - Kentucky State (Morehead, KY)
9th - Oklahoma State (OKC, OK)
16th - Bench Press Nationals (Denver, CO)
July
11th - NASA Youth Nationals & WV Open (Ravenswood, WV)
August
1st-2nd - NASA World Cup (OKC, OK)
October
17th - 100% Tested Nationals & KY Regional (Morehead, KY)
24th - 32nd Oklahoma Grand (OKC, OK)
24th - Unequipped Nationals (OKC, OK)
31st - Wisconsin State
November
14th - WV Regional (Ravenswood, WV)
21st - Kansas Regional (Salina, KS)
21st - North Carolina Regional (Hickory, NC)
Coming Events/Entry Forms at: www.nasa-sports.com

28 MAR, APA Northeast Coast Open (PL, BP, BP) DL, SS, OP, CR, Gear, UNL, Raw) Scott Taylor, 5738 Dayton St., Zephyrhills, FL 33542, 941-626-4247, scott@apa-wpa.com, www.apa-wpa.com
28 MAR, USAPL 12th Battle of the Great Lakes (FP, BP, BP, BP - Cleveland, OH) Gary Kanaga, 440-241-7984, www.bigspowermeets.com
28 MAR, USAPL Alabama State, Billy Keel, 636 Water Oak Ln., Talladega, AL 35160, 256-268-2198, cassstrength@cs.com
4 APR, USPF Collegiate National/PL/BP, John James, 703-475-9885, www.northernvirginiarawpower.com
28 MAR, 100% Raw Nebraska State (A.V. Sorensen, 4808 Cass St., Omaha, NE) DJ Satterfield, 402-592-1243, djrcoach@yahoo.com
28 MAR, SLP Lift For The Lord (Bowling Green, KY) Dr. Darrell Latch, Son Light Power, 122 West Sale St., Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com
28 MAR, Arkansas State PL & BP (Russellville, AR) Jesse Rodgers, 423-255-3672, www.southernpowerlifting.com
28-29 MAR, USPF California State BP/DL (Dv. I & II) Los Alamitos, CA) Steve Denison, 661-333-9800, PWRLETRS@MSN.COM
28-29 MAR (new date), NASA Power Sports Nationals (OKC, OK) Rich Peters, Box 735, Noble, OK 73068, 405-527-8513, SQBPDL@aol.com
29 MAR, 10th Pittsburgh Monster BP/DL (men & women, all classes, cash prizes - Pittsburgh Airport Crown Plaza) Mike Baravecchio, 15108, 412-204-9996
29 MAR (New Date), NASA Pro Power Sports (OKC, OK), Rich Peters, Box 735, Noble, OK 73068, 405-527-8513, Jesse Rodgers, 423-255-3672, www.southernpowerlifting.com
11 APR, SSA Imperium (full power, Ironman, single lift - Iron Asylum Gym, Tribes Hill, NY) Sarah McCaslin

SOBPD@aol.com
MAR, USAPL Mass High School PL, Eric Cordell, eccbeas@yahoo.com
MAR, APF-AAPF Illinois State (Willowbrook, IL) Eric Stone, 630-794-0594, thestone@chicago-powerlifting.com
4 APR, SLP Land of Lincoln BP/DL (Athens, IL) Dr. Darrell Latch, Son Light Power, 122 West Sale St., Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com, sonlightgym@verizon.net
4 APR, APF-Cassinethrough Missouri State Open (Blue Springs, MO) Brandon Cass, 816-690-6769, cassstrength@cs.com
4 APR, USPF Collegiate National/PL/BP, John James, 703-475-9885, www.northernvirginiarawpower.com
28 MAR, 100% Raw Nebraska State (A.V. Sorensen, 4808 Cass St., Omaha, NE) DJ Satterfield, 402-592-1243, djrcoach@yahoo.com
28 MAR, SLP Lift For The Lord (Bowling Green, KY) Dr. Darrell Latch, Son Light Power, 122 West Sale St., Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com
28 MAR, Arkansas State PL & BP (Russellville, AR) Jesse Rodgers, 423-255-3672, www.southernpowerlifting.com
28-29 MAR, USPF California State BP/DL (Dv. I & II) Los Alamitos, CA) Steve Denison, 661-333-9800, PWRLETRS@MSN.COM
28-29 MAR (new date), NASA Power Sports Nationals (OKC, OK) Rich Peters, Box 735, Noble, OK 73068, 405-527-8513, SQBPDL@aol.com
29 MAR, 10th Pittsburgh Monster BP/DL (men & women, all classes, cash prizes - Pittsburgh Airport Crown Plaza) Mike Baravecchio, 15108, 412-204-9996
29 MAR (New Date), NASA Pro Power Sports (OKC, OK), Rich Peters, Box 735, Noble, OK 73068, 405-527-8513, Jesse Rodgers, 423-255-3672, www.southernpowerlifting.com
11 APR, SSA Imperium (full power, Ironman, single lift - Iron Asylum Gym, Tribes Hill, NY) Sarah McCaslin

2009 WABDL National Collegiate Bench Press and Deadlift Championships
March 14, 2009
at the University of Houston-Downtown
Contact Meet Director Dr. John Hudson (713)225-7902 or (217) 377-4640 Hudson@uhd.edu www.wabdlnationalcollegiate.com



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Bench Press, Glen Woychik, N34146 Moga Dr., Independence, WI 54747, www.wisconsinbench.com
18 APR, Mighty Glibbers Meet, Mighty Glibbers Strength Center, 79-C Bassett Hwy., Deerfield, NJ 07801, Newton Romualdo, 973-383-3645, themightyglibbers@aol.com
18-19 APR, British PL, BP & DL (University of Bath), Claverton Down, Somerset, GBR. Entry to BPO no later than March 27th. Meet Director Greg Ashford, 01373-859997, www.gregpowerlifting.com
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 Good-hew, 765-744-6528, jgoodhew@comcast.net
18-19 APR, IPA Power Palooza 11 (Full, BP, DL, Leeseop, PA) Gene Ry-chlik Jr., 143 2nd Ave., Roversford, PA 19468, 610-948-7823
18-19 APR, IPA Power Palooza III & MHP Clash of the Titans II PL III & MHP Clash of the Titans II PL III & MHP Clash of the Titans II PL III (10,000 total cash prize money, four weight divisions, wraps, chalk, belt only - Ronnie Coleman Classic Expo, Mesquite Convention Center, Dallas, TX) Sean Katterer, (503) 221-2238, Sean.Zilla@HardcorePowerlifting.com, www.HardcorePowerlifting.com, www.MaxPerformance.com, www.MetroFlexGym.com, www.MetroFlexGymProductions.com
19 APR, 14th Dungeon Power-works Slam (BP, DL - Three Rivers, MI) Mark Mellinger, 15681 Featherstone Rd., Constantine, MI 4904, 269-506-5386
18 APR, ADFPF Chicagoland PL/Single Event (B&W Gym) Clint Phillips, Bill Lotter, JM-Gedney@wi.edu
18 APR, 3rd Power Promotions Sports & Fitness Expo (Parkersburg, WV) Matt McCabe, 304-376-7538, mccabef@yahoo.com, www.uspf.com

25 APR, USAPL Richmond Open (Big Paul) Jones and Phillip Battle Memorial (Alee Hs, Northern Richmond, VA) Gary Emrich, 804-240-8632, fatboyd@comcast.net
11 APR, APA Raw Nationals (Hattiesburg, MS) Meet Directors: John Micka, jgmicka@aol.com, Bobby Myers, alaquapits@netzero.com
18 APR, WABDL Florida State BP/DL, All American Gym, 309 W. Main St., Lakeland, FL 33815, 863-687-6268, keensall@yahoo.com
18 APR, 11th Wisconsin's Best

(Fredricksburg, VA) Gene Ry-chlik Jr., 610-948-7823, 143 Second Ave., Roversford, PA 19468, bench_a_grand@yahoo.com, www.rychlikpowerliftingsystems.com
2-3 MAY, WPA World Championships (PL, BP, PP, DL, Gear, UNL, Raw) Scott Taylor, 5738 Dayton St., Zephyrhills, FL 33542, 941-626-4247, scott@apa-wpa.com, www.apa-wpa.com
25 APR, Orange County PL/BP, Teen, Jr, New Dates), APF Master, Ron, LA) 225-241-8154, bulldog@bellsouth.net
9 MAY, Lifetime Natural PL Nationals, Dr. Darrell Latch, Son Light Power, 122 West Sale St., Tuscola, IL 61953, 217-253-5429, www.son-lightpower.com, sonlightpower@verizon.net
9 MAY, Nasa KY State Pow-erlifting, BP, PP & Power Sports (Morehead, KY) Greg Van Hoese, Route 1 Box 166, Ravenswood, WV 26164, 304-273-3110, greg@whpower.com
9 MAY, IBC NC State P/PP (Seneca, SC) Keith Payne, Keith@ironbopowerlifting.net
23 MAY, USPF Military Nationals PL, BP, DL (Venice Beach, CA) Steve Denison, 661-333-9800, PWRLFTRS@MSN.COM
2 MAY, Ohio USPF Division I & II PL & Single Lift, State/Local Community Center, Plainfield, OH) Tim Cochran, Ohio USPF Chairman, Box 11, Belleire, OH 45714, tincochr@h@yahoo.com
2 MAY, USPF San Diego Open PL, BP, DL (San Diego, CA) Steve Deni-son, 661-333-9800, PWRLFTRS@MSN.COM
2 MAY, Nasa Western States Nationals (Mesa, AZ) Rich Peters, Box 735, Noble, OK 73068, 405-527-8513, SQBPDL@aol.com
2 MAY, IPA 2nd Virginia State

USPF WEST COAST OPEN
Powerlifting Championships
 (Open, Masters, Teenage, Women, Junior)
 DIVISION I & II
USPF Div. II National Qualifier, GPC Rules
 February 21, 2009 Fresno, CA
Bob & Kim Packer
 559-322-6805 559-323-3892

USPF National Powerlifting Championship
USPF National Benchpress Championship
USPF National Deadlift Championship
 July 3, 4 & 5, 2009 Anaheim, CA
 Meet Director: Steve Denison 661.333.9800
 pwrlfts@msn.com www.powerliftingusa.com

Qualifier for the WPF World Powerlifting, World Benchpress, and World Deadlift Championship
 November 10-15, 2009 Riviera Hotel Casino, Las Vegas, NV

Nationals (Denver, CO) Rich Peters, Box 735, Noble, OK 73068, 405-527-8513, SQBPDL@aol.com
16 MAY, USAPL New England States Open PL, Greg Kostas, 781-447-6714
23 MAY, SPF National PL & BP (Nashville, TN) Jesse Rodgers, 423-255-3672, www.south-empowerlifting.com
5-7 JUN, RAW United Na-tional Championships, Spero Tshontikids, 4353 Collinwood Dr., Melbourne, FL 32901, 321-505-1194, ravunited@cl.rr.com
23 MAY, WDFPF World Single Event (Bradford, England) JM-Gedney@wi.edu
5-7 JUN, RAW United Na-tional Championships, Spero Tshontikids, 4353 Collinwood Dr., Melbourne, FL 32901, 321-505-1194, ravunited@cl.rr.com
23 MAY, USPF Military Nationals PL, BP, DL (Venice Beach, CA) Steve Denison, 661-333-9800, PWRLFTRS@MSN.COM
2 MAY, Ohio USPF Division I & II PL & Single Lift, State/Local Community Center, Plainfield, OH) Tim Cochran, Ohio USPF Chairman, Box 11, Belleire, OH 45714, tincochr@h@yahoo.com
2 MAY, USPF San Diego Open PL, BP, DL (San Diego, CA) Steve Deni-son, 661-333-9800, PWRLFTRS@MSN.COM
2 MAY, Nasa Western States Nationals (Mesa, AZ) Rich Peters, Box 735, Noble, OK 73068, 405-527-8513, SQBPDL@aol.com
2 MAY, IPA 2nd Virginia State

12 JUN, USAPL Mid Atlantic 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
26-28 JUN, European PL, BP & DL (Amsterdam, HOL) entry to BPO no later than May 15th, Meet Director Ed Femema, www.wfpow-erlifting.com
27 JUN, SLP Samsom's Gym Open PL/BP/DL (Hamilton, OH) Dr. Darrell Latch, Son Light Power, 122 West Sale St., Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com
18 JUL, SSA Nationals (full power, Ironman, single lift - Tribes Hill, NY) Sandi Mc-Caslin (518) 829-7990, www.ironasylum.com
24-25 JUL, Vermont State Open Raw BP (S. Burlington, VT) All American Fitness Center (802) 999-7845
24-26 JUL, 100% Raw Nation-als (Charlottesville, VA) John Shifflett, 186 Happy Hollow Rd., Ruckersville, VA 22968, valifting@aol.com, www.vir-ginapowerlifting.blogspot.com
25 JUL, USPF 2nd Virginia State BP & DL, Matt McCabe, 304-376-7538, mccabef@yahoo.com, www.uspf.com
1 AUG, SPF Southern States (Russellville, AR) Jesse Rodgers, 423-255-3672, www.southernpow-erlifting.com
1 AUG, USPF Muscle Beach Push-

11 JUL, ANPPC World Cup PL (Tuscola, IL) Dr. Darrell Latch, Son Light Power, 122 West Sale St., Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com, sonlightpower@verizon.net
11 JUL, Nasa Youth Nationals & WV Open BP, PP & Power Sports, Greg Van Hoese, Route 1 Box 166, Ravenswood, WV 26164, 304-273-3110, greg@whpower.com
6 JUN, USPF Sierra Nevada Cup PL Meet (FP, BP, PP - Cleveland, OH) Gary Kanaga, 440-241-7984, www.bigspowermeets.com
13 JUN, SLP Superman Classic BP/DL (Metropolis, IL) Dr. Darrell Latch, Son Light Power, 122 West Sale St., Tuscola, IL 61953, 217-253-5429, www.uspf6.com, sonlightpower.com, sonlight-gym@verizon.net
13 JUN, IHM Festival BP (Youngstown, OH) Ron DeAmicis, 330-792-6670
13-20 JUN, USPF Western States Police & Fire Games (College of the Canyons, Santa Clarita, CA) Sgt. Jonna Willshire, 626-300-3122, www.uspf62009.org
14 JUN, IHM Strongman (Youngstown, OH) Ron DeAmicis, 330-792-6670
20 JUN, SLP Michigan Open BP/DL (Ionia, MI) Dr. Darrell Latch, Son Light Power, 122 West Sale St., Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com, sonlightgym@verizon.net
5-7 JUN, APC National Power-lifting & Bench Championships (Packard Plaza, Peoria, IL), Greg Gordon, 1405 Kelsey St.,

Ravenswood, WV 26164, 304-273-3110, greg@whpower.com
12 JUL, USAPL Deadlift Push Pull Nationals (Miami, FL) Rob-ert Keller, Box 29 1571-2419, FL 33329, 954-790-2249
18 JUL, SLP Arkansas Open BP/DL/Curl (Bryant, AR) Dr. Darrell Latch, Son Light Power, 122 West Sale St., Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com, sonlightgym@verizon.net
18 JUL, SSA Nationals (full power, Ironman, single lift - Tribes Hill, NY) Sandi Mc-Caslin (518) 829-7990, www.ironasylum.com
24-25 JUL, Vermont State Open Raw BP (S. Burlington, VT) All American Fitness Center (802) 999-7845
24-26 JUL, 100% Raw Nation-als (Charlottesville, VA) John Shifflett, 186 Happy Hollow Rd., Ruckersville, VA 22968, valifting@aol.com, www.vir-ginapowerlifting.blogspot.com
25 JUL, USPF 2nd Virginia State BP & DL, Matt McCabe, 304-376-7538, mccabef@yahoo.com, www.uspf.com
1 AUG, SPF Southern States (Russellville, AR) Jesse Rodgers, 423-255-3672, www.southernpow-erlifting.com
1 AUG, USPF Muscle Beach Push-

11 JUL, ANPPC World Cup PL (Tuscola, IL) Dr. Darrell Latch, Son Light Power, 122 West Sale St., Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com, sonlightpower@verizon.net
11 JUL, Nasa Youth Nationals & WV Open BP, PP & Power Sports, Greg Van Hoese, Route 1 Box 166, Ravenswood, WV 26164, 304-273-3110, greg@whpower.com
6 JUN, USPF Sierra Nevada Cup PL Meet (FP, BP, PP - Cleveland, OH) Gary Kanaga, 440-241-7984, www.bigspowermeets.com
13 JUN, SLP Superman Classic BP/DL (Metropolis, IL) Dr. Darrell Latch, Son Light Power, 122 West Sale St., Tuscola, IL 61953, 217-253-5429, www.uspf6.com, sonlightpower.com, sonlight-gym@verizon.net
13 JUN, IHM Festival BP (Youngstown, OH) Ron DeAmicis, 330-792-6670
13-20 JUN, USPF Western States Police & Fire Games (College of the Canyons, Santa Clarita, CA) Sgt. Jonna Willshire, 626-300-3122, www.uspf62009.org
14 JUN, IHM Strongman (Youngstown, OH) Ron DeAmicis, 330-792-6670
20 JUN, SLP Michigan Open BP/DL (Ionia, MI) Dr. Darrell Latch, Son Light Power, 122 West Sale St., Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com, sonlightgym@verizon.net
5-7 JUN, APC National Power-lifting & Bench Championships (Packard Plaza, Peoria, IL), Greg Gordon, 1405 Kelsey St.,

The COLOSSAL One
NASA Regional Powerlifting Meet
Waukesha EXPO Center
Saturday, April 25th, 2009
 The BIG One - April, 2005 - Sheboygan
 The BIGGER One - April, 2006 - Green Bay
 The HUGE One - April, 2007 - Milwaukee
 The DAMN LARGE One - April, 2008 - Madison
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 Halloween Day, 6PM, Following the
 2009 Nasa Wisconsin State Invitational Meet



2nd Annual High School Team Mech-Pull Challenge
Mechanicsville, Virginia
May 30, 2009

Location: Lee Davis High School, Mechanicsville, Virginia

Hosted by: Coach Jason Meade, Lee Davis High School, 804-512-2460 or meade@leedavisfootball.com

Meet Director: VA Powerlifting Association - Jill Meads, Judy & Steve Wood, VAPowerlifting@aol.com

Teams must include a minimum of 6 athletes and no more than 10. Maximum of 100 lifts.

Teams: Bench Press and Deadlift - AAU Rules apply (see aausports.org)

Lifts: Metals for each athlete - First place in each Division and Weight Class First, Second & Third Place Metals for Best Lift, Bench & Deadlift, Heaviest Lift, Bench & Deadlift, Highest Total, Bench & Deadlift, Heaviest Single Lift (for the First Place Team)

Awards: (See Rules for details)

Schedule: Weigh-ins will be held on Friday, May 29th from 4:00 pm to 6:00 pm, and Saturday, May 30th from 6:30 am to 6:00 am. Mandatory rules briefing will be at 8:00 am. Competition starts at 6:00 am.

Divisions: All male and female weight and age classes. Men: 114, 123, 132, 148, 165, 181, 198, 220, 242, 272, 308, 308+, Women: 97, 105, 114, 123, 132, 148, 165, 181, 198, 220, 220+

Categories: Teen, ages (12-13), (14-15), (16-17), (18-19)

Membership: AAU Membership Fee included in Entry Fee.

Entry Fee: \$35 per athlete

Deadline: May 23, 2009

More Info: Julia-Virginia Powerlifting - 804-556-4624 or VAPowerlifting@aol.com
Jill - Virginia Powerlifting - 804-730-8810 or jmeads@aol.com

McCabe, 304-376-7538, mccaab@yahoo.com, www.uspf.com

5 SEP, UK Open PL, BP & DL (Entry to BPO no later than August 15th, Meet Director Greg Ashford, 01373-859997, www.wppowerlifting.com)

11-13 SEP, Raw United Armed Forces Nationals & Raw United Florida State, Spero, Somerset, GBR) 4353 Collinwood Dr., Melbourne, FL 32901, 321-505-1194, rawunit@aol.com

12 SEP, SLP Tennessee State Fair BP/DL (Nashville, TN) Dr. Darrell Latch, Son Light Power, 122 West Sale St., Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com, sonlightgym@verizon.net

12-13 SEP, USPF Muscle Beach PL, BP, DL (Venice Beach, CA) Steve Denison, 661-333-9800, PWRLFRS@TRS@MSN.COM

12-13 SEP, USAPL Bench Press Nationals, Gary Kamaga, 591 Central Dr., Broadview Hts., OH 44147, 440-717-9624

19 SEP, SLP Bodyworks Gym Spears Foundation Benefit BP/DL Classic (Dry Ridge, KY) Dr. Darrell Latch, Son Light Power, 122 West Sale St., Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com, sonlightgym@verizon.net

26 SEP, SLP National Powerlifting Championship (Tuscola, IL) Dr. Darrell Latch, Son Light Power, 122 West Sale St., Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com, sonlightgym@verizon.net

26 SEP, SLP National Powerlifting Championship (Tuscola, IL) Dr. Darrell Latch, Son Light Power, 122 West Sale St., Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com, sonlightgym@verizon.net

26 SEP, USPF 3rd Pennsylvania Open PL & Single Lift (Pittsburgh, PA) Matt McCaese, 304-376-7538, mccaese@yahoo.com, www.uspf.com

3 OCT, SLP Tennessee State Fair BP/DL (Lexington, TN) Dr. Darrell Latch, Son Light Power, 122 West Sale St., Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com, sonlightgym@verizon.net

3 OCT, USPF Central, California Open PL, BP, DL (Modesto, CA) Steve Denison, 661-333-9800, PWRLFRS@MSN.COM

3 OCT, 21st Ashabula YMCA Bench Press/Lomie Anderson, 1142 E. 15th St., Ashabula, OH 44004, 440-964-3013, andersonn1142@yahoo.com

3-4 OCT, SH/WBPLA World PL & BP (Nashville, TN) Jesse Rodgers, 423-255-3672, www.southernpowerlifting.com

10 OCT, SLP Oklahoma State BP/DL (Tulsa, OK) Dr. Darrell Latch, Son Light Power, 122 West Sale St.,

Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com, sonlightgym@verizon.net

17 OCT, 100% Tested Nationals & KY Regional PL, BP, PP & Power Sports (Morehead, KY) Greg Van Hoese, Route 1 Box 166, Ravenswood, WV 26164, 304-273-3110, greg@vhpower.com

17 OCT, Monster Bench/Night of Living Deadlift (Chatsworth, CA) Kevin Meskar, 818-723-3350

17 OCT, SSA Asylum Power (full power, Ironman, single lift - Iron Asylum Gym, Tribes Hill, NY) Sandi McCaslin (518) 829-7990, www.ironasylumgym.com

17 OCT, SLP Indiana State Open BP/DL (Beech Grove, IN) Dr. Darrell Latch, Son Light Power, 122 West Sale St., Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com, sonlightgym@verizon.net

18 OCT, SLP Premier Fitness Open BP/DL (Muskegon, WI) Dr. Darrell Latch, Son Light Power, 122 West Sale St., Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com, sonlightgym@verizon.net

24 OCT, ANPPC National PL (Tuscola, IL) Dr. Darrell Latch, Son Light Power, 122 West Sale St., Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com, sonlightgym@verizon.net

24 OCT, NANA Unequipped Nationals (OKC, OK) Rich Peters, Box 735, Noble, OK 73068, 405-527-8513, SQBPDL@aol.com

24 OCT, NANA 32nd Oklahoma Grand (OKC, OK) NANA, Box 735, Noble, OK 73068, SQBPDL@aol.com

24 OCT, USPF 4th Regional PL & Single Lift (Parkersburg, WV) Matt McCaese, 304-376-7538, mccaese@yahoo.com, www.uspf.com

31 OCT, USA Raw Bench Press Federation World (Tuscola, IL) Dr. Darrell Latch, Son Light Power, 122 West Sale St., Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com, sonlightgym@verizon.net

3 OCT, USPF Central, California Open PL, BP, DL (Modesto, CA) Steve Denison, 661-333-9800, PWRLFRS@MSN.COM

3 OCT, 21st Ashabula YMCA Bench Press/Lomie Anderson, 1142 E. 15th St., Ashabula, OH 44004, 440-964-3013, andersonn1142@yahoo.com

3-4 OCT, SH/WBPLA World PL & BP (Nashville, TN) Jesse Rodgers, 423-255-3672, www.southernpowerlifting.com

10 OCT, SLP Oklahoma State BP/DL (Tulsa, OK) Dr. Darrell Latch, Son Light Power, 122 West Sale St.,

Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com, sonlightgym@verizon.net

10-15 NOV, WPF World PL, BP, DL (Riviera Hotel Casino, Las Vegas, NV) Steve Denison, 661-333-9800, PWRLFRS@MSN.COM

12 DEC, 100% Raw Christmas Classic (BP, SC - Standardsville, VA) John Shufflett, 186 Happy Hollow Rd., Ruckersville, VA 22968, valiting@aol.com, www.virginiapowerlifting.blogspot.com

13 DEC, British BP & DL Record Breakers (Connaught Leisure Centre, Tongham Rd., Aldershot, Hampshire, GBR) Entry to BPO no later than November 22nd, Meet Director David Carter, 07770-757321, www.vpwpowerlifting.com

26 DEC, SLP The Last One! BP/DL (Tuscola, IL) Dr. Darrell Latch, Son Light Power, 122 West Sale St., Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com, sonlightgym@verizon.net

18-20 JUN 2010, USAPL Men's Open & Teen/Junior Nationals (California site, TBA) Lance Slaughter, 4437 S. Centinela Ave., Los Angeles, CA 90066, 310-995-0047

2-7 NOV 2010 World PL, BP & DL (University of Bath, Somerset, GBR) Entry to BPO no later than September 23rd, Meet Director Greg Ashford, 01373-859997, www.vpwpowerlifting.com

com, sonlightgym@verizon.net

12 DEC, USPF NorCal PL, BP, DL (Sacramento, CA) Steve Denison, 661-333-9800, PWRLFRS@MSN.COM

12 DEC, 100% Raw Christmas Classic (BP, SC - Standardsville, VA) John Shufflett, 186 Happy Hollow Rd., Ruckersville, VA 22968, valiting@aol.com, www.virginiapowerlifting.blogspot.com

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MEET DIRECTORS: there are literally hundreds of meets for the readers of Powerlifting USA to choose from in PL USA to put a display ad in PL USA to make YOUR MEET stand out. Call Mike Lambert at 800-448-7693 for details. We will even do the typesetting on your ad for FREE!!

(continued from page 39)

and radishes. Let stand 5 minutes.
Arrange 1 cup lettuce on each of 4 salad plates; Spoon 1 cup orange mixture over each serving. Divide enoki mushrooms evenly among salads.

Nutritional Information

This makes 4 servings
Calories: 115 (31% from fat)
Fat: 4g (sat 0.6g, mono 1.4g, poly 1.6g)
Protein: 3.6g
Carbohydrate: 19.1g
Fiber: 5.9g
Cholesterol: 0.0mg
Iron: 1.6mg
Sodium: 14.1mg
Calcium: 73mg

Shitake Scallop Surprise

—24 medium shitake mushroom caps (about 1 1/2-inch diameter)
—1/4 tsp. freshly ground black pepper
—12 medium sea scallops, cut in half (about 1 lb.)
—2 tsp. commercial pesto

Preparation:

Preheat oven to 450°. Arrange the shitake mushroom caps in a shallow baking dish. Sprinkle the pepper into the mushroom caps. Place 1 scallop half into each mushroom cap. Spoon 1/4 tsp. pesto onto each scallop half.
Bake the mushrooms at 450° for 10 minutes or until the scallops are done.

Nutritional Information

8 servings (serving size: 3 stuffed mushrooms)

Calories: 99 (27% from fat)
Fat: 3g (sat 0.6g, mono 1.2g, poly 0.6g)
Protein: 12.3g
Carbohydrate: 7.5g
Fiber: 1.8g
Cholesterol: 18mg
Iron: 2.1mg
Sodium: 138mg
Calcium: 48mg

Shitake Spinach Lasagna

—1 1/2 cups boiling water
—1 cup dried porcini mushrooms (about 1 oz.)
—2 (3 1/2-oz.) packages shitake mushrooms
—Cooking spray
—1 (8-oz.) package presliced button mushrooms
—1/2 tsp. salt, divided
—1/4 tsp. dried thyme
—1/4 tsp. black pepper, divided
—1/4 cup dry white wine
—1 tsp. butter
—2 tsp. all-purpose flour
—1/2 cups fat-free milk
—1/2 cup (2 oz.) crumbled goat cheese
—1/4 cup (1 oz.) grated fresh Parmesan cheese, divided
—6 no-boil lasagna noodles (such as Banilla or Vigo)

Preparation:

Bring the water and porcini to a boil in a medium pot; cover and let stand for 15 minutes. Drain in a sieve over a bowl, reserving 1 cup of the liquid.
Remove the stems from the shitake mushrooms and discard stems. Slice shitake caps.
Heat a large nonstick skillet coated with cooking spray over medium-high heat. Add porcini, shitake, and button mushrooms, and sauté 12 minutes or until softened. Add wine; cook 2 minutes or until liquid almost evaporates.
Melt the butter in a medium saucepan over medium heat. Add the flour, and cook for 30 seconds, stirring constantly with a whisk. Gradually add 1/4 cup porcini mushroom liquid and milk, stirring with a whisk until blended. Cook until mixture thickens (about 4 minutes). Remove from heat.
Add the goat cheese, 2 tsp. Parmesan, 1/4 tsp. salt, and 1/8 tsp. pepper, and stir until cheese melts. Spread 1/2 cup cheese sauce in bottom of an 8-inch square baking dish coated with cooking spray.
Arrange 2 noodles over cheese sauce, and top with half of mushroom mixture, half of spinach, 3/4 cup tomato, 1/2 cup cheese sauce, and 1/4 cup mozzarella.
Repeat layers, ending with noodles. Spread remaining cheese sauce over noodles. Sprinkle with 1/4 cup mozzarella, 1/2 cup tomato, and 2 tsp. Parmesan.
Cover and bake at 375° for 25 minutes. Uncover and bake an additional 25 minutes. Let stand 5 minutes.

Nutritional Information

This makes 4 servings
Calories: 375
Fat: 13.8g (sat 7.8g, mono 3.3g, poly 1.5g)
Protein: 22.3g
Carbohydrate: 44.4g
Fiber: 6.1g
Cholesterol: 65mg
Iron: 4.6mg
Sodium: 659mg

Shitake Chicken Delight

—1 (2-ounce) dried porcini mushrooms
—2/3 cup boiling water
—1/3 cup low-salt chicken broth
—1 tsp. tomato paste
—1/8 tsp. coarsely ground pepper
—1 small garlic clove, minced
—4 (4-oz.) skinned, boned chicken breast halves

Preparation:

Combine the water and porcini in a medium bowl; cover and let stand for 15 minutes. Drain in a sieve over a bowl, reserving 1 cup of the liquid.
Soak the mushrooms in the reserved liquid for 15 minutes. Drain in a sieve over a bowl, reserving 1 cup of the liquid.
Remove the stems from the shitake mushrooms and discard stems. Slice shitake caps.
Heat a large nonstick skillet coated with cooking spray over medium-high heat. Add porcini, shitake, and button mushrooms, and sauté 12 minutes or until softened. Add wine; cook 2 minutes or until liquid almost evaporates.
Melt the butter in a medium saucepan over medium heat. Add the flour, and cook for 30 seconds, stirring constantly with a whisk. Gradually add 1/4 cup porcini mushroom liquid and milk, stirring with a whisk until blended. Cook until mixture thickens (about 4 minutes). Remove from heat.
Add the goat cheese, 2 tsp. Parmesan, 1/4 tsp. salt, and 1/8 tsp. pepper, and stir until cheese melts. Spread 1/2 cup cheese sauce in bottom of an 8-inch square baking dish coated with cooking spray.
Arrange 2 noodles over cheese sauce, and top with half of mushroom mixture, half of spinach, 3/4 cup tomato, 1/2 cup cheese sauce, and 1/4 cup mozzarella.
Repeat layers, ending with noodles. Spread remaining cheese sauce over noodles. Sprinkle with 1/4 cup mozzarella, 1/2 cup tomato, and 2 tsp. Parmesan.
Cover and bake at 375° for 25 minutes. Uncover and bake an additional 25 minutes. Let stand 5 minutes.

Nutritional Information

This makes 4 servings
Calories: 375
Fat: 13.8g (sat 7.8g, mono 3.3g, poly 1.5g)
Protein: 22.3g
Carbohydrate: 44.4g
Fiber: 6.1g
Cholesterol: 65mg
Iron: 4.6mg
Sodium: 659mg

Shitake Chicken Delight

—1 lb. shitake mushrooms, cleaned, stemmed, and cut in half
—1/4 cup heavy cream
—Kosher salt
—1 tsp. olive oil
—1 tsp. bottled minced garlic
—1 1/2 cups bottled clam juice
—2 tsp. curry paste
—4 cups thinly sliced shitake mushroom caps (about 1/2 lb. mushrooms)
—2/3 cup canned diced tomatoes, undrained
—1/4 tsp. crushed red pepper
—4 (6-oz.) halibut fillets

Preparation:

Preheat oven to 375°. Combine the water and porcini in a medium bowl; cover and let stand for 15 minutes. Drain in a sieve over a bowl, reserving 1 cup of the liquid.
Soak the mushrooms in the reserved liquid for 15 minutes. Drain in a sieve over a bowl, reserving 1 cup of the liquid.
Remove the stems from the shitake mushrooms and discard stems. Slice shitake caps.
Heat a large nonstick skillet coated with cooking spray over medium-high heat. Add porcini, shitake, and button mushrooms, and sauté 12 minutes or until softened. Add wine; cook 2 minutes or until liquid almost evaporates.
Melt the butter in a medium saucepan over medium heat. Add the flour, and cook for 30 seconds, stirring constantly with a whisk. Gradually add 1/4 cup porcini mushroom liquid and milk, stirring with a whisk until blended. Cook until mixture thickens (about 4 minutes). Remove from heat.
Add the goat cheese, 2 tsp. Parmesan, 1/4 tsp. salt, and 1/8 tsp. pepper, and stir until cheese melts. Spread 1/2 cup cheese sauce in bottom of an 8-inch square baking dish coated with cooking spray.
Arrange 2 noodles over cheese sauce, and top with half of mushroom mixture, half of spinach, 3/4 cup tomato, 1/2 cup cheese sauce, and 1/4 cup mozzarella.
Repeat layers, ending with noodles. Spread remaining cheese sauce over noodles. Sprinkle with 1/4 cup mozzarella, 1/2 cup tomato, and 2 tsp. Parmesan.
Cover and bake at 375° for 25 minutes. Uncover and bake an additional 25 minutes. Let stand 5 minutes.

Nutritional Information

This makes 4 servings
Calories: 375
Fat: 13.8g (sat 7.8g, mono 3.3g, poly 1.5g)
Protein: 22.3g
Carbohydrate: 44.4g
Fiber: 6.1g
Cholesterol: 65mg
Iron: 4.6mg
Sodium: 659mg

Shitake Chicken Delight

—1 lb. shitake mushrooms, cleaned, stemmed, and cut in half
—1/4 cup heavy cream
—Kosher salt
—1 tsp. olive oil
—1 tsp. bottled minced garlic
—1 1/2 cups bottled clam juice
—2 tsp. curry paste
—4 cups thinly sliced shitake mushroom caps (about 1/2 lb. mushrooms)
—2/3 cup canned diced tomatoes, undrained
—1/4 tsp. crushed red pepper
—4 (6-oz.) halibut fillets

Preparation:

Preheat oven to 375°. Combine the water and porcini in a medium bowl; cover and let stand for 15 minutes. Drain in a sieve over a bowl, reserving 1 cup of the liquid.
Soak the mushrooms in the reserved liquid for 15 minutes. Drain in a sieve over a bowl, reserving 1 cup of the liquid.
Remove the stems from the shitake mushrooms and discard stems. Slice shitake caps.
Heat a large nonstick skillet coated with cooking spray over medium-high heat. Add porcini, shitake, and button mushrooms, and sauté 12 minutes or until softened. Add wine; cook 2 minutes or until liquid almost evaporates.
Melt the butter in a medium saucepan over medium heat. Add the flour, and cook for 30 seconds, stirring constantly with a whisk. Gradually add 1/4 cup porcini mushroom liquid and milk, stirring with a whisk until blended. Cook until mixture thickens (about 4 minutes). Remove from heat.
Add the goat cheese, 2 tsp. Parmesan, 1/4 tsp. salt, and 1/8 tsp. pepper, and stir until cheese melts. Spread 1/2 cup cheese sauce in bottom of an 8-inch square baking dish coated with cooking spray.
Arrange 2 noodles over cheese sauce, and top with half of mushroom mixture, half of spinach, 3/4 cup tomato, 1/2 cup cheese sauce, and 1/4 cup mozzarella.
Repeat layers, ending with noodles. Spread remaining cheese sauce over noodles. Sprinkle with 1/4 cup mozzarella, 1/2 cup tomato, and 2 tsp. Parmesan.
Cover and bake at 375° for 25 minutes. Uncover and bake an additional 25 minutes. Let stand 5 minutes.

Nutritional Information

This makes 4 servings
Calories: 375
Fat: 13.8g (sat 7.8g, mono 3.3g, poly 1.5g)
Protein: 22.3g
Carbohydrate: 44.4g
Fiber: 6.1g
Cholesterol: 65mg
Iron: 4.6mg
Sodium: 659mg

soaking liquid. Bring the soaking liquid to a boil in small saucepan; reduce heat to medium, and cook until reduced to 1/4 cup (about 5 minutes).

Preparation:

Combine mushrooms and boiling water in a bowl; cover and let stand 20 minutes. Drain mushrooms, reserving 1/3 cup liquid. Rinse and chop mushrooms. Strain the reserved mushroom liquid into a bowl; add chopped mushrooms, broth, and next 3 ingredients, stirring well. Set aside.
Place each chicken breast half between 2 sheets of heavy-duty plastic wrap. Flatten to 1/4-inch thickness, using a meat mallet or rolling pin. dredge chicken in breadcrumbs.
Heat oil in a large nonstick skillet over medium-high heat. Add chicken; cook 3 minutes on each side or until browned. Add vermouth, and cook 1 minute. Add mushroom mixture; reduce heat to medium, and cook for 10 minutes or until chicken is done.

Nutritional Information

This makes 4 servings (serving size: 1 chicken breast half and 2 tsp. sauce)
Calories: 182 (20% from fat)
Fat: 4g (sat 0.7g, mono 2g, poly 0.5g)
Protein: 27.5g
Carbohydrate: 7g
Fiber: 0.6g
Cholesterol: 66mg
Iron: 1.3mg
Sodium: 184mg

Shitake Bison Bombshell

—1/2 lb. bison loin, trimmed of fat and connective tissue
—2 tsp. grated orange zest
—1/4 tsp. chopped fresh thyme
—1/4 tsp. chopped fresh rosemary
—1/2 cup plus 2 tsp. chopped flat-leaf parsley, divided
—1 tsp. juniper berries
—2 tsp. minced garlic, divided
—2 tsp. butter
—1 lb. shitake mushrooms, cleaned, stemmed, and cut in half
—1/4 cup heavy cream
—Kosher salt

Preparation:

Using butcher's twine, tie loin at 1-in. intervals and transfer it to a baking sheet fitted with a metal cooling rack.
In a small bowl, combine orange zest, thyme, rosemary, sage, 1/2 cup parsley, juniper berries, and 1 tsp. garlic and pat all over loin. Refrigerate at least 2 hours and up to

Nutritional Information

Makes 8 servings
Calories: 219 (34% from fat)
Protein: 32g
Fat: 8.2g (sat 4.5g, mono 2.2g, poly 1.4g)
Carbohydrate: 3.3g
Fiber: 0.8g
Sodium: 95mg
Cholesterol: 105mg

Shitake Tomato Halibut Delight

—1 lb. shitake mushrooms, cleaned, stemmed, and cut in half
—1/4 cup heavy cream
—Kosher salt
—1 tsp. olive oil
—1 tsp. bottled minced garlic
—1 1/2 cups bottled clam juice
—2 tsp. curry paste
—4 cups thinly sliced shitake mushroom caps (about 1/2 lb. mushrooms)
—2/3 cup canned diced tomatoes, undrained
—1/4 tsp. crushed red pepper
—4 (6-oz.) halibut fillets

Preparation:

Preheat oven to 375°. Combine the water and porcini in a medium bowl; cover and let stand for 15 minutes. Drain in a sieve over a bowl, reserving 1 cup of the liquid.
Soak the mushrooms in the reserved liquid for 15 minutes. Drain in a sieve over a bowl, reserving 1 cup of the liquid.
Remove the stems from the shitake mushrooms and discard stems. Slice shitake caps.
Heat a large nonstick skillet coated with cooking spray over medium-high heat. Add porcini, shitake, and button mushrooms, and sauté 12 minutes or until softened. Add wine; cook 2 minutes or until liquid almost evaporates.
Melt the butter in a medium saucepan over medium heat. Add the flour, and cook for 30 seconds, stirring constantly with a whisk. Gradually add 1/4 cup porcini mushroom liquid and milk, stirring with a whisk until blended. Cook until mixture thickens (about 4 minutes). Remove from heat.
Add the goat cheese, 2 tsp. Parmesan, 1/4 tsp. salt, and 1/8 tsp. pepper, and stir until cheese melts. Spread 1/2 cup cheese sauce in bottom of an 8-inch square baking dish coated with cooking spray.
Arrange 2 noodles over cheese sauce, and top with half of mushroom mixture, half of spinach, 3/4 cup tomato, 1/2 cup cheese sauce, and 1/4 cup mozzarella.
Repeat layers, ending with noodles. Spread remaining cheese sauce over noodles. Sprinkle with 1/4 cup mozzarella, 1/2 cup tomato, and 2 tsp. Parmesan.
Cover and bake at 375° for 25 minutes. Uncover and bake an additional 25 minutes. Let stand 5 minutes.

Nutritional Information

Makes 8 servings
Calories: 392 (14% from fat)
Fat: 5.9g (sat 0.7g, mono 2.2g, poly 1.4g)
Protein: 41.5g
Carbohydrate: 38.2g
Fiber: 1.2g
Cholesterol: 57mg
Iron: 3.3mg
Sodium: 811mg
Calcium: 130mg

Conclusion

As you all can see Shitake mushrooms have more than a few different health benefits. For those of you who suffer from Cancer or HIV looking into the application of Shitake mushrooms and the drug extracts that are available in Japan is something to consider for sure.
I hope this helped open your eyes to another area of improving your health and performance. I am sure you will like the recipes that included as well. If you have never tried Shitake mushrooms please

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and fries it's time to give your taste buds a little exotic flavor.

So until next month, eat clean, train hard, and start eating some of these powerful mushrooms!

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Contest Update

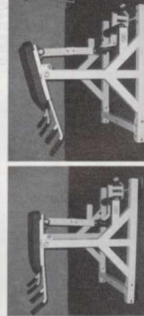
For those of you who didn't have enough time to enter, I have good news. The contest deadline will be extended until March 10, 2009. I know that the October issue did get out late and on top of that the holiday season was right around the corner. With all this, it really didn't give all the lifters much time to get involved. This was my fault, in part, so I wanted to make sure that there was enough time for everyone to get involved in this good cause.

So please get in your donations and get enrolled in this once in a lifetime chance to work with me one-on-one free of charge! Get in while you can and help a legendary strength coach who has given more back to this sport than any of us could ever hope to do.

give them a whirl because they are not only super tasty, but the nutritional Chinese medicine as well as the Asian cuisine for thousands of years. But I know for the large majority of you reading this, it is probably your first experience with them. Remember it's better late than never so if you have been one of the good ol' American boys that just willed down frank and beans and burgers

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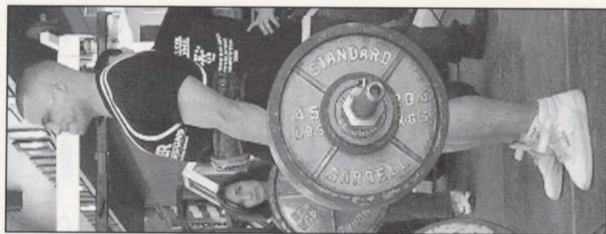
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APA Sunshine State Open
6 DEC 08 - Tampa, FL

MALE	L. Barry	340	
MALE	Submaster Raw	242 lbs.	
Teen Raw	S. Eastburn	370	
Open/Youth	G. Boldissar	370	
J. Conito			
Teen Raw	Open UNL Gear	260	
R. Gross	O. Maldonado	620	
198 lbs.			
MALE	Master II Raw	460	
J. Hart	DEADLIFT		
MALE	Master II Raw	315	
300			
Raw	Raw	132 lbs.	
R. Vaughn			
225			
TOT			

285	220	400	905
540	350	550	1440
350	225	450	1025
540	350	550	1440
485	305	495	1285
370	275	370	1015
800	575	625	2000
325	245	535	1105
800	575	625	2000



Jason Lopez (Scott Taylor photo)

308 lbs.
Master I Raw
E. Francis
440
275
540
1255
Powerlifting Best Lifter: Andrew Yerrakada, Powerlifting Raw Best Lifter: Jake Kahl, Bench Press Best Lifter: Joe Zymowski. This event was very well run with excellent judges, spotters, and loaders. A very special thanks to Phil Cym and staff for doing an excellent job of running this event. Several records were set at this event. (Scott Taylor, APA)

MU Strength Club 2nd Push Pull
18 OCT 08 - Mexico, MO

BP	DL	TOT
187	187	
309	661	970
220	452	672
154	386	540
529		529
529		529
452	1047	1499
485	816	1301
408	805	1213
761	1411	2172
728		728
1091		1091
805	893	1698
452	772	1224
683		683
805	1334	2138
772	1091	1863
672	1102	1775
551	1202	1753
551	1003	1554
540	1003	1543
849		849
838	1168	2006
430	772	1202
254	441	694
970	1687	2657
1003	1290	2293
1069		1069

683		683
805	1334	2138
772	1091	1863
672	1102	1775
551	1202	1753
551	1003	1554
540	1003	1543
849		849
838	1168	2006
430	772	1202
254	441	694
970	1687	2657
1003	1290	2293
1069		1069

1069	1069
Overall Best Female Lifter: Nicole Wheeler, On a bench when she weighed 110 lbs. Missouri's football for the first time.	
Missouri's football all over the state descended on the University of Missouri's Student Center to compete in the MU Strength Club's second Push Pull. Some notable lifters from the first meet were absent, but a number of new lifters tested	

Push Pull E	BP	DL	TOT
98 lbs.			
R. Duncan			
220 lbs.			
M.A.L.E.			
223 lbs.			
Teen I			
G. Fraser			
148 lbs.			
N. Duncan			
165 lbs.			
Teen II			
J. Goff			
181 lbs.			
C. White			
177 lbs.			
J. Wright			
C. Tros			
J. Enlow			
198 lbs.			
E. Burks			
220 lbs.			
M. Hammond			
Junior			
S. Marley			
J. Daniels			
S. Lloyd			
D. Duncan			
242 lbs.			
Master II			
K. Rekowski			
K. Williams			
S. Morris			
K. Mills			
Teen			
Z. Ufford			
275 lbs.			
A. Briseno			
I. Humbyrd			
Teen II			
D. Stewart			
D. Leeth			
308 lbs.			
Master I			
K. Ufford			
S. Birdsong			
SHW			
Master II			
B. Duncan			

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Phone: _____ Date: _____
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Zip Code: _____
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also look best bench and best deadlift). The best lifter in the male division was meet director and MU Strength Club officer Eli Burks. It has been a long time since we had a lifter in the male division from Missouri. He was the first in the nation of the recent USA Powerlifting Nationals, among other lifts. In this meet, Eli benched 345 and pulled 640 for a total of 985 at a bodyweight of 196. That's over five times his bodyweight! For anyone doubting whether Missouri has any serious powerlifters, all they have to do is to compare the results of this meet with the results of the Missouri Powerlifting Meet in MO when it comes to lifters ready to show Show-me state and that we're ready to show anybody what we've got. We are extremely grateful to the support of Mike Lambert and Powerlifting USA magazine, Alan Thomas of APT Pro Lifting Gear, and Pete Ahlitz Jr. of Titan Support Systems for providing incentives for Missouri lifters to compete. These are the best of commitment to competitive powerlifting that is unsurpassed. (Results courtesy from Bill Duncan)

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Lifters from Mexico, (Missouri) at the MU Strength Club Competition

their strength for the first time. The meet's two female lifters, six year old Nicole Wheeler and 19 year old MU student Nicole Wheeler, both weighed 110 lbs. Nicole Wheeler weighed 110 lbs. in her street clothes and weighed 110 lbs. at the meet. Nicole, who had hoped to play on MU's softball team, has found a different outlet for her athleticism, benching 140 and pulling 300 for a 440 (2x bwt.) two lift total. Nicole will only get stronger as she continues in our sport. The age range for the male competition ranged from 10 to 90. Not surprisingly, all the lifters were young women, with the other Missouri lifters, Mark Hammond, Steve Hazen, and Steve Morris, the big lifts of the day were 455 bench by Rola Missouri's Steve Birdsong and a 765 deadlift by Kansas City's Ken Ufford. Like Bill Duncan, Ken was part of a parent-child lifting team. Ken's son Zack, 70 lbs. and 11 years old, lifted 230 and pulled 455 for a total of 685. That's over five times his bodyweight. Ken's son Zack is farther along to seeing more from Zach, Ken, the Ducan's and all the other lifters. The best of commitment to competitive powerlifting that is unsurpassed. (Results courtesy from Bill Duncan)

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Pledge Registration No. _____

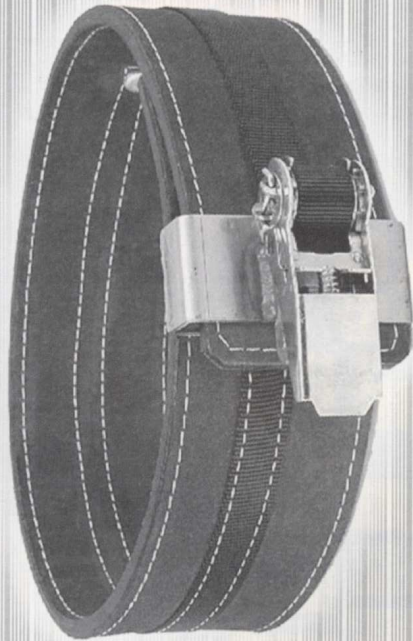
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pare lifters any longer. No disrespect to any federation or lifter, but with the way rules are applied, weight in times, equipment, etc the sport has become so splintered that there is no way to fairly compare lifters across federation lines, which is a shame. Lifters should have the choice of where they want to lift, but it would be great if there was one set of rules applied the same at all meets and one standard for equipment so everyone has the same gear whatever that might be.

LM: Why do you think we have so many different organizations in our sport and do you think the sport will ever unite?

TA: No one wants to be second, so there are too many federations, too many divisions.

I would love and support any plan to unite powerlifting into one federation.

LM: Any people you'd like to thank, Tim?

TA: I would like to thank my training partner, Danny Thurman; Donoan Thompson for the honest advice and great coaching; Pete Alaniz of Titan Support for the best gear out there bar none; And Zeke Fogarty of Big Guns Nutrition for his support.

World Bench Teams for several years with lifters like Steve Petrenak, Dennis Cieri, and Donoan Thompson I have a lot of hilarious stories and experiences, but none of those can (or should) be printed in this magazine.

LM: How did you feel at this year's bench nationals setting an IPF open world record?

TA: Going into the contest I had no real plan to attempt the record. I was just trying to win nationals. After I had the win secured, I made the call for the record. After completing the lift and sitting up to see the three white lifts I freaked out. I am normally an emotionally reserved lifter, but I went crazy with excitement. After 20 years of powerlifting, there is nothing that compares with the feeling I had that day after breaking the record.

For 5 to 10 minutes after the lift it was all a blur, good thing Christy Newman had a lot of photos of the aftermath. Thanks Christy!

LM: When you see the rankings in Powerlifting USA magazine and you see some of the top lifters ranked so low, what crosses your mind.

TA: Apples and oranges, wait apples and pineapples. With all the different federations, rules, equipment, etc., you cannot com-

LM: What are your remaining goals in the sport and how long do you think it will take to achieve them?

TA: In 2007 I set my goals for 2008, they were to break the USAPL American bench record, win an IPF Gold medal, and break the IPF World bench record. I accomplished all of those. One friend of mine who is not a powerlifter asked me recently "What else is there for you to do now that you have won the Worlds and broke the world record?" I could not answer him. So I am reflecting on my accomplishments and trying to determine some new goals.

But one goal I want to be part of the first US Men's Bench Team to win an IPF Team Gold.

I'm 36 years old and I do not foresee myself continuing competitive lifting into my master years.

So I expect I only have a few years of competitive lifting left in me.

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

TA: Some of the most entertaining lifters to watch are young new notice lifters. But as far as elite lifters, I enjoy watching Dennis Cieri and Jennifer Thompson.

LM: Any funny stories come to mind while competing?

TA: While being on the USA

(continued from page 32)

things that has helped me move to the next level as a lifter. I have met a lot of great people and made some lasting friendships.

LM: What equipment do you use?

TA: I wear a stock size 1st generation Titan Katana AS bench shirt and Titan Titanium 36" Wrist wraps. I have used the same Katana shirt for all my meets over the last two years. The durability and performance of the Katana is second to none. I do not change shirts between attempts.

LM: What do you attribute your success too? Hard work, genetics, nutrition etc?

TA: My training would not be classified as "hard work" compared to some other powerlifters. I would have to say I have trained smart over the years and avoided injuries. So I attribute my success to genetics, training smart, and longevity. And I would like to say some of my recent improvements have been due to some advice and constructive ideas from Donoan Thompson, US World Team Coach. He has given me another perspective of some things I could improve upon and change.

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▲ World-record holder, Josh Bryant has been a Certified Fitness Trainer with the ISSA since 2001. Josh also holds a certification as an ISSA Specialist in Sports Conditioning. Find out more about Josh and other ISSA trainers at ISSAonline.com.

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Jani Murtomaki is one of the best benchers in Europe and the world

(continued from page 28)

SS: How do you see PT's affect in strength training?
JM: The biggest mistake for powerlifting coaches are those who don't have enough knowledge and train wrong themselves. Also having the lifter train with too much gear or having him train for the gear in the beginning is a big mistake.
SS: What are your next big meets?
JM: The WPO Semis in Russia and the Finals in the USA are next on the list.
SS: What do you think of the RAW meets?

JM: These are a good choice for lifters who don't like to use gear. It's a good way to measure lifters' brute strength. But there's one thing I really wonder: Why are such few lifters in these meets? The internet is full of bullstrong experts but I don't even see them in the audience.
SS: Any other things you would like to add?
JM: I would like to thank my sponsors: Skip, Voimapuoli, XTC, Metal, EFS and my fiancée Heidi for their tremendous support.

SS: What future plans do you have?
JM: To stay healthy and keep lifting as long as possible.
SS: What kind of new stuff does Metal have coming next?
JM: The newest is the King fabric. It has been tested successfully in the deadlift. New designs on suits and shirts are in constant process.
SS: What do you think is the best education you have received as a powerlifter?
JM: These last five months I've lived here in Juva and trained with



Jani psyches up for an attempt

USA Raw BP Fall Nats/SIP MI

USA Raw Fed.	Police/Fire (50-54)	Police/Fire Open	Open
220 lbs.	240*	415	
WOMEN			
J. Johnson			
148 lbs.			
I. Rasmussen			
Master (50-54)			
132 lbs.			
L. Boshoven			
240			
C. Kalka			
325			
B. Becker			
I. Shulls			
320			
Novice			
220 lbs.			
I. Morgan			
340			
275 lbs.			
N. Barre			
4th-375			
191 lbs.			
L. G. Lewis			
260			
SIP State			
Submaster			
275 lbs.			
B. Gaieny			
365			
Submaster			
Master (40-44)			
148 lbs.			
M. Rasmussen			
145*			
ME			
255			
Master (45-49)			
198 lbs.			
T. White			
260			
198 lbs.			
Master (50-54)			
325*			
M. Ward			
181 lbs.			
198 lbs.			
A. Perkins			
340			
DEADLIFT			
4th-350			
Submaster			
M. Ward			
325			
500-54			
220 lbs.			
138 lbs.			
200*			
T. Denis			
315			
148 lbs.			
I. Rasmussen			
235*			
Master (40-44)			
148 lbs.			
R. Z. Z. Z.			
4th-270*			
410			
265*			
Master (55-59)			
220 lbs.			
T. Sheehan			
315			
165 lbs.			
220 lbs.			
L. Boshoven			
500*			
275			
Submaster			
Master (60-64)			
181 lbs.			
P. LaRouch			
205			
490*			
Police/Fire			
Submaster			
275 lbs.			
B. Stanton			
405*			
R. Zimmerman			
485*			

*-Son Light Power Michigan State Records.
 !-USA Raw Bench Press Federation National Records. Best Lifter USA Raw Mers: Jack Shulls. Best Lifter Michigan State: Lyme Boshoven. Team Champions: Tri-Gym Power, The USA Raw Bench Press Federation Fall Nationals, Michigan State SIP. Best Lifter USA Raw Mers: Jack Shulls. Press & Deadlift Championships were held at Flex Fitness in Holland, Michigan. Thanks to owners Shawn and Amy Miller for once again hosting this annual event. In the USA Raw division it was Jennifer Rasmussen with a new national record in the novice 148

provided by Dr. Darrell Latch



BEST LIFTERS - Jack Shulls and Lyme Boshoven (Dr. Darrell Latch)

class with 145. Lyme Boshoven, probably the greatest female powerlifter of all time, won at 50-54/165 with 245. At novice 220 it was Jerome Morgan with 340 while our only teenager, Luigi Francioso, won at 18-19/198 with 260. Buddy Gaieny upped his personal record to 325 for the 4th-375. With this win there were four 40-44 winners. The 40-44 winner at 181 with a personal best 260. At 45-49 it was Terry Bruce at 181 with 340 while Alan Perkins, who came all the way from Connecticut to compete, broke the Michigan state record at 190 with 350, to beat out Mike Ward, who finished at 60-64/181 with a new national mark of 475. Finishing second at 50-54/275 was Ray Zimmerman with 410. Last weeks out of surgery, Tim Sheehan won at 55-59/220 over Timo Weimero 315 to 275. Our final master lifter was Dr. Pete Lafonch, who finished at 60-64/181 with a national mark at police & fire submaster 242 with 405 while John Johnson did the same at 50-54/220 with 240. Aaron Denis won at Police/Fire open 220 with 415. In the open division it was Calvin Kalka with a new national record of 260 at 132. At 198 it was Brian Bruder over Josh Shulls 325 to 320. Nathan Barre, who finished the open at 325, won at 45-49/198. The best lifter award for the raw lifters was master 50-54/275 winner, Jack Shulls! For the Son Light Power Michigan State competition we begin with the raw division, in which the winner at women's submaster 148, Jennifer Rasmussen, established a new Michigan state record there with 325. Our second assisted lifter, Dan Gobble, upped his own state record at 50-54/220 to 510. Moving to the deadlift event, all six of the participants set new Michigan state records for their respective classes. For the women's submaster classes, Jennifer Rasmussen finished with 260 at 123 while a new personal best 270. But it was Lyme Boshoven who led all lifters with a great 500 pull at 50-54/165! Best lifter! Buddy Gaieny with 490 while Ray Zimmerman pulled 275 with 490 while Ray Zimmerman pulled 485 with 275. Thanks to Jose, Mireles and Nathan Barre for their help with the set-up of the platform and loading and spotting. The 40-44 winners were Dan Goble, who finished at 181, also to Sasha Sador for taking pictures and to our trophy girls Cassie and Chanda Miller. See you all again January 24, 2009! (results provided by Dr. Darrell Latch)

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 Team MuscleTech™ Athlete
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BENCH: 705
DEADLIFT: 810

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In a 12-week clinical study, test subjects consuming a key ingredient in CREAKIK Hardcore increased muscle fiber protein content by 58 percent. © 2008. For more information, check out CREAKIK-Hardcore.com™

NOW WITH... INCREASED MUSCLE FIBER PROTEIN CONTENT BY 58%!
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Donnie at the 2008 IPA Sr. National Championships

with this. If you squat badly for years, it is nearly impossible to re-learn. You will always revert back to your old style when you get heavy and lose your emotions. Incorporate the box squats into your routine, but not exclusively. Keep changing things up. Then build all the muscle groups up that work the squat. Glutes, hamstrings, inner thighs, abs and lower/lower back. As you can see, there is plenty to do after your last set of squats.

CB: Donnie, give us your squat routine.

DT: I squat heavy on Mondays and light on Fridays. I incorporate gear into the heavy day now. I spend time on assistance work and never shirk it off. I do not miss the extras. Even if I have to do them the next day. That is why I am walking away from Powerlifting and not limping away.

CB: How should the beginner or intermediate squatter squat differently than you do?

DT: I think they should use a progressive overload system to build a lot of muscle. Most of these guys do not know muscle's address. You can't tell them apart from the audience. Also, pull the sled a lot. Build the back of the body or develop it as much as possible. Don't rely on the lifting gear like the advanced guys do. They are developed and the beginner and intermediate is not. The tendons and ligaments in the joints need to be very strong over time so use full range and lock out your lifts. Do not cut them short ala bodybuilding style.

CB: Good tips, thanks. Tell us about your eating plan for powerlifting. What supplements do you take?

DT: I eat three meals a day like everyone else. Just a little larger than some people. Then I try to drink shakes in between. I use Maximus from allargentration. I sought them out based on references from athletes and other lift-

ers. Not 'cause I could get it for free.

CB: Will you share your powerlifting routine in detail?

DT: No I will not. It sounds ridiculous when people read it and they are only looking through a keyhole of what I have been doing for 28 years. My routines are mine that I have learned and put to the test over many years. I have finally learned to incorporate gear in training. I lift heavy squats of some kind on Monday's. Wednesday is my heavy bench day. Friday is my light lower body day. Sunday is my light upper body day. Tuesday and Thursday are my rehab and recovery days. That is it. As far as specifics, it would do more harm than good to disclose my training information!

CB: Fair enough. How does your family feel about your powerlifting success and the fact that you are the best in the world right now?

DT: My family could care less about my Powerlifting. I have never fit in society and even in my own family. The only family member that ever understood me was my mean grandmother, Grandma V! She died eleven years ago so my family Powerlifting 'feelings' went to the grave with her. My parents have helped with money to quit.

CB: What other adversaries have you had to overcome?

DT: I started competing in 1998. I was a commercial gym owner. Gold's Gym opened up right next to me about nine tenths of a mile down the road. My membership dropped from 800 to 400 overnight. I just bought a house for \$175,000! I was engaged to be married that summer. Long story short, my expenses all went up, my income was cut in half, and everyone seemed to bail. I lost my house to foreclosure. I turned my truck back in to the dealer and the bride-to-be left me! I sold my gym to a wolf in waiting for practically nothing. All my life's work was gone.

Powerlifting was the only thing that made any sense. I over-trained and went down to the 220 lb. class. I averaged 15 training sessions a week. I rented a small warehouse downtown and made a powerlifting gym there called the compound. I was jobless until 2006 (I worked, but not real jobs with benefits or respectability) when I got into physical therapy and strength development. I love it and it is a great job. My totals went up tons when I started working for Progressive Sports! My friend, Mike Johnston, got me the job.

CB: What's next? What would you like to do in the future?

DT: I really enjoy rehab work and the strength end of it. However, I could see myself being a strength

coach at the University level. That is where I would have the biggest impact as far as job stimulation and affecting people's lives. I will never be broke again. I plan on being a millionaire in eight years.

CB: Awesome. Donnie, tell Powerlifting USA a secret about yourself that people don't know.

DT: My life is really out in the open and always has been. It is filled with drama. However, the one thing that a lot of people do not know about me is I am a true romantic at heart. I would love nothing more than to meet a woman who is into me like I am into her. I have had close encounters, but they always end tumultuously! I have met someone now that fits the bill. I just hope she can stick it out with me through the baby and my temperament. Donnie Thompson is very difficult to get along with emotionally. It will take an act of God to get her to stay with me. I am trying to tone my mean-spirited nature so I won't screw things up. If I end up by myself, I deserve it, for the way I am to her and others sometime.

CB: Donnie, what drives you to be the best?

DT: You need to find one thing in life that you pursue that you love. Fortunately, I have had two things, football and Powerlifting. With football, you are limited to the team and administration, but Powerlifting had nobody to hold me back. Numbers are attainable and make sense to me. You can always best yourself. Before I die, I wanted to tell my kids that their daddy did this one thing, and did it to the best of his ability! And whether I failed or won, I was at one time the very best I could be! I left nothing on the platform.

CB: When you aren't powerlifting, what do you enjoy doing?

DT: I love to watch my John Wayne DVDs. I can't get enough of the Duke. When this world starts going crazy to me, I put a Duke movie in and life makes sense again. Men need to be men again. Watching a few John Wayne movies a week is a good start to fight against the times we are in, this age of gyness and tough women.

CB: That's hilarious. Donnie, how do you see the future of powerlifting?

DT: Lifter consolidation. Federations exist to serve the lifter, but lifters are like sheep and follow blindly. It is ass backwards. Without the lifter, Powerlifting

competitions will cease to exist. Everyone that is a federation loyalist, tell me what benefit that is to Powerlifting. The rules are the same across the board for Powerlifting. We have open, raw, equipped and drug free. Pick one and do it. The Internet should be used to post results. Websites can offer lifters advice. In ten years, things will fall into place. Promoters are already trying to be gracious to the top lifters in each division. Once the venues pick back up, television contracts will come and the public will see more than just a weight being lifted, they will see the person who is lifting. Right now there is zero respect for the lifter who accomplishes great things. I think it is a lack of understanding. Most lifters are just gym bums. They could not possibly comprehend the training it takes to be a national and world champ.

CB: What is the best and worst advice you were ever told before?

DT: The best advice was the advice Louie Simmons gave me in 1998 about training properly. I researched it out and put it to the test. I was patient and believed in it. It worked. Changed my whole philosophy on training.

CB: The worst advice I ever had was my friends not stopping me from getting married! I blame them because one of them could have

knocked me upside the head and told me not to do it. I blame them for me marrying such a scumbag!

CB: What makes Donnie different from everyone else?

DT: My determination does hands down. I suffer from lack of confidence at times, depression and anxiety. I overcome them all in time. It takes me a little longer to develop than my competitors, but I am steady and never ever quit! I am determination, from my bone marrow out to the hair on my skin. Also, I lost my fear of heavy weights. I never think a weight is too heavy. I just am never scared of any attempt. Like, most people can never overcome their emotions. I learned to.

CB: What makes Donnie happy and what ticks Donnie off?

DT: What makes me happy is a gym full of lifters trying to get strong. What ticks me off are people quitting and not showing up. Why did you waste my time in the first place? Then they blame Marge Millman. The Mountain Brothers - Gold's Gym New Haven, CT. Dave Tate - Elitefts. John Inzer - squat suit. Progressive Sports Physical Therapy.

Personal: Jessica Fulmer, Mandy Stafford and her Mama, Tim Fogle, Mark Chaillet, Nicole Dominick, April Stroud, Neil Foy, Tom Frederick, Billy Mays, Tom Korbin, and many others who were there for me.

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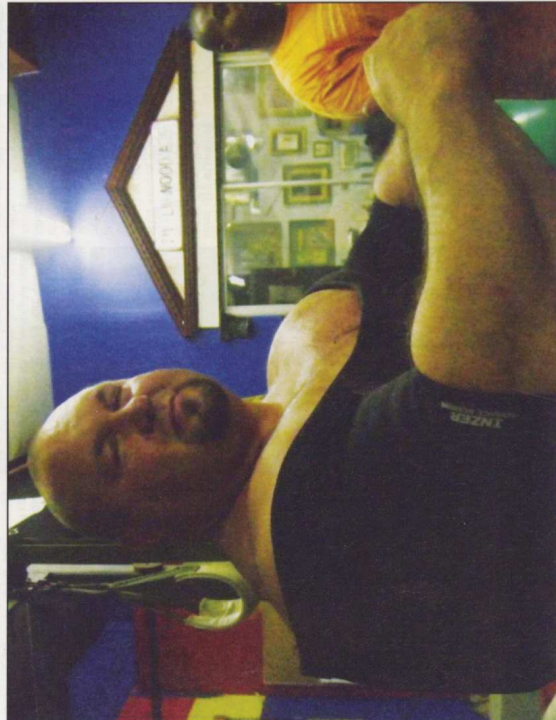
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Donnie Thompson — there's only one! (Powerlifting photos courtesy of Chuck Venturella)

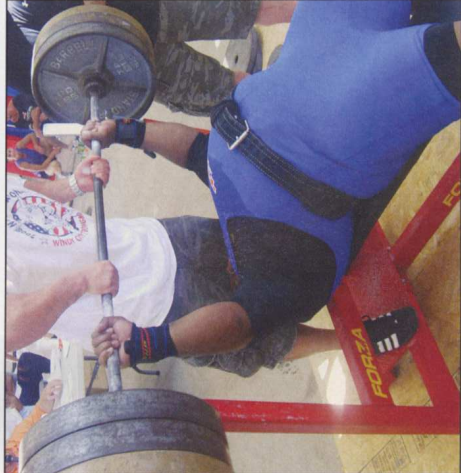
17 AUG 08 - Springfield, IL

Table with columns for BENCH, WOMEN, and various lifters with their weights and records.



Best Women's Lifter at the Illinois State Fair SLP event was Anna Tabit

kind of scary, but it turned out to be a great record for the 275 class with a strong 335. In place with indoor barbells and an air system...



Robert Vick with an easy 750 SLP State Record Bench at Submaster Superheavyweight, done at the Illinois State Fair. (D. Latch photos)

submaster shw it was Big Robert Vick, current APP World Champion with 909 officially to failed just at the top! It looked as if the right...

220 with 370. Brandon Rogers got a big 585 at 275 followed by Dion Rhodes' 530 at shw. In set a new Illinois state record in the women's...

USPF Blackstone's Big Dog Classic 25 OCT 08 - OH BENCH DEADLIFT MEN 181 lbs. Junior (20-23) 677*

181 lbs. Junior (20-23) 677* 220 lbs. Division-2 (Double) 208*

APPE War On The Shore 11 OCT 08 - Los Angeles, CA

Table listing lifters and their weights for the APPE War On The Shore event.

venue: F-1 Gym. (Courtesy James Burdette)

SLP 8th Vince Soto/OH State Fair 3 AUG 08 - Columbus, OH

Table listing lifters and their weights for the SLP 8th Vince Soto/OH State Fair event.

181 lbs. Junior (20-23) 677* 220 lbs. Division-2 (Double) 208*



Christina Schaeffer with her 205 deadlift in women's open 123 lbs class at the SLP Vince Soto Ohio State Fair Meet (Latch photographs)

Louder Soto present who were awarded special medals in memory of her son, by Vince's old training partner, Frank Ranelli. Before his death in 2000, at the age of twenty-three, Vince had become one of the premier lifters...



Kirk Bardos with his SLP Ohio State Record 605 deadlift at 40-44/242 lbs. (photo courtesy of Darrell Latch)

of Vince Soto, in the women's bench press competition, it was Susan Olds for the win both lifters getting just their openers in. Edgell at 40-44/132 with 145. Mae Rae Leedy set a new Ohio state record in the 50-54/97 class...

broke the state record at junior 242 with 320. Our biggest raw lift of the day came from 45-49/275 winner Roger Nanns, who finished with a new state record of 520. Aaron Jones finished second behind Roger with 345. Phil Zimmerman returned to competition, after a few years off, taking a 50-54/242 class with a new year record of 405.

220 with 370. Brandon Rogers got a big 585 at 275 followed by Dion Rhodes' 530 at shw. In set a new Illinois state record in the women's...

181 lbs. Junior (20-23) 677* 220 lbs. Division-2 (Double) 208*

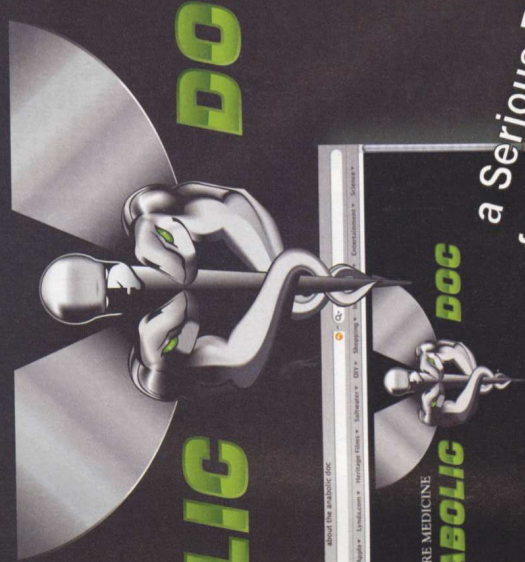
181 lbs. Junior (20-23) 677* 220 lbs. Division-2 (Double) 208*

You may have seen the ad
in the May 2008 Edition Powerlifting USA...

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HARD CORE MEDICINE
ANABOLIC DOC

I am the Anabolic Doc

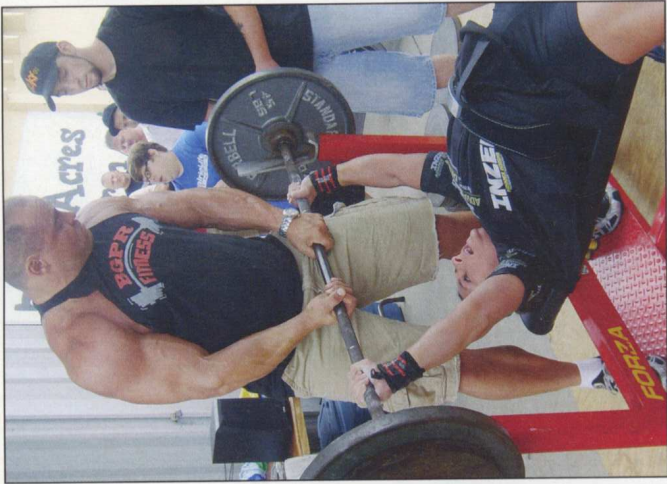
I am a Board Certified Internal Medicine Physician who specializes in "Hard-Core medicine," the medical care of men involved in the Power Sports. The Power Sportsman's (4-6, Power Lifters, Strongmen and) These men are very unique. The lifestyle these men live is very different than that of ordinary men, therefore necessitating a very different, yet component Physician who not only can understand these special men, but a physician who lives the hard-core under-culture himself.

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My mission is to deliver medical care to the Power Sportsman. I have been a Power Sportsman for over 30 years from my days in the Power Sportsman's (4-6, Power Lifters, Strongmen and) from my days in the Power Sportsman's (4-6, Power Lifters, Strongmen and) edge academic Internal Medicine. After practicing General Internal Medicine for years and caring for the and more of these special patients, I realized that the standard Power Sportsman's (4-6, Power Lifters, Strongmen and) which is based on the science of medicine, is not the science of medicine that these men need. I realized that the standard pharmacology of these men is not the standard pharmacology of these men. How many physicians in this country or this world, are familiar with the subject: Body Dysmorphic pathology of Revenue Account (ACA), the Adonis complex? This is, in addition to the fact that there are many physicians who do not understand the lifestyle of these men, who would, in fact, be a hindrance to their health.

KEEP LIFTING... as HEAVY as possible,
as HEALTHY as possible,
for as LONG as possible

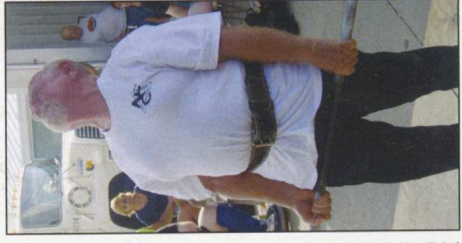
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Denise Timbs with an SLP State Record 225 at women's open/148 lbs class at the Tennessee State Fair event. (Dr. Darrell Latch photos)

Teen (13-15) SHW 500* 500*
C. Bryant Master (70-74) 350* 198 lbs.
J. Scott 4th-355* 220 lbs.
Teen (16-17) 400* 275 lbs.
J. Scott SHW (18-19) 445* 275 lbs.
B. Ellis Submaster 600* 242 lbs.
A. Horton 500 242 lbs.
Caleb Norwood finished with 385 at 220. In the assisted division Darrell Huskey broke his own state record at wheel chair 220lbw/275, just missing 300 on his final attempt. Denise Timbs also broke her existing state record at open women 148 with a great 225. Denise is the current and the 2007 NPC Ms. Tennessee National, Tennessee's first and only female powerlifter to hold the title of Bodybuilding Champion. She and her husband, Harley Timbs, are the only married couple to move up to the wheel chair 132 class, capturing the title and a new state record of 215. We are all so proud of how Health has matured as the greatest national wheel chair athletes in the country, he is also a great spiritual inspiration of the Omega Force Christian Strength Team. I would also like to thank his parents for being so supportive of all his efforts. And I'm sure that's not always easy! For the women we had won at 16-17/220 with 285 while guest lifter Lisa Smelser who won at 40-44/165 with a new state record of 100. This was Lisa's first competition. It was also Lisa's first time competing in a powerlifting competition. This was one strong girl, taking the win with a new state record of 220! That's 220, raw! In the men's 18-19 age group it was Marc Barnett with a new PR and state record of 320 at 220. Best Lifter in the raw division was 148 junior champion Timsey Coats, Timsey finished with a new state record of 220 at a 148 bodyweight.

the 275 class with 325. Butch Adams set the state record at 60-64/300 with 425, looking as strong as ever! Another great master lifter was Dale Radford who set the Tennessee state record of 335. Dale Radford set his second state record of the day at 70-74/198 with his 290 personal best fourth attempt. Another milestone was reached as Brian Gardner hit his first 600 bench at Police/Fire 40-44/27.5. In the open division Dwayne Neely failed to get in an attempt at 600. Chris Stinson got his second title of the day with his win at open 308. His 385 established a second state record there as well. Andrew Horton won the SHW title over James "Fater" Cook 475 to 360. For the deadlift event Angelle Wray won her second title of the day at open women 181, pulling a strong 285 state record. Her last attempt was at 285 between Chris Stinson and the 2007 NPC Ms. Tennessee had two young lifters, Vinay Dick and Larry Cheer Grandons master state record holder Larry Greer, Vinay finished with 80 while Larry pulled 75. Greg Langolf finished with a strong 625 state record at novice 220, this being his first competition! Then at 308 it was the battle between Chris Stinson and Jacob's 500. But a fourth with 525 was successful for Jacob for a new personal best for him. At 13-15/308 Jordan Scott got his second win with a new state record of 355. Brother Tyler won again at 16-17/220 with his state record pull of 400. Then at 18-19 SHW Blake Ellis got still another state record 445. 600 while Chris Best did the same at SHW with 500. Both were new state records. Dale Radford continued his winning ways and state record open with his 285 pull at 70-74/198. In the open division William Foster returned to competition, after a few years off, taking the win at 198 with 405. Best lifter Joe Carter lifted a tough PR of 275. He is also the current champion, saying his best for the upcoming SLP Nationals. Our final lifter was SHW winner Andrew Horton who finished with 500. Thanks once again to my son Joey and Adam Fancher who have done a fantastic job with the state fair meets, I guarantee you another two loaders anywhere can keep up with these boys. Also thanks to the volunteer staff who made the fair fun for everyone. We will be back next year with our eighth year girl, Jadaanna Foster for serving as our trophy girl. See you all again next year! (Dr. Darrell Latch)



Dale Radford set this State Record 285 deadlift in the 198 lb. class, 70-74 age group, in Nashville

SLP Tennessee State Fair	
6 SEP 08 - Nashville, TN	
WOMEN	
Open	4th-290*
148 lbs.	Police/Fire (40-44)
165 lbs.	B. Gardner 600*
181 lbs.	D. Timbs 220 lbs.
200 lbs.	D. Neely 570
220 lbs.	Master (40-44)
242 lbs.	L. Smelser 4th-385*
275 lbs.	Open 4th-100*
308 lbs.	A. Wray 475
350 lbs.	J. Cook 360
400 lbs.	Wheel Chair
445 lbs.	220 lbs.
490 lbs.	275 lbs.
540 lbs.	Novice
590 lbs.	Teen (13-15)
640 lbs.	J. Carringer 460
690 lbs.	Teen (16-17)
740 lbs.	T. Coats 320*
790 lbs.	J. Norwood 380
840 lbs.	Co-Ordinater 275 lbs.
890 lbs.	J. Scott 245*
940 lbs.	Master (40-44)
990 lbs.	Teen (16-17)
1040 lbs.	T. Scott 285
1090 lbs.	T. Scott SHW (10-15)
1140 lbs.	B. Snipes 365*
1190 lbs.	SHW 220 lbs.
1240 lbs.	B. Ellis 130
1290 lbs.	Submaster 4th-140
1340 lbs.	Master (70-74)
1390 lbs.	B. Midliff 400
1440 lbs.	Teen (16-17)
1490 lbs.	D. Radford 200*
1540 lbs.	Open
1590 lbs.	J. Weaver 630*
1640 lbs.	R. Howard 340
1690 lbs.	Master (45-49)
1740 lbs.	J. Brown 490*
1790 lbs.	DEADLIFT
1840 lbs.	Open
1890 lbs.	B. Woods 405
1940 lbs.	181 lbs.
1990 lbs.	R. Johnson 325
2040 lbs.	Master (60-64)
2090 lbs.	Novice 97 lbs.
2140 lbs.	B. Adams 425*
2190 lbs.	Master (65-69)
2240 lbs.	L. Cheer 625*
2290 lbs.	C. Green 330*
2340 lbs.	4th-335*
2390 lbs.	Master (70-74)
2440 lbs.	J. Carringer 500
2490 lbs.	D. Radford 285*

Joe Carter won Best Lifter at the TN State Fair with this 720 lbs. deadlift in open 275 lbs. division



Matt Kroczaleski
 Squats: 1,014 Bench: 705 Deadlift: 810
Total: 2,529 lbs.

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did subjects load an average of **660 percent** more mass to their frames, but they also unleashed **256 percent** more leg strength and **increased their max bench by a solid 504 percent!** With these stats, imagine yourself one step closer to popping a record-breaking PB.

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- **Gain 256% More Leg Strength!**
- **Pack On an Incredible 660% More Mass!**

In an 8-week study that included diet and weight training, subjects using the Cell-Tech Hardcore/Nitro-Tech Hardcore Stack on one side of the body increased their max bench press by 99% (88.4 vs. 14.3 lbs) and amplified their max leg press by 256% (123.2 vs. 38.6 lbs) more than those using a placebo. In the same 8-week study, one extraordinary test subject gained 110 pounds on his max bench. Cell-Tech[™] Hardcore and Nitro-Tech[™] Hardcore are patented. © 2008.

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The Whiz — Joe Marksteiner

earn the gold medal. As noted, all women entered in the Masters 3 (60+) age group competed by formula among all nine women's weight classes. USA's Harriet Hall led the field and earned the gold medal in this category, with other US team members Faith Ireland (60 kg) placing fourth, Nora Langdon (90 kg) placing fifth and Sonja McKinley (75 kg) placing sixth.

The men resumed lifting on Thursday afternoon with the 82.5 kg class. In the 60+ age group, much of the drama was removed after reigning world champion Toshio Kitano of Japan bombed in the squat. His most formidable challenger Gunter Ludecke of Germany went on to win the gold medal easily ahead of the rest of the field. In the 50-59 age group, the US team presented two solid lifters in Bill Scully and Art Little against current world champion Jerry Marentette of Canada.



Seinnill Turner (Fiji), Harriet Hall (USA), Sue Hallen (USA) in a CSS photo

Each of these three lifters earned individual gold medals with Scully winning the squat, Marentette winning the bench and Little excelling in the deadlift. Overall, it was Marentette's balance among all three that propelled him to gold in the total and to repeat as world champion. Scully earned the silver with Little winning the bronze. In the 40-49 group, last year's gold medalist Laddie Gibson of the USA would do battle with Powerlifting legend Mike Bridges. Powered by a superior 215 kg bench press, Gibson was able to make up significant ground in the total to Hampel's gold medal-winning 302.5 kg squat and 292.5 kg deadlift. In the end, Gibson's 787.5 kg total earned him the gold and Hampel added another overall silver medal to his medal count. On Friday morning, it was time for the 90 kg men to take the plat-



Al Fritz (USA) with a 330 kilo squat

Mauchosse in the squat and the deadlift and created distance when Mauchosse couldn't keep pace with Bridges in the bench press. With the exception of a second attempt squat miss for depth, Bridges made easy work of all of his lifts and earned a clean sweep of gold medals in all lifts and for the total. During the medals presentation, a technical malfunction prevented the playing of the US national anthem. But the home US crowd would have none of that and serenaded Bridges with a spirited, pitch-perfect rendition of the Star Spangled Banner. Just as the audience's a cappella version was coming to a close, the malfunction was corrected, the recorded version was played and all was well again in Palm Springs. In the 40-49 group, the US team's two lifters, world team veterans Greg Jones and Craig Terry, were expected to go toe to toe with reigning two-time world champion Jeff Becker



The Meet Staff (photos are courtesy of George Marts and CSS Photo Design)

of Canada. In 2007, Becker won gold while Terry got the silver and Mauchosse took the bronze. Friday's afternoon session featured athletes in the 100 kg class. In the 60+ age group, Christian Buchts of France led the field by a wide margin, catapulted by a world record 300 kg squat and a perfect 9 for 9 performance. Fred Rice's attempt to get a successful lift with the slow, gear-grinding attempt. At the conclusion of the bench press, Greg Jones established a healthy margin at the subtotal over Mario Schurr of Germany and Craig Terry and the final placing would come down to Terry's signature lift—the deadlift. At third attempts, with the audience clapping, whistling and cheering, Terry called for a Masters world record of 352.5 kg that would give him the win, but the lift stalled at his deadlift attempt. Baxter made up the two top spots on the podium as Jones won the gold. Terry earned



Laura Starlund —396 lb. deadlift

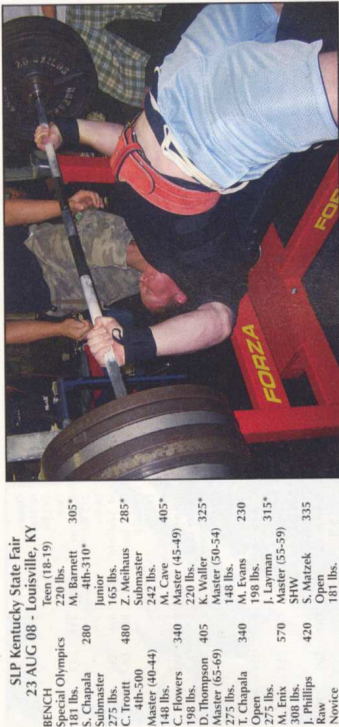
attempts to win gold. In the 40-49 age group, national champion Scott Walls of Nevada was forced to withdraw due to an injury in the midst of his preparations for the world championships late in the summer. US Team alternate Jim Brown was asked by the US team to bump up a weight class and compete in this category. Brown answered the call and won an individual gold in the bench press and an overall fourth place finish with a 772.5 kg total. Jan-Roger Johansen of Norway led from his opening squat to the last deadlift and finished with an 827.5 kg total and the gold medal. The evening session brought the 110 kg competitors to the platform, with a gold medal-winning 310 kg squat and a 250 kg bench press. Pamplin tried to extend his existing bench press world record with the silver behind Sweden's Sivert



USAPL President Dr. Larry Maile

Jorgensen who set masters world records in the deadlift and total. In the 50-59 age group, current world champion Gary Pamplin of Texas had his eyes set on the difficult task of repeating last year's title. Pamplin amassed what appeared to be an insurmountable lead at the sub-total with a gold medal-winning 310 kg squat and a 250 kg bench press. Pamplin tried to extend his existing bench press world record with the silver behind Sweden's Sivert

Table with 3 columns: Country, Weight Class, and Score. Lists results for various weight classes (275 lbs to 123 lbs) across different countries like USA, Canada, Germany, etc.



Matt Enix with a new PR at 275 Open, 570 lbs. (Dr. Darrell Latch)

SLP Kentucky State Fair 23 AUG 08 - Louisville, KY	Weight	Weight
BENCH	181 lbs.	305*
Special Olympics	181 lbs.	305*
S. Chapala	280	285*
Submaster	275 lbs.	485
C. Trout	480	485
Master (40-44)	148 lbs.	165 lbs.
C. Flowers	340	405*
198 lbs.	220 lbs.	220 lbs.
D. Thompson	405	325*
Open	275 lbs.	275 lbs.
T. Chapala	340	230
Open	198 lbs.	315*
275 lbs.	570	315*
Novice	242 lbs.	308 lbs.
242 lbs.	420	335
L. Phillips	181 lbs.	375*
Raw	181 lbs.	375*
Novice	242 lbs.	375*
A. Miller	305	375*

- | | |
|-----------------|--------------------------|
| Ryan Celi | George Halbert |
| Curt Dennis Jr. | J.T. Hall |
| AJ Roberts | Robert Wilkerson |
| Phil Harrington | Brent "Sgt. Rock" Howard |
| Sam Byrd | Chris Taylor |
| Vincent Dizenzo | John Bernor |
| Joey Smith | Rob Luyando |
| Dannian Osgood | James "Priest" Bourdette |
| Nick Winters | Eric "Big Ezy" Downey |
| AI Caslow | Richard Williams |
| Mike Wolfe | Matt Rhodes |
| Travis Bell | Gunny Green |

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S. Stepp 405 275 lbs. 520
 J. L. L. 405-540
 Special Olympics Master (45-49)
 181 lbs. 220 lbs.
 S. Chapala 275 220 lbs.
 K. Waller 500*
 S. Curry 330* 148 lbs. (50-54) Open
 M. Evans 435
 S. Long 485
 Submaster 165 lbs.
 242 lbs. W. Hemp 650
 M. Cave 500 M. Enix 520
 M. Cave (40-44)
 *Son Light Power Kentucky State Records.
 Best Lifter Bench Raw: Josh Abbott, Best Lifter Bench: Matt Enix, Best Lifter Deadlift: Wes Hemp, Venue: Fitness Factory. In the raw bench event Adam Miller won at novice 242 with 305, Marc Barnett took the novice state title with 275, Matt Enix won at 181, 410, 440, Zac Meibus won at junior 165 with a state record of 285, AI submaster 242. It was Matt Cave, back from a serious automobile accident, tying the state there with 485. Glad to see Matt back strong again. Newcomer Kipp Waller won at 45-49/220 with a state record of 325. Mark Evans, state record holder at 50-54/148 won 198, with 315. Stephen Matzak, who has lost 137 lbs. last year, continues to get healthier and stronger, winning at 55-59/485 with 335. Great to see Steve doing so well. In the open division best lifter Josh Abbott won at 181 with a great 375 state record. Steve Stepp took the 242s with 405. In assisted, it was Sam Chapala for the special olympics, who won 275, Chad Trout got his first ever 500 bench with his 4th attempt submaster 275. Chris Flowers won at 40-44/148, making just his opener of 340, but coming close with his final attempt of 390. Dale Thompson won at 40-44/198 with 405, but he too came close with his final attempt of 375, with 340. In the 181 division our best lifter was Matt Enix, who garnered a PR 570 at 275. John Phillips rounded out the benching field with 420 for the 308 win. In the deadlift competition Sam Chapala won at Special Olympic 181 with 275. Steven Curry, state record-holder at Special Olympic 198, upped his own record to 330 with 275, with 485. Matt Cave guest-lifted at submaster 242, pulling a strong 500. Another newcomer, John Fedenko pulled a PR 540 for the win at 40-44/275. Kipp Waller won his second title of the day at 45-49/220 with his 500 state record pull. Mark Evans finished with 435 for the win at 50-54/148. Mark's 435 and Matt's 410 were the only lifts that were not the best lifters award went to 165 open winner Wes Hemp, who finished with a state record 520. Matt Enix was also in the running for best lifter, pulling 650 at 275. Thanks to Joey Latch and Adam Fancher for doing a great job loading and spotting. Thanks also to Janet Stepp for taking some great pictures for the magazine. (Thank you to Dr. Darrell Latch for results)



Steven Curry became a new state deadlift record holder in the Special Olympics 198 lb. class. (Latch)

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ANPPC National Championship
25 OCT 08 - Tuscola, IL

Category	Weight	BP	DL	TOT
Junior	132	320*	135*	250*
132 lbs.				705*
K. Vaziri (45-49)				
A. Kowalski (50-54)				
181 lbs.				
E. Reeves				
Men				
Teen				
P. Shields				
285	195	385	865	
48-DL-400				
Junior				
C. Karnes	435	340	520	1295
48-SQ-450				BP-350
308 lbs.				
B. Vaziri	810*	525*	625*	1960*
48-BP-545*				
Submaster				
Master (40-44)				
840*	575*	725*	2140*	
220 lbs.				
S. Reucce				
Master (45-49)				
500	365	560	1425	
48-BP-380				
181 lbs.				
M. Rivera				
575	400*	530*	1505*	
48-BP-420				
196 lbs.				
M. Frangh				
420	565	985		
275 lbs.				
M. Goldman				
800*	500	650*	1950*	
Master (50-54)				
198 lbs.				
D. Dougherty				
500	350	530*	1380	
48-SQ-300*				
510	365	600	1475	
Master (55-59)				
B. Fero				
510	365	600	1475	
165 lbs.				
M. Calleno				
465*	380*	470*	1315*	
48-SQ-300*				
181 lbs.				
M. Ruiz				
460	380	450	1290	
48-SQ-480				
198 lbs.				
P. Halverson				
460	380	450	1290	
48-SQ-480				
198 lbs.				
T. Carnigh				
420	565	985		
220 lbs.				



Kristin Vaziri with an SLP National Record 135 lbs. bench in the Junior/Women 132 lbs. category (Photographs are courtesy of Dr. Darrell Latch)

575 squat, got a great national record 420 bench and tied the deadlift mark with 530 for a great record-breaking 1520 total. At 198 from Carnigh had some problems with his squat. =ANPPC National Records, Best Lifter Powerlifting Master Men: Ernie Frantz, Best Lifter Powerlifting Open Men: Joe Carter, Best Lifter Bench Press: Gene Bauer, Team Champion: Frantz Power Team, The All Natural Physique & Power Conference National Powerlifting Championship was held at Son Light Powerlifting Club in St. Louis, Mo. and a great day of lifting was had by all. Mike and I got to go to the meet in July, Mike finished with a strong 800 squat, which tied the mark set by the great Joe White (the first person to attempt a 1000 squat). That was followed by a 500 bench and a 650 national record deadlift to give Mike at 1950 a national record total. At 500-530-1380 at 198, Johnny's 530 deadlift matched the national record set by Dave Newman two years ago. Gene Bauer won at 45-49/220 with his 435 national mark, which also gave him the best bench mark in the world with 565. Frantz followed by a 365 bench and a strong 600 pull for a 1380 total. Our pravers are with Bernie, who for the past few years has been caring for his aged father, Marty Calleno dropped down to the 165 lb. division of the 55-59 age national records, setting all new national records there! Marty finished with a 500 squat, followed by a 380 bench and a 470 deadlift to create his 1350 total. Also at 55-59 was John Magee, who finished with a 520 squat, 350 bench and 420 deadlift for a 1320 total. He also had a 360 pull for a 1380 total. Also at 55-59 was John Magee, who finished with a 520 squat, 350 bench and 420 deadlift for a 1320 total. He also had a 360 pull for a 1380 total. Also at 55-59 was John Magee, who finished with a 520 squat, 350 bench and 420 deadlift for a 1320 total. He also had a 360 pull for a 1380 total.



Chase Karnes with a SLP National Raw Record of 520 lbs. in the deadlift for the 198 lbs. junior class (Courtesy of Dr. Darrell Latch)

at his personal best total, the great Joe Carter, Joe got a strong 910 squat, but was called on depth, then finished with his 840 second attempt. A personal best 575 bench and a 725 deadlift gave Joe a 2140 total. Joe won not only the submaster and open 198 classes, but also took the powerlifting division. For the master's division it was Steve Becuce, who had a great day of lifting, finishing, with a 1440 total, by way of a 500 squat, a pr 380 bench and a 560 pull, to take the honor at 40-44/220. Ernie Frantz was Master of the Meet. Manny finished with a great national record 420 bench and tied the deadlift mark with 530 for a great record-breaking 1520 total. At 198 from Carnigh had some problems with his squat. =ANPPC National Records, Best Lifter Powerlifting Master Men: Ernie Frantz, Best Lifter Powerlifting Open Men: Joe Carter, Best Lifter Bench Press: Gene Bauer, Team Champion: Frantz Power Team, The All Natural Physique & Power Conference National Powerlifting Championship was held at Son Light Powerlifting Club in St. Louis, Mo. and a great day of lifting was had by all. Mike and I got to go to the meet in July, Mike finished with a strong 800 squat, which tied the mark set by the great Joe White (the first person to attempt a 1000 squat). That was followed by a 500 bench and a 650 national record deadlift to give Mike at 1950 a national record total. At 500-530-1380 at 198, Johnny's 530 deadlift matched the national record set by Dave Newman two years ago. Gene Bauer won at 45-49/220 with his 435 national mark, which also gave him the best bench mark in the world with 565. Frantz followed by a 365 bench and a strong 600 pull for a 1380 total. Our pravers are with Bernie, who for the past few years has been caring for his aged father, Marty Calleno dropped down to the 165 lb. division of the 55-59 age national records, setting all new national records there! Marty finished with a 500 squat, followed by a 380 bench and a 470 deadlift to create his 1350 total. Also at 55-59 was John Magee, who finished with a 520 squat, 350 bench and 420 deadlift for a 1320 total. He also had a 360 pull for a 1380 total. Also at 55-59 was John Magee, who finished with a 520 squat, 350 bench and 420 deadlift for a 1320 total. He also had a 360 pull for a 1380 total.



Ernie Frantz with an SLP National Record squat of 575 lbs. in the 70-74/198 lb. class. (Dr. Darrell Latch)

up his personal best total, the great Joe Carter, Joe got a strong 910 squat, but was called on depth, then finished with his 840 second attempt. A personal best 575 bench and a 725 deadlift gave Joe a 2140 total. Joe won not only the submaster and open 198 classes, but also took the powerlifting division. For the master's division it was Steve Becuce, who had a great day of lifting, finishing, with a 1440 total, by way of a 500 squat, a pr 380 bench and a 560 pull, to take the honor at 40-44/220. Ernie Frantz was Master of the Meet. Manny finished with a great national record 420 bench and tied the deadlift mark with 530 for a great record-breaking 1520 total. At 198 from Carnigh had some problems with his squat. =ANPPC National Records, Best Lifter Powerlifting Master Men: Ernie Frantz, Best Lifter Powerlifting Open Men: Joe Carter, Best Lifter Bench Press: Gene Bauer, Team Champion: Frantz Power Team, The All Natural Physique & Power Conference National Powerlifting Championship was held at Son Light Powerlifting Club in St. Louis, Mo. and a great day of lifting was had by all. Mike and I got to go to the meet in July, Mike finished with a strong 800 squat, which tied the mark set by the great Joe White (the first person to attempt a 1000 squat). That was followed by a 500 bench and a 650 national record deadlift to give Mike at 1950 a national record total. At 500-530-1380 at 198, Johnny's 530 deadlift matched the national record set by Dave Newman two years ago. Gene Bauer won at 45-49/220 with his 435 national mark, which also gave him the best bench mark in the world with 565. Frantz followed by a 365 bench and a strong 600 pull for a 1380 total. Our pravers are with Bernie, who for the past few years has been caring for his aged father, Marty Calleno dropped down to the 165 lb. division of the 55-59 age national records, setting all new national records there! Marty finished with a 500 squat, followed by a 380 bench and a 470 deadlift to create his 1350 total. Also at 55-59 was John Magee, who finished with a 520 squat, 350 bench and 420 deadlift for a 1320 total. He also had a 360 pull for a 1380 total. Also at 55-59 was John Magee, who finished with a 520 squat, 350 bench and 420 deadlift for a 1320 total. He also had a 360 pull for a 1380 total.

Supreme Fitness Challenge II
20 SEP 08 - Brattleboro, VT

Category	Weight	BP	DL	TOT
100% Raw				
148 lbs.				
Open				
165 lbs.				
181 lbs.				
Open (35-39)				
273				518
220 lbs.				
Open				
242 lbs.				
Open				
275 lbs.				
100% Raw				
181 lbs.				
Open				
198 lbs.				
220 lbs.				
276				127
198 lbs.				
Open				
220 lbs.				
276				127
198 lbs.				
Open				
220 lbs.				
276				127



Cameron Parker - 88#, 11 yrs.

Category	Weight	BP	DL	TOT
100% Raw				
123 lbs.				
Open				
132				342
100% Raw				
132				342
100% Raw				
132				342
100% Raw				
132				342
100% Raw				
132				342



Coty Parker - 114# class, 14-15

Category	Weight	BP	DL	TOT
100% Raw				
114 lbs.				
Open				
114				276
100% Raw				
114				276
100% Raw				
114				276
100% Raw				
114				276
100% Raw				
114				276

100% Raw National Records Were Set by the Following:
 W. Lewis 123 Master (45-49)
 Brent Press, Donald Acas, Men's 220 Open Bench Press, Carla McCormick, Women's 123 Masters 45-49 Deadlift, Malcolm McTaggart, Men's 181 Open Deadlift, Carla McCormick, Women's 123 Masters 45-49 Strict Curl, Eric Carls, Men's 181 Masters Law 40-44 Strict Curl, Jay McKenna, Men's 220 Masters 55-59 Strict Curl, AAU National Records Were Set by Ken Mattison, Men's Equipped 220 Masters 50-54 Bench Press, The lifting of the equipment was done by the gym in Vermont. The leaves had just starting changing, just in time for the lifters to arrive for an early weigh in. The lifting started at noon with the help of some amazing loaders and spotters. Chris Melanson sat on the bench for the meet, Norm McKay and Drew Markey judged from the sides. The lifters included two children, one woman and lots of master lifters. The crowd was amazingly supportive of every lifter. Vermont Powerlifting is a great organization. We would like to thank our sponsor APT Pro Wrist Wraps for their continued support of Vermont Powerlifting. Overall, this was small but the lifters and the crowd were absolutely amazing. Many National Records were broken and the awards were done by upcoming meets and lots of other interesting 3:30. We look forward to seeing all the lift. info. (courtesy first Kernoff)



Gym Owner Carla McCormick - with her world record deadlift (photos courtesy B. Kernoff)

100% Raw National Records Were Set by the Following:
 W. Lewis 123 Master (45-49)
 Brent Press, Donald Acas, Men's 220 Open Bench Press, Carla McCormick, Women's 123 Masters 45-49 Deadlift, Malcolm McTaggart, Men's 181 Open Deadlift, Carla McCormick, Women's 123 Masters 45-49 Strict Curl, Eric Carls, Men's 181 Masters Law 40-44 Strict Curl, Jay McKenna, Men's 220 Masters 55-59 Strict Curl, AAU National Records Were Set by Ken Mattison, Men's Equipped 220 Masters 50-54 Bench Press, The lifting of the equipment was done by the gym in Vermont. The leaves had just starting changing, just in time for the lifters to arrive for an early weigh in. The lifting started at noon with the help of some amazing loaders and spotters. Chris Melanson sat on the bench for the meet, Norm McKay and Drew Markey judged from the sides. The lifters included two children, one woman and lots of master lifters. The crowd was amazingly supportive of every lifter. Vermont Powerlifting is a great organization. We would like to thank our sponsor APT Pro Wrist Wraps for their continued support of Vermont Powerlifting. Overall, this was small but the lifters and the crowd were absolutely amazing. Many National Records were broken and the awards were done by upcoming meets and lots of other interesting 3:30. We look forward to seeing all the lift. info. (courtesy first Kernoff)

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Fax Number					
Cell Number					
Work Phone/Ext.					
Sport Code (see list below)					

Do you have Health and Accident Insurance?
 YES NO

Club Name (if known) Male Female

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.aau.org. NOTE: Parent/Guardian signature if member is under 18 years old.

Member's Signature _____ **Parent/Guardian Signature** _____

Date _____ **Date** _____

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D. Hayes	502	347	480	1328
242 lbs				
Master I	441	226	507	1174
J. Cazzo	678	474	623	1775
275 lbs.	313	463	573	1549
Submaster I				
J. Wolfe	265	143	281	689
E. McKelvey	446	281	491	1218
Raw				
165 lbs.				
Master I	391	248	402	1042
M. Brown	413	259	457	1130
181 lbs.	402	270	432	1124
Master II	463	254	524	1240
Z. Seward	397	265	491	1152
157 lbs.	507	391	529	1427
Master I	452	314	529	1295
J. Becker	590	408	590	1587
173 lbs.	590	408	590	1587
Open	551	331	551	1433
W. Hammes	83	121	320	524
148 lbs.				
Power Sports				
CR				
BP				
DL				
TOT				
FEMALE				
C. O'Neil	55	99	198	353
148 lbs.				
MALE				
High School	105	254	298	656
198 lbs.	160	347	502	1009
High School	143	254	524	920
105 lbs.				
N. Valencia	138	209	402	750
Submaster II	143	231	441	816
160 lbs.				
T. Pratt	154	331	551	1036
143 lbs.				
S. Austin	160	331	402	893
242 lbs.				
Master II	154	254	419	827
T. Robinson	231			
143 lbs.	198			
Master II	154			
160 lbs.				
Submaster Pure				
SHW				
Junior				
B. Bowen				
154				
331				
551				
1036				
Master II				
SHW				
Pure				
R. Meyer				
254				
419				
827				
BENCH				
Junior				
T. Davis				
165				
198				
165 lbs.				
High School				
J. O'Rourke				
220				
276				
220 lbs.				
Source				
100 lbs.				
Master II				
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231				
441				
816				
Master II				
154				
331				
551				
1036				
160				
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402				
893				
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Junior				
T. Davis				
165				
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165 lbs.				
High School				
J. O'Rourke				
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402				
893				
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419				
827				
Junior				
T. Davis				
165				
198				
165 lbs.				
High School				
J. O'Rourke				
220			</	

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 DUMBBELL RACKS, LAT MACHINES
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 HEX DUMBBELLS, BARS,
 WEIGHT SETS
 STRONGMAN EQUIPMENT
 AND MORE!!**

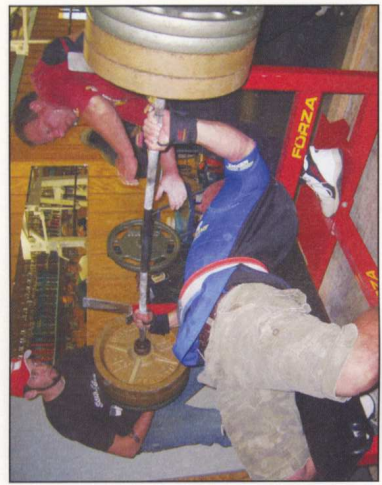
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pull and total were all new national records. His 550 bench rounded out his lifting. In the raw bench newcomer Deron Canah set the record at 198 with 370. Allen Grobb, our only teenager, set the record at 18-19/242 with 340. Michael Straker, Jr. won at submaster 308 with 400. Our last three raw competitors each tied the national records for their respective classes. Ohio Boyd, Jr. finished with 420 at 40-44/275 while Robert Kain got 380 at 50-54/220 and Henry Jackson got 400 at 242. Henry also re-tied the record at 242. We also had a new record just edging out Robert Kain for the title! Eric, the assisted division Brian Dennis Duffy won both the submaster and open 242 division titles with his 500 final attempt. Eric Maroscher won at 40-44/220 with 400, but it was Keith Parrish who had the biggest lift of the day at 242. Keith finished with a strong 600 national record after missing his final attempt with 600. While we have a new raw bench record, it was not Keith's. Keith's 242 was a 242.00. At 45-49 Stevens won over Ron Gray 500 to 425. Bruce, who is also looking for a triple bodyweight lift, settled with his national record opener after his last two attempts with 550 failed. At 65-69/220 it was Jim Parham with the win and a national record with his 405 final. Jim came all the way from Oklahoma, where he has competed for the past forty years. A world champion many times over, Virgil set the mark at 70-74/242 with 285. Training partner Dave Semer did the same at police/fire 55-59/220 with his 335. We also had four competitors in the deadlift. Brian Gilmore won at novice 308 with 475. Ernest Mosley, competing for the first time, pulled 475 at submaster 220 with 275 with 650 and Matt Muccigrosso took the 45-49/181 with 475. Brian and Joe's lifts were new national records. Thanks to my son Joey Latch and Phil Halverson for doing a great job loading and spotting and to my judges, Linda Middleton and my wife Susie. Thanks also to Randy Bee and "E" Girl Reeves for helping with the judging duties and to Brenda and the staff for bringing some great products and helping me with my new website. See you all next year! (Thank you to Dr. Darrell Latch for providing the results)

Keith Parrish with his National Record 660 at 242/40-44 (above)
 Three Old Warriors at the SLP National Championships (left to right):
 Virgil Banks, Jim Parham, Dave Semer (Dr. Darrell Latch photos)



SLP National Powerlifting
 27 SEP 08 - Tuscola, IL

BENCH	SQ	DL	TOT
MEN			
Submaster	198 lbs.	265*	
K. Johnson	370*		
D. Duffy	500		
A. Grobb	242 lbs.	340*	
Submaster			
E. Maroscher	400		
M. Straker, Jr.	400		
K. Boyd, Jr.	420*		
Master (45-49)	275 lbs.	660*	
O. Boyd, Jr.	420*		
Master (50-54)	300		
Muccigrosso	500		
220 lbs.			
R. Gray	425		
Master (65-69)	242 lbs.	380*	
H. Jackson	400*		
220 lbs.			
J. Parham	405*		
MEN			
Novice	181 lbs.	650*	
Muccigrosso	475		
Powerlifting			
Novice			
B. Gilmore	375*	230*	475*
1080*			
Master	275 lbs.		
L. Carter	880*	570*	650
2100*			
Master (40-44)			
Maroscher	700*	400	600
1700*			
T. Oberle	670		
181 lbs.			
Muccigrosso	400	300	475
1175			
M. Chellino	700	610*	525
1835			
Open			
M. Gugino	750*	550	680*
1980*			
220 lbs.			
Other	700*	400	600
1700*			
L. Carter	880*	570*	650
2100			
*-Son Light Power National Records. Best Lifter Bench Press: Keith Parrish. Best Lifter Powerlifting: Mike Gugino. Best Lifter Deadlift: Joe Carter. The Son Light Power National Record for the 242 bench was set by Keith Parrish at the Light Power Gym. For the powerlifting event we had some great lifting, starting with the novice men. In the 308 bench and 475 deadlift Gilmore setting all new national marks with his 375 squat, 230 bench and 475 deadlift for a 1080 total. All of these lifts represented new personal records for Brian as well. Joe Carter came up from Tennessee again this time to capture the master and open 275 title with a 500 bench, 425 squat, 600 pull, 1175 total and a national record 880 squat, followed by a 570 bench press which was also a new record for both divisions. Making just his opening deadlift of 650, Joe finished with a great 2100 total, which broke the submaster record as well. In the 40-44 class Eric Maroscher won at 220, taking the open 220 as well. Eric finished with a record 1700 total. Making a 400 bench, 600 squat, 600 pull, 1175 total. He also got a strong 670 squat at 275 before bombing in the bench. At 45-49 it was Matt Muccigrosso for the title at 181. Matt finished with 400-300-475-1175, for his first national title. Mark Chellino, who was suffering from a viral infection, still had a good day, even breaking his own existing national bench record by opening: Mark finished with 270 bench, 400 squat, 525 pull, 1175 total. Along with Eric and Joe, Mike Gugino won at 181, capturing the best lifter title as well with a big 1980 total. Mike's 750 squat, 680			

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 CITY: _____ STATE: _____ ZIP CODE: _____
 AREA CODE: _____ TELEPHONE NUMBER: _____ MO: _____ DATE OF BIRTH: _____ YEAR: _____ AGE: _____ SEX: _____ US CITIZEN: _____ YES _____ NO _____
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APF IN State/Haw Farm Open

20 SEP 08 - Evansville, IN

BENCH	165 lbs.	225	S. Borrego	455	MALE
Junior Raw	220 lbs.	225	R. Steelman	500	MALE
All Lifters	148 lbs.	171	G. Devers	605	MALE
171-181 Raw	165 lbs.	300	T. Steelman	340	MALE
181-191 Raw	165 lbs.	300	E. Anderson	204	MALE
191-201 Raw	165 lbs.	300	K. Hughes	187	MALE
201-211 Raw	165 lbs.	300	H. Patel	237	MALE
211-221 Raw	165 lbs.	300	K. Hughes	187	MALE
221-231 Raw	165 lbs.	300	E. Anderson	204	MALE
231-241 Raw	165 lbs.	300	K. Hughes	187	MALE
241-251 Raw	165 lbs.	300	H. Patel	237	MALE
251-261 Raw	165 lbs.	300	K. Hughes	187	MALE
261-271 Raw	165 lbs.	300	E. Anderson	204	MALE
271-281 Raw	165 lbs.	300	K. Hughes	187	MALE
281-291 Raw	165 lbs.	300	H. Patel	237	MALE
291-300 Raw	165 lbs.	300	K. Hughes	187	MALE
300-310 Raw	165 lbs.	300	E. Anderson	204	MALE
310-320 Raw	165 lbs.	300	K. Hughes	187	MALE
320-330 Raw	165 lbs.	300	H. Patel	237	MALE
330-340 Raw	165 lbs.	300	K. Hughes	187	MALE
340-350 Raw	165 lbs.	300	E. Anderson	204	MALE
350-360 Raw	165 lbs.	300	K. Hughes	187	MALE
360-370 Raw	165 lbs.	300	H. Patel	237	MALE
370-380 Raw	165 lbs.	300	K. Hughes	187	MALE
380-390 Raw	165 lbs.	300	E. Anderson	204	MALE
390-400 Raw	165 lbs.	300	K. Hughes	187	MALE
400-410 Raw	165 lbs.	300	H. Patel	237	MALE
410-420 Raw	165 lbs.	300	K. Hughes	187	MALE
420-430 Raw	165 lbs.	300	E. Anderson	204	MALE
430-440 Raw	165 lbs.	300	K. Hughes	187	MALE
440-450 Raw	165 lbs.	300	H. Patel	237	MALE
450-460 Raw	165 lbs.	300	K. Hughes	187	MALE
460-470 Raw	165 lbs.	300	E. Anderson	204	MALE
470-480 Raw	165 lbs.	300	K. Hughes	187	MALE
480-490 Raw	165 lbs.	300	H. Patel	237	MALE
490-500 Raw	165 lbs.	300	K. Hughes	187	MALE
500-510 Raw	165 lbs.	300	E. Anderson	204	MALE
510-520 Raw	165 lbs.	300	K. Hughes	187	MALE
520-530 Raw	165 lbs.	300	H. Patel	237	MALE
530-540 Raw	165 lbs.	300	K. Hughes	187	MALE
540-550 Raw	165 lbs.	300	E. Anderson	204	MALE
550-560 Raw	165 lbs.	300	K. Hughes	187	MALE
560-570 Raw	165 lbs.	300	H. Patel	237	MALE
570-580 Raw	165 lbs.	300	K. Hughes	187	MALE
580-590 Raw	165 lbs.	300	E. Anderson	204	MALE
590-600 Raw	165 lbs.	300	K. Hughes	187	MALE
600-610 Raw	165 lbs.	300	H. Patel	237	MALE
610-620 Raw	165 lbs.	300	K. Hughes	187	MALE
620-630 Raw	165 lbs.	300	E. Anderson	204	MALE
630-640 Raw	165 lbs.	300	K. Hughes	187	MALE
640-650 Raw	165 lbs.	300	H. Patel	237	MALE
650-660 Raw	165 lbs.	300	K. Hughes	187	MALE
660-670 Raw	165 lbs.	300	E. Anderson	204	MALE
670-680 Raw	165 lbs.	300	K. Hughes	187	MALE
680-690 Raw	165 lbs.	300	H. Patel	237	MALE
690-700 Raw	165 lbs.	300	K. Hughes	187	MALE
700-710 Raw	165 lbs.	300	E. Anderson	204	MALE
710-720 Raw	165 lbs.	300	K. Hughes	187	MALE
720-730 Raw	165 lbs.	300	H. Patel	237	MALE
730-740 Raw	165 lbs.	300	K. Hughes	187	MALE
740-750 Raw	165 lbs.	300	E. Anderson	204	MALE
750-760 Raw	165 lbs.	300	K. Hughes	187	MALE
760-770 Raw	165 lbs.	300	H. Patel	237	MALE
770-780 Raw	165 lbs.	300	K. Hughes	187	MALE
780-790 Raw	165 lbs.	300	E. Anderson	204	MALE
790-800 Raw	165 lbs.	300	K. Hughes	187	MALE
800-810 Raw	165 lbs.	300	H. Patel	237	MALE
810-820 Raw	165 lbs.	300	K. Hughes	187	MALE
820-830 Raw	165 lbs.	300	E. Anderson	204	MALE
830-840 Raw	165 lbs.	300	K. Hughes	187	MALE
840-850 Raw	165 lbs.	300	H. Patel	237	MALE
850-860 Raw	165 lbs.	300	K. Hughes	187	MALE
860-870 Raw	165 lbs.	300	E. Anderson	204	MALE
870-880 Raw	165 lbs.	300	K. Hughes	187	MALE
880-890 Raw	165 lbs.	300	H. Patel	237	MALE
890-900 Raw	165 lbs.	300	K. Hughes	187	MALE
900-910 Raw	165 lbs.	300	E. Anderson	204	MALE
910-920 Raw	165 lbs.	300	K. Hughes	187	MALE
920-930 Raw	165 lbs.	300	H. Patel	237	MALE
930-940 Raw	165 lbs.	300	K. Hughes	187	MALE
940-950 Raw	165 lbs.	300	E. Anderson	204	MALE
950-960 Raw	165 lbs.	300	K. Hughes	187	MALE
960-970 Raw	165 lbs.	300	H. Patel	237	MALE
970-980 Raw	165 lbs.	300	K. Hughes	187	MALE
980-990 Raw	165 lbs.	300	E. Anderson	204	MALE
990-1000 Raw	165 lbs.	300	K. Hughes	187	MALE
1000-1010 Raw	165 lbs.	300	H. Patel	237	MALE
1010-1020 Raw	165 lbs.	300	K. Hughes	187	MALE
1020-1030 Raw	165 lbs.	300	E. Anderson	204	MALE
1030-1040 Raw	165 lbs.	300	K. Hughes	187	MALE
1040-1050 Raw	165 lbs.	300	H. Patel	237	MALE
1050-1060 Raw	165 lbs.	300	K. Hughes	187	MALE
1060-1070 Raw	165 lbs.	300	E. Anderson	204	MALE
1070-1080 Raw	165 lbs.	300	K. Hughes	187	MALE
1080-1090 Raw	165 lbs.	300	H. Patel	237	MALE
1090-1100 Raw	165 lbs.	300	K. Hughes	187	MALE
1100-1110 Raw	165 lbs.	300	E. Anderson	204	MALE
1110-1120 Raw	165 lbs.	300	K. Hughes	187	MALE
1120-1130 Raw	165 lbs.	300	H. Patel	237	MALE
1130-1140 Raw	165 lbs.	300	K. Hughes	187	MALE
1140-1150 Raw	165 lbs.	300	E. Anderson	204	MALE
1150-1160 Raw	165 lbs.	300	K. Hughes	187	MALE
1160-1170 Raw	165 lbs.	300	H. Patel	237	MALE
1170-1180 Raw	165 lbs.	300	K. Hughes	187	MALE
1180-1190 Raw	165 lbs.	300	E. Anderson	204	MALE
1190-1200 Raw	165 lbs.	300	K. Hughes	187	MALE
1200-1210 Raw	165 lbs.	300	H. Patel	237	MALE
1210-1220 Raw	165 lbs.	300	K. Hughes	187	MALE
1220-1230 Raw	165 lbs.	300	E. Anderson	204	MALE
1230-1240 Raw	165 lbs.	300	K. Hughes	187	MALE
1240-1250 Raw	165 lbs.	300	H. Patel	237	MALE
1250-1260 Raw	165 lbs.	300	K. Hughes	187	MALE
1260-1270 Raw	165 lbs.	300	E. Anderson	204	MALE
1270-1280 Raw	165 lbs.	300	K. Hughes	187	MALE
1280-1290 Raw	165 lbs.	300	H. Patel	237	MALE
1290-1300 Raw	165 lbs.	300	K. Hughes	187	MALE
1300-1310 Raw	165 lbs.	300	E. Anderson	204	MALE
1310-1320 Raw	165 lbs.	300	K. Hughes	187	MALE
1320-1330 Raw	165 lbs.	300	H. Patel	237	MALE
1330-1340 Raw	165 lbs.	300	K. Hughes	187	MALE
1340-1350 Raw	165 lbs.	300	E. Anderson	204	MALE
1350-1360 Raw	165 lbs.	300	K. Hughes	187	MALE
1360-1370 Raw	165 lbs.	300	H. Patel	237	MALE
1370-1380 Raw	165 lbs.	300	K. Hughes	187	MALE
1380-1390 Raw	165 lbs.	300	E. Anderson	204	MALE
1390-1400 Raw	165 lbs.	300	K. Hughes	187	MALE
1400-1410 Raw	165 lbs.	300	H. Patel	237	MALE
1410-1420 Raw	165 lbs.	300	K. Hughes	187	MALE
1420-1430 Raw	165 lbs.	300	E. Anderson	204	MALE
1430-1440 Raw	165 lbs.	300	K. Hughes	187	MALE
1440-1450 Raw	165 lbs.	300	H. Patel	237	MALE
1450-1460 Raw	165 lbs.	300	K. Hughes	187	MALE
1460-1470 Raw	165 lbs.	300	E. Anderson	204	MALE
1470-1480 Raw	165 lbs.	300	K. Hughes	187	MALE
1480-1490 Raw	165 lbs.	300	H. Patel	237	MALE
1490-1500 Raw	165 lbs.	300	K. Hughes	187	MALE

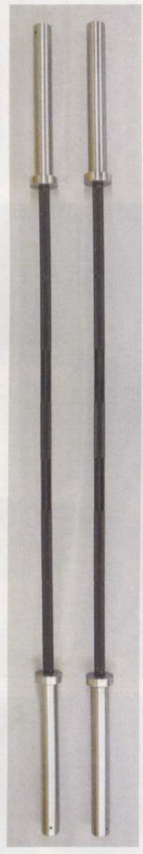


Haw Farm Power Team: (bottom row) Tyler Steelman, Ryan Steelman, and Garrett Devers; (top row) Keith Perkins, Gunnar Stiles, and Tim Vaughn, Larry Hoover. (Thank you to Larry Hoover for photograph)

353	209	342	904	Master Pure	M. Hetzel	353	209	342	904
353	209	342	904	MALE	M. Hetzel	353	209	342	904
248	160	320	728	Junior	148 lbs.	248	160	320	728
325	204	424	953	Master Pure	198 lbs.	325	204	424	953
540	309	507	1356	Master II	P. Knutson	540	309	507	1356
331	303	491	1124	Open	A. Sanchez	331	303	491	1124
424	281	491	1196	Master Pure	T. Syed	424	281	491	1196
276	198	320	794	MALE	C. Estman	276	198	320	794
331	314	402	1047	Master I	P. Butler	331	314	402	1047
276	198	320	794	MALE	T. Rickett	276	198	320	794
424	347	441	1213	Open	P. Butler	424	347	441	1213
424	347	441	1213	Master Pure	D. Byars	424	347	441	1213
209	231	303	744	Master I	D. Byars	209	231	303	744
463	309	540	1312	Open	M. Rickett	463	309	540	1312
480	358	507	1345	Pure	D. Swoldner	480	358	507	1345
480	358	507	1345	Submaster II	J. Luna	480	358	507	1345
380	314	430	1124	Master I	I. Miller	380	314	430	1124
320	243	408	970	A. Turner	R. Saff	320	243	408	970
143	342	143	628	Master Pure	R. Saff	143	342	143	628
419	353	463	1235	Novice	N. Nelson	419	353	463	1235
424	336	540	1301	Open	N. Nelson	424	336	540	1301
143	342	143	628	Pure	K. Bernady	143	342	143	628
419	353	463	1235	Pure	R. Saff	419	353	463	1235
143	342	143	628	Pure	N. Nelson	143	342	143	628
298	270	413	981	Master III	R. Reding	298	270	413	981
CR	BP	DL	TOT	Power Sports	R. Reding	CR	BP	DL	TOT
61	121	209	391	MALE	I. Butler	61	121	209	391
116	204	402	722	Int	J. Wong	116	204	402	722
138	281	491	909	Master Pure	C. Estman	138	281	491	909
171	270	386	827	Master I	K. Kaiser	171	270	386	827
138	281	491	909	Master I	C. Estman	138	281	491	909
149	276	402	827	Master I	B. Lange	149	276	402	827
88	143	220	452	Master III	R. Herzig	88	143	220	452
204	325	430	959	Submaster II	T. Scott	204	325	430	959
110	226	358	694	Master Pure	T. Kerbs	110	226	358	694
132	314	430	876	I. Miller	I. Miller	132	314	430	876
149	248	446	843	High School	A. Kirzman	149	248	446	843
154	353	364	871	Submaster	I. Miller	154	353	364	871
149	314	507	970	Pure	J. Anderson	149	314	507	970
149	248	446	843	Teen	J. Anderson	149	248	446	843
110	237	408	755	Master III	D. Richmann	110	237	408	755

(Thank you to Rich Peters for the results)

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The TOP 100 Photo Page

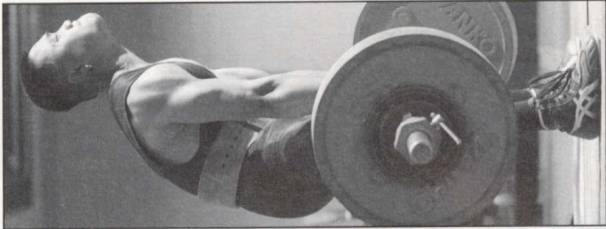
Do you think you might make the upcoming TOP 100 list for the 181 lb. class? Last time the minimum lifts to make that ranking were 550 squat, 425 bench, 551 deadlift, and 1427 lb. total. Each year the minimum lifts to make the list varies a bit, often upward, but not always. The time period for the next ranking of the 181 lb./Light-heavyweights will be competitions held January 2008 through December 2008, and it will appear in our March 2009 edition. If you think you will be making the list this time and would like to appear on our TOP 100 Photo Page send a photo of your recent lifting (or something off the wall, like your 1st grade portrait!?) to Powerlifting USA, Box 467, Camarillo, CA, 93011 or e-mail it to lambertplus@aol.com (recommend JPEG at least 200kb in size). If you haven't seen your best lifts in the results published in PL USA thus far, let us know where and when you made those lifts for the time period and we can try to confirm them prior to publication of the list.



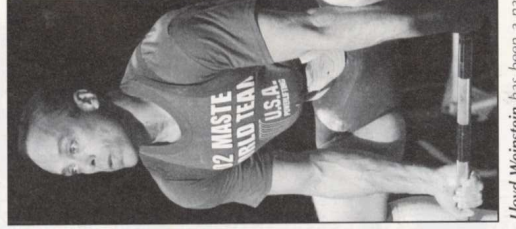
Dan Sorenson has done some high quality lifting in the USPF



Mike DeSimone is one of the rising young guns in the bench



Ed Manmano is among the latest in a very long line of great light-weight competitors who have come from the state of Hawaii



Lloyd Weinstein has been a nationally ranked lifter for decades



Joe Coklovsky has made the biggest lightweight bench of all time

TOP 100

For standard 148 lb./67.5 Kg. USA lifters in results received from NOV/07 through OCT/08

	SQUAT	BENCH	DEADLIFT	TOTAL
1	765 Schwab, B., 1/19/08	600 Coidrowski, J., 1/20/08	622 Williams, 7/13/08	1930 Schwab, B., 1/19/08
2	600 Laman, S., 2/16/08	563 Schwab, B., 1/19/08	600 Schwab, B., 1/19/08	1576 Williams, 7/13/08
3	589 Nardolillo, V., 6/13/08	469 Smith, J., 11/17/07	576 Holloway, D., 1/13/07	1504 Matsumoto, D., 5/4/08
4	575 Myers, C., 10/4/08	445 Evangelista, K., 3/18/08	562 Koneshiro, D., 11/18/08	1482 Layman, S., 2/16/08
5	560 Westwood, S., 1/7/08	435 Hargreaves, T., 3/7/08	546 Bica, S., 6/10/05/08	1405 Johnston, 1/25/08
6	556 Scelfo, V., 11/17/07	429 Smith, D., 6/22/08	535 Mammato, E., 12/8/07	1399 Charr, A., 3/1/08
7	550 Willis, W., 3/29/08	424 Venturilli, C., 11/17/07	535 Jaquez, 3/29/08	1399 Neal, 6/13/08
8	530 Trepper, S., 3/31/08	425 Pinkert, T., 11/23/07	535 Schwabach, R., 6/21/08	1399 Neal, 6/13/08
9	530 Trepper, S., 3/31/08	425 Pinkert, T., 11/23/07	535 Schwabach, R., 6/21/08	1399 Neal, 6/13/08
10	530 Trepper, S., 3/31/08	425 Pinkert, T., 11/23/07	535 Schwabach, R., 6/21/08	1399 Neal, 6/13/08
11	529 Tamaayo, J., 5/17/08	424 Matsumoto, D., 5/4/08	529 Tamaayo, J., 5/17/08	1383 Broussard, 6/13/08
12	525 Bickel, F., 6/19/08	425 Pinkert, T., 11/23/07	525 Bickel, F., 6/19/08	1380 Trepper, S., 5/31/08
13	525 Bickel, F., 6/19/08	425 Pinkert, T., 11/23/07	525 Bickel, F., 6/19/08	1380 Trepper, S., 5/31/08
14	525 Bickel, F., 6/19/08	425 Pinkert, T., 11/23/07	525 Bickel, F., 6/19/08	1380 Trepper, S., 5/31/08
15	525 Bickel, F., 6/19/08	425 Pinkert, T., 11/23/07	525 Bickel, F., 6/19/08	1380 Trepper, S., 5/31/08
16	525 Bickel, F., 6/19/08	425 Pinkert, T., 11/23/07	525 Bickel, F., 6/19/08	1380 Trepper, S., 5/31/08
17	525 Bickel, F., 6/19/08	425 Pinkert, T., 11/23/07	525 Bickel, F., 6/19/08	1380 Trepper, S., 5/31/08
18	525 Bickel, F., 6/19/08	425 Pinkert, T., 11/23/07	525 Bickel, F., 6/19/08	1380 Trepper, S., 5/31/08
19	525 Bickel, F., 6/19/08	425 Pinkert, T., 11/23/07	525 Bickel, F., 6/19/08	1380 Trepper, S., 5/31/08
20	525 Bickel, F., 6/19/08	425 Pinkert, T., 11/23/07	525 Bickel, F., 6/19/08	1380 Trepper, S., 5/31/08
21	525 Bickel, F., 6/19/08	425 Pinkert, T., 11/23/07	525 Bickel, F., 6/19/08	1380 Trepper, S., 5/31/08
22	525 Bickel, F., 6/19/08	425 Pinkert, T., 11/23/07	525 Bickel, F., 6/19/08	1380 Trepper, S., 5/31/08
23	525 Bickel, F., 6/19/08	425 Pinkert, T., 11/23/07	525 Bickel, F., 6/19/08	1380 Trepper, S., 5/31/08
24	525 Bickel, F., 6/19/08	425 Pinkert, T., 11/23/07	525 Bickel, F., 6/19/08	1380 Trepper, S., 5/31/08
25	525 Bickel, F., 6/19/08	425 Pinkert, T., 11/23/07	525 Bickel, F., 6/19/08	1380 Trepper, S., 5/31/08
26	525 Bickel, F., 6/19/08	425 Pinkert, T., 11/23/07	525 Bickel, F., 6/19/08	1380 Trepper, S., 5/31/08
27	525 Bickel, F., 6/19/08	425 Pinkert, T., 11/23/07	525 Bickel, F., 6/19/08	1380 Trepper, S., 5/31/08
28	525 Bickel, F., 6/19/08	425 Pinkert, T., 11/23/07	525 Bickel, F., 6/19/08	1380 Trepper, S., 5/31/08
29	525 Bickel, F., 6/19/08	425 Pinkert, T., 11/23/07	525 Bickel, F., 6/19/08	1380 Trepper, S., 5/31/08
30	525 Bickel, F., 6/19/08	425 Pinkert, T., 11/23/07	525 Bickel, F., 6/19/08	1380 Trepper, S., 5/31/08
31	525 Bickel, F., 6/19/08	425 Pinkert, T., 11/23/07	525 Bickel, F., 6/19/08	1380 Trepper, S., 5/31/08
32	525 Bickel, F., 6/19/08	425 Pinkert, T., 11/23/07	525 Bickel, F., 6/19/08	1380 Trepper, S., 5/31/08
33	525 Bickel, F., 6/19/08	425 Pinkert, T., 11/23/07	525 Bickel, F., 6/19/08	1380 Trepper, S., 5/31/08
34	525 Bickel, F., 6/19/08	425 Pinkert, T., 11/23/07	525 Bickel, F., 6/19/08	1380 Trepper, S., 5/31/08
35	525 Bickel, F., 6/19/08	425 Pinkert, T., 11/23/07	525 Bickel, F., 6/19/08	1380 Trepper, S., 5/31/08
36	525 Bickel, F., 6/19/08	425 Pinkert, T., 11/23/07	525 Bickel, F., 6/19/08	1380 Trepper, S., 5/31/08
37	525 Bickel, F., 6/19/08	425 Pinkert, T., 11/23/07	525 Bickel, F., 6/19/08	1380 Trepper, S., 5/31/08
38	525 Bickel, F., 6/19/08	425 Pinkert, T., 11/23/07	525 Bickel, F., 6/19/08	1380 Trepper, S., 5/31/08
39	525 Bickel, F., 6/19/08	425 Pinkert, T., 11/23/07	525 Bickel, F., 6/19/08	1380 Trepper, S., 5/31/08
40	525 Bickel, F., 6/19/08	425 Pinkert, T., 11/23/07	525 Bickel, F., 6/19/08	1380 Trepper, S., 5/31/08
41	525 Bickel, F., 6/19/08	425 Pinkert, T., 11/23/07	525 Bickel, F., 6/19/08	1380 Trepper, S., 5/31/08
42	525 Bickel, F., 6/19/08	425 Pinkert, T., 11/23/07	525 Bickel, F., 6/19/08	1380 Trepper, S., 5/31/08
43	525 Bickel, F., 6/19/08	425 Pinkert, T., 11/23/07	525 Bickel, F., 6/19/08	1380 Trepper, S., 5/31/08
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49	525 Bickel, F., 6/19/08	425 Pinkert, T., 11/23/07	525 Bickel, F., 6/19/08	1380 Trepper, S., 5/31/08
50	525 Bickel, F., 6/19/08	425 Pinkert, T., 11/23/07	525 Bickel, F., 6/19/08	1380 Trepper, S., 5/31/08
51	525 Bickel, F., 6/19/08	425 Pinkert, T., 11/23/07	525 Bickel, F., 6/19/08	1380 Trepper, S., 5/31/08
52	525 Bickel, F., 6/19/08	425 Pinkert, T., 11/23/07	525 Bickel, F., 6/19/08	1380 Trepper, S., 5/31/08
53	525 Bickel, F., 6/19/08	425 Pinkert, T., 11/23/07	525 Bickel, F., 6/19/08	1380 Trepper, S., 5/31/08
54	525 Bickel, F., 6/19/08	425 Pinkert, T., 11/23/07	525 Bickel, F., 6/19/08	1380 Trepper, S., 5/31/08
55	525 Bickel, F., 6/19/08	425 Pinkert, T., 11/23/07	525 Bickel, F., 6/19/08	1380 Trepper, S., 5/31/08
56	525 Bickel, F., 6/19/08	425 Pinkert, T., 11/23/07	525 Bickel, F., 6/19/08	1380 Trepper, S., 5/31/08
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64	525 Bickel, F., 6/19/08	425 Pinkert, T., 11/23/07	525 Bickel, F., 6/19/08	1380 Trepper, S., 5/31/08
65	525 Bickel, F., 6/19/08	425 Pinkert, T., 11/23/07	525 Bickel, F., 6/19/08	1380 Trepper, S., 5/31/08
66	525 Bickel, F., 6/19/08	425 Pinkert, T., 11/23/07	525 Bickel, F., 6/19/08	1380 Trepper, S., 5/31/08
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72	525 Bickel, F., 6/19/08	425 Pinkert, T., 11/23/07	525 Bickel, F., 6/19/08	1380 Trepper, S., 5/31/08
73	525 Bickel, F., 6/19/08	425 Pinkert, T., 11/23/07	525 Bickel, F., 6/19/08	1380 Trepper, S., 5/31/08
74	525 Bickel, F., 6/19/08	425 Pinkert, T., 11/23/07	525 Bickel, F., 6/19/08	1380 Trepper, S., 5/31/08
75	525 Bickel, F., 6/19/08	425 Pinkert, T., 11/23/07	525 Bickel, F., 6/19/08	1380 Trepper, S., 5/31/08
76	525 Bickel, F., 6/19/08	425 Pinkert, T., 11/23/07	525 Bickel, F., 6/19/08	1380 Trepper, S., 5/31/08
77	525 Bickel, F., 6/19/08	425 Pinkert, T., 11/23/07	525 Bickel, F., 6/19/08	1380 Trepper, S., 5/31/08
78	525 Bickel, F., 6/19/08	425 Pinkert, T., 11/23/07	525 Bickel, F., 6/19/08	1380 Trepper, S., 5/31/08
79	525 Bickel, F., 6/19/08	425 Pinkert, T., 11/23/07	525 Bickel, F., 6/19/08	1380 Trepper, S., 5/31/08
80	525 Bickel, F., 6/19/08	425 Pinkert, T., 11/23/07	525 Bickel, F., 6/19/08	1380 Trepper, S., 5/31/08
81	525 Bickel, F., 6/19/08	425 Pinkert, T., 11/23/07	525 Bickel, F., 6/19/08	1380 Trepper, S., 5/31/08
82	525 Bickel, F., 6/19/08	425 Pinkert, T., 11/23/07	525 Bickel, F., 6/19/08	1380 Trepper, S., 5/31/08
83	525 Bickel, F., 6/19/08	425 Pinkert, T., 11/23/07	525 Bickel, F., 6/19/08	1380 Trepper, S., 5/31/08
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85	525 Bickel, F., 6/19/08	425 Pinkert, T., 11/23/07	525 Bickel, F., 6/19/08	1380 Trepper, S., 5/31/08
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93	525 Bickel, F., 6/19/08	425 Pinkert, T., 11/23/07	525 Bickel, F., 6/19/08	1380 Trepper, S., 5/31/08
94	525 Bickel, F., 6/19/08	425 Pinkert, T., 11/23/07	525 Bickel, F., 6/19/08	1380 Trepper, S., 5/31/08
95	525 Bickel, F., 6/19/08	425 Pinkert, T., 11/23/07	525 Bickel, F., 6/19/08	1380 Trepper, S., 5/31/08
96	525 Bickel, F., 6/19/08	425 Pinkert, T., 11/23/07	525 Bickel, F., 6/19/08	1380 Trepper, S., 5/31/08
97	525 Bickel, F., 6/19/08	425 Pinkert, T., 11/23/07	525 Bickel, F., 6/19/08	1380 Trepper, S., 5/31/08
98	525 Bickel, F., 6/19/08	425 Pinkert, T., 11/23/07	525 Bickel, F., 6/19/08	1380 Trepper, S., 5/31/08
99	525 Bickel, F., 6/19/08	425 Pinkert, T., 11/23/07	525 Bickel, F., 6/19/08	1380 Trepper, S., 5/31/08
100	525 Bickel, F., 6/19/08	425 Pinkert, T., 11/23/07	525 Bickel, F., 6/19/08	1380 Trepper, S., 5/31/08

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NEXT MONTH...TOP 165s
CORRECTIONS... In our Women's TOP 20 rankings in the July 2007, published in the July 2008 issue of POWERLIFTING USA, Susan Jackson's bench press, of 348 and deadlift of 425 lbs., done at the WABDL meet in Pasco, Washington on March 24th, 2007, should have been ranked in the 198 lb. class, rather than the 165 lb. division. Likewise, the lifts of Rebecca Jordan - 501 lb. squat, 275 lb. bench press, 418 lb. deadlift and 1195 lb. total - done on March 18, 2007 at the APF competition held in Attalla, Alabama, should have been listed on the Superheavyweight class rankings, rather than the 198 lb. class list. If you find errors in our articles, TOP 100/20 weight class rankings or in the competition results that we publish, let us know at POWERLIFTING USA Errors Department, Post Office Box 467, Camarillo, California 93011 for a proper analysis in the manner (which can take a variable length of time, depending on the specific situation) and an appropriate correction in a following issue.

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