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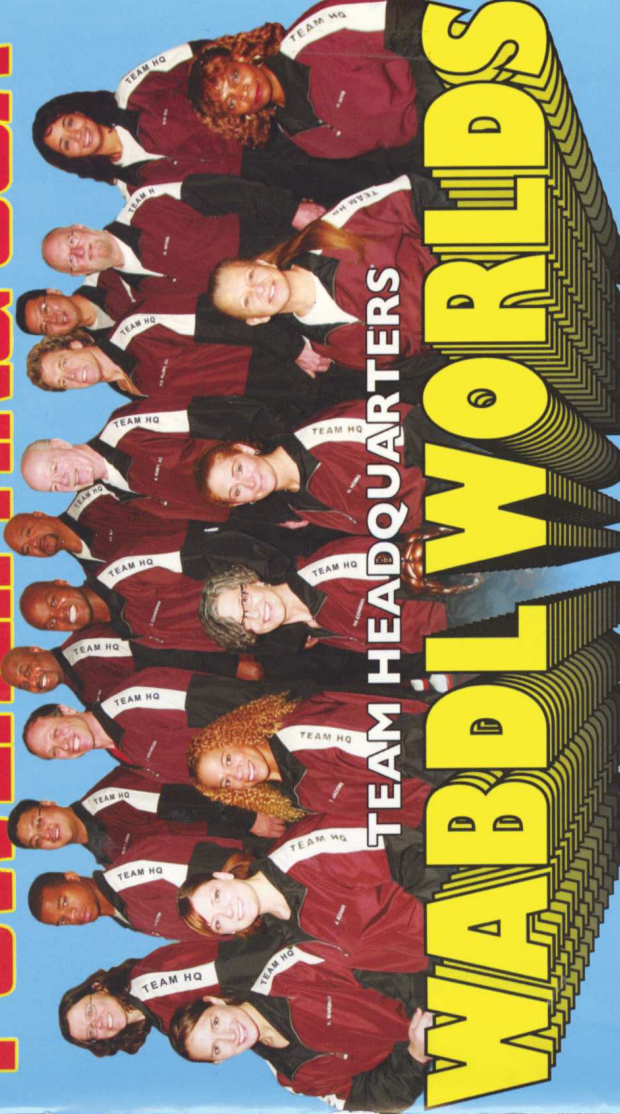
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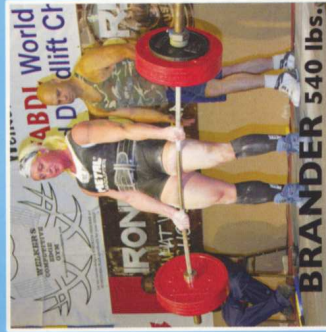
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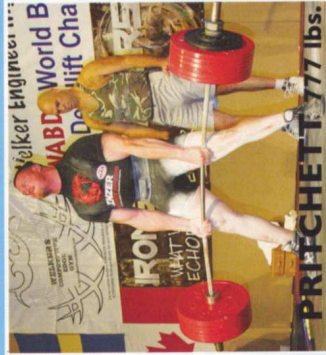


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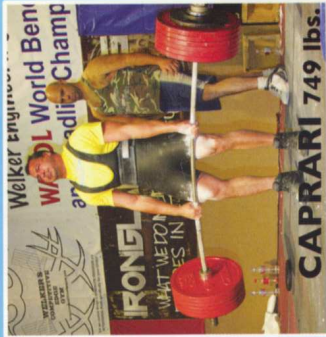
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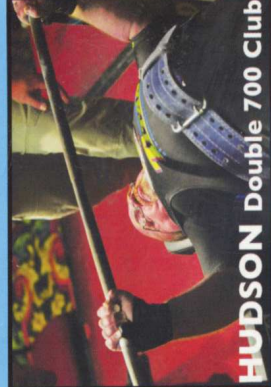
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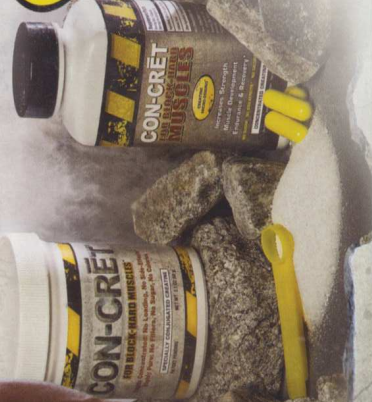


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ON THE COVER ... Team Headquarters (front, L-R) Victoria Warshaw, Annie Bowman, Teresa Jacobs, MaryEllen Buchanan, Maryann Hobbs, Pat Robey, Marilyn Lewis (back) Rebecca Moore, A.J. Baxter, Delwin Chinn, Dan Marxheimer, Joseph A. Head, Keith Cunningham, Frank Sua, Bob Robey, Perry Plush, Dennis Sugimoto, Gary Witzel, Kayla Sua, along with Josephin Brander, Jerry Pritchett, Tony Caprari, Trey Jewett, and John Hudson. (photographs by Namea Designs/PL USA)

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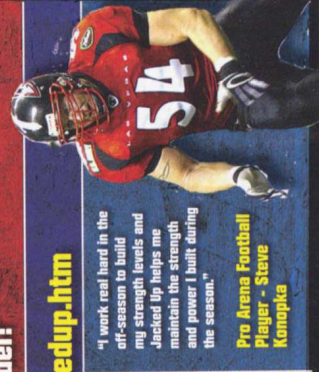
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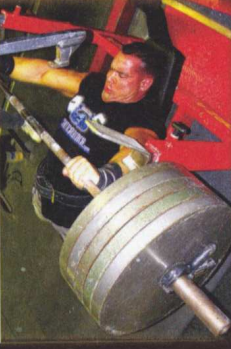
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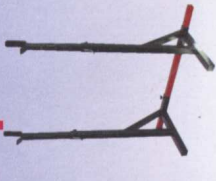


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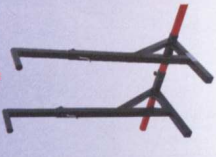
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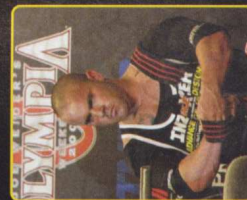
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Brian Schwab
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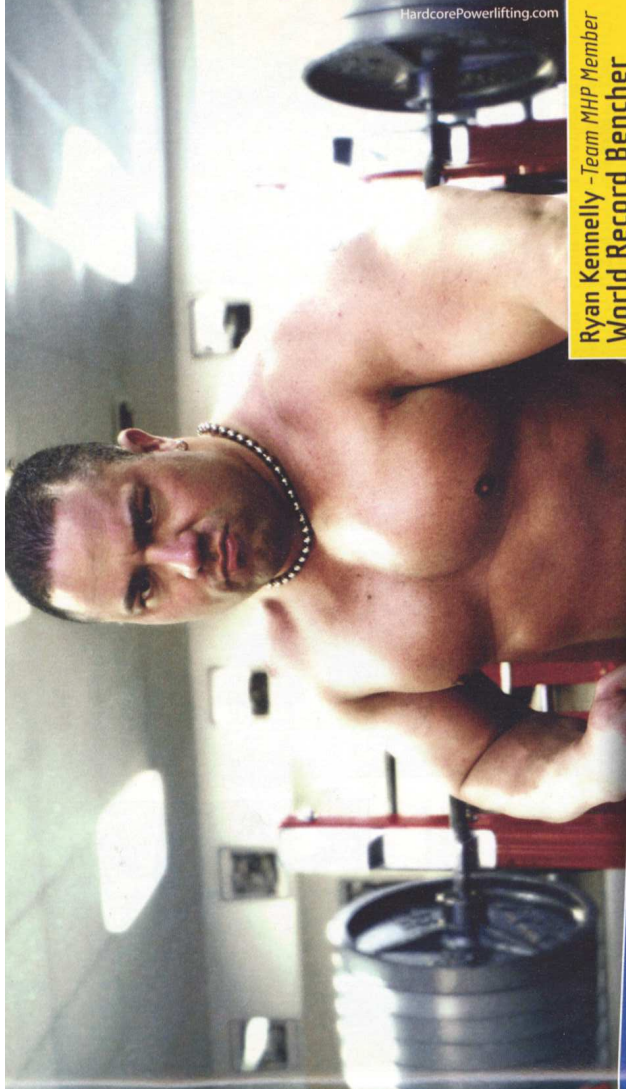
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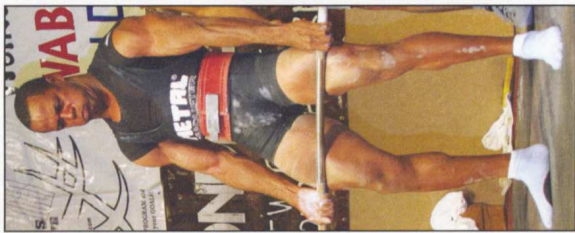
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Blast Off! — Ed Mammanno prepares

Venue, Riviera Hotel. In spite of the economy, this year's Worlds was bigger than last year, with 545 lifters and nine countries. There were a total of 59 flights and the schedule was either on time or ahead for the whole six day event. In the DEADLIFT, I will describe the World Records first. In the 165 JUNIOR class, Edwin Mammanno of Hawaii pulled a 612.8 for an exceptional World Record. He only weighed 158.8 and he holds the World Record in open 140 with 617.2. In the LAW/FIRE division, there were four World Records set. Manny Burreau, who has been around for a long time, pulled 612.8 in 48-55/308 LAW/FIRE. Manny squatted 800 and pulled over 700, in his younger days. James Rouse, the benching legend, with a 485 raw at 165 set 233.5 in LAW/FIRE 564/198. Alfred Jackson, who just got back from a tour in Iraq, pulled 584 in LAW/FIRE SUB-MASTER 181. Neoni Reich from Hawaii pulled a 722 with ease for a World Record in LAW/FIRE SUBMASTER SHW. In MASTER MEN there were no World Records set in either 40-46 or 47-53 age groups. In 54-60/132, Chuck Wong of Minnesota set a World Record of 446.2. In 54-60/165 Gregory Klyen, formerly of Russia and now from Illinois, was a MASTER of Sport in the USSR with a clean and jerk of 407 at 165. Gregory set a World Record 562 at 165. In 68-74/123, Lindy Blas of Nevada set a World Record 259. He has recovered from cancer and has pulled as much as 462 in his Sixties. Dan Martin of Nevada pulled a World Record 525.7 in 68-74/181 at age 70 and a few minutes later he had a heart attack and was rushed to the emergency room, but he has made a full recovery. The cardiologist said without the weightlifting he would not have made it. In MASTER 85+ Bladen McClendon of Michigan set a World Record 286.5 at 165. In OPEN MEN, Jerry Pritchett had the highest deadlift of 1000 with a World Record 777 in open 308. Jerry is from Phoenix and he, Patrick Holloway and Mike Desroster are instrumental in making the National Push Pull meet in Phoenix so successful. In SUBMASTER men, Kari

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Alfred Jackson (c. Namea Designs)

Pontinen of Finland set a World Record 750.6 at 242. He was very animated and really turned the crowd on. The Fins have always had great deadlifters. In TEENAGE MEN, Chance Akina of Hawaii set a World Record 293.1 in SHW. In MASTER MEN there were no World Records set in either 40-46 or 47-53 age groups. In 54-60/132, Chuck Wong of Minnesota set a World Record of 446.2. In 54-60/165 Gregory Klyen, formerly of Russia and now from Illinois, was a MASTER of Sport in the USSR with a clean and jerk of 407 at 165. Gregory set a World Record 562 at 165. In 68-74/123, Lindy Blas of Nevada set a World Record 259. He has recovered from cancer and has pulled as much as 462 in his Sixties. Dan Martin of Nevada pulled a World Record 525.7 in 68-74/181 at age 70 and a few minutes later he had a heart attack and was rushed to the emergency room, but he has made a full recovery. The cardiologist said without the weightlifting he would not have made it. In MASTER 85+ Bladen McClendon of Michigan set a World Record 286.5 at 165. In OPEN MEN, Jerry Pritchett had the highest deadlift of 1000 with a World Record 777 in open 308. Jerry is from Phoenix and he, Patrick Holloway and Mike Desroster are instrumental in making the National Push Pull meet in Phoenix so successful. In SUBMASTER men, Kari



The Magnificent A.J. Mangum



Dan Martin had a heart attack

WABDL Worlds, AAU Worlds, etc., is that there might be an IPF/USA Powerlifting competition on the same stage as a drug-free or suspended lifter. First of all, we honor USA Powerlifting flunkies. Second of all, the entire Russian team has been suspended twice and some Hungarian lifter beats John Kuc's 870 deadlift at 242. Let's get real. Look at the deadlifts in the IPF for men and women and then look at WABDL. As far as benches go, as far back as you want the USA was always better in the bench than the rest of the world. Tom Eiseeman recently competed in a USA Powerlifting deadlift qualifier and had the highest co-efficient and qualified for the Arnold Classic. He competed in the WABDL Worlds. Then he was told he was suspended from USA Powerlifting for a year and couldn't go to the Arnold. Eiseeman has competed in every WABDL Worlds for the last six years. He's been on the cover of Powerlifting USA twice. So, my question is why did the meet director not tell Eiseeman that he would have to skip the WABDL Worlds? No, they take his entry money and let him spend \$600-700 on the trip to the meet and then they tell him he's banned. In my thought, suspended means criminal conduct and if anyone knows Tom Eiseeman like I do, you would know that just by looking at him he's lifetime drug free. He also doesn't eat meat. He's a



Hawaiian Power — Keoni Reich (ND)

chiropractor and a good family guy. I saw him lock out 800 at the Hawaii Record Breakers, conventional style, but it was turned down. He's a total asset to any meet, especially a federation like USA Powerlifting that claims to be so drug free. Then the IOC recently turned down the IPF's admission due to too many drug test flunks. Back to the 16-17 Super deadlift. After Ithaca Hawaire set the World Record, William Kites from Michigan broke it twice with 435.2 and 451.7. In TEEN 18-19/181 M Mangum, who only weighed 167.6, was larger than life with a 672.25 World Record, the third time he's broken that World Record formerly held by Tony Caprari, who is one of the best TEENAGE deadlifters ever. In 18-19 Super, Frank Ginez III of Texas set a World Record with 600.7 and came close with 622. Moving onto the WOMEN'S DEADLIFT, involving World Records in JUNIOR 97, Ashley Aguas set a World Record 242.5, weighing 96.4. Ashley is from California. In MASTER women 61-67/105, Betty Laferty set her 12th World Record with a 209.2 pull. Betty lives in Gulf Shores, Alabama, and is a very accomplished surfer. In 61-67/165, Gayle Clawson of Arizona set a World Record 319.5 with Dana Backel, a close second with 308.5. In MASTER 68-74/123, Nora Smiriga set a World Record 225.7 at age 69. In MASTER 68-74/198, Winifred Priestel of Washington, at age 70, pulled 270 for a World Record and Malvino Basso of Brazil set a World Record 166.3 in 75-79/132, weighing 129.6. In open women, Anna Rosen of Sweden set a World Record 507 at 198 and locked out 540, but her left foot stepped on the bar. In unimitted, Josefin Brander of Sweden set a World Record 540 and had 562 over her knees. They both lift conventional and their form is perfect. They were both drug tested. In SUB-MASTER women 146, Leslie Holtheins (coached by Dave Edmondson) of Utah set a World Record 424.2. She weighed 145 and it was an easy pull. Anna Rosen set a World Record in SUBMASTER as well as open with 507. In TEEN women, Alexandra Peckol of Oregon

(continued on page 10)



Jeremy Hoornstra — Team MHP Member World Record "RAW" Bench 615 @ 242

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Dave Felton – ready to get it done

Muro of Nevada was large with a 683.2 state record. At 275, Nicholas Lepine set an Illinois record 661.2 to edge Brendan Luedtke of Nevada who did a state record 639.2. Moving onto LAW/FIRE MASTER 40-47/242, Chris Russo of New Jersey set a record 545.5. In LAW/FIRE MASTER 48-55/220, William Dennison set a Michigan record 459.4. In LAW/FIRE SUBMASTER, Marcus Ausim of Oklahoma set a record 507 at 308. Moving on to regular MASTER in the 40-46, Keith Cunningham of Headquarters Fitness, out of Seattle, beat a field of five with a Washington record 556.5. Daniel Porrazzo of Massachusetts was second with a 496 state record. Robert Sunshine of New York was fourth with a New York state record 440.7. Joseph LaMonica of Canada was fifth with a national record 436.3. At 220, the WABDL Louisiana chairman, Dr. Steve Lemarie, beat out a field of four with a very good 644.7. At 242,

(continued to page 88)

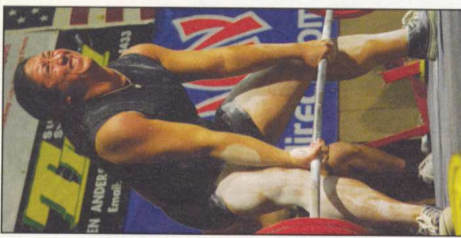


YEAH! Donnie Miskinis does it!

record 700.8, which puts in into the open division now. Brandon Bankston was second with a Louisiana record 600.7. At 308 CLASS I, Thomas Guiney set an Oklahoma record 666.7 and Robert Speno was second with a California record 639.2. Jeff Place, who played pro football for the New England Patriots, set an Oregon record 651.3 in Superheavy. In JUNIOR 123 deadlift, Scott Galeck set a national and California record 303. In JUNIOR 132, Casey Rochonowicz set an Ohio record 325 in only his second meet. In JUNIOR 198, William Hibdon ripped up 600.7 with ease to set a California record. Bobby Burns set a Washington record 584 for second place and Shane Oakley set a Colorado record 568.6 for third. In JUNIOR 220, Kyle Herzik set a Nevada record 512.5 to beat a field of three for the world title. In JUNIOR 259, Fred Riccardi, of team torque from New York, beat Daniel Reeves of Arizona on bodyweight with a New York record 551 at 259. At 242, Garrett



Thomas Guiney – serious DL (ND)



Jessica Hurley – Amazing Power

chairman and coach of Team Wisconsin with Dave Felton, pulled a Wisconsin record 496, weighing only 163.6 at age 49 in CLASS I. Mark Reuter, who is the South Dakota WABDL chairman, pulled a CLASS I state record 413.2 at 165. Danny Borakovec set a New York state record with 347 in CLASS I. Warren Fabrentfeld set a New Jersey record 628.2 in CLASS I. Weighing only 197.4, which catapults him into the open division for future meets. Dan Marxheimer set a Washington record 551 in CLASS I/181. Sean Hickey set a Wisconsin record 523.5 in CLASS I/181. In CLASS I/198, Bobby Burns set a Washington record 584 to beat a field of five. Brian Fabrentfeld, the coach of Team Torque of New York set a CLASS I/220 record 622.7 and he won the World's over a field of six lifters with Ben Ritter right on his heels with a Minnesota record 617.2. Timo Nilanen of Sweden set a Swedish national record of 622.7 at 232. At 275, Eric Poitvrien set a CLASS I New York



Steve Lemarie – the perfect pull



Jacqueline Wickens pulls (ND)

(continued from page 8)

set a World Record 231.2 at age 12, weighing 113.8. In TEEN 14-15/97, Cheyenne Favars set a World Record of 248 – that's huge! In 14-15/181 Jacqueline Wickens of Nevada was also way above average with a World Record 352.5 at age 14. In 16-17/97, Angela Barrera of Texas set a World Record 170.7 in her first meet. In 16-17/105, Angela Rocha of Texas set a World Record in her first with 242.5. In TEEN 16-17, 165, Olive Houseman of Washington set a World Record 270 and in TEEN 16-17, Jessica Hurley set a World Record 425.3 weighing 188.8. That's some big time lifting. Some notable MEN'S Deadlifts that weren't World Records include many lifters' feats of strength. Donnie Miskinis, weighing only 160.4 set two Ohio state records in CLASS I and TEEN 18-19 with 510.3 pull. Donnie is also an excellent baseball player and a good student. Dave Constantineau, who is WABDL co-



Eric Poitvrien – got his record!



Keith Cunningham – Mt. Intensity

IPA Senior National
22-23 NOV 08 - York, PA

BENCH	
FEMALE	Pugh 505
Elite Am	B. Ernst 585
Teen (14-15)	Am Master (45-49)
181 lbs.	308 lbs.
A. McCloskey 200*	L. Short 450
Am Master (43-49) R	Am Master (45-49) R
165 lbs.	308 lbs.
L. Swardthout 125	L. Short 450*
Am Master (50-54)	Pro
242 lbs.	W. Welch 465
Am Junior	A. Rybak 315
Open Raw	Open
220 lbs.	220 lbs.
Y. Vlcek 200*	Blankenship 525
Am Master (40-44) R	242 lbs.
650	Y. Vlcek 200*
A. Haglund 515	MALE
J. Holmes 430	Am Teen (18-19)
SHW	L. Short 450*
Am Teen (18-19)	R. McCray 910
220 lbs.	I. Holden 525*
Submaster	Elite Am
S. Rowe 665*	Teen (16-17)
Master (45-49)	220 lbs.
A. McCloskey 470	242 lbs.
R. Robinson 630*	Am Open
R. Adams 675*	308 lbs.
C. Naspinski 575	Master (55-59) R
J. Pavick 530	242 lbs.
SHW	S. Bixler 340*
R. Ernst 585	Master (60-64)
Am Master	220 lbs.
B. O'Brien 450*	Powerlifting SQ
BP DL TOT	
FEMALE	Am Teen (14-15)
114 lbs.	M. Nurcia 135
115	240*
605*	Elite Am
Am Teen (14-15)	181 lbs.
181 lbs.	Am Master (45-49) R
200*	415
1100	165 lbs.
J. Swardthout 215*	125
310	650
Pro	105 lbs.
E. Greenwood 340	185
330	855
132 lbs.	J. Furniss 385
265	315
965	Open Raw
385	225
395	1005
R. Prodduphl 365	195
375	935
Am Teen (14-15) R	



Dan Dague pulled in 660 at the IPA Seniors. (Chuck Ventura photos)



Robert McCray benched 910 in the Pro Open Superheavyweight class

165 lbs.	B. Rzek 700	430	640	1770
M. Locondro 275	R. Woody 600	450	600	1650
Am Teen (16-17)	148 lbs.	Am Junior R		
123 lbs.	275	690		
P. Ferro 415	280	500	1195	
165 lbs.	405	240	400	1045
198 lbs.	E. Thekla 800	540	560	1900
R. Horn 600	605	625	1830	
Am Teen (16-17) R	J. Groff Jr. 615	400	525	1540
308 lbs.	J. Groff Jr. 615	400	525	1540
F. Crisman 225*	200*	235*	660*	
Am Teen (18-19)	Am Open R			
308 lbs.	J. Rooney 600	420	575	1595
D. Johnson 700*	480*	620*	1800	
Am Master (45-49)	275 lbs.			
Elite Am	J. Groff Jr. 615	400	525	1540
Teen (16-17)	275	Master (50-54)		
275	L. Mattie 600	400	550	1550
A. McCloskey 600	470	620	1690	
Am Junior				
220 lbs.	Am Master (60-64)			



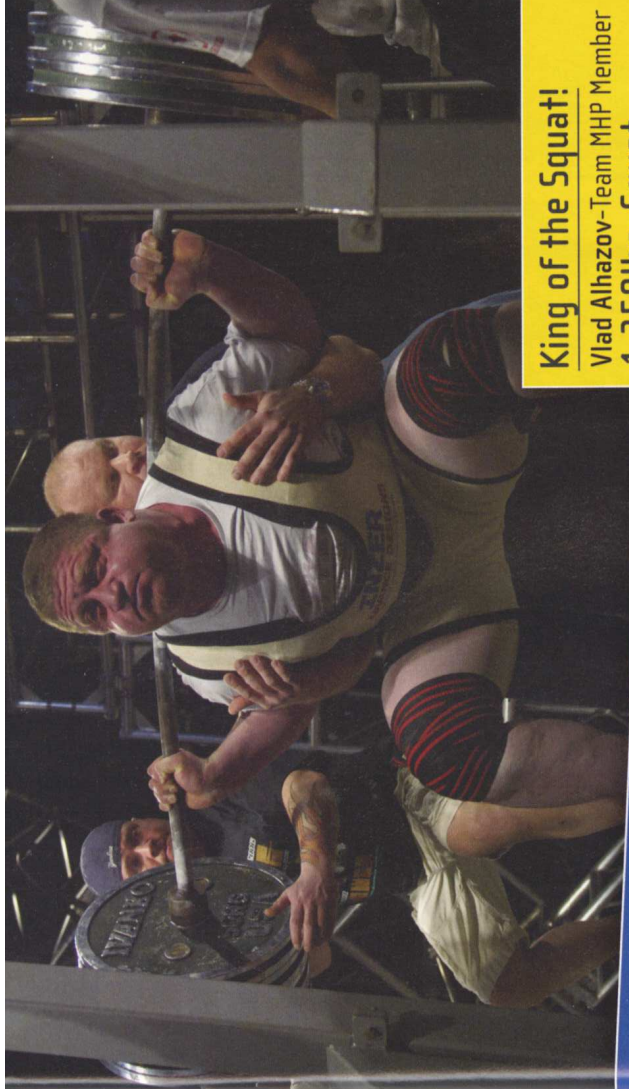
Jan Swardthout - Amateur Women's

148 lbs.	Boracci 320	200	405*	925
Am Master (70-74)	220 lbs.			
220 lbs.	—	285*	450*	735*
B. Vastine	700	505	525	1730
Elite Am	220 lbs.			
165 lbs.	C. DelPreore 770	570*	620	1960*
220 lbs.	Pro			
695	535	555	1785	
M. Rade	Open			
198 lbs.	M. Vontz 550	375	545	1470
242 lbs.	800	540	600	1940
D. Smiley 750	500	650	1900	
D. Sniffly 275	530	625	2060	
275 lbs.	D. Hollis 805	630	625	2060
J. Fay 800	480	660	1940	
Am Master	800	450	675	1925
308 lbs.	SHW			
198 lbs.	D. Thompson 1235	910	760	2905*
J. Varone 510*	Open R			
510*	220 lbs.			
525	375	525	1425	
Submaster	750	500	650	1900
242 lbs.	D. Smiley 750	500	650	1900
Master (40-44)	600	400	530	1530
275 lbs.	R. Bormus 825	660	630	2115
308 lbs.	Master (50-54)			
650	360	57	1580	
M. Dimiddik 705	325	545	1575	
Master (60-64)	198 lbs.			
510*	175	540*	1225	
J. Varone 705	325	545	1575	
275 lbs.	Pro			
705	325	545	1575	
M. Dimiddik 705	325	545	1575	
Master (60-64)				

*IPA World Records, Am-Amateur, R=Raw, Pro=Professional, Best Lifters Bench Only: Teen Male-Mark Holdren, Am Female-Jan Swardthout, Pro Female-Anna McCloskey, Am Male Open-Gabriel Naspinski, Pro Male Open-William Swardthout, Am Master-David Johnson, Best Lifters Full Power: Male-Teen-David Johnson, Female-Teen-Sarah Welch, Am Female Open-Jan Swardthout, Pro Female Open-Elaine Greenwood, Pro Male-Lightweight-Brian Crowe, Am Male Heavyweight-Ryan Horn, Pro Male Heavyweight-Dominic Thompson, Am Male Master-Ryan Taccetti, Pro Male Master-Dan Dague. (from Ellen Chait)



Sarah Welch - Women's Teen



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

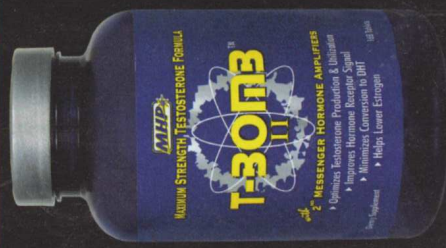
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OBSERVATION

Years ago I wrote an article about how I switched from the standard Olympic bar to the fat bar for all my upper body training. It just made no sense to me that men weighing over 225 pounds along with their fat hands got much benefit from holding a small, one-inch bar. It cuts into a guy's hand when benching. It is very difficult to hold when doing any tricep work. It just sucks. The fat bar pulls in more muscle to execute any lift because it takes up more surface area of the hand. Not to mention it helps build a vise grip and is easier on the joints. We have always used the standard one-inch bar and never questioned, why? Even the attachments we have used through the years measure one-inch.

Since my fat bar discovery, I have learned to question the standard of a lot of the things we use in training. For instance, when performing the DB bench press, did you know for most people that the dumbbells over 150 lbs. are too cumbersome to be very effective for training? Pressing DBs that are too long and hard to maneuver turns into a feat of strength. You have to be a very big man to manipulate them or have the world's largest hands and wrists. Another is the floor press. The mis-

The New Bench Press as told to PL USA by Donnie Thompson

take a lifter makes is doing them on a hard floor. This does not allow any movement of the scapula. The scapula is then impinged inward towards the spine, causing trauma to the acromioclavicular ligament. This can lead to partial or complete tears to this ligament, the surrounding coracoclavicular ligaments and partial displacement of the joint. Scary stuff. The scapula must have movement! The best way to perform this exercise is to have a pad under you that is no less than an inch or two thick and stiff to aid you safely.

INJURIES

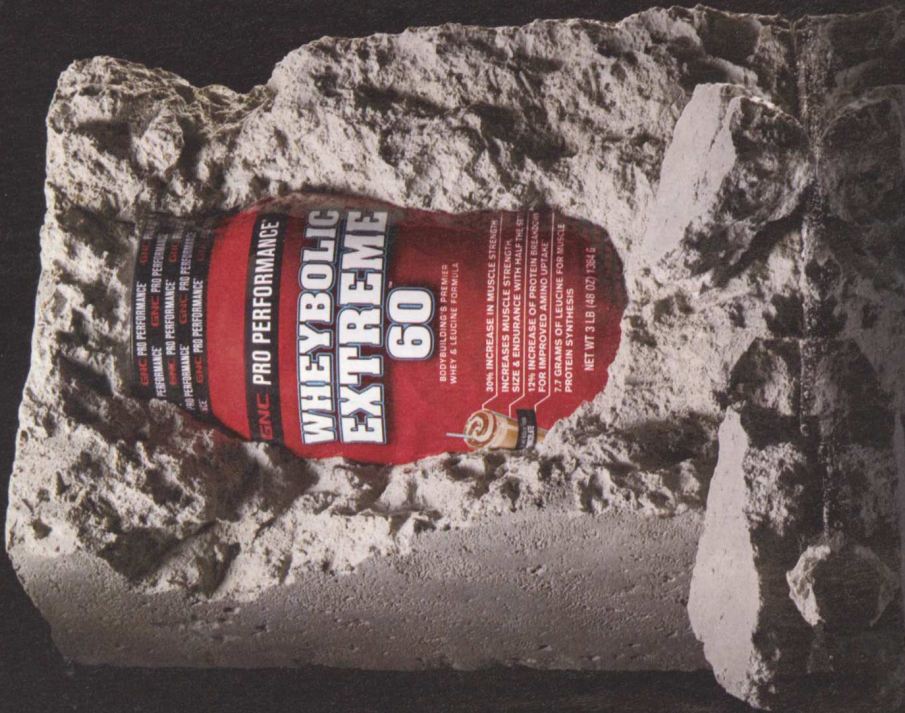
That leads me into an observation I have had for quite some time—the bench. Why is it that we use the same bench for the 114 lb class and the SHW class? You cannot sell me on the fact that there is one standard size bench for all lifters. Did you ever notice that in competitions that the smaller lifters have great leverage on the bench with extended legs and a pad that reaches from shoulder to shoulder? When the upper weight classes use the same bench, the pad is low for the big-

bench for this venue. This sparked my interest in Powerlifting. Unfortunately, I remember a lot of lifters getting hurt during those events with severe pectoral strains, career ending pectoral-tears and tricep tendon ruptures/tears. I used to think it was the amount of weight they used. Then I measured the Nebula competition bench. The pad measured ten inches wide. When the WFO took over, they switched to a Forza bench, which measured about twelve to twelve and a half inches wide.

The injury occurrence dropped drastically and the numbers went up. The Forza bench made their pad set up a little higher than the other benches eliminating high knee positioning and consequently the lifters butt rising up after the press command.

Now, as a competitor, I started to watch the females and lower weight class divisions. I noticed that they never suffered pectoral tears and shoulder trauma. How many lightweights have you met with pec and shoulder trouble? Not many. That is widely due to fact that the standard bench is a perfect match

(continued to page 80)



Your building block for 30% more strength.*

Only the strong survive. That's why GNC Pro Performance products have been around for 20 years. When it comes to building your strength, nothing complements your weight training regimen like WheyBolic Extreme 60. It's bodybuilding's top whey isolate and leucine formula, proven in clinical studies to give you a 30% increase in strength* and a 100% increase in exercise efficiency.** The potent anabolic blend of 60 grams of whey isolate and 7.7 grams of leucine strikes quickly to increase muscle protein synthesis. In fact, WheyBolic Extreme 60 has been shown to increase muscle strength and endurance with half the sets*** it's hardcore to the core.

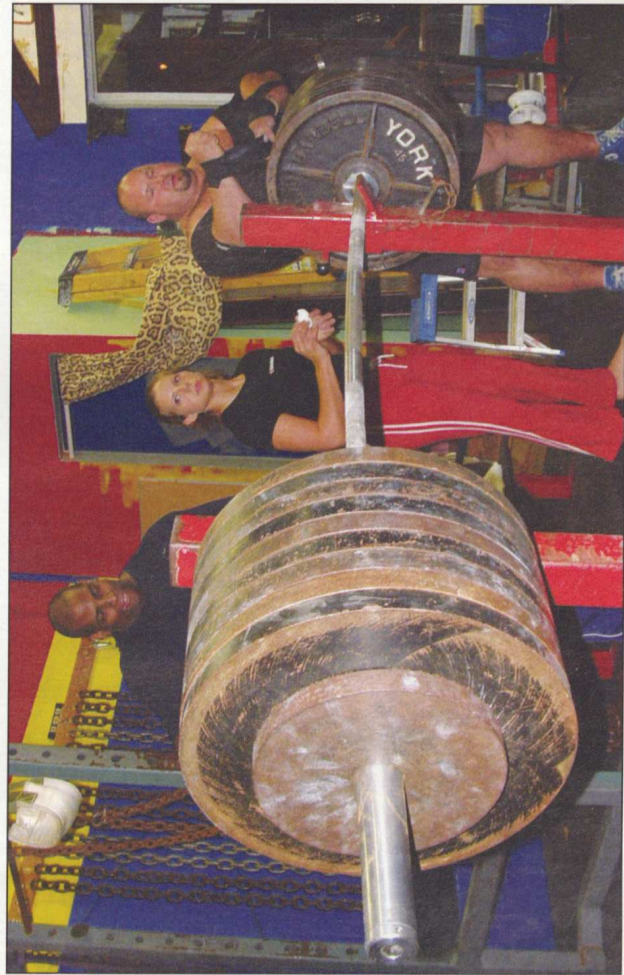


30% INCREASE
IN MUSCLE STRENGTH COMPARED TO PLACEBO*



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Donnie Thompson getting ready to bench with a little help from his friends (photographs provided courtesy of Donnie Thompson)



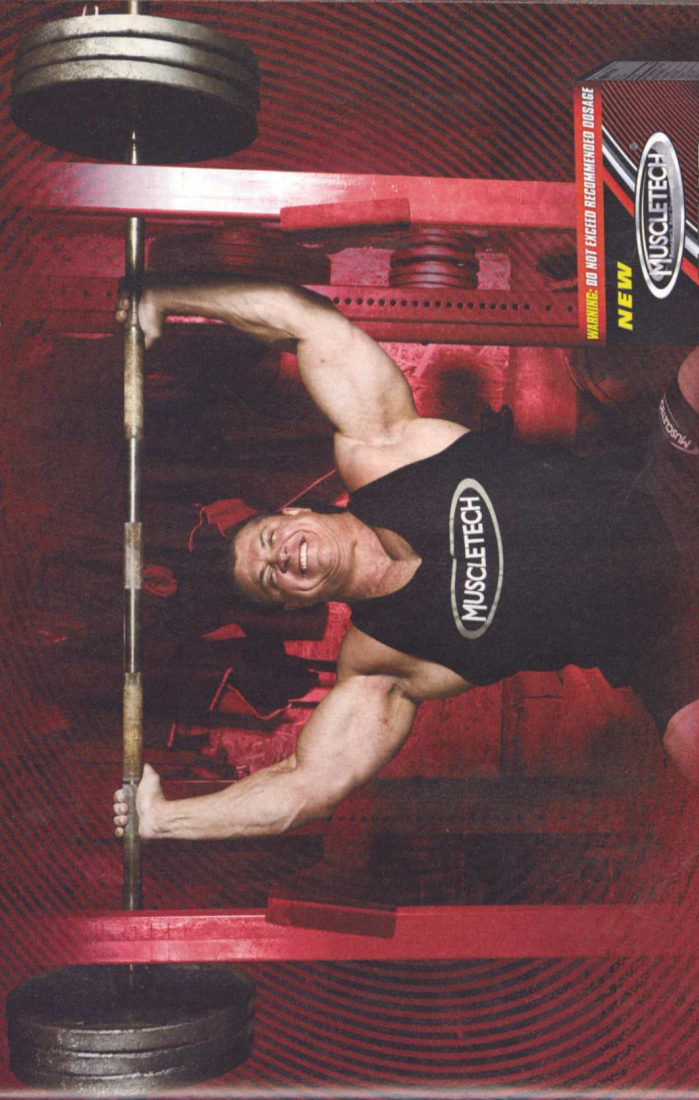
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HSPs are biological regulators that are activated in your muscles during balls-to-the-wall training sessions that only powerlifters can understand. Research shows that these regulators play a vital role in

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^{HS} is formulated with a key anabolic ingredient designed to directly activate HSPs at the cellular level.

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



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- Instantly jacks up strength!
- Forces extreme muscle density and fullness!

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140 Capsules

POWER RESEARCH

dedicated to bringing Science to the sport of Powerlifting

INTRAVOL Unlocks Untapped Power Potential for Bigger Lifts as told to PL USA by Team MuscleTech

Powerlifting is all about moving what the average person would deem an insurmountable weight. Assuming that your technique is perfected—or close to it—your power potential may be your limiting factor. With the field of supplement science making leaps and bounds every year, new research has revealed that intra-workout supplementation is critical to optimal power generation. More importantly, leading industry innovator, Team MuscleTech™ has harnessed the latest research to engineer INTRAVOL™—the most advanced intra-workout supplement designed to catapult gains in both size and strength to unprecedented levels.

Heavy Resistance Training Releases Strength-Limiting Catabolic Signals
What many lifters don't realize is that a number of catabolic factors are activated during training—many of which interfere with optimal strength production and muscular development. For starters, resistance exercise stimulates height- and mass-related changes in the rate of muscle protein turnover, resulting in an increase in both protein synthesis and degradation.¹ Another clinical study took it a step further by identifying that net muscle protein balance was negative in the early stages of recovery.² The aforementioned findings reiterate the importance of minimizing muscle breakdown. This can be done by controlling supplementation and nutrient timing to maximize anabolism. Failure to properly support exercise-induced recovery with the appropriate nutrient profile actually leads to muscle degeneration. Even more alarming, another clinical study discovered that resistance exercise designed to maximally stimulate the major muscle groups being trained produced hypersecretion of the highly catabolic hormone, cortisol.³ The more cortisol present in your system, the higher the likelihood of increased muscle degradation and diminished strength. The underlying message is, if you want to push more bar-bending weight, you need more power. And power is a derivative of quality mass and strength. So, if your goal is to get stronger, you need to mitigate your body's natural response to increase muscle protein degradation following intense bouts of resistance training. This involves controlling insulin concentration levels as well as minimizing cortisol production through proper nutrition.

Peak Performance Heavily Dependent on Muscle Energy Reserves
Another major limiting factor that may negatively affect your performance in the gym is the declining presence of glycogen, electrolytes and essential and non-essential amino acids in your system during intense bouts of training. All three elements work in synchrony to generate peak muscle contractile energy during training as well as protein synthesis. As you progress through set after set of fiber-tearing weight, your muscle energy stores gradually deplete. Therefore, you need to find a method of replenishing these stores between sets for optimal muscle performance.

Drinking INTRAVOL During Training Increases 1 Rep Max by 463 lbs.
Now there's no doubt that proper post-workout nutrition is essential to defeating catabolism, but the latest research on intra-workout supplementation will change the way you lift—forever. In a groundbreaking clinical study conducted at Australia's Charles Sturt University, researchers analyzed the effects of intra-workout supplementation. Test subjects consumed key components of the INTRAVOL formula during their workouts and were evaluated for hormonal and muscular adaptations, as well as biochemical response (6% liquid carbohydrate and 6 grams of essential amino acid solution during training). After 12 weeks, the results were astounding! When compared to the placebo group, test subjects using the key compounds in INTRAVOL during training increased their strength by a staggering 39 percent, increasing their one rep max leg press by an average of 463 pounds! The placebo group only increased their one rep max leg press by 334 pounds. As if this statistic alone isn't enough to convince you of the benefits of intra-workout supplementation and, more specifically, consuming INTRAVOL during your workout, test subjects also packed on 127 percent more muscle (9.04 vs. 3.97 lbs.) than the placebo group. Muscle fiber expansion across Type I, Type IIa and Type IIb muscle fibers was also significantly increased.⁴ These type of gains in muscle will definitely increase your quality mass. And as we all know, more quality mass equals more power! What's even more astonishing is that test subjects who achieved these amazing results were untrained individuals who only worked out twice a week. If they could achieve extraordinary gains like this, just imagine what you could achieve by adding INTRAVOL to your intense lifting program.

INTRAVOL – Precisely Formulated for Maximum In-Gym Performance
Knowing the importance of every single set during your training, Team MuscleTech researchers scientifically formulated INTRAVOL to be the ultimate intra-



workout supplement on the market. Formulated with a precise ratio of high-molecular weight glycogen replenishing polymers, branched chain and essential amino acid compounds, key electrolytes and creatine, INTRAVOL is engineered to trigger osmo-sensing bioregulators to maximize anabolic nutrient uptake directly into the muscle cells being trained. This induces hyper-hydrated muscular pumps, intracellular protein synthesis and glycogen reloading during your workout. INTRAVOL is also powered by OsmoSig™ Technology—which functions as an osmo-sensing nutrient transport technology designed to support rapid nutrient delivery and uptake with other key ingredients in the formula.

INTRAVOL Downgrades Training-Induced Cortisol Concentration Levels
As was mentioned earlier, the physical trauma that powerlifters put themselves through during each agonizing training session facilitates hypersecretion of cortisol, which causes unwanted catabolic muscle breakdown. However, in another clinical study, subjects who supplemented with the key components in the INTRAVOL formula actually decreased serum cortisol concentration levels from pre-workout to 30 minutes after exercise by 23 percent—preventing excessive catabolic response (317.1 vs. 245.4 nmo/L).⁵ As a result of INTRAVOL's ability to initiate peak anabolic response and sustain maximum glycogen levels during intensive training, your in-gym performance will dramatically increase as scientific evidence supporting the key ingredients found in the INTRAVOL formula. You can be confident that this advanced formula will deliver real results! INTRAVOL™ has redefined the science of training-induced anabolism and strength amplification—paving a path for a new generation of hardcore powerlifters.

References:
1 Chesley, A., MacDougall, J.D., Tranopolsky, M.A., Atkinson, S.A., Smith, K. (1992). Changes in human muscle protein synthesis after resistance exercise. *Journal of Applied Physiology*, 73, 1383-1388.
2 Biolo, G., Maggi, S.P., Williams, B.D., Tipton, K.D., Wolfe, R.R. (1995). Increased rates of muscle protein turnover and amino acid transport after resistance exercise in humans. *American Journal of Physiology Endocrinol Metabolism*, 268, E514-E520.
3 Bird, P., Stephen, et al. (2006). Liquid carbohydrate/essential amino acid ingestion during an acute bout of resistance exercise suppresses myofibrillar protein degradation. *Metabolism Clinical and Experimental*, 55, 570-577.
4 Bird, P., Stephen, et al. (2006). Independent and combined effects of liquid carbohydrate/essential amino acid ingestion on hormonal and muscular adaptations following resistance training in untrained men. *European Journal of Applied Physiology*, 97, 225-238.
5 Bird, P., Stephen, et al. (2006). Effects of liquid carbohydrate/essential amino acid ingestion on acute hormonal response during a single bout of resistance exercise in untrained men. *Nutrition*, 22, 367-375.

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Test Subjects

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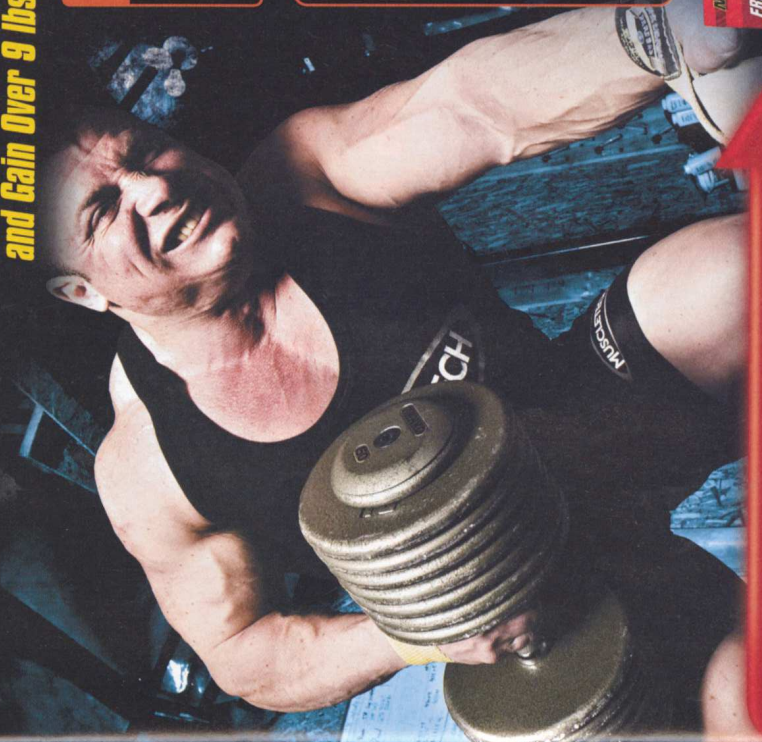
MATT KROZALESKI
Powerlifter: 220 Class

Squat: 1,014 lbs.
Bench: 705 lbs.
Deadlift: 810 lbs.
Big 3 Total: 2,529 lbs.

THE INTRAVOL EFFECT

When you drink INTRAVOL during your workout, you can experience the following:

- Rapid Strength Amplification
- Powerful Performance Enhancement
- Accelerated Workout Recovery
- Increased Anabolic Insulin Response
- Increased Myocellular Hypertrophy



Drinking new INTRAVOL during your workout will completely change the way you lift — forever.

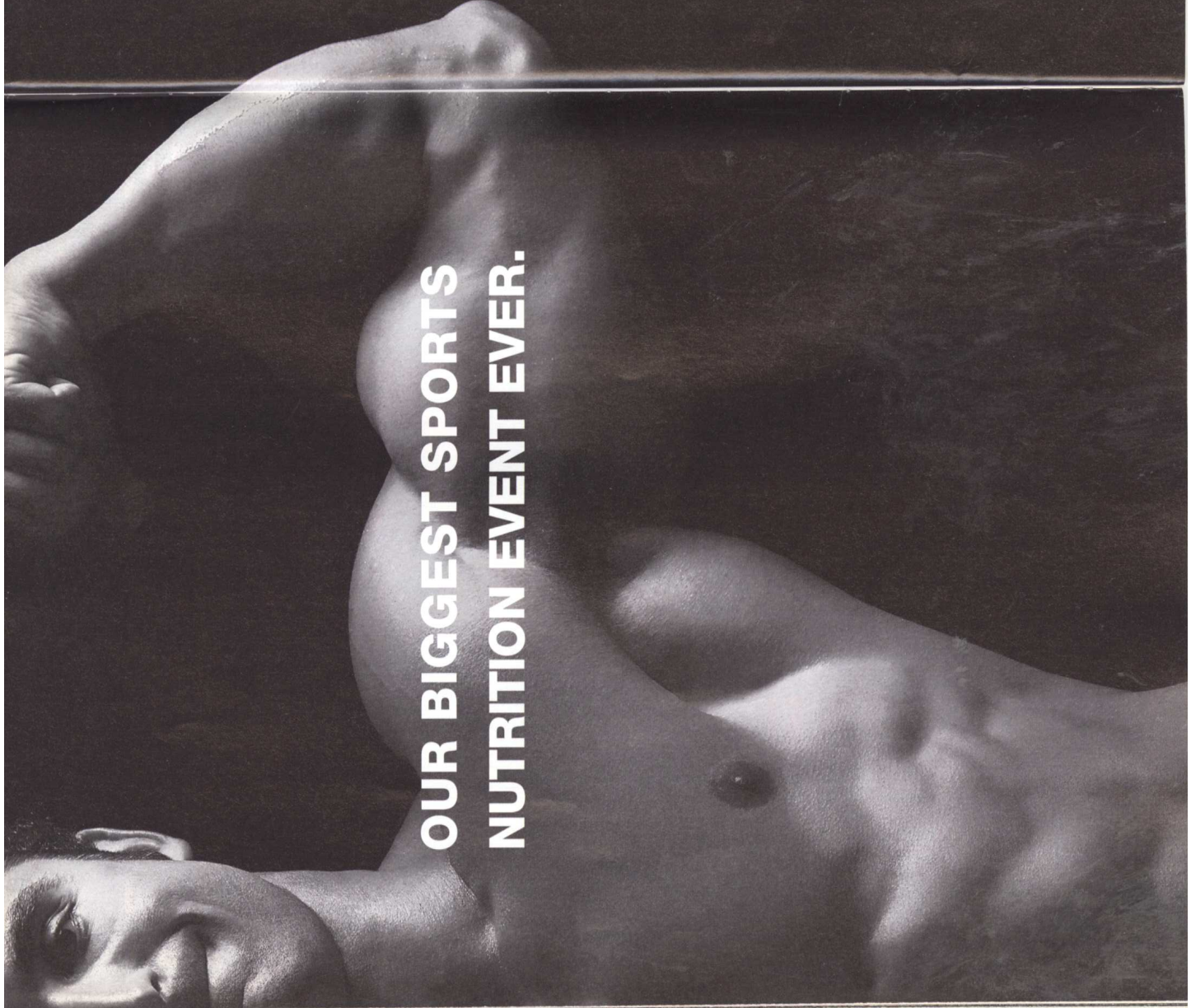
Of all the things you've ever done to smash your personal best, new gold-standard clinical research has revealed that *nothing* may be more important than what you take *during* your workout. This extraordinary scientific discovery has resulted in the development of INTRAVOL™ — the World's Most Advanced Intra-Workout Muscle Growth Amplifier. In only 12 weeks, test subjects consuming key components of the INTRAVOL formula during their workout jacked up their maximum strength by 39 percent, increasing their max leg press by 29 pounds more than subjects using a placebo (463 vs. 334 lbs.). Test subjects also packed on 127 percent more bar-bending muscle than the placebo group (9.04 vs. 3.97 lbs.). What's even more astonishing is that the individuals who achieved these amazing results *only worked out twice a week*. Just imagine what you could achieve by adding INTRAVOL to your intense training program! INTRAVOL™ has revolutionized the science of musclebuilding and will help a new generation of lifters rewrite history.



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Hard Core Gym #82 FUN WITH DICK & FRANK AT BODYGOALS GYM as told to Powerlifting USA by Rick Brewer

Last month, we learned that a legendary strongman (Sandow) had been taken hostage by bodybuilders. Henry Skiba told us to 'look back to move forward,' and we learned a little about 'Odd-Lifts.' Odd-lifts are too crazy for most lifters, and most of you reading this will be too scared to try 'em. Bunch of Southern-Fried Chickens!

If I wanna know more about Diamondback Rattlesnake recipes, I won't ask any cooks from Minnesota. Heck, there are a lot more Rattlesnake Roundups in Texas than Minnesota. By the same token, it looks like we need to go back North to New Jersey—to meet more lifters working on Odd-Lifts. Like I said, the rest of y'all are Frisky Cats.

There are two wild and crazy

thing right and always strives for excellence. Bodygoals is his baby... and he has done a great job grooming it here in Fairfield, New Jersey. He's been a competitive strongman and powerlifter for some time now, with some impressive numbers. Jon is a good dude, who knows his s**t. (It turns out that Jon started out as a wrestler, then moved to competitive bodybuilding, then into strength and power. There is probably an evolutionary message in this somewhere. RB)

Scott Paltos and Jon Chipko were originally training partners with Jon running the gym. This arrangement also evolved further...

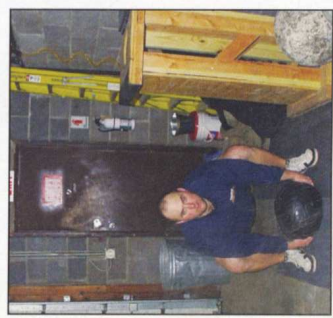
(continued on page 108)

gys in North Jersey, and they train using some of the odd-lifts on a regular basis! They have a gym named BodyGoals, and the founder prides himself on being a Dick. Don't take my word for it; we'll hear from Jon later. First, I'll let Scott Paltos tell you about the BodyGoals gym:

As far as being a "Hardcore Gym," ...yeah we are. I won't lie,



Steps 1, 2, and 3 for an Overhead Keg Tricep Extension Squat: Hold keg behind you, squat and extend arms up, then stand up



The three steps of a Rock/Sandbag Rotating Load: Squat and pick up the load, extend up to lift, then rotate and set down the load

"NASA HALL-OF-FAMER & MAY 2008 PLUSA COVER BOY J.T. HALL BREAKS 15 PR'S IN JUST 30 DAYS ON USPLABS PRIME!"

"In 30 days, I set more than 15 personal records (pr). My biggest PR is a 680 reverse band bench press and a 455lb x 3 flat barbell bench press. I'm a drug tested national/pro bench press competitor and always looking to get the advantage over my competitors. If you want to set some big PR's in a short time, I highly suggest get several bottles of USPlabs Prime!"

J.T. Hall - NASA Hall Of Famer- 8 time PLUSA Top 100 Benchter 1999-2007

STERIOD-LIKE STRENGTH, YET COMPETITION LEGAL?

USPlabs has hit the motherload...

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- A. 100% Natural
 - B. Won't skew hormones & cause failed drug test or false positive
- I know I know...it sounds WAY good to be true. But, if that was the case, why are powerlifters setting PR's virtually EVERY workout?

There's NEVER been anything like USPlabs Prime before...A potent natural anabolic that delivers all the goods, yet NONE of the sides...

- Permanent Muscle Gains - Hormonal levels are not affected, therefore there is no drop-off - When you gain is yours to keep! Permanent Muscle Gains - No rollercoaster effect.
- Enormous Strength Gains - Own The Weight Room...Own the Platform! Increase your lockout. PRIME will allow you to press harder for longer - Can you imagine training without sticking points!
- Does not cause shut-down or suppression - NO Post Cycle Therapy required!
- Promotes Muscle Gain of Thick, Dense Variety - Sport that full, 'on' look! Extremely Potent. Re-composition Effects - Even test subjects consuming 750-1000 calories a day ABOVE baseline lost bodyfat while gaining mass & strength!
- Incredible Recovery Speed - Feel like you've had a two-week layoff - even the day after the most intense workout of your life! Overnight recovery, be ready to train the very next day. No more sore days off. Recover from GPP work instantly. Do not skip any more workouts because you are 'too sore'.
- All-Day Muscle Fullness/Hardness - Your Muscles Will Feel Like Granite! - Pumps that do not negatively affect strength/performance like I.O.O. boosters...
- Balls-to-The-Wall Training - Train harder and longer than you ever have - and like it!
- Aggression and drive like never before, feel the rage
- Fight yourself to leave gym and/or take an off day
- Incredible Euphoria - Feel Like Superman!
- ZERO Bloat - Increase vascularity - even while gaining mass & strength! No puffy look, rock hard
- Safe to use in all competition - all natural ingredients - WILL NOT cause positive drug test. Complete with, this is the product that they don't want you to know about. With the ability to train more frequently, have a HUGE step up on the competition.

PROVEN BY SCIENCE!

In a 30-day pilot study using experienced lifters, the strength gains were simply mind-blowing. The best gains were 81 pounds on a 3RM squat and 62 pounds on a 3RM bench...in just 30 'trainin' days! And the results get better the longer you use it!!!



ZERO NEGATIVE SIDES

Wait, did I mention there are ZERO side effects?

...That's right, none of the nasty sides that come along with pro-hormones or steroids. No suppression, no lethargy, no trouble sleeping, no PCT, no bloating, no breaking the law/ rules...

Just AWESOME strength, lean mass & recovery that will send your totals skyrocketing!

Combine USPlabs Prime with your hard-ass training and completely dominate your gym. It's really that simple. Easy to take, too. Simply take 2 caps, 3 times a day with food - That's it!

Best,

Jacob Geisler - CEO USPlabs

P.S. Even if you use "prescription anabolics",

Prime is the perfect bridge with PCT between cycles. In fact, you'll be able to maintain, and even gain strength when you're "off".

PRIME THE ULTIMATE MUSCLE PILL
Promotes Thick, Dense Muscle
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IMAGINE TRAINING WITH YOUR CURRENT PR'S ON SPEED DAY!

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Unbelievable 100% Risk-Free PR Guarantee

If you truly want to have THE best training experience of your life, I HIGHLY suggest you give USPlabs Prime a shot for 6 weeks. I want you to shatter your previous best while using our product. Why? Because I know once you do, you'll tell everyone about your awesome experience. I'm going to make this a "no-brainer" & take ALL risk away from you. Give USPlabs Prime a legit shot for 6 weeks. If you don't hit at least 1 major PR (most are hitting 3-5 NEW PR's or more) I'll refund every last cent of your purchase price. That's a pretty ballsy statement. And I'd be an idiot to offer it if I wasn't completely sure how much USPlabs Prime can help you.

GRUSH YOUR PB WITH 340% MORE MUSCLE

Fact: In a 6-week human clinical study, trained test subjects consuming the key ingredients found in Six Star Muscle Professional Strength Whey Protein gained an amazing average of 340% more muscle than the control group (8.8 vs. 2.0 lbs.).

When you break it down, powerlifting is essentially brute strength and flawless technique versus a bar and a ton of plates. One-hundred percent of the time you will be outweighed by the torturous iron staring at you, taunting you and daring you to try and move it. The only way to better your odds against this beast is to arm yourself with pounds of armor-plated muscle and inhuman strength – the tool you need for that is Six Star® Muscle Professional Strength Whey Protein. The cutting-edge Six Star Whey Protein formula is loaded with everything a powerlifter needs to increase muscle size and gives you the power to conquer any weight that stands before you. With 6,676 milligrams worth of muscle-growth accelerators in the form of key amino acids and anabolic compounds coupled with 50 grams of ultra-pure protein per maximum serving, you'll pack on so much freaky muscle that your strength will go through the roof. Don't submit to the power of the iron, get your Six Star® Muscle Professional Strength Whey Protein today and **lift that fully loaded bar like it's nothing.**



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ANABOLIC POWERHOUSE

ARE YOU WILLING TO DO ANYTHING TO ABSOLUTELY DEMOLISH YOUR TOTAL? YOU NEED THE MOST hardcore TESTOSTERONE AMPLIFIER EVER CREATED — CRYOTEST!

The newest member of Team MuscleTech™, Matt Kroczaleski, knows the raw power of testosterone. Take one look into his focused eyes before a heavy-ass lift and you know this powerlifter isn't screwing around — he's all business.

"AS SOON AS I JOINED TEAM MUSCLETECH, THE FIRST THING I TOLD THEM I WANTED WAS CRYOTEST! THIS STUFF IS CRAZY!" — MATT KROCZALESKI

To punish the weights with a ruthless intensity, elite lifters like Matt need every advantage they can get. And in the world of powerlifting, more testosterone means bigger lifts at every meet.

Witness the raw power of CryoTest™ — this advanced testosterone amplifier is clinically proven to jack up testosterone to over 10,000 pg/mL while

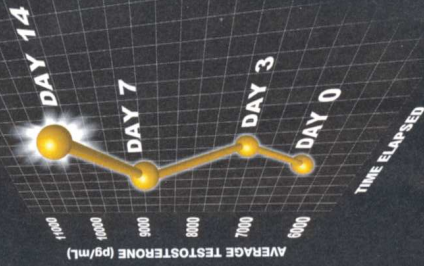
reducing increases in the unwanted metabolite DHT in just 14 days! But the potent effects don't stop there. CryoTest is formulated with a key ingredient that's clinically proven to increase androgen receptor concentration in just 21 days! CryoTest's advanced

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!

"#1 LIFTING LIGHTWEIGHT!"

MATT KROCZALESKI

JACK UP TESTOSTERONE LEVELS TO OVER 10,000 pg/mL



In a two-week study on a key complex found in CryoTest™, researchers showed that the average level of serum total testosterone increased to maximum physiological levels! (Maximum physiological levels represent the highest levels within the normal range for men. Anything higher would be supraphysiological.)

MUSCLETECH
Based on Research from the University of Connecticut

CRYOTEST

WORLD'S MOST hardcore ANABOLIC TESTOSTERONE AMPLIFIER

- Increases Testosterone to Maximum Physiological Levels**
- Drives Anabolically Active Testosterone Directly Into Muscle Cells**
- Lowers Unwanted DHT**
- Also with Anabolic/Non-Androgenic Key Compound*

WORLD'S FIRST! BOOSTS AND DRIVES Testosterone Directly Into Muscle Cells!

WARNING: NEVER EXCEED RECOMMENDED DOSAGE

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USA:BA

THE UNITED STATES ASSOCIATION OF BLIND ATHLETES



Last year's **USABA team** placed 3rd in both the men's and women's divisions at the International Blind Sports Assoc. World Championships

USABA Team is Looking for Athletes

The United States Association of Blind Athletes is looking for vision impaired athletes who would like to compete at the national and world level in powerlifting. The International Blind Sports Association (IBSA) has the World Championships in Miami this year, July 9th-11th. For more information please call the Head Coach, Mark Sampson, at 719.687.0319 or email msampson56@hotmail.com.



Norbert Wallaich New Austrian Weightlifting Federation President

Former IPF president, Norbert Wallaich, who also served as president of the Austrian Powerlifting Federation until 2001, is the new president of the Austrian Weightlifting Federation. He beat former Olympian athlete, Vinzenz Hortaigl, for the position.

Norbert wants to establish new paths and avoid mistakes the federation made in the past.



Powerlifter Tom Eise- man Launches Latest Home Fitness Staple

Dr. Tom Eise-man, who runs his own chiropractic care center in Clementon, N.J., is a record-breaking competitive deadlifter. By incorporating hydraulics—a style of resistance training, a special design and interval training methods, Eise-man invented a piece of home fitness equipment that can be used to achieve results by all walks of life.

The product, named Fast Fitness Station, is an apparatus which mimics the motion that common exercises such as the deadlift, bench press and row—all of which tackle multiple muscle groups. This is an exercise machine that involves almost all of the muscles in your body at once, and the faster your pace, the greater the resistance, like running and sprinting. It is the perfect machine for high intensity interval training.

This type of training and the nature of the design allow you to tone



Bill Seno Honored

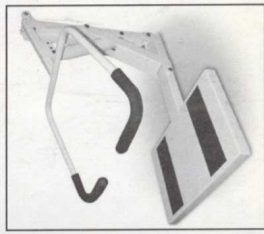
The Association of Oldtime Barbell & Strongmen (AOBS) will be honoring Bill Seno this year at its annual reunion dinner, on June 13, at the Newark Airport Marriott.

The organization was founded in 1982 by Vic Belf. The annual dinner is typically attended by 250-300 people. Past honorees have included Grimek, Reeves, Park, Kono, Schemansky and Reinhardt. Joining Bill this year will be Bruce Wilhelm and Carla Dunlap.

More information is available at www.aobs.cc.

up, shape up, strengthen and improve cardiovascular fitness at the same time.

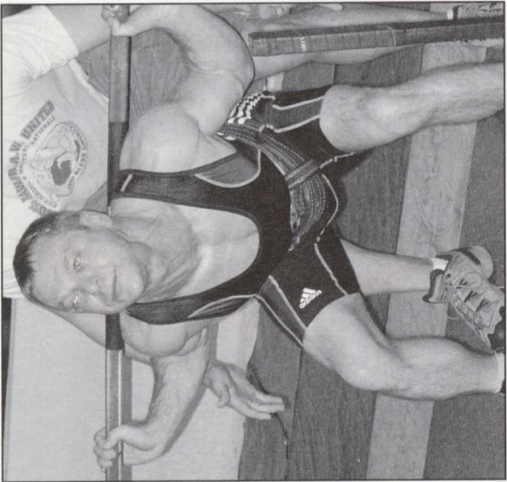
For more information, testimonials or to view a demonstration of the Fast Fitness Station, go to www.fastfitnessstation.com or contact Tom Eise-man at (609) 238-5934.



Dr. Tom Eise-man is a chiropractor and a record-breaking competitive deadlifter

RAW United World Championships 6-7 DEC 08 - Melbourne, FL

BENCH (35-39)	230			
198 lbs.				
(65-69)	225			
R. Vickers				
BP	DL	TOT		
114 lbs.				
(14-15)	120	215	335	
J. Benedix				
(23-13)	105	225	330	
148 lbs.				
(35-39)	315	405	720	
T. McCoy				
198 lbs.	350	485	835	
(16-17)	300	385	685	
T. Carden				
(45-49)	300	455	755	
242 lbs.				
(45-49)	325	385	710	
S. Ferris				
88 lbs.	SQ	BP	DL	TOT
(12-13)	157	90	210	457
A. Graham				
(16-17)	120	72	165	357
132 lbs.				
(12-13)	175	90	245	510
S. Shores				
(35-39)	122	75	200	397
D. Graham				
132 lbs.				
(35-39)				



Outstanding Lightweight - Daniel Carpenter of Middleburg, Florida

Chubbis-AUS	155	85	190	430
MALE				
77 lbs.				
(10-11)	95	60	135	290
J. Cassario				
(14-15)	145	92	225	462
T. Mohammed				
325	185	440	950	
(16-17)	150	110	260	520
J. Wadzinski				
(20-24)	245	160	70	407
Maldon-DOM				
245	165	360	770	
Simmons-DAL	235	140	300	695
4th-DL-335				

(continued on page 100)

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There has never been a better time to take your passion to the next level and become a Certified Fitness Trainer. As a powerlifter, you know that whether you are in the gym or at the beach, people look up to you. They admire your dedication to training and most importantly, they see the results of your hard work, which makes you a perfect candidate to help others achieve their fitness goals. Call us and start earning your personal training certification today!

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Matt "Kroc" Kroczaleski
Team MuscleTech™ Powerhouse

Jack up your strength by up to 24.3% - Immediately!

Instantly amplifies mental focus and training intensity!

Add power to your bench, deadlift and squat with just one dose!

A 2529 pound total doesn't happen by accident. When you're Matt "Kroc" Kroczaleski, you look for every possible edge to maximize your training in order to dominate the 220s. Chains, boards, bands - whatever it takes! To fuel the type of extreme training required to move that kind of weight, you need a pre-workout formula that is going to provide more than just a boost of energy. You need a pre-workout formula with a key complex that is scientifically proven to increase strength immediately.

GAKIC - Hardcore is the ultimate pre-workout supplement for the competitive powerlifter. GAKIC Hardcore is specifically designed to dramatically and instantly jack up your strength while amplifying training intensity and focus for the best



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 Team MuscleTech™. For more information, visit MuscleTech.com.



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

The Goodness of Garlic
DEAR ANTHONY: What's up my man? I really liked the column on Shiitake mushrooms. I had heard that they were good for your health, but I really had no clue as to the numerous benefits that you thoroughly explained in your column. I will say that you really go in depth with your articles and the way you answer questions. I have a question about garlic. I have also heard many good things about consuming garlic, but was wondering if you could expand on this topic. I heard that it is good for lowering bad cholesterol and even helping with the common cold. Could you give us one of your in depth exposés on the many different health benefits a Powerfliter could take advantage of by consuming it in their nutrition plans.

Yours in Strength,
Eli Goldberg

DEAR ELI: I am happy to hear that you liked the column that I did on Shiitake mushrooms. Yes, there are many people out there especially in North America who are completely unaware of the many different benefits that Shiitake mushrooms have for defending and fighting off even serious diseases. In Eastern countries of the Orient, consuming Shiitake mushrooms in their daily cuisine as well as their medicinal use for thousands of years is just second nature. I know it sounds exotic to many reading my column about all these different types of Asian mushrooms, but in reality learning from different forms of alternative medicine is really the future of medicine even in the United States. More and more people are looking for healthy natural medicines instead of running off to their local GP when they get sick. Listen to me now and believe me later (a little Hans and Franz humor), but I am telling you, more and more Americans are educating themselves on the many natural cures that are out there and how they can even use them to stay healthy so they don't get sick in the first place.

Olely so you want to know about garlic, eh? Well asking a hot blooded Italian like myself I guess would be your best bet. You know Garlic and Italians is like peanut butter and jelly. We love the stuff even though these around us may not like the extra Vampire protection it may offer. I love garlic in numerous foods that I cook and use it daily. There is nothing like some shredded Garlic to add to your chicken breasts or to a whole wheat pasta dish. You can use it to compliment so many differ-

and anti bacterial agent. That is why when any of my athletes get sick with the flu or common cold I load them up on garlic. Just ask John Chester Stafford about that one and he will let you know!

What you may not know is that it is also a powerful fighter for even more advanced pathogenic microbes including tuberculosis. Another tidbit of info that you will find amazing is the fact that recent studies have shown that garlic is one of the most potent forms of antibiotics. What really amazed me though was the fact that this was proven against strains that have become resistant to several different pharmaceuticals that have failed.

Some even more interesting studies that relate to garlic and Cancer. These studies showed that those that consumed garlic daily had a remarkable decreased rate of different forms of Cancer. The most notably included colorectal, esophageal and laryngeal forms of Cancer. To make this even better, Alicin has been shown to protect colon cells from cancer causing compounds. On top of this it was shown to inhibit the growth of cancer cells even after they have been developed.

Now one of the recommendations that I have given to all my athletes over the years is to eat garlic with meals that contain red meat. This can have a protective benefit for those that eat more red meat than they should and help prevent colon cancer down the road when done consistently. One study actually showed by consuming as little as a couple servings of garlic per week can actually help prevent colon cancer formation. So imagine consuming a decent dose of garlic daily with your meals and what it can do for your immune system and preventing Cancer.

One area that many of you may not be familiar with is garlic's anti-inflammatory properties. Enzymes such as lipoxigenase and cyclooxygenase are known for increasing prostaglandin production that increase inflammation in the body. Garlic can actually inhibit these powerful enzymes so that they don't cause the chemical chain reactions that leads to inflammation in the body in several areas. This means that garlic can help with such ailments as Asthma and the inflammatory process that leads to an asthma attack.

Let's not forget rheumatoid and osteoarthritis that many of our master lifters deal with day in and day out. Consuming garlic daily can help

reduce the joint and tendon inflammation that can hinder your training due to the pain that prevents you from hitting the gym.

Garlic will not only help you with plaque formation in your arteries but has another cardiovascular benefit. It can help lower high blood pressure as well. This is a one two synergy that all powerlifters can take advantage of with their cardiovascular health.

Another study showed that it also has a positive effect on lowering triglyceride levels. Having worked with numerous Super Heavyweight lifters I can say that this problem of elevated triglycerides is more common than you might think.

So as you can see consuming garlic for the heart conscious Powerlifter should be a no brainer. The fantastic benefits it has on lowering bad cholesterol, preventing plaque formation in your arteries, lowering blood pressure and decreasing triglyceride levels makes it one of the most important foods that you can consume.

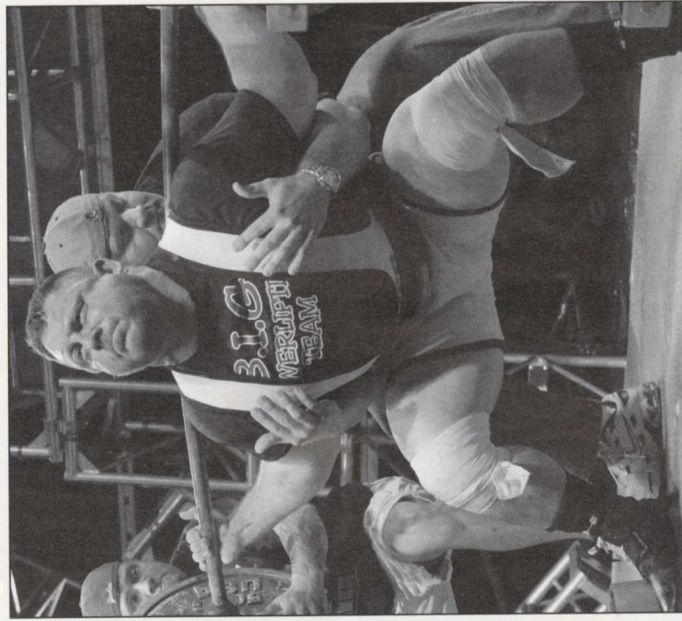
Alicin has also been shown to help prevent fat storage. This may be due to the fact that it helps stabilize insulin levels or it can actually burn fat through another pathway. Scientists are still working on the main reason for this but Garlic has shown promise in weight control as well as all the other health benefits that it offers.

So as you can see, just about everyone should start including garlic in their nutritional plan. I know some of you will complain and say that they don't want to smell like my uncle Vincenzo. Olely, I can fully understand that, but there is an alternative to eating large amounts of raw garlic. You can supplement with odorless garlic so that you will not have dragon breath when talking with your co-workers or trying to get romantic with that supermodel. Ooops, did I just say Powerlifter and supermodel in the same sentence? Olely, enough your cake and eat it too with garlic. So for those of you upset about the odor that it causes you can simply take a few capsules daily of odorless

garlic to get all the many benefits it has to offer you. This is one of those very basic nutritional tips that I am offering you but believe me its importance for your long term health cannot be overlooked in the least.

Please start incorporating garlic into your plan if you can do so because it will truly benefit your cardiovascular health and its effects of Cancer prevention cannot be overlooked!

New Members of Team XP3
DEAR ANTHONY: I just wanted to drop you a line and tell you that the Rick Hussey Contest was a great idea. My hat's off to you for



Jim Grandick is already a big lifter, but will get even stonger now that he's on Team XP3

ration for me. Keep us in the loop. Thanks again for such great articles and giving back to the sport.

Mike Hayes

DEAR MIKE: I am happy to hear your positive feedback about the Rick Hussey contest. Olely, you are right; I have been slacking here. I know many of you wanted some more interviews so I put together some really cutting edge information in the soda series as well as the super food Boku installments. I am now in the works for some Power Profiles as well. Just hold onto your horses and you will get them—that only have there been a lot of new lifters joining my roster, but many athletes from other sports. I have taken on a few big name professional MMA fighters, and a professional top ranking Strongman as of late. To add even more to this, I am getting involved with some exciting NFL players and professional boxers. Yes, I am expanding fast outside the sport of powerlifting as well. We all know that Big Iron produces some of the most badass lifters on the planet. Now that I am in their corner you can look forward to even bigger totals, if that is possible. One new member is my good friend Jim Grandick and his training and nutrition program is in full swing. You can look forward to a real motivating profile about Jim in the near future as well. As you can see, I have given you a peek into what is in store over the next year in regards to athlete's profiles in my column. I apologize again for taking so long, but by the time I got all the interviews back up to speed it took a little longer than I planned. Don't stress, you can look forward to some very interesting insight on some of your favorite lifters and how ideal in their nutritional programs.

Rick Hussey XP3 Contest Update

DEAR ANTHONY: I really want to commend you on your article in the October issue of PL USA. It was truly heartfelt that you had such a sweet and kind thing for Coach Rick Hussey. I know you are a su-

per busy, but I really like reading them as they serve as a major inspi-

dering to raise money for a good cause. It's nice to see someone go the extra mile to help people of the sport reach their goals who may not be able to afford your services, and then on top of that donate the money for Rick's treatment. My question is about the Power Profiles that you promised us. I know some time back someone else asked about them and you said they were on the way. So what's the deal? I am not trying to bust your chops; I am sure you are super busy, but I really like reading them as they serve as a major inspi-

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(continued to page 62.)

37th Open Men's World Championships & 29th Open Women's World Championships as told to PL USA by Dave Ricks & Disa Hatfield



148 lb. Medalists: (Left to Right) Kitamura (JPN), Ribic (USA), Solovyova (UKR)

The combined Men's and Women's International Powerlifting Federation Championship took place in St. Johns/Canada, with the Canadian Powerlifting Federation providing the logistics for the event. Over 40 different countries were represented, with 119 women and 118 Men participating in the Championships. The Jeff Butt and the Canadian Powerlifting Union provided a fantastic venue and a smoothly run meet. (Results ran in December 2008 issue.)

Men's Competition

56 Kg Weight Class

There was a tremendous battle for the top two spots in this class. Dariusz Wszola from Poland came on top with the gold with a 245 kg squat, 165 kg bench, and a 205 kg deadlift for a 615 kg total. Hironjuki Isagawa (2008 Master's World Champion) from Japan missed his last deadlift, putting him a mere 2.5 kgs behind Wszola. Pawel Osmialowski from Poland came in third with a 575 kg total.

60 Kg Weight Class

Ting Hsieh Tsang of Chinese Taipei took the gold with a 270 kg squat, a big 192.5 kg bench, and a 265 kg deadlift for a 727.5 kg total. Darinim Sutrisno Bin from Indonesia took the silver with a 692 kg total. Etienne Lined of France took the bronze with a 637.5 kg total.

67.5 Kg Weight Class

This was a some superb lifting for the top three spots. Eric Oishi from Brazil and Hassan El Belgithi from France tied in the squats with a 280 kg effort. Arkadyi Shalokha from Ukraine was not too far behind with a 277.5 kg effort. In the bench Arkadyi Shalokha took the lead with a 187.5 kg bench, followed by Eric Oishi (177.5 kg) and Hassan El Belgithi (155 kg). The top 3 spots in this class came down to deadlifts. Hassan El Belgithi took the overall gold with a massive 310 kg deadlift and 740 kg total. Eric Oishi took the silver with a 275 kg deadlift and 732.5 kg total. Arkadyi Shalokha captured the bronze with a 265 kg deadlift and a 730 kg total.

75 Kg Weight Class

With Wade Hooper moving up this year, Jaroslav Olech from Poland stole the show. He is truly in a class by himself. He took the overall gold with a world record 360 kg squat, 210 kg bench, and a 310 kg deadlift for a massive 880 kg World Record total. Hsin Huang Lung of Chinese Taipei took the silver with

sidering he was ranked #6 going into the competition, but he went 8/9 pushing other lifters into missing key attempts. Patrik Turesson of Sweden took the silver with the same total. USA David Ricks took the bronze with a 835 kg total. This was David's first meet at this weight class. He had technical problems in the squat and bench. It seemed a lot of athletes in the squat had balance issues after the weight on the bar went above 700 lb. David included. This rule of keeping the head on the bench which has been changed recently cost David a World Championship, but he still had the winning pull of 337.5 kg in his hands, and close to lock out but could not hold on. This class also saw 5 competitors bomb in the bench, including the Ukraine's Andriy Krymov, who was opening with a 270 kg bench that was just too heavy for him to handle that day.

100 Kg Weight Class

Sergiy Pevenev of Ukraine won the gold with a 372.5 kg squat, big 280 kg bench, and a 322.5 kg deadlift for a 975 kg total. Jacek Wiak of Poland took the silver with a 945 kg total. Anibal Coimbra of Luxembourg received the bronze.

90 Kg Weight Class

This class was arguably the most competitive and exciting class to watch. Daniel Williams took the overall gold by bodyweight with a 327.5 kg squat, 200 kg bench, and a 327.5 kg deadlift for an overall 855 kg total. Very impressive con-

110 Kg Weight Class
The top two spots were taken by the Ukrainians with Oleksiy Rokochiy taking the overall gold with an opening attempt 370 kg squat, 277.5 kg bench, and a 350 kg deadlift for a 997.5 kg total. His fellow countryman Valery Karpov took the silver with a 977.5 total. USA Michael Mastrean came in a close third with a 957.5 kg total. A strong pull pulled Mike into 3rd, and if he would have gotten his 407.5 kg squat in, he would have been on top off Karpov for the Silver.

125 Kg Weight Class

People were anticipating the Tutschcherer vs. Oleksandr Tutschcherer would dominate. Oleksandr took the lead in the squats with a 415 kg effort and Michael was close behind with 405 kgs. Tutschcherer was called for a technicality on his 1st attempt bench had to repeat his opener for a successful 265 kg on his second. A quick shirt change and up to 282.5 kg, but it was not to be. Oleksandr hit all 3 benches, ending with 260 kg. Oleksandr ended the day 9 for 9 with a 372.5 kg deadlift and 1047.5 kg total. Tutschcherer attempted 377.5 kg for the win, but it proved to be a little to much for that day. This was an impressive performance for Michael despite getting in late the night before due to weather events back at his home. Oleksandr Olof Wiklund of Sweden took the bronze with a 967.5 kg total.

125+ Kg Weight Class

The much anticipated comeback of Brian Siders unfortunately did not work out well. Despite being quite ill, Siders still squatted 415 kgs, but was unable to get a bench in. He missed his first two on technical errors, and just ran out of energy on his third. Jari Marthainen of Finland took the gold with a 400 kg squat, 255 kg bench, and a 352.5 kg deadlift for a 1007.5 kg total. Johnny Wahlquist of Sweden came in a close second with a 1002.5 kg total. Daisuke Midote of Japan took the bronze with a 990 kg total.

Summary

The Men's team would like to thank the equipment sponsors Inzer Advance Designs and Titan Support Systems for all of their support. The coaches who did a marvelous job were Sherman Ledford, David Hammers, Tony Cardella, Matt Gary, and Gary Graham.

(continued on page 106)

RAW LIFTING POWER

"He's stronger than a tank," is all you hear as you lug your powerhouse legs up onto the squat platform. Time to max out and put up some serious weight. You're determined, confident and ready to unleash hell because you have the raw anabolic power of LEUKIC® Hardcore surging through your system. This can be your story!

The stats speak for themselves: One of the key ingredients in LEUKIC Hardcore is able to force 350 percent more anabolic signal activation and another key ingredient has been shown to increase Growth Hormone (GH) levels by 706 percent! It's these proven results that have turned on your anabolic machinery to promote the muscular size and explosive power you need to shatter another PB.

This isn't a game. It's your job, your life and your duty. It's time to step up to the rack and experience the difference a 100 percent anabolic compound can make on your lifts. Get on LEUKIC® Hardcore.



World's First 100% Anabolic Compound!
Force 350% More Anabolic Signal Activation!
Increase Growth Hormone (GH) Levels by 106%!
Zero Androgenic Side Effects!



© 2008 LEUKIC® Hardcore is patented. Test subjects who trained and took a key component in LEUKIC Hardcore forced 350% more anabolic signal activation at the muscle fiber level than when taking a placebo. A key molecular structure within LEUKIC Hardcore has been shown to increase Growth Hormone levels by 106% after just one pre-workout serving. For more information, check out LEUKICHardcore.com.

Matt Kroczaleski
220 lb. Class
2,529 Total

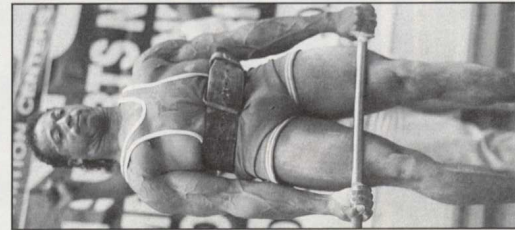




Rick Gaugler tore his bicep after setting a world record in 1982



Dan Petrillo at the WPO Superfinales



Fred Toins - braisily strong at 165

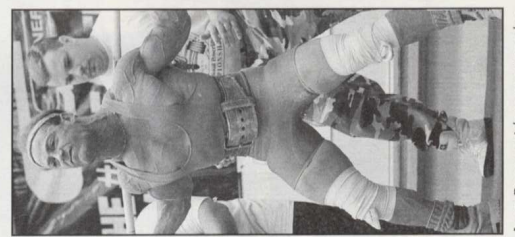
ALL TIME HISTORICAL TOP 50 AMERICAN MEN'S 165 Pound (75 Kilogram) Weight Division - TOTAL

Total	X-BWT	Female American Lifter/ YOB/ Date/ Actual Weight/ Exact Bodyweight/ Location/ Federation
1.	2045.0 (927.6)	Mike Schwab/74/3/27/ 240.0/152.5+212.5=605.0 kg. @ 59.4 kg. (Columbus, Ohio) (WPO)
2.	2045.0 (927.6)	Alan Cayser/56/4/21/ 207.5+205.0+325.0=737.5 kg. @ 74.8 kg. (Columbus, Ohio) (WPO)
3.	1971.1 (895.0)	Dan Petrillo/79/3/24/ 205.0+252.5+287.5=745.0 kg. @ 75.0 kg. (Columbus, Ohio) (WPO)
4.	1962.1 (890.0)	Ron "Lionheart" Palmer/67/3/31/ 202.5+222.5+305.0=890.0 kg. @ 74.8 kg. (Columbus, Ohio) (WPO)
5.	1925.0 (868.8)	Angelo Bardenheller/65/7/9/ 204.0 (825.0+500.0+630.0=1955.0 kg. @ 165.0 lb.) (Sharonkin Dam, PA) (IPA)
6.	1925.0 (868.8)	Nick Hatch/85/6/27/ 206.0+245.0+500.0=951.0 kg. @ 74.8 kg. (Las Vegas, Nevada) (APF/WPC)
7.	1890.0 (857.3)	Rick Gaugler/57/10/20/ 200.0+250.0+440.0=890.0 kg. @ 75.0 kg. (Columbus, Ohio) (WPO)
8.	1890.0 (857.3)	Bill Coughlin/53/11/16/ 200.0+250.0+440.0=890.0 kg. @ 75.0 kg. (Columbus, Ohio) (WPO)
10.	1890.0 (857.3)	Wally Hooper/70/7/8/ 206.0 (342.5+242.5+272.5=857.5 kg. @ 75.0 kg. (Miami, Florida) (USAP/AF/WPC)
11.	1887.2 (856.0)	Audy Alexander/56/4/21/ 207.5+205.0+325.0=857.5 kg. @ 75.0 kg. (Hondolula, HI) (USAP/AF/WPC)
12.	1879.4 (852.5)	Rick Gaugler/54/3/13/ 202.5+205.0+325.0=852.5 kg. @ 75.0 kg. (Hacienda Heights, CA) (USPF)
13.	1835.3 (832.5)	Mike Bridges/57/4/19/ 207.5+205.0+325.0=857.5 kg. @ 75.0 kg. (Auburn, Alabama) (USPF/IFF)
14.	1835.3 (832.5)	David Rogers/60/10/10/ 207.5+205.0+325.0=857.5 kg. @ 75.0 kg. (Auburn, Alabama) (USPF/IFF)
15.	1802.3 (817.5)	John Iverser/62/11/6/ 208.0 (337.5+157.5+322.5=817.5 kg. @ 75.0 kg. (Columbus, Ohio) (WPO)
16.	1796.8 (815.0)	Jay Rosciglione/56/5/31/ 206.0 (347.5+160.0+307.5=815.0 kg. @ 74.7 kg. (Atlanta, Georgia) (APF/WPC)
17.	1785.7 (810.0)	Fred Toins/67/2/28/ 209.0 (315.0+185.0+310.0=810.0 kg. @ 74.6 kg. (Dayton, Ohio) (WSP)
18.	1785.7 (810.0)	Fred Toins/67/2/28/ 209.0 (315.0+185.0+310.0=810.0 kg. @ 74.6 kg. (Dayton, Ohio) (WSP)
19.	1780.2 (807.5)	David Rogers/60/10/10/ 207.5+205.0+325.0=857.5 kg. @ 75.0 kg. (Auburn, Alabama) (USPF/IFF)
20.	1780.2 (807.5)	David Rogers/60/10/10/ 207.5+205.0+325.0=857.5 kg. @ 75.0 kg. (Auburn, Alabama) (USPF/IFF)
21.	1774.7 (805.0)	Jason McElroy/69/3/2/ 207.0 (340.0+165.0+300.0=805.0 kg. @ 74.8 kg. (Columbus, Ohio) (WPO)
22.	1770.0 (802.5)	Willie Grider/32/7/93/ 200.0+207.0+700.0=1170.0 lb. (Forsyth, Georgia) (USPF)
23.	1769.2 (802.5)	Jose Perez/67/2/28/ 209.0 (320.0+207.5+272.5=802.5 kg. @ 75.0 kg. (Pittsburgh, Pennsylvania) (APF/WPC)
24.	1765.0 (800.6)	Martin Beavers/63/12/16/ 209.5 (665.0+425.0+675.0=1765.0 lb. @ 164.7 lb.) (Seattle, WA) (ADFA)
25.	1765.0 (800.6)	Martin Beavers/63/12/16/ 209.5 (665.0+425.0+675.0=1765.0 lb. @ 164.7 lb.) (Seattle, WA) (ADFA)
26.	1758.2 (797.5)	David Rogers/60/10/10/ 207.5+205.0+325.0=857.5 kg. @ 75.0 kg. (Auburn, Alabama) (USPF/IFF)
27.	1757.2 (795.0)	George Herring/59/7/31/ 202.5+222.5+287.5=795.0 kg. @ 75.0 kg. (Dallas, Pennsylvania) (FCI)
28.	1750.0 (793.8)	Rich Salvagnoli/78/10/20/ 207.0 (790.0+475.0+575.0=1750.0 lb.) (Woonsocket, Michigan) (NSM)
29.	1750.0 (793.8)	Rich Salvagnoli/78/10/20/ 207.0 (790.0+475.0+575.0=1750.0 lb.) (Woonsocket, Michigan) (NSM)
30.	1747.2 (790.5)	John Gordon/80/10/10/ 207.5+205.0+325.0=857.5 kg. @ 75.0 kg. (Columbus, Ohio) (WPO)
31.	1747.2 (790.5)	John Gordon/80/10/10/ 207.5+205.0+325.0=857.5 kg. @ 75.0 kg. (Columbus, Ohio) (WPO)
32.	1741.7 (790.0)	Don Austin/58/7/30/ 204.0 (285.0+167.5+337.5=790.0 kg. @ 75.0 kg. (Houston, Texas) (USPF/IFF)
33.	1741.7 (790.0)	Levi Alday/81/12/01/ 282.5+222.5+287.5=792.5 kg. @ 75.0 kg. (Orlando, Florida) (WPO)
34.	1741.7 (790.0)	Greg "Spanky" Fiddler/75/3/12/ 205.0 (310.0+400.0+375.0=1115.0 lb. @ 165.0 lb.) (Atlanta, Alabama) (APF)
35.	1735.0 (787.0)	Joey Almondson/68/2/28/ 209.0 (705.0+400.0+630.0=1735.0 lb. @ 165.0 lb.) (Columbus, Ohio) (APF)
36.	1735.0 (787.0)	Joey Almondson/68/2/28/ 209.0 (705.0+400.0+630.0=1735.0 lb. @ 165.0 lb.) (Columbus, Ohio) (APF)
37.	1719.6 (780.0)	David Contreras/81/2/01/ 207.5+205.0+325.0=857.5 kg. @ 75.0 kg. (Locksommille, Florida) (WPO)
38.	1719.6 (780.0)	Mike Luckett/81/4/3/ 204.0 (300.0+192.5+287.5=777.5 kg. @ 74.9 kg. (Dayton, Ohio) (USPF)
39.	1714.1 (777.5)	Rick Weib/58/7/23/ 202.5+205.0+325.0=852.5 kg. @ 74.9 kg. (Dayton, Ohio) (USPF)
40.	1708.6 (775.0)	Mike Weib/58/7/23/ 202.5+205.0+325.0=852.5 kg. @ 74.9 kg. (Dayton, Ohio) (USPF)
41.	1705.0 (772.5)	Erin Nicholson/76/3/31/ 206.0 (630.0+420.0+655.0=1705.0 lb.) (Cleveland, Ohio) (USAP)
42.	1705.0 (772.5)	Erin Nicholson/76/3/31/ 206.0 (630.0+420.0+655.0=1705.0 lb.) (Cleveland, Ohio) (USAP)
43.	1703.1 (772.5)	Devon Capalato/73/4/9/ 206.0 (310.0+245.0+247.5=802.5 kg. @ 74.9 kg. (Baton Rouge, LA) (AARP/WPC)
44.	1703.1 (772.5)	Devon Capalato/73/4/9/ 206.0 (310.0+245.0+247.5=802.5 kg. @ 74.9 kg. (Baton Rouge, LA) (AARP/WPC)
45.	1697.6 (770.0)	James "Mike" Phillips/54/7/23/ 202.5+205.0+325.0=852.5 kg. @ 74.5 kg. (Austin, Texas) (USPF)
46.	1692.0 (767.5)	Brian Strickland/69/3/14/ 205.0 (315.0+192.5+260.0=767.5 kg. @ 74.8 kg. (Columbus, Ohio) (WPO)
47.	1686.5 (765.0)	Bill Coughlin/53/11/16/ 200.0+250.0+440.0=890.0 kg. @ 75.0 kg. (Columbus, Ohio) (WPO)
48.	1686.5 (765.0)	Bill Coughlin/53/11/16/ 200.0+250.0+440.0=890.0 kg. @ 75.0 kg. (Columbus, Ohio) (WPO)
49.	1686.5 (765.0)	Chris Turner/73/6/15/ 206.0 (282.5+182.5+300.0=765.0 kg. @ 75.0 kg. (St. Louis, Missouri) (ADFA)
50.	1686.5 (765.0)	John Reese/80/6/26/ 204.0 (300.0+190.0+275.0=765.0 kg. @ 165.0 lb.) (Columbus, Ohio) (IPA)

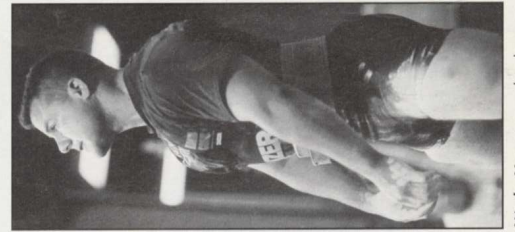
(*) indicates exact bodyweight (instead of limit bodyweight) used to derive bodyweight coefficient. Listing compiled by Michael Soong (70 King James Court, Savannah, Georgia 31419; PH 912-920-2051; EMail Address soongm@comcast.net). Records accurate (as to my knowledge) as of 10/30/08.



Gene Bell - a champ in any wt. class



Jose Perez with a spectacular squat that led to a great total



Wade Hooper - also known as the Pride of the USAPL

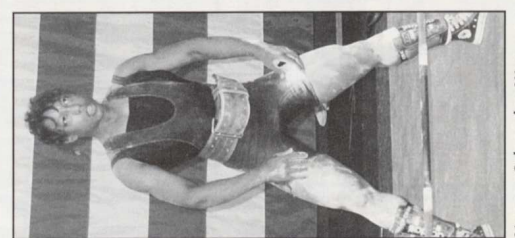
ALL TIME HISTORICAL TOP 50 AMERICAN WOMEN'S 132 Pound (60 Kilogram) Weight Division - TOTAL

Total	X-BWT	Female American Lifter/ YOB/ Date/ Actual Weight/ Exact Bodyweight/ Location/ Federation
1.	1333.8 (605.0)	Amy Weisberger/32/7/27/ 240.0/152.5+212.5=605.0 kg. @ 59.4 kg. (Columbus, Ohio) (WPO)
2.	1234.6 (560.0)	Nancy Avilano/56/8/20/ 252.5+105.0+202.5=560.0 kg. @ 59.5 kg. (Red Deer, Alberta, Canada) (APF/WPC)
3.	1179.0 (535.0)	Michelle Williams/63/12/17/ 220.0+112.5+202.5=535.0 kg. @ 56.2 kg. (Dorham, North Carolina) (USPF)
4.	1179.0 (535.0)	Michelle Williams/63/12/17/ 220.0+112.5+202.5=535.0 kg. @ 56.2 kg. (Dorham, North Carolina) (USPF)
5.	1174.0 (532.5)	Marli Lippert/59/7/30/ 207.5+95.0+217.5=532.5 kg. @ 132.0 lb. (Chicago, Illinois) (USPF)
6.	1146.4 (520.0)	Ruthi Shafer/59/7/30/ 207.5+95.0+217.5=532.5 kg. @ 132.0 lb. (Chicago, Illinois) (USPF)
7.	1124.4 (510.0)	Bettina Altizer/63/3/24/ 200.0+137.5+170.0=507.5 kg. @ 58.7 kg. (Chicago, Illinois) (USAP/IFF)
8.	1118.8 (507.5)	Bettina Altizer/63/3/24/ 200.0+137.5+170.0=507.5 kg. @ 58.7 kg. (Chicago, Illinois) (USAP/IFF)
9.	1118.8 (507.5)	Bettina Altizer/63/3/24/ 200.0+137.5+170.0=507.5 kg. @ 58.7 kg. (Chicago, Illinois) (USAP/IFF)
10.	1102.3 (500.0)	Carrie Boudreau/67/4/3/ 205.0 (182.5+112.5+205.0=500.0 kg. @ 57.3 kg. (Philadelphia, PA) (USPF/IFF)
11.	1102.3 (500.0)	Carrie Boudreau/67/4/3/ 205.0 (182.5+112.5+205.0=500.0 kg. @ 57.3 kg. (Philadelphia, PA) (USPF/IFF)
12.	1102.3 (500.0)	Carrie Boudreau/67/4/3/ 205.0 (182.5+112.5+205.0=500.0 kg. @ 57.3 kg. (Philadelphia, PA) (USPF/IFF)
13.	1080.3 (490.0)	Kathy Baker/71/21/91/ 195.0+105.0+190.0=490.0 kg. (Las Vegas, Nevada) (APF/WPC)
14.	1080.3 (490.0)	Kathy Baker/71/21/91/ 195.0+105.0+190.0=490.0 kg. (Las Vegas, Nevada) (APF/WPC)
15.	1080.3 (490.0)	Kathy Baker/71/21/91/ 195.0+105.0+190.0=490.0 kg. (Las Vegas, Nevada) (APF/WPC)
16.	1070.0 (485.3)	Diane Farrer/47/18/87/ 400.0+210.0+460.0=1070.0 lb. (Naperville, Illinois) (APF/WPC)
17.	1070.0 (485.3)	Diane Farrer/47/18/87/ 400.0+210.0+460.0=1070.0 lb. (Naperville, Illinois) (APF/WPC)
18.	1070.0 (485.3)	Diane Farrer/47/18/87/ 400.0+210.0+460.0=1070.0 lb. (Naperville, Illinois) (APF/WPC)
19.	1060.0 (480.0)	Blanca Stone/64/8/22/ 307.5 (410.0+275.0+385.0=1070.0 lb. @ 131.8 lb.) (Sharonville, Ohio) (IPA)
20.	1060.0 (480.0)	Blanca Stone/64/8/22/ 307.5 (410.0+275.0+385.0=1070.0 lb. @ 131.8 lb.) (Sharonville, Ohio) (IPA)
21.	1060.0 (480.0)	Blanca Stone/64/8/22/ 307.5 (410.0+275.0+385.0=1070.0 lb. @ 131.8 lb.) (Sharonville, Ohio) (IPA)
22.	1058.2 (480.0)	Jonella Perry/82/6/19/ 208.0 (182.5+107.5+190.0=480.0 kg. @ 59.9 kg. (Oranjestad, Aruba) (USAP/IFF)
23.	1058.2 (480.0)	Jonella Perry/82/6/19/ 208.0 (182.5+107.5+190.0=480.0 kg. @ 59.9 kg. (Oranjestad, Aruba) (USAP/IFF)
24.	1052.7 (477.5)	Janella Thompson/73/7/16/ 208.0 (165.0+132.5+104.5=402.0 kg. @ 59.9 kg. (St. Louis, Missouri) (USAP/IFF)
25.	1052.7 (477.5)	Janella Thompson/73/7/16/ 208.0 (165.0+132.5+104.5=402.0 kg. @ 59.9 kg. (St. Louis, Missouri) (USAP/IFF)
26.	1052.7 (477.5)	Janella Thompson/73/7/16/ 208.0 (165.0+132.5+104.5=402.0 kg. @ 59.9 kg. (St. Louis, Missouri) (USAP/IFF)
27.	1050.0 (475.0)	Jodi Lester/105/3/8/ 202.5+107.5+190.0=500.0 kg. (Annapolis, Maryland) (IPA)
28.	1047.2 (472.5)	Jodi Lester/105/3/8/ 202.5+107.5+190.0=500.0 kg. (Annapolis, Maryland) (IPA)
29.	1041.7 (472.5)	Nora Cline/12/10/88/ 185.0+102.5+185.0=472.5 kg. (Irving, Texas) (USPF)
30.	1041.7 (472.5)	Nora Cline/12/10/88/ 185.0+102.5+185.0=472.5 kg. (Irving, Texas) (USPF)
31.	1030.9 (467.5)	Rachel Kishner/57/8/3/ 167.5+100.0+200.0=467.5 kg. (Louisiana) (USPF)
32.	1030.9 (467.5)	Rachel Kishner/57/8/3/ 167.5+100.0+200.0=467.5 kg. (Louisiana) (USPF)
33.	1030.0 (467.2)	Denise Johnson/11/22/83/ 380.0+190.0+460.0=1030.0 lb. (Salmon, Oregon) (NSM)
34.	1015.0 (460.4)	Felicia Johnson-Almy/58/5/17/ 388.0 (410.0+190.0+415.0=1015.0 lb. @ 131.0 lb.) (Milwaukee, Wisconsin) (APF/WPC)
35.	1015.0 (460.4)	Felicia Johnson-Almy/58/5/17/ 388.0 (410.0+190.0+415.0=1015.0 lb. @ 131.0 lb.) (Milwaukee, Wisconsin) (APF/WPC)
36.	1003.1 (455.0)	Amy Gray/31/9/91/ 167.5+95.0+192.5=455.0 kg. (Charlotte, North Carolina) (USPF/Alabama) (NSA)
37.	1003.1 (455.0)	Amy Gray/31/9/91/ 167.5+95.0+192.5=455.0 kg. (Charlotte, North Carolina) (USPF/Alabama) (NSA)
38.	1000.0 (453.0)	Joey Funniss/83/6/28/ 400.0+245.0+355.0=1000.0 lb. @ 130.0 lb. (York, Pennsylvania) (IPA)
39.	997.6 (452.5)	Amy Hoffman/71/6/88/ 182.5+92.5+177.5=452.5 kg. @ 132.25 kg. (Columbus, Ohio) (APF/WPC)
40.	997.6 (452.5)	Amy Hoffman/71/6/88/ 182.5+92.5+177.5=452.5 kg. @ 132.25 kg. (Columbus, Ohio) (APF/WPC)
41.	986.6 (447.5)	Brenda Taver/31/91/ 160.0+110.0+177.5=447.5 kg. @ 124.5 lb. (Charlotte, North Carolina) (USPF)
42.	986.6 (447.5)	Brenda Taver/31/91/ 160.0+110.0+177.5=447.5 kg. @ 124.5 lb. (Charlotte, North Carolina) (USPF)
43.	986.6 (447.5)	Brenda Taver/31/91/ 160.0+110.0+177.5=447.5 kg. @ 124.5 lb. (Charlotte, North Carolina) (USPF)
44.	980.0 (444.5)	Lee Deamon/63/12/10/ 425.0+205.0+350.0=980.0 lb. (Mauriceville, Texas) (USPF)
45.	970.0 (440.0)	Angie Huey/you/8/18/ 90 (170.0+97.5+172.5=440.0 kg.) (Galveston, Texas) (USPF)
46.	970.0 (440.0)	Angie Huey/you/8/18/ 90 (170.0+97.5+172.5=440.0 kg.) (Galveston, Texas) (USPF)
47.	965.0 (437.5)	Nonaka Caldwell/11/7/58/ 185.0+200.0+400.0=965.0 lb. (March Air Force Base, California) (APF)
48.	965.0 (437.5)	Nonaka Caldwell/11/7/58/ 185.0+200.0+400.0=965.0 lb. (March Air Force Base, California) (APF)
49.	964.5 (437.5)	Charla Lineman/4/13/97/ 172.5+82.5+182.5=437.5 kg. (Dallas, Texas) (USAP)
50.	964.5 (437.5)	Charla Lineman/4/13/97/ 172.5+82.5+182.5=437.5 kg. (Dallas, Texas) (USAP)

(*) indicates exact bodyweight (instead of limit bodyweight) used to derive bodyweight coefficient. Listing compiled by Michael Soong (70 King James Court, Savannah, Georgia 31419; PH 912-920-2051; EMail Address soongm@comcast.net). Records accurate (as to my knowledge) as of 10/30/08.



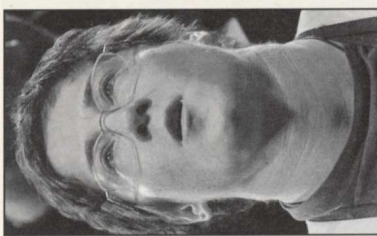
Carly Nogle - at the 2002 USAPL Women's Nationals



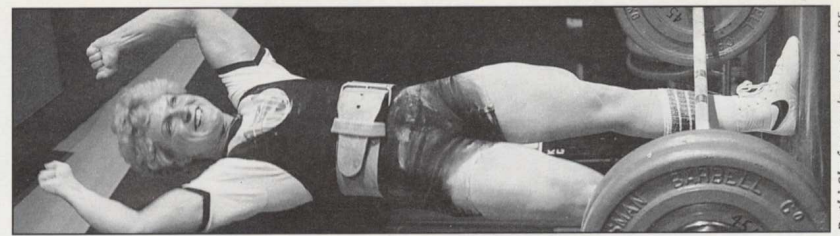
Vanessa Schwenker-Ware was a multi-title winner in the APF



Carrie Boudreau won it all in Powerlifting and went on to compete in Olympic lifting



Amy Weisberger at the 2007 WPO meet in Columbus, Ohio, where she totaled a huge 1333



Ruthi Shafer exults at the IPF Women's Worlds in Australia

functions, the most important fats are the essential fatty acids (EFAs) since the body needs them to survive.

While the human body can manufacture most of the fats it needs from other fats, carbohydrates and proteins, including cholesterol, saturated fatty acids and unsaturated fatty acids, there are two groups of fatty acids, called essential fatty acids, based on linoleic acid (omega 6 group - which includes GLA) and alpha-linolenic acid (omega 3 group which includes EPA and DHA), which cannot be manufactured in the body.

The body cannot make an omega-3 or omega-6 fatty acid because human metabolism cannot add a double-bond to a fatty acid that is more than 9 carbons away from the delta end. For the same reason, the body cannot interconvert omega-3 and omega-6 fatty acids.

Unfortunately, for various reasons, many people are EFA challenged.

EFA Deficiency

Why are EFAs, especially the omega-3s, deficient in modern diets? Part of the problem is the food that's given to livestock and poultry. It's a lot different from the natural food that these animals would normally consume in the wild or even in the past.

So while both omega-3 (linoleic acid) and omega-6 (linoleic acid) are plentiful in the leafy plants consumed by roaming animals, providing nearly equal ratios of these EFAs, that's no longer the case when they're switched from grass to grains. The result is that the fat in wild game and grazing ruminant contains roughly seven times more omega-3 fatty acids than animals raised for commercial meat.

Another reason is that processing or cooking changes healthy EFAs into unhealthy trans-fatty acids. So the meat and eggs that we consume today that's already low in omega-3s is even more depleted once it reaches our tables.

As well, we consume a lot of vegetable oils most of which are rich in omega-6 fatty acids and poor in the omega-3s.

The increased omega-6/omega-3 ratio common to our modern diets, but not to man during most of his existence, can give rise to disturbances in cellular structure and function, and an increase in systemic inflammation, which can lead to dysfunction and disease.

So although you can get the EFAs you need from food, you want to know what you're doing and what you're eating (and perhaps more importantly what you're eating was eaten

(continued on page 81)

ASK THE DOCTOR

Questions answered by Mauro Di Pasquale MD

ing your phase shift diet which has solution for Powerlifters. You can look up info on both diets in my store at www.MDPPlusStore.com.

But now two things are different: 1) I can barely do any kind of exercise and 2) I always thought that your diet was a healthy way to lose weight but in my new awareness of problems, I don't now. I would like to know what you think is prudent. Wait until things improve, if they do, to do anything, try to exercise, go on the diet and not concern myself with fat intake, go back on Lipoflax? Any thoughts you have would be gratefully appreciated.

Dietary Fats and Essential Fatty Acids

Dietary fats are essential for normal metabolism and good health. Not only are they necessary for the proper absorption, transportation and function of the fat-soluble vitamins A, D, E, and K, fats are used by the body to produce cellular components, hormones and other compounds that are essential to the proper functioning of the body. As well, a moderate intake of fat is essential for maximizing body composition and decreasing body fat.

But while all fats, including saturated fatty acids, have an important role in energy metabolism and body composition, hormones and other compounds that are essential to the proper functioning of the body. As well, a moderate intake of fat is essential for maximizing body composition and decreasing body fat.

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ARNY: Losing weight should help your breathing and I think that using my phase shift diet might be the best way to do that. I would start off with the Radical Diet as it will help you get the weight off the fastest. Once you have a substantial amount of weight/fat off you can revert to the Anabolic

DEAR MAURO: Today I saw a new pulmonologist and sleep specialist who I think is especially capable. Unfortunately the news was not good. My breathing has always been poor but it has gotten much worse in the last several months. Recently when on a flight I could not even walk between the moving belts that take you from one part of the terminal to another; getting between those walkways eventually required a wheelchair.

One thing my physician wants me to do is lose weight. No disagreement there: I'm close to 300 lbs. I've lost 100 lbs. It's been a year since I last competed and at that time weighed about 265.

The way I'd like to lose weight and reduce my body fat is by using

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DEAR MAURO: I have been on and off the Anabolic diet for about 2 years. It is a great diet in the fact it is easy to use. I've been off it now for about 4 months and because of my eating habits and not exercising enough I am now at about 17% bodyfat and hate it. I want to take up strong man and I need to lose some fat, but I need my strength.

My question is: Will the Anabolic Diet give me the energy to get through the long event training (some time 3 hours-Large group) plus regular weight training, and still be able to lose fat and gain muscle? I have tried to search this info online and my only hope is to ask the creator of this diet.

Please help.

Denny

DENNY: Have you had a look at my Anabolic Solution for Bodybuilders or my Anabolic Solution for Powerlifters? You'll find a lot of answers there as they're major updates to my original Anabolic Diet.

As far as energy, once you're properly fat adapted, your main energy source will be fat. However, for those times when glucose is needed, you will have them at your disposal.

In fact, glucose levels actually remain at reasonable levels at all times and will top out with very little carbs in comparison to those that are not fat adapted and who need to maintain high carb intake to keep energy up because it's their primary fuel. You'll use the glucose for very short periods at times of greatest exertion. The rest of the time fat will be your primary fuel. As you cut back on calories your body will use body fat as easily as it uses dietary fat and you'll lose body fat almost preferentially to any lean body mass. As such you'll maintain more muscle mass and strength than on any other diet.

DEAR MAURO: Today I saw a new pulmonologist and sleep specialist who I think is especially capable. Unfortunately the news was not good. My breathing has always been poor but it has gotten much worse in the last several months. Recently when on a flight I could not even walk between the moving belts that take you from one part of the terminal to another; getting between those walkways eventually required a wheelchair.

One thing my physician wants me to do is lose weight. No disagreement there: I'm close to 300 lbs. I've lost 100 lbs. It's been a year since I last competed and at that time weighed about 265.

The way I'd like to lose weight and reduce my body fat is by using

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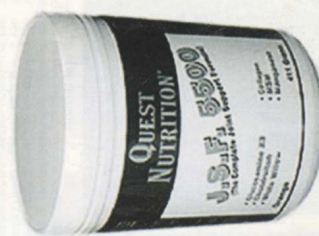


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Richard Gidcomb

November 10, 1936 - July 7, 2008
Richard died of liver cancer. He had been a smoker in his younger days, and like so many lifters in WABDL (half of which are over age 40), he wanted to kick an addiction and get back in shape. Richard won world championships in nine different federations in 2006 and in seven different federations in 2007. He won four WABDL World Championships at 132 lbs. and 148 lbs. in the 61-67 and 68-74 age groups. He still holds Arizona records in master 61-67/148 and 165 with 225.7 and 220.2.

In Michigan he holds deadlift records of 358 at 61-67/148 and 385.7 at 61-67/165. In age group 68-74/148 he did 352.5 for a Michigan deadlift record. In the bench press he did 253.5 at 61-67/148 and 248 at 61-67/165 for Michigan records.

Richard won a total of 20 world Championships in organizations: DPC, AWPC, WABDL, WPA, and IPA. He currently holds world records in six organizations: IPA, WPA, AWPC, WUAP, SLP, and SPF.

Weighting 140, he did 21 reps in the bench press at the age of 72. His best ever full meet was 305-245-370-900 lbs.

Richard was married to his wife Rose for 48 years. They had two sons and one daughter. Richard was a good friend and I will miss him.

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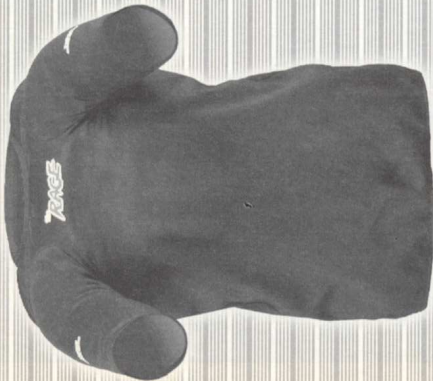
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- **Extra Reinforced** front shoulder seams add support and security for this radical design. Thicker, Extra Reinforced neck.

- The combination of several new contours built into the pattern complement the already superior RageX system.

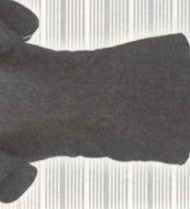
- **SOLID SEAM™** technology keeps the sleeves where they are supposed to be, working in unison with the body, not jittering or faulting with the bar. You will increase your bench press and keep it safe to boot. Proven in numerous world records.

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- Spreads the stress over a wider area of the chest.
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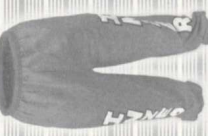
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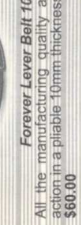
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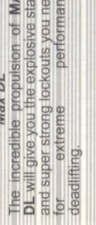
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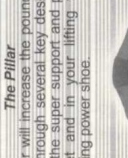
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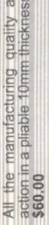
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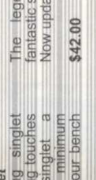
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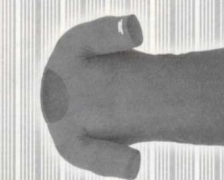
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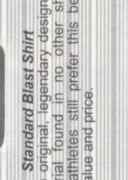
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The History of Powerlifting

The 1970s, Part 4 as told by Bob Gaynor



(Above) Mike Bridges led a giant pool of talent at 165 lbs. (Below) Lamar Gant remains the premier puller at 123 and 132



1978 started out with two big events. The NBC coverage of the 1977 Worlds, which got good reviews, and resulted in television wanting more powerlifting.

The other was the YMCA Nationals held on January 22. This grew into a really big meet with many big name lifters. The mid-January timing was perfect.

The Powerlifting Committee was having financial problems. (Remember they were funding World Teams). According to National Chairman, Joe Zarella, a big part of the problem was with the AAU Accounting. Many powerlifters were being registered as weightlifters, and the monies were going to weightlifting. You could see problems coming.

On January 21st, in Columbia, NV, Jo White was going for 1000 lbs. Larry Pacifico, Tony Fitton and Joe Spack were the judges. Jo claimed a 1115 Squat in training. I have seen Jo squat on numerous occasions, and trained with him for three weeks.

Jo's squats are almost identical. He takes the weight from a rack, sets back and gets into a wide stance. He goes down very slowly (easy to judge), and normally stops just slightly above a good lift. He actually comes up quicker than he descends. In this case his lift got 2 reeds and 1 white. I never heard of a comment from the judges—unofficially depth, stopping, and the bar rolling.

Jo White would be the ideal squatter in some of today's federations. Multiply him and give him a Monolith, and the Jo of that day would be attempting 1350 to 1400 lbs. The squat racks Jo used for his 1000 lbs. attempt were car rims with pipes welded to them.

In the February '78 issue of Powerlifting USA, George Zangas was selling Super Suits for \$40.00, and Super Wraps at 3 pair for \$12.75. The 1978 Collegiate Nationals were held on March 17th and 18th at LA Tech University. Another big meet, the 181 lb. class had 35 entries. The host school took the Team Title.

In 1978, the 275 lb. weight class was added. On March 4th at the Bob Ross El Dorado Open, Doug Young was the first lifter at 275 to bench over 600 lbs.

In April, Gus Rehwisch held his Hawaii International. Gus has done some great articles on his meets, so I want to cover the lifting.

Prior to this meet if a Meet Director covered his expenses or made a buck, it was on entries. Gus

Lamar Gant, who moved up from 123, and George Hummel. A few years later George was one of the founders of the ADFPA. Lamar pulled a World Record 617 lb. deadlift to take the victory.

At 148, the competition was not for 1st place; Mike Bridges was lifting. The competition was for 2nd through 5th, and it took the final deadlifts to decide it. Bob Cortes (still competing), was second. Armstrong Rafael 3rd, Bill Cavalier 4th, and then Ruth 5th.

Oh yes, Bridges set World Squat and total Records. Mike had arrived.

At 165, what a lineup: Gaugler, Rhodes, Crain, Crawford, and newcomer Jack Wilson. Crawford did not have the really big squat and was in trouble from the beginning. Rick Gaugler matched Crawford in the squat and had a class high 424 bench. The deadlift was always Doc Rhodes' lift. He realized he could not catch Gaugler, and instead pulled a World Record 688 lbs. Gaugler's total was a World Record also.

Walter Thomas, one of the best of all time, took the 181 lb. title. It looked like Fred Hatfield might challenge him, but the Bench Press did Fred in.

Jim Cash, Roger Ester, Jerry Jones, Steve Miller, Vince Anello, and John Black. Who would you pick at 195?

Jerry Jones had the lead after the squats with a World Record 766. In the Bench he registered 413, which was the 2nd lowest bench. He lost a lot of ground. Roger Ester benched 479 for a class high. Roger led at sub-total, and sitting in 6th place was Vince Anello. Steve Miller made up a lot of ground in the deadlift with a very nice 744.

It now came down to what Vince Anello could pull. He needed 799 and the win on bodyweight. Vince took it for his opener and missed, but came back with a strong 2nd attempt for the title.

At 220, every one was looking for 2nd place; Larry Pacifico was lifting.

Larry and Marv Phillips exchanged World Records in the Squat, with Marv coming out on top with a 4th attempt. In the Bench, Marv opened with 523, and tore a pec—no lift. The contest was wide open. This caused some confusion.

Larry asked if he could deadlift just to show he could, and he considered for the World Team. This was granted.

Phillips pulled 644 and had to wait. Marv as a child had his arm severed and seven back on. Jack

Sideris pulled 683 for 2nd. Dennis Reed pulled a high 755 for the victory.

At 242, Terry McCormick and Clay Patterson had a great battle. Terry's big deadlift was the difference. John Cole had a nice lead at sub-total, but a hamstring issue prevented him from making any deadlifts.

At 275, Bill Kazmaier beat Dave Waddington on bodyweight. At Super, Doyle Kenady and Paul Wrenn went at it. It came down to the final deadlift with Doyle getting 843 to Paul's 837.

The selection for the World Team at this time was the best team available, not automatic class winners. The selection committee picked Pacifico even though he bombed. For whatever reason Jon Cole was not given the same consideration.

The 1978 Worlds were held in Finland. Most said it was the best run Worlds to date. There were over 2000 spectators at each session. The event had TV coverage in Finland. The US had coverage by CBS.

At 114 and 123, Hideaki Inaba and Precious McKenzie were dominant. Inaba had a World Record Squat and won by 139 lbs. McKenzie wore a Super Suit and for the first time set squat and total records, and was victorious by a total of 143 lbs.

At 132, Eddie Pengelly of Great Britain and Lamar Gant collided. At all meets today, as well as in the past, the judges played a part. Judges are human, and just sometimes make a mistake. Sometimes they try to compensate for that mistake.

On Eddie's 1st Squat, he clearly stepped back after getting the squat signal, and got 2 whites. There were protests, but the lift counted. His next two attempts, although almost everyone said they were good, got 2 reeds. Who knows what happened? Lamar pulled a World Record 622 and took the victory.

At 148, Mike Bridges World Record Squat, World Record Bench, World Record Total gave him 1st place. 2nd Place was Dr. Mauro Dr. Pasquale.

At 165, Rick Gaugler missed all three squats. Peter Flore of Great Britain took the 165 lb. title.

At 181, Walter Thomas, again, took the victory by 116 lbs.

At 198, Vince Anello had one of his better days, including a World Record 815 lb. deadlift. This was 29 years ago. How many 198 lb. lifters are pulling that kind of weight today. Vince's victory was by 133 lbs.



Bill Kazmaier elevating a world record bench press in 1979

At 220, Larry Pacifico was on the team, but his pec was not 100% recovered. All he did was have the class high squat, bench and deadlift, and won his 8th World Title.

Terry McCormick pulled out a close victory at 242, and Doyle Kenady did some very nice lifting to take the title at Super.

The 275 lb. class, which the U.S. had, was not accepted yet at the World Level. The U.S. took the Drug testing was discussed and you could see it was coming.

As 1979 started, powerlifting seemed to be on a roll. Lots of meets, TV Coverage at most of the major competitions. Terry Todd's Inside Powerlifting was selling in the book stores.

More and more companies were offering squat suits. Elite came out with their competition power suit. The administrative side of powerlifting, included Joe Zarella, Dr. Conrad Cotter, Dr. Lyle Schwartz, Jim Taylor and Terry Todd, just to name a few.

"The Cycle," made popular by Rick Gaugler, was gaining a lot of popularity. It was a schedule of surges and rest periods, alternated in an increasing tempo to reach a peak. (Check out July 05 issue of Powerlifting USA).

A new name appeared in the 123 lb. class, Joe Bradley, who would do some great lifting in the 80's.

The 70's really had the first scientific approach to training. Attempts to lift maximum weights, but don't overtrain. Many powerlifters of the late 60's and early 70's trained very hard, but it was normal to try to add weight to the bar every workout. Sound diet and good nu-

trition, for the most part, were not followed.

In early 1979, Troy Hicks of Tennessee burst on the deadlift scene doing 635, and then 640 on back to back attempts at 148, both World Records.

George Zangas' Marathon Nutrition became a major advertiser in Powerlifting USA. George had spent his life in Powerlifting and the supplement business. George used to attend many of the same meets I did in the late 60s and early 70s on the East Coast. He then moved to California with Thompson Vitamin Company, and eventually starting his own company.

The 1979 Hawaii Internationals was again the name meet. It also marked the return of John Kuc to the international stage. Gus called John constantly for almost a year trying to get him to come out. What did the trick was John Cole's lifting in 1978 I don't know that John Kuc ever forgave Cole for not coming to the 1972 Worlds. At this meet Kuc pulled 854 without a belt, and in a lifting singlet, weighing 235 lbs. What "RAW" lifters do that today?

At that same meet Doyle Kenady, a very underrated Super, defeated Bill Kazmaier. Mike McDonalld benched 551 at 198 without a shirt.

Read some posting on some of the online forums concerning equipment and drug usage. They may be more sophisticated today, and a larger variety available, but they have always existed. Steroid usage actually came out of York (Dr. Ziegler), in the 1960s. At National Meets in the 70s and 80s some hotel rooms were like pharmacies. Buy what you want. A local pharmacy in Scranton, PA, had a nar-



"You don't beat John Kuc!" From 1972, till he retired in 1986, he was unbeaten

tional distributorship until they were shut down. Drug use and detection in Powerlifting might make an interesting article.

The 1979 National Collegiate had 189 entries from over 100 schools. In 1978 and 1979, the AAU was undergoing big changes. Congress got involved and decided to change the sport would become individualized from the AAU. For good or bad, amateur sports would never be the same.

The AAU decision to stay or go had supporters on both sides. There was an informal poll, and the majority of lifters wanted to stay. Those that made the decisions did not. Powerlifting today would probably look a lot different if it stayed under the AAU.

In the early 1979 issues of Powerlifting USA, Weightlifters Warehouse advertised a Super Shirt made of Super Suit material.

In the April issue of Powerlifting USA, I did my first interview. It was done with Jake Boyer, Jr. National Champion from Leighton, PA. The 1979 Worlds Strongest Man Contest was held in June, and powerlifters finished 1st, 2nd, and 3rd. Don Reinholdt, Bill Kazmaier and Lars Hedlund.

The 1979 Nationals (formerly the Jrs) were held in California. The winners were:
114 Lb. Joe Steinfield
123 Lb. Lee Mumford
132 Lb. Ray Vardonck
148 Lb. Phil Sulphin
165 Lb. Paul Astor
181 Lb. Dean Becker
198 Lb. Jake Boyer
220 Lb. Danny Moraeates
242 Lb. Mark Dimdik
275 Lb. Dave Shaw
Supers Dave Keaggy

The 1979 Sr. Nationals were held in Bay St. Louis, Missouri. This was the home of the ADFFA's founder, Brother Bennett. Drugs and drug testing were again widely discussed. Those that used, for the most part, were opposed, those that did not use wanted it and wanted it now.

Some big pre-meet news was that Mike Bridges had outgrown the 148 lb. class and was lifting at 165. The weekend was blazing hot both in weather and lifting. Unfortunately the air conditioning was not up to the task. This resulted in some missed deadlifts.

At 114, Chuck Dunbar was an easy winner with a World Record Squat and Bench. PA's Bob Lech edged Florida's Ernesto Millan

ters Nationals were held in Weirton, West Virginia. The turnout was approximately 85 lifters. This program gained much popularity during the 80's. Some familiar names were Fred Glass, Larry Mintz, Hal Hudson, Bob Cortes, Curtis Walker, Ernie Nagy and Bill Decker, just to name a few.

It would really be great to see many of the organizations come together today and run a Masters Meet. Two hundred to three hundred lifters would probably turn out.

The Worlds were held November 2nd, 3rd and 4th in Dayton, Ohio. Larry Pacifico put on a great show. He had the backing from the City of Dayton and had a great turnout. Over ten thousand spectators passed through the doors that weekend. It was a great meet, but created some jealousy that would surface the following year.

Hickok Inaba set a World Record in the Squat and totaled at 114. The 123's was a great battle between Lamar Gant and Precious McKenzie. Lamar needed a World Record Deadlift to win on bodyweight.

At 132 and 148, Eddie Pengelly and Jim Moir were the winners. 165 was again the Mike Bridges show. World Record Squat, World Record Bench, World Record Total.

At 181, Ron Collins did not have his best day, but edged Walter Thomas for the title. At 198, Canada's Tom Campbell took the title over Estep and Anello. Vince added some excitement as he pulled 821 needed for Edmonton Oilers. Despite good intentions from Oilers coach Glen Sather, Greg was sent to the minors where he predicted a young Wayne Gretzky for a full season, with the Indianapolis Racers, before Gretzky was called up to Edmonton. He made \$37,000 and Gretzky made \$1.7 million. He was a player coach in Dayton, Ohio, of the International Hockey League. While in California, Bruce Moran, who fellow Golden Seal Lee Moran, who introduced him to weightlifting. They were both enforcers on the ice and Lee Moran squatted 1000 at an IPF qualifier for the world championships. While in Cincinnati, Greig was paid \$48,000 and \$500 per fight. He made as much fighting as he did on his contract. He lost an eye, had pins in some of his fingers, and broke his back.

Bruce considered Lee Moran as his best friend. It was Lee that convinced Bruce to open his first gym, the first of three. It was called Greig's Gym in the small town of Okotoks, about 30 miles south of Calgary. Then he opened up another gym in Lethbridge. Unfortunately one day, a train derailed behind his

gym and nearly a full rail car length sat amid the rubble of the walls. The t-shirts Bruce had made afterward depicted a train hurtling through a brick wall on the front along with the phrase, "I train quiet recovered and he moved back to Okotoks and opened up Bruce's Buck Alley Gym, one that many powerlifters would refer to as their home away from home.

Bruce went to WPC World Championships and one WABDL World Championships. He holds the world record in WPC submasters, open, master 40-44, master 45-49, and master 50-54. Most of his records are in the deadlift, and some in the squat.



Bruce Greig
1953 - May 24, 2008

Bruce Greig, a professional hockey player, powerlifter and strongman was killed in a car crash near his home of Okotoks, Alberta, Canada, on May 24th, 2008. He was age 55.

Bruce had the highest deadlift ever in WABDL, 837, at the age of 44, in the very first WABDL meet on November 29, 1997, which was also the first WABDL World Championships at the Holiday Inn Airport in Portland, Oregon. Bruce competed in the 1988 WABDL World's at 275 and pulled 777. He weighed 295 when he pulled 837. His best deadlift was 646.7, and he had 882 up to his knees.

He played pro hockey with the now defunct California Seals and the Philadelphia Flyers, in the NHL. He spent eight seasons with the California Golden Seals and the Philadelphia Flyers in the north. He played four seasons with the Cincinnati Singers of the World Hockey Association. When the WHA disbanded at the end of the 1979 season, four teams joined the NHL and the rest of the WHA players were picked in a dispersal draft. Bruce was the number one pick of the Edmonton Oilers. Despite good intentions from Oilers coach Glen Sather, Greg was sent to the minors where he predicted a young Wayne Gretzky for a full season, with the Indianapolis Racers, before Gretzky was called up to Edmonton. He made \$37,000 and Gretzky made \$1.7 million. He was a player coach in Dayton, Ohio, of the International Hockey League. While in California, Bruce Moran, who fellow Golden Seal Lee Moran, who introduced him to weightlifting. They were both enforcers on the ice and Lee Moran squatted 1000 at an IPF qualifier for the world championships. While in Cincinnati, Greig was paid \$48,000 and \$500 per fight. He made as much fighting as he did on his contract. He lost an eye, had pins in some of his fingers, and broke his back.

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Bruce and Wendy Greig promoted three or four meets a year, from 1991 to 2006. He hosted two world championships at the Calgary Stampede fairgrounds. Bruce never had a mis-load and nobody ever got hurt at one of his meet because he personally spotted all the big dangerous lifts. I went to one of his meets in Calgary to watch and it was very well organized.



John Philip
1941 - 2006

John Philip finished second and third in his two trips to the IPF World Championships in 1975 in Birmingham, England and 1977 in Perth, Australia. He was coached by the legendary Bill Starr who was the strength coach for the University of Hawaii at that time. His best squat was 805 in a single ply suit, 570 raw bench in training, 550 raw bench in a contest and a 720 deadlift raw. He was from Tonga and 3/4 Tongan and 1/4 German.

He played rugby and was feared by all who played against him. I saw him pick up a football at the 30 yard line and punt it on the fly wide of the goal post for about 75 yards.

He was the Hawaii state wrestling champion for nine straight years, until he got beat by Jim Dainy, who now lives in Phoenix and helps judge WABDL meets in Arizona. After the loss, John wanted Jim in the parking lot of the YMCA when the state championships were held. Jim went out of the back door to his greivard.

I ran the greivard shift for his security department at the Kulliana Hotel from December 1975 to July 1977. John was instrumental in helping me get the 6,000 square foot ballroom for free to host the first Hawaii Record Breakers on March 11, 1977. John and I were in many fights together, sometimes going back to back against five, six, even eight guys at one time. The fiki bar at the Kulliana was wild. So was the White Whale. In all, three security guards were killed and one was wounded. That would be Ed Brock, who lives near Sausalito, California now. Ed was wounded before I got there. Ed

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Robert Withers
August 6, 1938 - September 23, 2007

Emeritus Professor Robert (Bob) Withers passed away on Sunday 23rd of September 2007 after a battle with a brain tumor.

In three decades of service to Flinders University Bob did what he academics hope to be able to do: he made a difference to the world via his research and the many students that he taught and inspired. He was also a loving husband of Pam, and a man who enjoyed the adrenaline rush of powerlifting as much as the tranquility of feeding magpies or watching transient koolas rising in his front yard.

Over three decades, the output from his Exercise Physiology Laboratory included 25 nationally competitive

benched 500 raw and was 6'2" and 300 pounds. I've never seen anybody ever punch somebody as hard as John Philip ever did. His hand speed and power was scary. He'd levitate people when he hit them. I swear.

In 1978 we bounced together at a club called "Little Orphan Annie" out by the airport. Locals and military mixed and not so well most of the time. John hit two people so hard on two different occasions that they were institutionalized. John cried for about an hour after he hit the one guy. I could hear his hand crack as it hit the concrete floor. He didn't die, but he might have been better off.

I was driving through Utah and John had called me out of the blue in about June 2005 and said he loved me. Knowing John, I should have realized something was up. He died about three months later, but I didn't find out about it until recently.

The Kulliana is now the Turtle Bay Hilton and nobody has died there recently. John and I did a lot to clean the place up. To be honest with you, it was by far the most dangerous job I ever had. I had hit men come after me, land gangs come after me, but anytime I was in trouble, Big John came to the rescue. One time we were cruising the grounds of the Kulliana and we both had radars. A security guard called John and said there was a huge fight in the Tiki Bar involving about 10 guys. John didn't do a thing. He said, "John, we've got to stop the fight." He said, "let the crazy bastards kill each other then when they're fed, we'll kill the rest." Well, that's about what happened, but nobody actually died, though some looked dead.

John Philips: Is at peace now. He died in his native Tonga. When I was a 20-year old off the boat from Iowa, John took care of me. I'll always remember the tongue pork with bread fruit. They would cook it in an imu on the beach, wrapped up in coconut leaves. Then we would eat it with our fingers on the hood of a car. The best part I have ever had, and I grew up in Iowa.

John was my workout partner for two years. He gave me my early intensity and taught me a lot about life. I'll see you again someday John, and you won't have to worry about watching my back, nor me yours. *Gus Reithwisch

research grants, over 106 papers/books chapters in the interactivational literature, and 56 appreciative individuals completed Honours, Masters, or PhD awards.

Bob was so proud of being selected to represent Australia in the 2005 Oceania Bench Press competition in his age category. His joy was even greater when he won the gold medals for his adopted country. Remarkably, his feat was achieved after his second round of surgery to reduce a brain tumour. He was passionate about powerlifting and was passionate about empowering and age-group titles on multiple occasions in the last 10 years of his life.

**Gus Reithwisch

STARTIN' OUT

Warming Up for the Meet as told to Powerlifting USA by Doug Daniels

Warming up at a meet is the last piece of your contest preparation. I feel too many lifters overlook how important it is and as a result, do not get the results they expect on meet day. Athletes of other sports precede competition with some sort of warm up. Prior to a race, runners stretch their Achilles tendons and hamstrings and run short bursts to warm-up. Baseball players warm-up for a game by playing catch or taking batting practice. Over the years I have noticed a lot of powerlifters do not warm-up effectively or for that matter, don't even have a warm-up plan. Too many lifters warm-up too early or too late in preparation for their opening attempts for each lift. On top of that, many do too many warm-up sets and come to the platform for their first attempt as if they were on their second or third attempt. By the time the third attempt comes, they're essentially taking their fourth or even fifth attempt. This can add up to lower lifting totals, bomb outs and increased chance for injury.

Warming-up has two requirements. First is to prepare your body and mind for the heavy lifting to follow. Attempting max attempts without adequate warm-up is suicide, that's just common sense. The second purpose is to get in last second lifting technique practice to build confidence for the lifts that count. If your warm-ups fail to satisfy either of these two requirements, all your training and preparation could go quickly down the drain.

Saying that physical conditions for warm-up can vary drastically from meet to meet is an understatement. I've been to meets that provided great equipment and facilities with spacious, well-ventilated, temperature controlled lifting areas. Others had warm-up areas literally in narrow hallways or just off a beach or next to an indoor hotel swimming pool. These types of locations usually come free of charge with high temperatures and humidity that can really drain your strength and energy. Add this to having to use terrible power bars, benches and squat racks or just too little equipment to go around and it only gets worse. This part of the meet is uncontrollable for a competitor. In order to make the best of whatever facilities are available, a lifter must warm-up effectively and efficiently and to accomplish this, the lifter must have a plan.

The timing of your warm-ups is one factor you do have some control over. By having a good idea of when you will lift, you can prepare and execute your warm-up plan to be ready to lift with the optimal time between your last warm-up and your first attempt on the platform. The rounds system has made timing warm-ups much easier. First, find out how many lifters are in your flight and your position in it. For example, if your flight has 10 lifters and you are fifth, you have at least 5 minutes after the flight starts before you will lift. If weight changes are involved, add 1-2 minutes per weight change. This also means you have at least 5 more minutes to complete your warm-up plan than the first lifter in the flight. Keep in mind that after each flight, the lifting order can change, so you may not always be fifth, but by then, warm-ups no longer are a factor.

If you are lifting in the second or any succeeding flight, you can approximate when you will lift. Count the total lifters in the previous flight and multiply that number by 3 for the total amount of attempts. For example, if there were 10 lifters in the previous flight, the total amount of attempts would be 30. Allow a minimum of 1 minute per attempt; allow an additional half minute for the weight changes and that would come out to be about 45 minutes for the flight which could be on the low side. As a rule, the squat will take longer than the other 2 lifts, with the deadlift going the fastest. It's important to find out if there will be a break between flights or lifts, or if the meet will continue without interruption. Many meet directors give the meet staff some time to relax and eat during the meet. If you lift in a later flight, you have the advantage of seeing just how smoothly the meet is running to help fine tune your estimate. Your opening lifting position in each of the three lifts will most likely differ, so you must have a unique plan for each lift.

The unpredictable can occur at any time, so ask a meet helper or coach to keep track of the flow of the contest in case your anticipated timing is no longer valid. There is no one size fits all period of time between your last warm-up and first attempt. This varies from lifter to lifter. A rule of thumb would be about 10-15 minutes. If for some reason you are not warmed and ready for your opening attempt, I strongly suggest passing on it and take the same weight for your second attempt rather than risk taking

it while unprepared. The chance of injury or missing the attempt is greatly increased. Get warmed up, learn from your mistake and move on.

Guessing when you will lift is just one part of getting the most out of your meet warm-up. Another critical part is the progression of weights, reps, etc. that you follow to warm-up. Earlier, I said many lifters do either too few or too many warm-ups for a meet. Of the two, I would say the biggest problem is too many. Often I've seen lifters take their opener, or close to it, as their last warm-up, just to be sure they can make it. If you are not sure if you can get your opener, then you should reevaluate your choice. The purpose of an opening attempt is to get in the meet, not to win it or to set PR's. A weight you can double or triple is best to open with for a novice lifter. As your experience increases, you can hopefully make better decisions for openers.

Below is an example of what a warm-up progression for a lifter who will open with a 500 pound squat. If you are doing more reps or sets than this, you should really think hard as to why. This example also includes suggestions as to how to add squat gear during your warm-up. This warm-up progression should take about 15-25 minutes.

- 135 x 8 no equipment
- 225 x 5 no equipment
- 275 x 3 add belt
- 335 x 3 add wraps
- 405 x 1 add squat suit, shoulder straps down
- 465 x 1 as above, pull up straps

For a novice lifter opening with 300 pounds, try this progression.

- 135 x 8 no equipment
- 185 x 5 add belt
- 225 x 2 add wrap
- 255 x 1 add squat suit, shoulder straps down
- 275 x 1 as above, pull up straps

If you are starting at a higher weight, you may need to add a set or two, so make necessary time adjustments. Don't go blindly to your next meet and use this progression just because it's in an article. Try this type of progression during your last couple squat workouts prior to the meet. In these examples, you get an adequate warm-up, technique practice, and confidence building without taking an energy sapping workout before



(Above) Adjusting the Suit and (Below) Ready to Lift (photographs are courtesy of Gundula Von Bachhaus)



lifting on the platform. Remember that you want to lift on the platform warm-up, not feeling like you've already taken several attempts. These progressions also can be applied to the bench and deadlift, of course without use of the squat gear.

Another factor to consider in timing your warm-ups is the time and energy required to get your squat suit or bench shirt on. For some lifters gear goes on easily or they lift warm. For others, this can be a real ordeal. If your helpers are doing their job, they will do most of the work for you. This is especially important when putting on your bench shirt and squat suit. Make sure you have tried on and used this gear before the meet. This way you are certain it fits and works correctly. Inspect your lifting gear before you pack for the meet to avoid any surprises.

Try to be considerate of other lifters who are not as organized as you are. Many times you still should be able to get your warm-ups in even if you allow a lifter who is only minutes away from his opener to get in his last warm-up. On the same token if lifters are warming up too early and are delaying you please tell them politely what your timeframe is and ask to get your warm-ups in as you will lift before they will. Most lifters will accommodate you.

You or your helpers will most likely have to help load and spot for other lifters while you are warming up. Remember to pick up the weights to keep the warm-up area clear of loose weights for safety. I strongly suggest warming-up with lifters close to your strength level. If your opener is a 300 pound squat, do not to warm-up with Mr. National Champ. This also applies to stronger lifters warming up with newbie squatters. Use common sense and please be courteous.

I hope I gave you a few things to consider in rounding out your training plan. Warming up at a meet is the last piece of your contest preparation. You can train like a national champion and follow an individually designed scientific diet, but if you don't warm-up at the meet according to a predetermined plan, all can go down the drain. I always stress there are other keys to powerlifting success than following the latest work out of the month or using the latest Kevlar quadruple-layer bench shirt. Regard meet warm-ups as a key part of your training plan for best results on meet day.

THE IMPORTANCE OF CARDIO as told to Powerlifting USA by Aaron DiPrima

I am currently on vacation and training several states away from my home gym, utilizing a Gold's gym in Austin, Texas. Sometimes when forced into a different situation you can automatically make some new discoveries, as when young altar boy Mark Roman discovered that not all priests have good intentions.

Within just a week or so of hitting my workouts down here I noticed that I had dropped a little bodyfat and my abdominal muscles were leaned out again. This struck me as kind of odd as I had not been doing any strict dieting or aggressive cardio type training, like my sleds, prowler, or maniac uncontrollable convulsive sobbing while watching *The Notebook*. Then, during my workout, it occurred to me what was happening.

The Gold's I was using on Ben White Blvd. in Austin is an enormous club, about 50,000 square feet of floor space and having a 1/13th mile track that scales the inside perimeter. After every set of exercise, being a naturally fit guy kind of person, I was pacing around the track in preparation for the

next set. By the time I realized this I had already knocked off a couple of miles and had kept my heart rate elevated for about an hour and a half. This would have a synergistic effect with the training and would negate the need for cardio done at a second session, thus freeing up another half hour of the day where I can sit around and wish I had something to do besides ponder which of the two Corey's I like better. Also, it is just walking. If walking affects your workout you need to analyze what you are doing as it just means you are very much out of condition.

Now, at most gyms, you will not have the luxury of a track running through the middle of the facility, (also at most gamblers anonymous meetings), so some other ways you could incorporate this would be to walk on a treadmill or other cardio piece between sets. Unfortunately, availability then becomes an issue, especially during peak hours. **ALSO DO NOT LEAVE THE TREADMILL RUNNING.** I have seen some people who were unaware that the treadmill was running when they got on it and the results are, although pretty funny in a Three Stooges kind of way, still very dangerous. Also, if I really need to tell you this then I have a giant floppy red hat I would like to sell you for your giant retarded head. On a recent trip to visit Louie Simmons at Westside I utilized the TredSled that they have in between my sets and this proved to be a great method. I plan on purchasing one of these soon (end shameless plug here). Basically, I would do a set and then perform 30-50 steps on the sled, then go right back into another set. I have also done some other experimenting

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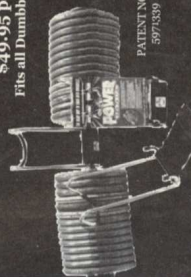
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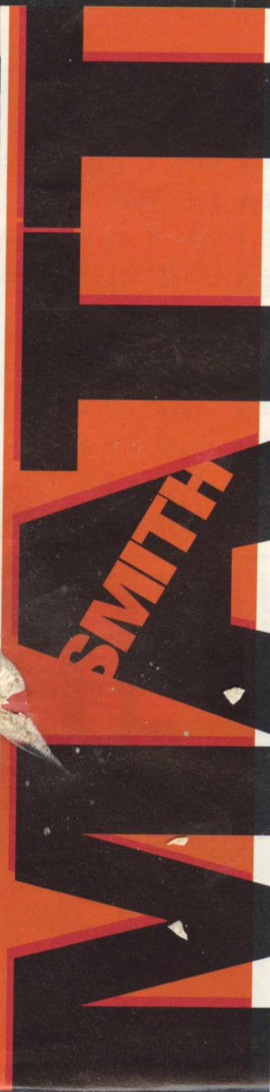
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America's #1 Musclebuilding Creatine Pill!

Increase Muscle Fiber Protein Content by 58%!

Designed to Crush Reactive Oxygen Species!



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

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.

21 FEB. USAPL Navy Open, Garrett Jacks, 101 Buchanan Rd., Annapolis, MD 21412, 361-441-9560
21 FEB. Prove it on the Platform, United PL Association, Push/Pull 5820 Augusta Rd., Greenville, SC, k.latlion@hotmail.com, Bart Kelley 864-704-7152

21 FEB. SLP Bluegrass Open BP/DL (Bartlett, TN) Dr. Darrell Latch, Son Light Power, 122 West Sale St., Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com, sonlight91@verizon.net

21 FEB. SP: Tennessee State PL & BP (Knoxville, TN) Jesse Rodgers, 423-255-3672, www.southernpowerlifting.com

21 FEB. NASA Upper Midwest BP PP & Power Sports (Newark, OH) Greg Van Hoose, Route 1 Box 166, Ravenswood, WV 26164, 304-273-3110, greg@vhpower.com

21 FEB. USPF 2nd Ohio BP & DL (Columbus, OH) Matt McCasie, 304-376-7538, mccasie@yahoo.com, www.uspf.com

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

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

21 FEB. Macomb Record Breaker & International Qualifier, Macomb Salvation Army, 505 N. Randolph, Macomb, IL, www.adpl.org

21 FEB. IPA Barno/Newman

COMING EVENTS

28 FEB. APF Orlando/Florida State (Orlando, FL) Brian Schwab, 407-678-2447

28 FEB. APA Northwest Region: AllRaw Championships & Strength Sports/OP (Escamondo, CA) Scott Taylor, APA, President, www.apa-wpa.com/entryforms.htm

28 FEB. SPF Virginia State PP & BP (Salem, VA) Jesse Rodgers, 423-255-3672, www.southernpowerlifting.com

28 FEB. NASA Indiana State, Indianapolis, Wisconsin Powerlifting, Fayetteville, GA 30214, www.wnpl.net

22 FEB. APF Northeastern Open BP/DL, Dave Follanshee & IFBB Pro Maggie Blanchard (o American Powerlifting, 865 Second St., Manchester, NH 03102, 603-626-5489, nbodybuilding@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. UPA Washington State Spring Meet, Larry Bush, Box 246, Richland, WA 99352, 509-539-6617, lbush@unitedpowerliftingassociation.com

28 FEB. WNPF Augusta Open Championships, Greg Campbell, WNPF POBOX 142347, Fayetteville, GA 30214, www.wnpl.net

28 FEB. USPF PA State PL & Single Lift (Holiday Inn Airport, Pittsburgh, PA) Matt McCasie, Power Promotions, 900 Lakeside Dr., Parkersburg, WV 26104, 304-376-7538

28 FEB. USAPL Albany Strength PL (Albany, NY) John Payette, 332 Central Ave., Albany, NY 12206, 516-433-1703

28 FEB. APF/AAPF Summer Challenge AUG, APF California State AUG, APF Texas Meet SEP, APF Louisiana State 5 SEP, APF/AAPF Summer Heat V 17 OCT, AAPF Supreme Fitness Challenge III OCT, Halloween Monster Bench Bash OCT, APF/AAPF 2nd Annual Rise of the DL Beast of the BP 8 NOV, AAPF Old School Iron Wars 14-15 NOV, APF Pine Tree Open NOV, APF Texas Cup 5-6 DEC, APF Southern States PL/BP

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Box 565, Sheboygan, WI 53082, statechairman@wisconsinpowerlifting.com, 1-888-502-4087 toll free
28 FEB. USAPL Virginia Open (PL/BP/DL/Torran, Raw, Assisted - Standardsville, VA) John Shifflett, 186 Happy Hollow Rd., Ruckersville, VA 22968, valifting@aol.com, www.virginia-powerlifting.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

APF/AAPF/WPO Schedule

28 FEB. APF Orlando FL State
14 MAR. AAPF Frank Kostyo Memorial
14 MAR. Scot Mendelson's St. Jude's Power Bash
14 MAR. APF/AAPF Spring Challenge

14-15 MAR. APF/AAPF Illinois State
15 MAR. AAPF Raw Bench Press
21 MAR. APF Big Iron Gym Midwest Power & Strength
21 MAR. APF/AAPF Alabama Open & Pro Cash
28 MAR. APF Haug Farm
4 APR. APF Spring Break
4 APR. APF Casstrength Missouri Open

4-5 APR. AAPF Nationals
5 APR. APF Maine State Record Breakers & BP
18-19 APR. APF High School Nationals
25 APR. APF Texas Classic
2-3 MAY. APF Master/Teen/Jr. Nationals
9 MAY. APF Maine State PL/BP
30 MAY. APF Carolina Classic PP/BP

13 JUN. AAPF Vermont Pl Granite City Iron Wars VI
27 JUN. APF/AAPF Chicago Summer Bash
JUN. APF Senior Nationals DL/BP
8 AUG. APF Maine State
22 AUG. APF/AAPF Summer Challenge
22 AUG. APF California State
AUG. APF Texas Meet
SEP. APF Louisiana State
5 SEP. APF/AAPF Summer Heat V
17 OCT. AAPF Supreme Fitness Challenge III
OCT. Halloween Monster Bench Bash
OCT. APF/AAPF 2nd Annual Rise of the DL Beast of the BP
8 NOV. AAPF Old School Iron Wars
14-15 NOV. APF Pine Tree Open
NOV. APF Texas Cup
5-6 DEC. APF Southern States PL/BP

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4 APR, APF Casstrength Missouri State Open (Blue Springs, MO) Brandon Cass, 816-690-6769, cassstrength@cs.com

4 APR, USPF Collegiate National/Las Vegas Open PL, BP, DL, PP (UNLV, Las Vegas, NV) Joe Dentice, ljoe700@aol.com

4 APR, APC Georgia State PL/BP (Athens, GA) L.B. Baker, 770-713-3080, www.americanpowerlifting-committee.com

4 APR, USPF Illinois State (Willowbrook, IL) Eric Stone, 630-794-0594, thestone@chicago-powerlifting.com

3-5 APR, APF High School Nationals, (Baton Rouge, LA) Garry Frank, 225-241-8154, bulldogbr@bellsouth.net

3-5 APR, USAPL High School Nationals, Johnny Graham, 2203 Excel Dr., Killceen, TX 76542, 254-526-0779, wnpf.net

4 APR, APF Spring Break Full Power Meet (Progressive Sports, SC) Will Millman, APF SC State Chairman, 843-886-5366

4 APR, SLF Land of Lincoln BP/DL (Athens, IL) Dr. Darrell Latch, BP (open, teen, women, submaster,

CR Championship (Smyrna, TN) 615-462-6593

29 MAR, 10th Pittsburgh Monster BP/DL (men & women, all classes, cash, prizes - Pittsburgh Airport Crown Plaza) Mike Barreacchio, 152 Dover Dr., Moon Township, PA 15108, 412-264-9996

29 MAR, NASKA Pro Power Sports (OKC, OK) Rich Peters, Box 735, Noble, OK 73068, 405-527-8513, SQBPDL@aol.com

MAR, USAPL Mass High School, Eric Cordeiro, ecorde@yaho.com

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21 MAR, USAPL Battle on the Border & North vs. South Carolina (PL, BP, Raw, Equipped - Doud YMCA, Charlotte, NC) (Out-of-state lifters welcome) Meet Director-Jon Mazon, 864-844-0083, 101 Sycamore Dr., Clemson, SC 29631, mazonzchckhawk99@aol.com

21 MAR, APF/AAPF Alabama Open & Pro Cash Championships (Gadsden, AL) Buddy McKeel, 256-613-2753, mastermonster@comcast.net

21 MAR, IPA Delaware State (New Castle, DE) Gene Ryckhal, 610-948-7823, 1433 Second Ave., Rye, PA 19468, bench_a_grand@yahoo.com, www.rychhalpowersystems.com

21 MAR, Beau Moore Classic, Bill Bessley, 14310 Arbor Hills Rd., Tampa, FL 33625, 813-362-1908, beek220@aol.com

21 MAR, APF Big Iron Gym Midwest Power & Strength PL/BP (Omaha, NE) Rick Hussey & Becca Swanson, 402-392-2446

21 MAR, SLF Lift For The Lord BP/DL (Bowling Green, KY) Dr. Darrell Latch, Son Light Power, 122 West Sale St., Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com, sonlightgym@verizon.net

28 MAR, Arkansas State PL & BP (Russellville, AR) Jesse Rodgers, 423-255-3672, www.southernpowerlifting.com

28-29 MAR, USPF California State PL, BP, DL (Div. I & II) Los Alamitos, CA) Steve Demison, 661-333-9800, Purifins@msn.com

28-29 MAR, NASKA Power Sports Nationals (OKC, OK) Rich Peters, Box 735, Noble, OK 73068, 405-527-8513, SQBPDL@aol.com

29 MAR, WNPFF Youth Teen Junior Subs Masters Nationals & Police/Fire Military Nationals & 1st US Open Championships & WNPFF Lifetime North American Championships (Philadelphia, PA) WNPFF PO-BOX 142347, Fayetteville, GA 30214, www.wnpf.net

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29 MAR, SLF Flex Gym BP/DL/



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UPCOMING SLP COMPETITIONS

21 FEB, SLP Bluegrass Open BP/DL (Louisville, KY)

28 FEB, SLP Tennessee Open BP/DL (Bartlett, TN)

1 MAR, SLP Mississippi State Open BP/DL/Curl (Corinth, MS)

14 MAR, SLP Iron House Open BP/DL (St. John's, MI)

Son Light Power
122 W. Sale, Tuscola, IL 61953
217-253-5429
www.sonlightpower.com sonlight@netcare-il.com

Houston Downtown, Houston, TX

John Hudson, 217-377-4640, hudson@nhd.edu

14 MAR, SLP Iron House Open BP/DL (St. John's, MI) Dr. Darrell Latch, Son Light Power, 122 West Sale St., Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com, sonlightgym@verizon.net

14 MAR, Kentucky State (Mt. Washington, KY) Jesse Rodgers, 423-255-3672, www.southernpowerlifting.com

14 MAR, APF/AAPF Spring Power Challenge Northwest (Oregon, City, OR) Chris Duffin, 503-780-8890

14 MAR, AAPF 13th annual Frank Kostyo Memorial PL, All American Gym, 309 W. Main St., Lakeland, FL 33815, 863-687-6268, kensnell@yahoo.com

14 MAR, APF Big Iron Midwest Power & Strength (National Guard Army, 6929 Marcus Rd., Omaha, NE) Rick Hussey, 402-392-2446

14 MAR, RAW United South Florida Open (Deerfield Beach, FL) Spero Tshonikidis, 4353 Collinwood Dr., Melbourne, FL 32901, 321-505-1194, rawunited@cl.rr.com

14 MAR, UPA Capital City BP, Kerry Patterson, 4423 Galfrey Ct., Columbus, OH 43228, 614-563-0279, kpatterson@upaperwork.com

14 MAR, APF Scott Mendelson's St. Jude's Power Bash (3 lift, BP only - FIT Gym, 6628 Van Nux Blvd., Van Nuys, CA 91405) Scott Mendelson, 818-399-0905, www.apfcalifornia.com, proboards77.com. All proceeds go to St. Jude's Children's Hospital

14-15 MAR, APF/AAPF Illinois State (Velo-city Sports, Willowbrook, IL) Eric Stone, 630-794-0594, www.apf-illinois.com, www.chicago-powerlifting.com

15 MAR, 100% Raw & AAPF Raw & Equipped Masters Nationals (Cedarvale Health & Fitness, Haverhill, MA) Bret Vermontpowerlifting.com

15 MAR, 7th Street Gym Open BP/DL (Clinton, IN) Dr. Darrell Latch, Son Light Power, 122 West Sale St., Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com, sonlightgym@verizon.net

21 MAR, USAPL Missouri State & Ozark Open, Harold Gaines, 2121st Terrace, St. Charles, MO 63303, 314-805-2044

21 MAR, USPF 28th Texas State PL & Single Lift (Austin, TX) Matt McCas, 304-376-7538, mccase@yahoo.com, www.uspf.com

21 MAR, Georgia State PP (Tifton, GA) Jesse Rodgers, 423-255-3672, www.southernpowerlifting.com

21 MAR, SLP Northeast Arkansas Open BP/DL (Jonesboro, AR) Dr. Darrell Latch, Son Light Power, 122 West Sale St., Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com

City, KS

66106, 913-626-1142, jduree7086@aol.com

7 MAR, Alabama State Powerlifting & BP Championship (Albertville, AL) Jesse Rodgers, 423-255-3672, www.southernpowerlifting.com

7 MAR, NASKA 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, master, trophies, cash prizes - Allis Gym, Wildwood, NJ) Chris Lambert, 609-729-2050

7 MAR, USPF 2nd Pennsylvania BP & DL (Pittsburgh, PA) Matt McCas, 304-376-7538, mccase@yahoo.com, www.uspf.com

7 MAR, Gym Warriors PL & BP (trophies, prizes - Peabody, MA), pauldiesonew01@aol.com

7 MAR, RAW United Mid Atlantic Open (Greencastle, PA) Spero Tshonikidis, 4353 Collinwood Dr., Melbourne, FL 32901, 321-505-1194, rawunited@cl.rr.com

7-8 MAR, USAPL Washington State (Olympia, WA) Richard Schuller, 360-438-3321

8 MAR, Welsh & England PL/BP & DL (Qualifiers for British Championships - Four Seasons, Trillick Rd., Lansaneland, Swansea) Entry to BPO no later than February 15th, Meet Director Ken Williams, 07970-625946, www.wppowerlifting.com

13-14 MAR, USAPL Wisconsin High School, Chris Spenich, 1001 McHugh Rd., Mohmen, WI 54636, 608-526-3372

14 MAR, WNPFF Tennessee Cleveland, TN) WNPFF PO BOX 142347, Fayetteville, GA 30214, www.wnpf.net

14 MAR, USAPL Massachusetts State High School Meet, Mike Zawilinski, 360 Huntington Ave., Boston, MA 02115, 781-706-4009

14 MAR, USAPL Military Nationals PL/BP, Johnny Graham, 2203 Excel Dr., Killceen, TX 76542, 254-526-0779

14 MAR, ADFFF Single Event Nationals (SAL, Grand Rapids, MI) Richard Van Eck & John Jachim, JM-Gedney@wiu.edu

14 MAR, 100% Raw Ironman Nationals & United State Open (BP, DL, SC - Zion Crossroads, VA) John Stifflett, 186 Happy Hollow Rd., Ruckensville, VA 22968, valifting@aol.com, www.virginia-powerlifting.blogspot.com

14 MAR, NASKA 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, WABDL National Collegiate BP & DL (University of

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, ADFFF Macomb Record Breaker & International Qualifier (Macomb Salvation Army, Macomb, IL) www.adfff.org

1 MAR, UPA Qualifier at Super Training, Mark Boll, 2010 3rd St., Sacramento, CA, 530-574-1070, supertraining06@yahoo.com

1 MAR, WNPFF Ohio (Youngstown, OH) Ron DeAnicis, 330-792-6670

1 MAR, SLP Mississippi State Open BP/DL/Curl (Corinth, MS) Dr. Darrell Latch, sonlightgym@verizon.net

1 MAR, USAPL Florida State, Robert Keller, 2659 SW 74th Terr, Davie, Duree, 5619 Pawnee Ave., Kansas

NASA Powerlifting & Power Sports

February

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

4-5th - 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

9th - Western States Nationals (Mesa, AZ)

2nd - Kentucky State (Morehead, KY)

9th - Oklahoma State (OKC, OK)

16th - Bench Press Nationals (Denver, CO)

July

11th - MASA Youth Nationals & WV Open (Ravenswood, WV)

August

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

September

5th - Glimmer E. Texas (Glimmer, TX)

26th - Tennessee Regional (Pickwick Park)

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



USPF National Powerlifting Championship
USPF National Benchpress Championship
USPF National Deadlift Championship

July 3, 4 & 5, 2009 Anahem, CA

Meet Director: Steve Denison 661.333.9800
 pwifrits@msn.com www.powerliftingca.com

Qualifier for the WPF World Powerlifting, World Benchpress, and World Deadlift Championships

November 10-15, 2009 Riviera Hotel Casino, Las Vegas, NV

master, high school, raw, assisted, all weight classes, sculptured awards - Winchester, VA) Eagles Club, Randy Robinson, 304-725-8350 or 304-283-6059, Randy Brooks 540-667-6288

4-5 APR USAPL New Jersey State BP/PL (Princeton, NJ) Robert Keller 954-790-2249, ehk@verizon.net, www.njpowerlifting.com
4-5 APR, **26th** **NASA High School Nationals (OKC, OK)** Rich Peters, Box 735, Noble, OK 73068, 405-527-8513, SQBPD@aol.com
5 APR, APF Maine State Record Breakers & BP, Russ Barlow, 175 Kemebec Trail, Turner, ME 04282, 207-225-5070

5 APR, 100% Raw & AAFP & AAU New England Powerlifting Championships (YMCA Burlington, VT) bret@vermontpowerlifting.com
10 APR, SLP Raw BP & SC Championships (Winston Salem, NC) Keith Payne, keith@ironbroypowerlifting.net, 336-251-8704

11 APR, IBP Tazehal State Powerlifting Championships (Winston Salem, NC) Keith Payne, keith@ironbroypowerlifting.net, 336-251-8704
11 APR, SLP National Raw BP/DL Championship (Sallisaw, OK) Dr. Darrell Latch, Son Light Power, 122 West Sale St., Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com, sonlightpower@aol.com

11 APR, APF Raw Nationals (Kieran Kiddler/USF Jackson) 630-896-7309
3-5 JUL, USPF National PL, BP, DL (Anaheim, CA) Steve Denison, 661-333-9800, pwifrits@msn.com
10-11 JUL, IBSA World BP & PL Championships for Blind Athletes (Miami, FL) Robert Keller 954-790-2249, ehk@verizon.net, www.usaplanet.com

11 APR, APF Raw Nationals (Kieran Kiddler/USF Jackson) 630-896-7309
3-5 JUL, USPF National PL, BP, DL (Anaheim, CA) Steve Denison, 661-333-9800, pwifrits@msn.com
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10-11 JUL, IBSA World BP & PL Championships for Blind Athletes (Miami, FL) Robert Keller 954-790-2249, ehk@verizon.net, www.usaplanet.com

18 APR, 11th Wisconsin Best Bench Press, Glen Woychick, N34146 Mega Rd., Independence, WI 53477, www.wisconsinbestbench.com

18 APR, Mighty Gibbons Meet, Mighty Gibbons Strength Ctr, 79-C Bassett Hwy., Dover, NJ 07801, newtonromaldo.973-383-3645, newtonrightgibbons@aol.com

18-19 APR, IPA Iron House Classic BP/PL (Courtney Marriott, Columbus, OH) Mike Maxwell, 740-319-3149, www.ironhousezanesville.com

18-19 APR, British PL BP & DL (University of Bath, Claverton Down, Somerset, GBR) Entry to BPO no later than March 27th, 855 Dreyer for Greg Ashford, 01373-355997, www.wpfpowerlifting.com

18-19 APR, USAPL Indiana State PL/BP (open, masters, teen, youth, high school, jr, out-of-state lifters welcome - Winchester, IN) Sommy Runyon, 765-716-2587, powerhouse562@comcast.net, Joe Good-hew, 765-744-6528, jgoodhew@comcast.net

18-19 APR, USAPL PowerPalooza 11 (Full BP, DL - Leesport, PA) Gene Ryckholt Jr., 143 2nd Ave., Royersford, PA 19468, 610-948-7823

18-19 APR, IPA Powerpalooza 11 (York, PA) Gene Ryckholt, 610-948-7823, 143 Second Ave., Ryersford, PA 19468, bench_a_grand@yahoo.com, www.nchallpowerlifting.com

19 APR, WNPFF Elite National PL/BP/PL/DL/PC (Bordentown, NJ) WNPFF PO BOX 142347, Fayetteville, GA 30214, www.wnpff.net

19 APR, WNPFF Elite National PL/BP/PL/DL/PC (Bordentown, NJ) WNPFF PO BOX 142347, Fayetteville, GA 30214, www.wnpff.net

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19 APR, WNPFF Elite National PL/BP/PL/DL/PC (Bordentown, NJ) WNPFF PO BOX 142347, Fayetteville, GA 30214, www.wnpff.net

Center), Dayton St., Zephyrillis, FL 33542, 941-626-4247, scott@apa-wpa.com, www.wpa-wpa.com

2-3 MAY, APF Master, Teen, Jr Nationals (Baton Rouge, LA) 225-241-8154, bulldogbr@belsouth.net

3 MAY, WNPFF Bench Press Nationals & WNPFF Deadlift Nationals, Fayetteville, GA 30214, www.wnpff.net

9 MAY, WNPFF Powercurl Nationals & 13th WNPFF North Americans Powerlifting Championships (Atlanta, GA) WNPFF PO BOX 142347, Fayetteville, GA 30214, www.wnpff.net

9 MAY, USAPL Florida High School State BP/PL Championships (Deland, FL) Robert Keller 954-790-2249, ehk@verizon.net, www.geocities.com/floridauapl

9 MAY, Lifetime Natural PL Nationals, Dr. Darrell Latch, Son Light Power, 122 West Sale St., Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com, sonlightpower@aol.com

9 MAY, NAPA KY State Powerlifting, BP, PL & Power Sports (Morehead, KY) Greg Van Hoese, Route 1 Box 166, Ravennwood, WV 26164, 304-273-3110, greg@whopper.com

9 MAY, IBP NC State Youth/Teen PO BOX 142347, Fayetteville, GA 30214, www.wnpff.net

2 MAY, 2nd Suffolk Special Olympics & Bar Bender (Lakeland High School, Suffolk, VA) Rob Kelly, 757-375-8478, robkelly@espk12.net

2 MAY, SLP Southwest Missouri Open BP/PL (Branson, MO) Dr. Darrell Latch, Son Light Power, 122 West Sale St., Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com, sonlightpower@verizon.net

2 MAY, Ohio USPF Division 1 & II PL & Single Lift State/Lincoln Community Center, Plainfield, OH) Tim Cochran, Ohio USPF Chairman, Box 11, Belpre, OH 45714, tincochran@yahoo.com

2 MAY, USAF San Diego Open (San Diego, CA) Steve Denison, 661-333-9800, pwifrits@msn.com

2 MAY, NAPA Western States Nationals (Mesa, AZ) Rich Peters, Box 735, Noble, OK 73068, 405-527-8513, SQBPD@aol.com

2 MAY, IPA 2nd Virginia State (Fredericksburg, VA) Gene Ryckholt, Jr., 610-948-7823, 143 Second Ave., Ryersford, PA 19468, bench_a_grand@yahoo.com, www.nchallpowerlifting.com

2-3 MAY, WPA World Championships (PL, WP, BP, DL) Gear, UNL, Raw) Scott Taylor, Davis High School, Mechanicsville, VA 23068, 405-527-8513, SQBPD@aol.com

States Open PL, Greg Kostas, 781-447-6714

16 MAY, WNPFF South American Championships (Brazil) WNPFF PO BOX 142347, Fayetteville, GA 30214, www.wnpff.net

16 MAY, APF Caribbean BP/PL Championships (St. Thomas, US Virgin Islands) Robert Keller 954-790-2249, ehk@verizon.net, www.njpowerlifting.com

16 MAY, USAPL State PL/PP/Johnny Graham, 2203 Excel Dr., Killean, TX 76542, 254-526-0779

16-17 MAY, WDPFF European Single Event Championships (Bourdon-Lancy, FRA) secretary@worldjifirepowerlifting.org

17 MAY, Police, Fire, Corrections Open BP Meet (Courtward Marriott, Columbus, OH) Dan Degue, 614-554-8824, www.lexextreme.com

23 MAY, USAPL Pennsylvania State BP/PL/PP (Ambler, PA) Robert Keller 954-790-2249, ehk@verizon.net, www.njpowerlifting.com

23 MAY, SFP National PL & BP (Nashville, TN) Jesse Rodgers, 423-255-3672, www.south-eastpowerlifting.com

23 MAY, IBP SC State P (Seneca, SC) Keith Payne, keith@ironbroypowerlifting.net

23 MAY, USPF Military Nationals PL, BP, DL (Venice Beach, CA) Steve Denison, 661-333-9800, pwifrits@msn.com

23 MAY, APA Guernilla Open (UNL, PP, BP, DL, SS, OP, CR, Gear, UNL, PP) Scott Taylor, 5738 Zion Crossroads, VA John Shifflett, 941-626-4247, scott@apa-wpa.com, www.apa-wpa.com

24 MAY, USPF Muscle Beach BP/DL (Venice Beach) Steve Denison, 661-333-9800, pwifrits@msn.com

30 MAY, AAFP Carolina Classic PP/BP (Belmont, NC) Eric Hubbs, 803-366-9895, netim-fish@msn.com

30 MAY, USPF 4th Summer Fest BP & DL (Parkersburg, WV) Matt McCashe, 304-376-7538, mccashe@yahoo.com, www.uspf.com

30 MAY, SLP Ho-Chunk Nation Open BP/PL (Baraboo, WI) Dr. Darrell Latch, Son Light Power, 122 West Sale St., Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com, sonlightpower@verizon.net, 2249, ehk@verizon.net, www.geocities.com/floridauapl

3 MAY, WNPFF Bench Press Nationals & WNPFF Deadlift Nationals, Fayetteville, GA 30214, www.wnpff.net

9 MAY, WNPFF Powercurl Nationals & 13th WNPFF North Americans Powerlifting Championships (Atlanta, GA) WNPFF PO BOX 142347, Fayetteville, GA 30214, www.wnpff.net

9 MAY, USAPL Florida High School State BP/PL Championships (Deland, FL) Robert Keller 954-790-2249, ehk@verizon.net, www.geocities.com/floridauapl

9 MAY, Lifetime Natural PL Nationals, Dr. Darrell Latch, Son Light Power, 122 West Sale St., Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com, sonlightpower@aol.com

9 MAY, NAPA KY State Powerlifting, BP, PL & Power Sports (Morehead, KY) Greg Van Hoese, Route 1 Box 166, Ravennwood, WV 26164, 304-273-3110, greg@whopper.com

9 MAY, IBP NC State Youth/Teen PO BOX 142347, Fayetteville, GA 30214, www.wnpff.net

2 MAY, 2nd Suffolk Special Olympics & Bar Bender (Lakeland High School, Suffolk, VA) Rob Kelly, 757-375-8478, robkelly@espk12.net

2 MAY, SLP Southwest Missouri Open BP/PL (Branson, MO) Dr. Darrell Latch, Son Light Power, 122 West Sale St., Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com, sonlightpower@verizon.net

2 MAY, Ohio USPF Division 1 & II PL & Single Lift State/Lincoln Community Center, Plainfield, OH) Tim Cochran, Ohio USPF Chairman, Box 11, Belpre, OH 45714, tincochran@yahoo.com

2 MAY, USAF San Diego Open (San Diego, CA) Steve Denison, 661-333-9800, pwifrits@msn.com

2 MAY, NAPA Western States Nationals (Mesa, AZ) Rich Peters, Box 735, Noble, OK 73068, 405-527-8513, SQBPD@aol.com

2 MAY, IPA 2nd Virginia State (Fredericksburg, VA) Gene Ryckholt, Jr., 610-948-7823, 143 Second Ave., Ryersford, PA 19468, bench_a_grand@yahoo.com, www.nchallpowerlifting.com

2-3 MAY, WPA World Championships (PL, WP, BP, DL) Gear, UNL, Raw) Scott Taylor, Davis High School, Mechanicsville, VA 23068, 405-527-8513, SQBPD@aol.com

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VA) VAPowerlifting@aol.com

7 JUN, 100% Raw, AAFP, AAU Youngstown, OH) Ron DeAmicis, 330-792-6670

17-19 JUN, APC National Powerlifting & Bench Championships (Packard Plaza, Peoria, IL) Greg Gordon, 1405 Kelsey St., Washington, IL 61571

5-7 JUN, RAW United Southeast Regionals & Florida State Championships, Sperto Thionitkids, 4353 Collinwood Dr., Melbourne, FL 32901, 321-505-1194, rawunited@cliff.r.com

5-7 JUN, RAW United National Championships, Sperto Thionitkids, 4353 Collinwood Dr., Melbourne, FL 32901, 321-505-1194, rawunited@cliff.r.com

6 JUN, SLP Missouri Open BP/DL (Chesterfield, MO) Dr. Darrell Latch, Son Light Power, 122 West Sale St., Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com, sonlightpower@verizon.net

6 JUN, USPF Sierra Nevada Cup (Grass Valley) Karen and Steve Matheus, 530-477-2946 or 432-1426, karen@mail2freedom.com

6 JUN, USPF Big K's 7th annual PL Meet, (FP, BP, PP) (Cleveland, OH) Gary Kanagas, 440-241-7984, www.bigkspowermeets.com

12-14 JUN, RAW United Northeast Regionals & Pennsylvania State (Greencastle, PA) Sperto Thionitkids, 4353 Collinwood Dr., Melbourne, FL 32901, 321-505-1194, rawunited@cliff.r.com

13 JUN, SLP Superman Classic BP/PL (Metropolis, IL) Dr. Darrell Latch, Son Light Power, 122 West Sale St., Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com, sonlightpower@verizon.net

13 JUN, IHM Festival BP, DL (Anahem, CA) Steve Denison, 661-333-9800, pwifrits@msn.com

10-11 JUL, IBSA World BP & PL Championships for Blind Athletes (Miami, FL) Robert Keller 954-790-2249, ehk@verizon.net, www.usaplanet.com

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, 2249, ehk@verizon.net, www.geocities.com/floridauapl

14 JUN, WNPFF New Jersey Powerlifting Championships & 2nd WNPFF Lifetime Raw National Powerlifting Championships (Bordentown, NJ) WNPFF PO BOX 142347, Fayetteville, GA 30214, www.wnpff.net

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23 MAY, USAPL Pennsylvania State BP/PL/PP (Ambler, PA) Robert Keller 954-790-2249, ehk@verizon.net, www.njpowerlifting.com

23 MAY, SFP National PL & BP (Nashville, TN) Jesse Rodgers, 423-255-3672, www.south-eastpowerlifting.com

23 MAY, IBP SC State P (Seneca, SC) Keith Payne, keith@ironbroypowerlifting.net

23 MAY, USPF Military Nationals PL, BP, DL (Venice Beach, CA) Steve Denison, 661-333-9800, pwifrits@msn.com

23 MAY, APA Guernilla Open (UNL, PP, BP, DL, SS, OP, CR, Gear, UNL, PP) Scott Taylor, 5738 Zion Crossroads, VA John Shifflett, 941-626-4247, scott@apa-wpa.com, www.apa-wpa.com

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30 MAY, AAFP Carolina Classic PP/BP (Belmont, NC) Eric Hubbs, 803-366-9895, netim-fish@msn.com

30 MAY, USPF 4th Summer Fest BP & DL (Parkersburg, WV) Matt McCashe, 304-376-7538, mccashe@yahoo.com, www.uspf.com

GA 30214, www.wnpff.net

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6 JUN, SLP Missouri Open BP/DL (Chesterfield, MO) Dr. Darrell Latch, Son Light Power, 122 West Sale St., Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com, sonlightpower@verizon.net

6 JUN, USPF Sierra Nevada Cup (Grass Valley) Karen and Steve Matheus, 530-477-2946 or 432-1426, karen@mail2freedom.com

6 JUN, USPF Big K's 7th annual PL Meet, (FP, BP, PP) (Cleveland, OH) Gary Kanagas, 440-241-7984, www.bigkspowermeets.com

12-14 JUN, RAW United Northeast Regionals & Pennsylvania State (Greencastle, PA) Sperto Thionitkids, 4353 Collinwood Dr., Melbourne, FL 32901, 321-505-1194, rawunited@cliff.r.com

13 JUN, SLP Superman Classic BP/PL (Metropolis, IL) Dr. Darrell Latch, Son Light Power, 122 West Sale St., Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com, sonlightpower@verizon.net

13 JUN, IHM Festival BP, DL (Anahem, CA) Steve Denison, 661-333-9800, pwifrits@msn.com

10-11 JUL, IBSA World BP & PL Championships for Blind Athletes (Miami, FL) Robert Keller 954-790-2249, ehk@verizon.net, www.usaplanet.com

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, 2249, ehk@verizon.net, www.geocities.com/floridauapl

14 JUN, WNPFF New Jersey Powerlifting Championships & 2nd WNPFF Lifetime Raw National Powerlifting Championships (Bordentown, NJ) WNPFF PO BOX 142347, Fayetteville, GA 30214, www.wnpff.net

2-3 MAY, WPA World Championships (PL, WP, BP, DL) Gear, UNL, Raw) Scott Taylor, Davis High School, Mechanicsville, VA 23068, 405-527-8513, SQBPD@aol.com

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11 SEP 9th IBP Winston Salem, SC) Keith Payne, keith@ronboyverlifting.net, 336-251-8704

11-13 SEP (Date Change), WDPF World Single Event (Bradford, England) JM Geden@vnu.edu

11-13 SEP RAW United Armed Forces Championships (Free Contest), Spero Tishontkildis, 4353 Collinwood Dr., Melbourne, FL 32901, 321-505-1194, rawunit@clrr.com

12 SEP IPA, Pennsylvania State (Allentown, PA) Gene Rycklak, 143 Second Ave., Royersford, PA 19468, bench_a_grand@yahoo.com, www.rycklakpower.com

12 SEP IBP Regional Powerlifting (Winston Salem, NC) Keith Payne, keith@ronboyverlifting.net, 336-251-8704

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

12-13 SEP USAPL Bench Press Nationals, (Cleveland, OH) Gary Kanaga, 591 Central Dr., Broadview Hts., OH 44147, 440-717-9624, www.usapl-benchpressnationals.com

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

26 SEP SLP National PL Championship (Tuscola, IL) Dr. Darrell Latch, Son Light Power, 122 West Sale St., Tuscola, IL 61953, 217-253-5429, www.wnfp.net

27 SEP WNPFF All-American Powerlifting & WNPFF Lifetime (Lucie, FL) WNPFF POBOX 142347, Fayetteville, GA 30214, www.wnfp.net

15-16 AUG, RAW United Powerlifting Extravaganza (Fort Myers, FL) Spero Tishontkildis, 4353 Collinwood Dr., Melbourne, FL 32901, 321-505-1194, rawunit@clrr.com

16 AUG SLP Missouri State Fair BP/ DL (Sedalia, MO) Dr. Darrell Latch, Son Light Power, 122 West Sale St., Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com

22 AUG, APF/AAPF Summer Power Challenge Northwest (Oregon City, OR) Chris Duffin, 503-780-8890

22 AUG, 100% Raw Standards USA Open (BP, DL, SC - Eastlands, VA) John Shifflett, 186 Happy Hollow Rd., Ruckersville, VA 22968, vallings@aol.com, www.virginiapowerlifting.blogspot.com

25 JUL, USPF 2nd Virginia State BP & DL, Matt McCasie, 304-376-7538, mccasie@yahoo.com, www.uspf.com

1 AUG, USAPL Chuck Peterson Memorial BP/ DL (IN) Sonny Runyon, 3421 W. Armistead Rd., Muncie, IN 47302, 765-716-2587

1 AUG, SFP Southern States (Russellville, AR) Jesse Rodgers, 423-255-3672, www.southernpowerlifting.com

1 AUG, USPF Muscle Beach Push-Pull (Venice Beach, CA) Steve Denison, 661-333-9800, Pvflifts@msn.com

1 AUG, IPA New York Meet, Rycklak, 143 Second Ave., Royersford, PA 19468, bench_a_grand@yahoo.com, www.rycklakpower.com

1-2 AUG, RAW United Central Florida Universal Power & Fitness Challenge (Orlando, FL) Spero Tishontkildis, 4353 Collinwood Dr., Melbourne, FL 32901, 321-505-1194, rawunit@clrr.com

1-2 AUG, NAPA World Cup (OKC, OK) Rich Peters, Box 735, Noble, OK 73068, 405-527-8513, SQBPD@aol.com

2 AUG, SLP Vince Soto Memorial & Ohio State Fair BP/ DL (Columbus, OH) Dr. Darrell Latch, Son Light Power, 122 West Sale St., Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com

29 AUG, USPF Doubly-Ply Championships (Courtyard Marriott, Columbus, OH) Matt McCasie, 304-376-7538, mccasie@yahoo.com, www.uspf.com

29 AUG, USPF 3rd Ohio Open PL & Single Lift (Cincinnati, OH) Matt McCasie, 304-376-7538, mccasie@yahoo.com, www.uspf.com

AUG, APF Texas Meet (Houston, TX - Tentative), Greg Tillinghast, apitexas@yahoo.com

5 SEP, NASA Gilmer East Texas (Gilmer, TX) Rich Peters, Box 735, Noble, OK 73068, 405-527-8513, SQBPD@aol.com

5 SEP UK Open (University of Bath, Somerset, GB) Entry to BPO no later than August 15th, Meet Director Greg Ashford, 01373-859997, www.ukpowerlifting.com

5 SEP, APF/AAPF Summer Heat V (Rock Hill, SC) Eric Hubbs, 803-366-9895, netin-fish@msn.com

5 or 12 SEP, WNPFF Jake The Hammer Classic & WNPFF Lifetime BP, DL, PC Nationals (Warner-Robbins, GA) WNPFF POBOX (c) 563-219-2644

12 JUL, USAPL Deadlift Push Pull Nationals (Miami, FL) Robert Keller, Box 291571, Davie, FL 33329, 954-790-2249

18 JUL, California State Games (San Diego) Lance Slaughter, 74-401 Howley Ln. E., #2028, Palm Desert, CA 92260, 310-995-0047

18 JUL, WNPFF USA Championships & WNPFF Lifetime USA Championships (Atlanta, GA) WNPFF POBOX 142347, Fayetteville, GA 30214, www.wnfp.net

18 JUL, SLP Arkansas Open BP/ DL/Curl (Blythe, AR) 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 McCaslin (518) 829-7990, www.ironassylungym.com

24-25 JUL, Vermont State Open Raw BP (S. Burlington, VT) All American Fitness Center (802) 999-7845

24-26 JUL, 100% Raw Nationals (Charlottesville, VA) John Shifflett, 186 Happy Hollow Rd., Ruckersville, VA 22968, vallings@aol.com, www.virginiapowerlifting.blogspot.com

25 JUL, WNPFF American Cup Championships & WNPFF Lifetime

West Sale St., Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com

11 JUL, USA Pro-Am Bench Bash for Cash, Bill Carpenter, 145 State St., Dubuque, IA 52003, 563-599-1390, BCarpenter@UPAPower.com

11 JUL, NASA Youth Nationals & WV Open BP, PP & Power Sports, Greg VanHoose, Route 26164, 304-273-3110, greg@vhpover.com

11-12 JUL, ADAU Raw Power Single Lift Nationals (Clearfield, PA), Siegel Engraving, 814-765-3214, al@piktip.com

12 JUL, WNPFF Pan American Championships (Antigua, GUA) WNPFF POBOX 142347, Fayetteville, GA 30214, www.wnfp.net

12 JUL, USAPL US Open BP Championships (Miami, FL) Robert Keller 954-790-2249, ehk@verizon.net

12 JUL, WNPFF American Drug Free National Powerlifting Championships & WNPFF Lifetime All-American championships (Youngstown, OH) Ron Deamicis, 330-792-6670, WNPFF POBOX 142347, Fayetteville, GA 30214, www.wnfp.net

24-25 OCT, WNPFF Can-Am Championships (Youngstown, OH) Ron Deamicis, ehk1403@aol.com

24-25 OCT, USAPL Northeastern USA Regional BP/ PL (Ft. Washington, PA) Robert Keller 954-790-2249, ehk@verizon.net

31 OCT, 27th ADAU Raw Power Central PA Open (Bigler, PA), Siegel Engraving, 814-765-3214, piktip.com

31 OCT, USAPL New Hampshire State & New England States BP, DL, PP Championships (North Conway, NH) Robert Keller 954-790-2249, ehk@verizon.net

31 OCT, USAPL 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

31 OCT, 5th Westminster Family Center Open Bench Press (WFC, 11 Longwell Ave., Westminster, MD) Scott Bixler, 443-789-9452

31 OCT, N34 Wisconsin State (9:30 AM), Monster-Bench-Bash-4

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

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24 OCT, ANPPC National (Tuscola, IL) Dr.



WORLD NATURAL POWERLIFTING FEDERATION

- 22 FEB, WNPFA ALL-RAW Championships (Bordentown, NJ)
- 1 MAR, WNPFA Ohio Championships (Youngstown, OH)
- 14 MAR, Tennessee Championships (Cleveland, TN)
- 29 MAR, Youth/Teen/Junior/Subs/Masters & Police/Fire/Military Nationals & American Cup (Philadelphia, PA)

Contact Info: Troy Ford, 678-817-4743 or wnfp@aol.com
www.wnfp.net

- Cash (6 PM), (Sheboygan), Wisconsin Powerlifting, Box 565, Sheboygan, WI 53082, statechairman@wisconsinpowerlifting.com, 1-888-502-4087 toll free
- OCT, Halloween Monster Bench Bash (Eagle Nest, NJ), Curtis Schultz, aphevmexico@yahoo.com
- OCT, APT/AAPF Rise of the DL, East of the BP (Willowbrook, IL), Amy Jackson, 630-896-7309, amyjackson@aol.com
- 7 NOV, SLP Ohio State BP/DL (Hamilton, OH), Dr. Darrell Latch, Son Light Power, 122 West Sale St., Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com, sonlightgym@verizon.net
- 8 NOV, 100% RAW, AAPF, AAU Old School Iron Wars (raw, equipped) (Bret@vermontpowerlifting.com)
- 10-15 NOV, WPF World PL, BP, DL (Rivera Hotel Casino, Las Vegas, NV) Steve Denison, 661-333-9800, Purlifres@msn.com
- 13-15 NOV, RAW United North American Open (Greencastle, PA) Spero Tshonikids, 4353 Collinwood Dr., Melbourne, FL 32901, 321-505-1194, rawunited@cl.rr.com
- 14 (Louisville, KY) Dr. Darrell Latch/DL (Louisville, KY) Dr. Darrell Latch, Son Light Power, 122 West Sale St., Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com, sonlightgym@verizon.net
- 21 NOV, NASSA Southeastern States Regional Powerlifting, BP, PP & Power Sports Championships (Hickory, NC), Greg Van Hoose,

Route 1 Box 166, Ravenswood, WV 26164, 304-273-3110, greg@whpower.com

21 NOV, Kansas Regional, Equipped & Unequipped Powerlifting, BP, Power Sports and Push Pull, (Sallina, KS)

NOV, APT TX Cup (Dallas, TX), Greg Tillmohr, aptexas@yahoo.com

4-6 DEC, RAW United National Championships (Must Qualify), Spero Tshonikids, 4353 Collinwood Dr., Melbourne, FL 32901, 321-505-1194, rawunited@cl.rr.com

5 DEC, IPA Christmas Carnage/Genie Ruchlak/Bench Classic, Gene Ruchlak, 143 Second Ave., Royersford, PA 19468, bench_a_grand@yahoo.com, www.nyckhlopowerlifts.com

5 DEC, USAPL Florida Senior/Master State Games 40+ Championships (BP, DL, PP - Ft. Myers, FL) Robert Keller, 954-790-2249, ehk@verizon.net, www.geocities.com/floridausapl

5 DEC, WNPFA Lifetime Nationals & 12th Sarge McCray BP, DL, PL (Bordentown, NJ) WNPFA P.O. Box 142347, Fayetteville, GA 30214, www.wnfp.net

5 DEC, SLP Tennessee Christmas For Kids BP/DL/Curl (Memphis, TN) Dr. Darrell Latch, Son Light Power, 122 West Sale St., Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com, sonlightgym@verizon.net

5 DEC, USAPL Virginia State (BP, DL, PL, Ironman, Raw, Assisted-Standard), VA, John Shufflett, 186 Happy Hollow Rd., Ruckersville, VA 22968, valifting@aol.com, www.wnfp.net

5-6 DEC, APF Southern States PL/Pullupsliftform@aol.com

6 DEC, 17th ADAU Raw Power coal Country Classic (Bigler, PA), Siegel Engraving, 814-765-3214, al@plktup.com

6 DEC, WNPFA Delaware Championships (Leaves, DE) WNPFA P.O. Box 142347, Fayetteville, GA 30214, www.wnfp.net

12 DEC, WNPFA Georgia Powerlifting Championships, WNPFA P.O. Box 142347, Fayetteville, GA 30214, www.wnfp.net

12 DEC, Arkansas Christmas Classic (Russellville, TN) Jesse Rodgers, 423-255-3672, www.southernpowerlifting.com

12 DEC, SLP Arkansas Christmas For Kids BP/DL/Curl (Rogers, AR) Dr. Darrell Latch, Son Light Power, 122 West Sale St., Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com, sonlightgym@verizon.net

12 DEC, USPF NorCal Pl, BP, DL (Sacramento, CA), Steve Denison, 661-333-9800, Purlifres@msn.com

12 DEC, 100% Raw Christmas Classic (BP, SC - Standardville, VA) John Shufflett, 186 Happy Hollow Rd., Ruckersville, VA 22968, valifting@aol.com, www.wnfp.net

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.wnfppowerlifting.com

19 Nationals & 2nd YMCA BP, DL, Rep Classic (Durham, SC) WNPFA P.O. Box 142347, Fayetteville, GA 30214, www.wnfp.net

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.wp-powerlifting.com

SLP Kentucky Open
23 FEB 08 - Louisville, KY

BENCH: Master (55-59)
SPIN: S. Matzek 350*
Raw: Master (60-64) 275 lbs.
181 lbs. R. Winstead 275 lbs.
L. Fedenko 275 lbs.
MALE: R. Winstead 275 lbs.
Special Olympic: T. Chapala 315*
181 lbs. Police/Fire 198 lbs.
D. McCarthy 270*Novice: 480-300*
480-275*
Open: 480-300*
480-275*

425 lbs. J. Franklin 420*
Teen (13-15): DEADLIFT
220 lbs. R. Patton
Junior: 280*
MALE (45-49)
181 lbs. L. Fedenko 300*D. Quinn 181 lbs.
485 lbs. 480-305*Bally Submaster 198 lbs.
J. Figg 385 lbs.
Master (40-44): S. Currey 320*350*
C. S. 480-370*Raw: Wheel Chair 205*
N. Logsdon 132 lbs.
D. Prince 242 lbs.
D. Prine 375*Teen (18-19): 480-390*
242 lbs. M. Reschke 550*Submaster 275 lbs.

290*
M. Barnett 520
Submaster 220 lbs.
M. Evans 420
L. Wolz 400*
C. T. Hill 400*
Master (50-54): R. Winstead 405*
M. Evans 235 lbs.
A. Belanger 340*220 lbs. M. Evans 235

181 lbs. J. Robinson 375
J. Robinson 650
W. Bally 275 lbs.
M. Reschke 550*
Submaster 275 lbs.
M. Barnett 520
Submaster 220 lbs.
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C. T. Hill 400*
Master (50-54): R. Winstead 405*
M. Evans 235 lbs.
A. Belanger 340*



Ray Belanger locks out an SLP State Record 340 pounds at 50-54/220. (photographs by Dr. D. Latch)

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- Long Jack 100.1, 20gm 37.50
- Yohimbe 2%, Std. Extract 50gm 7.50
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tion, with great energy that made it seem more like a family reunion than anything else. After a disastrous automobile accident three years ago, fifty-year-old Stephen Matzek returned to competition. Though still in a wheel chair, the totally supportive and enthusiastic crowd cheered at his every attempt. An audience member who is always "charged up" for competition, Matzek is always "charged up" for competition. A multi-state record-holder, Heath is also a lifting raw and setting the state record at 65-69/275 with 315; Dennis McCarthy, broke the state record at police/fire 198 with 275 while, Robert Patton broke the state record at open 245 with 420. Daniel Quinn with 340 at 198 and William Bally with 485 at 242. At submaster 198 it was Jason Figg with a solid 385. But then at 40-44/148 Chris Flowers got a big 370 pr and state record, a new PR for the police/fire division. In the meantime, the encouragement and support we all get from one another! In the raw bench press event Health Logsdon moved up to 132 in the wheel chair division, setting the Kentucky state record there. A new letter to Son Light Power, 122 West Sale St., Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com, sonlightgym@verizon.net got out to the fourth attempt. Divine Prince, another new comer, set the state record at 242 with 375, then a great fourth with 390. Then at 18-19/242 it was Marc Barnett with 290, breaking the state record for that class. This was Mark's first competition. At 40-44/148, Jason Figg, broke the state record for his class. With a Wolz with 400 at 220 while Chad Trout won at 242 with the same. Both men set new state records for their respective classes. Mark Evans, one of my favorite competitors, continues to lift at a national level, finishing at 50-54/148 with 235, tying his own state record for the class. Also at 50-54 Chad Trout won at sub-master

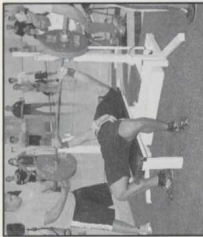


Heath Logsdon readies to bench press

CSU San Bernardino Collegiate

11 NOV 08 - BR	DL	COI
MEN		
J. Pense	88	220 309
J. Marquez	132	220 353
C. Kramison	143	314 457
WOMEN		
R. Roala	320	386 705
J. Richter	292	463 755
J. Hunter	364	584 948
P. Andrade Jr.	342	342 683
E. Escobar	176	463 639
D. Jones	309	540 849
D. Russell	408	— 408
T. Heck	375	518 893
T. Hancock	364	468 832

This was our first Cal State San Bernardino collegiate powerlifting event, to start off, the venue was fantastic with Cal State being very supportive by sponsoring the whole event. They supplied us with spotters, loaders and staff personnel to set up the meet. We had a great group of lifters with a very energetic atmosphere. Justin Hunter, 190 lbs, won the class gold in the 190 lbs class. Justin Hunter, 190 lbs, won the class gold in the 190 lbs class. Justin Hunter, 190 lbs, won the class gold in the 190 lbs class.



Justin Hunter at the Cal State San Bernardino Push-Pull (photograph courtesy of Mike Womelsdorf)

from CSUSB came in with a 65 kilo bench and a very strong 142.5 kilo deadlift. In the Men's 181 lb. division Ray Roala from CSUSB had an excellent 145 kilo bench press and made all three attempts in the deadlift finishing with 220 lbs. Justin Hunter, 190 lbs, won the class gold in the 190 lbs class. Justin Hunter, 190 lbs, won the class gold in the 190 lbs class.

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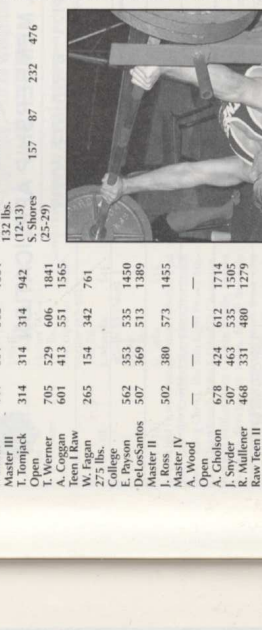
369	248	413	1031
187	215	209	612
338	176	248	783
154	94	176	24
347	204	386	937
—	138	—	138
424	259	408	1091
248	138	358	744
314	171	347	832
529	347	551	1427
485	281	502	1268
402	259	441	1102
248	231	303	783
430	281	424	1135
171	149	265	584
165	154	254	573
347	231	452	1031
424	314	463	1202
248	204	358	810
535	320	540	1394
474	336	474	1284
529	281	441	1251
402	248	474	1141
419	314	474	1119
546	364	513	1422
457	314	551	1323
408	231	430	1069
198	215	292	705
386	292	380	1058
198	132	336	667
546	391	513	1450
474	369	507	1330
463	331	502	1295
441	314	524	1279
265	220	265	750
402	265	419	1086
353	314*	402	1069
325	259	424	1009
408	94	513	1014
634	452	617	1703
590	325	562	1477
314	265	419	998
380	248	452	1080
409	275	524	1372
374	359	386	953
507	369	601	1477
529	353	551	1433
502	302	601	1405
446	309	446	1202
452	331	463	1246
358	220	463	1042
705	463	645	1813
601	369	645	1615
535	353	546	1433

USAPL Longhorn Open
 15 NOV 08 - Austin, TX
 BENCH
 R. Torres 292
 J. King 430
 C. Martinez 491
 T. Gully 408
 K. Kallus 171
 P. Calhoun 215
 M.ALE
 A. Gibson 424
 B. Ester 387
 J. Pense 364
 J. Richter 287
 J. Marquez 364
 C. Kramison 259
 M. McDonald 165
 A. Awall 397
 P. Summers 143
 D. Bennett 314
 A. Owens 171
 D. Jackson 270
 J. Lopez 347
 J. Gomez 209
 J. Bevering 287
 M. Becka 143
 S. King 424*
 S. Eliason 314
 W. Jones 292
 S. Thomas 364
 S. Annapardo 187
 B. Matias 193
 A. Oler 254
 S. Williams 309
 DeLosSantos 336
 College 281
 Junior 441
 D. James 441
 K. Hubbard 303
 G. Tate 276
 College 72

mailed a solid 80 kilo bench press and finished with a total of 210 kilo deadlift. Philip Russell from UCLA nailed 185 kilos on the bench press. DJ Lamm with 165 kilo bench press did a very strong 235 kilo deadlift. Travis D. Heck from AZUSA Pacific University had a solid 165 kilo bench press and a very good 212.5 kilo deadlift. A big thanks to Rick Craig the Athletic Director for opening the doors to our organization to start promoting Powerlifting Meets. Thanks also to Mike Kramison who did a ton of work for the meet. A special thanks to our meet director Mike Gonzales and his company MW Lifters. (results from Mike)

RAW United Armed Forces
 4-5 OCT 2008 - Melbourne, FL
 Heavyweight Lifter Male: Shane Brady, Meet Director: Kim Beckwith, (results courtesy of Kim Beckwith)
 Raw
 R. Beck 408
 T. Gully 590
 M. Martinez 491
 M. Brazier 446
 T. Gully 204
 S. Crudup 314
 A. Condra 573
 A. Matias 513
 J. James 535
 P. Smith 441
 T. Tompck 314
 T. Werner 705
 A. Coggan 601
 W. Jones 265
 E. Payson 562
 DeLosSantos 507
 J. Ross 502
 Master IV 502
 A. Wood —
 Open 678
 A. Cholson 424
 R. Muller 505
 Raw Teen II 468
 C. Johnson 353
 UNL 347
 J. Gordon 347
 B. Pflow 606
 F. Gonzales 584
 C. Yancey 303
 D. Dupliche 634
 Open 347
 J. Berger 507
 C. Green 529
 B. Boller 502
 Open Raw 446
 R. Pena, Jr. 452
 J. Valentin 409
 Master I 374
 Open 309
 C. Brady 634
 S. Soulen 590
 H. Davison 314
 College Raw 380
 Akimrisola 380
 Master I 374
 I. Valentin 409
 Master I 374
 Open 309
 J. Berger 507
 C. Green 529
 B. Boller 502
 Open Raw 446
 R. Pena, Jr. 452
 J. Valentin 409
 Master I 374
 Open 309
 M. Adams 358
 S. Brady 705
 O. Myklebust 601
 J. Carpenter 535

Australia's Anne Gabrielsen, Coach Dan Matthews, and Armed Forces Veteran Ross Semple of World's Gym in Fort Lauderdale, FL, at the RAW United competition on October 4th and 5th (courtesy of Sperto T).



John Ianno, a recent recipient of Florida Atlantic University's Presidential Scholarship, benched 260 at 144.6 lbs. at the RAW United Open Push Pull

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B. Reardon	170	105	265	540
(35-39)				
D. Graham	120	80	175	375
(35-39)				
A. Gabrielsen	155	85	175	415
MEN				
101-111				
123 lbs.	85	55	115	255
(12-13)				
P. Moran	150	70	155	375
E. Samarah	125	82	200	407
(16-17)				
V. Sayer	225	145	265	635
4th-SQ-235				
148 lbs.	—	110	235	345
(14-15)				
J. Douglas	4th-DI-255			
(15-18)				
R. Victoria	355	185	360	900
A. Miller	270	175	325	770
(18-19)				
J. Ianno	—	260	450	710
165 lbs.				
C. Baker	155	102	200	457
(12-13)				
C. Baker	105	75	135	315
(14-15)				
J. Wadzinski	—	180	300	480
(16-17)				
Y. Ishonkidi	285	205	440	930
(60-64)				
A. Annunzio	—	215	430	665
105 lbs.				
U.S. Armed Forces National & Open Push Pull Championships, designed to honor and pay tribute to those Americans that choose to wear the uniform, set the standard for this annual event. For more information on whether you or veteran was given a free entry to the 2008 World Championships in Melbourne, FL, in response to their (and their family's) service and sacrifice. May God bless all of our men and women uniform, especially those serving in harm's way. Iron Mind Champion Amanda Fiedler's Best Bench Press (355 lbs.) set the women's charge. Annunzio, a member of Wildcat Powerlifting, posted record lifts of 155, 90, and 217 en route to her win in Port Saint Lucie, Bridget nailed record lifts of 170, 105, and 265 in the 132s to capture her class. Thirteen-year-old Samantha Shores (137, 87, 232) lifted 105, 65, and 135 on the cross-belt board, and Australia's Anne Gabrielsen set an impressive showing in her debut meet with lifts of 135, 85, and 175. On the men's side, veteran lifters John Ianno, Roberto Victoria, and Jayson Wadzinski were impressive. Lifting in the 148s, John (Take Worth, FL) went 260 and 440 in the push pull, totaling nearly five times the RAW Bench FL total. A recent recipient of Florida Atlantic University's Presidential Scholarship, benched 260 at 144.6 lbs. at the RAW United Open Push Pull				



Tim O'Brien had a flawless 425-300-445 day at 181 lbs. Master lifters with lifts of 315, 215, and 385 in the RAW United Open Push Pull

(continued from page 14)

for their size and build.

For the lifters in the upper weight class divisions, there needs to be a change. Pain tends to travel and radiate through the wrists, elbows and then shoulders. Picture training for a meet with practically zero shoulder & pec strains! Imagine pushing weights according to your strength level and not handicapped by poor bench width leverages. Too many of us possess a lot of raw bench power but it is poorly displayed due to lousy means.

DISCOVERY

About a year and a half ago, I approached my friend Anita, the seamstress that does all the vinyl work for a commercial equipment company. I explained to her that I needed her to make my newly designed pad for all my benches. She had them done in one day. I have to give a lot of credit to Gene Rychlak for his ideas about this. He let me warm up with him two years ago at Mark & Ellen Chalier's IPA Senior Nationals. He designed his own bench that has the thicker, wider pads. This enabled him to handle huge poundages in training, more safely and efficiently. I have tried to copy his idea as best as I could remember. Sometimes things are invented the right way out of necessity before science can catch up with its stamp of approval.

Anyway, Anita made it to my exact request. All my pads were double padded and fifteen inches wide. I measured over one hundred retracted shoulders for over three months. The girls averaged about 12 inches from retracted rear delt to delt (the point of contact on the corners of the bench) and the guys ranged from 15-19 inches. Chasing people around with the tape measure was very fun. Now you see why the standard bench has worked all these years for females and lower weight class divisions? The scapula is supported wonderfully for the smaller lifter, not allowing it to overhang, but still allowing the scapula to move. That same bench for the larger competitor does not work efficiently. The SHWs, for instance, not only have scapula overhang but upper back and lat overhang. Overhang means NO support and NO leverage. Shearing forces should pass through the shoulders, upper back and lats into the bench pad. The absence of a wider pad leaves all the shearing forces of the lift to be absorbed into the shoulders

themselves. This causes the wobble effect you see some of the big guys go through. So that is what we have today. Not a bright future for us, but a great one for orthopedic surgeons. When was the last time a meet promoter paid for your surgery for an injury occurred during their meet? Never!

THE SOLUTION

As mentioned earlier, it is not that drastic of a jump for you larger lifters to convert to a 14-15 inch width cushion. The one I have has both of these qualities. It will be a while before the meets do this, but that is just three attempts. Your bench, the one you train on, is one to two days a week. Get a group of three together for your heavy lift offs. When attempting high five hundreds and up, it is a lot to ask one person to lift off. A three-man lift off is effortless and easier to control. The grip specialist, Richard Sorn of South Carolina's Sorinex Equipment, has a bench where the rack leans forward over the lifter. The lifter position themselves right under the bar where the lift off would end. Once the bar is lifted, the rack retracts to normal position. This works similar to the Monolift. Imagine what that bench will do for lifters from RAW to Full Gear? Not wrestling with the take out is eliminated with this method! Bigger bench numbers and fewer accidents.

When a bench is very hard or thin, it tends to reverberate the forces you are trying to control and bail during the execution of a heavy bench attempt. As mentioned earlier, this is the wobbling effect you see at meets when you lower and press the bar. You might drift to one side and overcompensate to try to regain control. All your points of contact start quaking. This can lead to not only a failed attempt but also severe injury. Did you ever wonder why these huge 800-1000 lb. benchers miss a lot of their attempts? It is not because they are not strong or they have too much shirt (how can you have too much shirt under 1000 lbs.). At each venue, they encounter a different bench. Some of these are pulled from the local gym that is sponsoring the event. In my opinion, this is the cause of a lot of missed attempts.

Whatever federation you lift in, they need to require that the meet director use one of the sanctioning body approved bench presses. This will cut down on injuries and raise up the successful bench attempts. One bench for 198 lb and under should

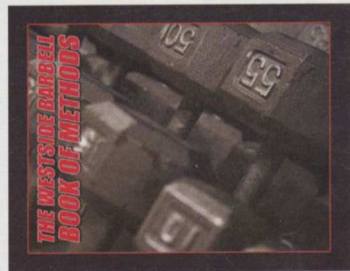


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tion about the fat pad. Cut back on your pectoral strains and tears. Subdue shoulder impingement and rotator cuff tears. Utilize your lats and upper back for maximum pressing power. Ideal leverage is the name of the game. You will experience an increase in your bench PRs, immediately. You did not get stronger, as possible. If you want an easier route, contact Bert or Richard Sorn at www.sorinex.com for information!

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ing), and even then, although you're trying to eat right, you likely will still need to supplement your diet with some of the essential fatty acids.

Omega-3 Fatty Acids

The omega-3s like alpha-linolenic acid (LNA) and eicosapentaenoic and docosahexaenoic acids (known as EPA and DHA respectively) increase fatty acid oxidation (burning of fat), basal metabolic rates, and lower cholesterol.

Omega-3 fatty acids also provide an anabolic effect by increasing the binding of IGF-1 to skeletal muscle and improving insulin sensitivity, even on diets high in fat which have a tendency to decrease insulin sensitivity. As well, fish oils may also have important implications for women prone to osteoporosis since they appear to decrease calcium excretion.

Omega-3s also stimulate prostaglandin production. Prostaglandins are chemical messengers that regulate activity in body cells on a moment-to-moment basis and are involved in critical functions like blood pressure regulation, insulin sensitivity, immune system and anti-inflammatory responses. They're also involved in a myriad of other functions, many of which have yet to be fully identified.

If you have a problem producing prostaglandins or experience an imbalance between the different kinds of prostaglandins, overall health can be affected. EPA deficiency can lead to many problems including cardiovascular, hormonal, neurological, musculoskeletal, and immune dysfunction.

The Secrets of EFAs:

How the Omegas Work

Alpha linolenic acid is the principal essential fatty acid in the omega-3 family and linoleic acid takes the lead in the omega-6 series. In a healthy body with sound nutrition, various metabolic conversions take place transferring the raw dietary materials into usable, biologically potent EFAs and other compounds.

Alpha linolenic acid is transformed into eicosapentaenoic acid (EPA) and later into docosahexaenoic acid (DHA). The series three prostaglandins are formed from EPA. As well, EPA reduces the production of the bad prostaglandins from arachidonic acid.

The omega-6 linoleic acid converts to gamma linolenic acid (GLA). Both the EPA and the GLA synthesized from dietary sources undergo another conversion, resulting in hormone-like biochemical compounds known as eicosanoids. These substances aid in virtually every body activity, from vital organ function-

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Dr. Di Pasquale, the father of low carb cycling diets, including his ground breaking Anabolic Diet, Metabolic Diet and Anabolic Solutions, is one of the most respected names in powerlifting.

The MD+ line of products that he formulated and manufactures, and which include the ground breaking Exersol and NitAbol, are the best nutritional supplements for powerlifters available today.

That's because they are formulated by the one person in the world with the knowledge, credentials, qualifications, reputation and expertise to do the job right.

His four decades of medical, nutritional and powerlifting experience and expertise, along with his two decades as a competitive powerlifter, which culminated in his IPF and World Games gold medal victories, give him that all important edge.

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ing down to intracellular processes including helping to regulate inflammation and blood pressure as well as heart, gastrointestinal, and kidney functions.

As such, their use can be preventative and therapeutic for various conditions including some types of cancer, and cardiovascular, neurological and musculoskeletal diseases. Because of their anti-inflammatory properties they are effective anti-aging nutrients. As well, they can be used as an aid for weight loss and for improving body composition.

Benefits of EPA+ Version III
As far as the essential fatty acids, EPA+ consists largely of the omega 3 family of essential fatty acids, so as to even out the omega 6/omega 3 ratio

to one that is closer to the ratio that man has consumed for most of his existence. Bringing the ratio into line enhances cellular function, decreases inflammation, and improves body composition, health and well-being.

EPA+ contains pharmaceutical grade fish oil with higher levels of EPA and DHA. It's important to include these longer carbon chain omega 3s for two reasons. First of all as first of all the formation of EPA and DHA from ALA is limited and secondly while fish is one method of getting these oils, most sources recommend that fish consumption be limited to two to three servings weekly because so many fish are tainted with mercury, PCBs and other contaminants.

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a break from the sport for years and come back. Powerlifting has a special place in all of hearts. For many it has given them increased self confidence. For others it has guided their path in life including even their business may be based around the sport. Truly, Powerlifting is a sport that, once you are bitten by the power bug, is very hard to walk away from. Since this beautiful sport has done a lot for me in my life I always want to give back as much as I can too.

The main reason for starting my column was that I saw so many powerlifters destroying their health and ultimately reducing their lifespan, not to mention that the quality of their life was also affected by their horrible eating and lifestyle habits. Losing someone close to me in the sport at a young age due to his nutrition and lifestyle choices made me really want to make a difference. I wanted to change that scenario for other lifters around the world. If my column could help other lifters clean up their eating at least to a point where it would improve their health from their disastrous food choices, then I felt that I made a contribution to the sport that I loved so dearly. I have worked with hundreds of lifters over the last 15 years and I am proud to say that I have made some

be part of Team XP3. This means that you will be able to take advantage of all my consultations and program design free of charge. If that isn't a deal, then I don't know what is. For those of you looking to get involved please email me at: Anticuto@NutritionXP3.com

From there I'll send you the application form. Once your donation has been confirmed by Rick then you will officially be entered into one competition. There has been one change to the contest that you all will like. In the past it was only open to National or World champions or those that have totaled Elite. That is no longer the case so no matter what your level or total you can now enter as well. I had many lifters email me feeling that wasn't fair so I decided to change it to make it available to all that want to get involved. So please get involved in this once in a lifetime chance to work with me one-on-one and also help a legendary coach in our sport in his time of need. I want to thank all of you who have already made donations and have helped make this a success.

If you have any questions or comments feel free to reach me at: Anticuto@NutritionXP3.com

Or Check out my website at: www.NutritionXP3.com

big differences in their lives. Taking someone who is 70 pounds overweight and getting them to drop that excess fat, and getting their cholesterol and blood pressure under control isn't the whole picture. Having a client tell me that they can now play with their young sons without getting out of breath, or not feeling sick just bending over and tying their shoes is what makes it all worth it in the end. I know some of you may make fun of what I just said, but if you have ever been in that situation you will know where I am coming from. I care about this sport as well as the lifters and I want to give back to it because it has done so much for my life too.

Now just to give you a heads up on the Rick Hussey contest, it is in full swing. I am going to increase the deadline of the show until March 10, 2009. This way all of you lazy bums out there that didn't get much done in the holiday season now can get off their butts and get their applications in. Remember for the donation all you have to donate is what you can handle. There is no donation too small. Just to remind you that 100% of all donations will go directly to Rick to help pay for ongoing medical treatment and past medical bills. Remember I will be choosing 10 winners who will get to

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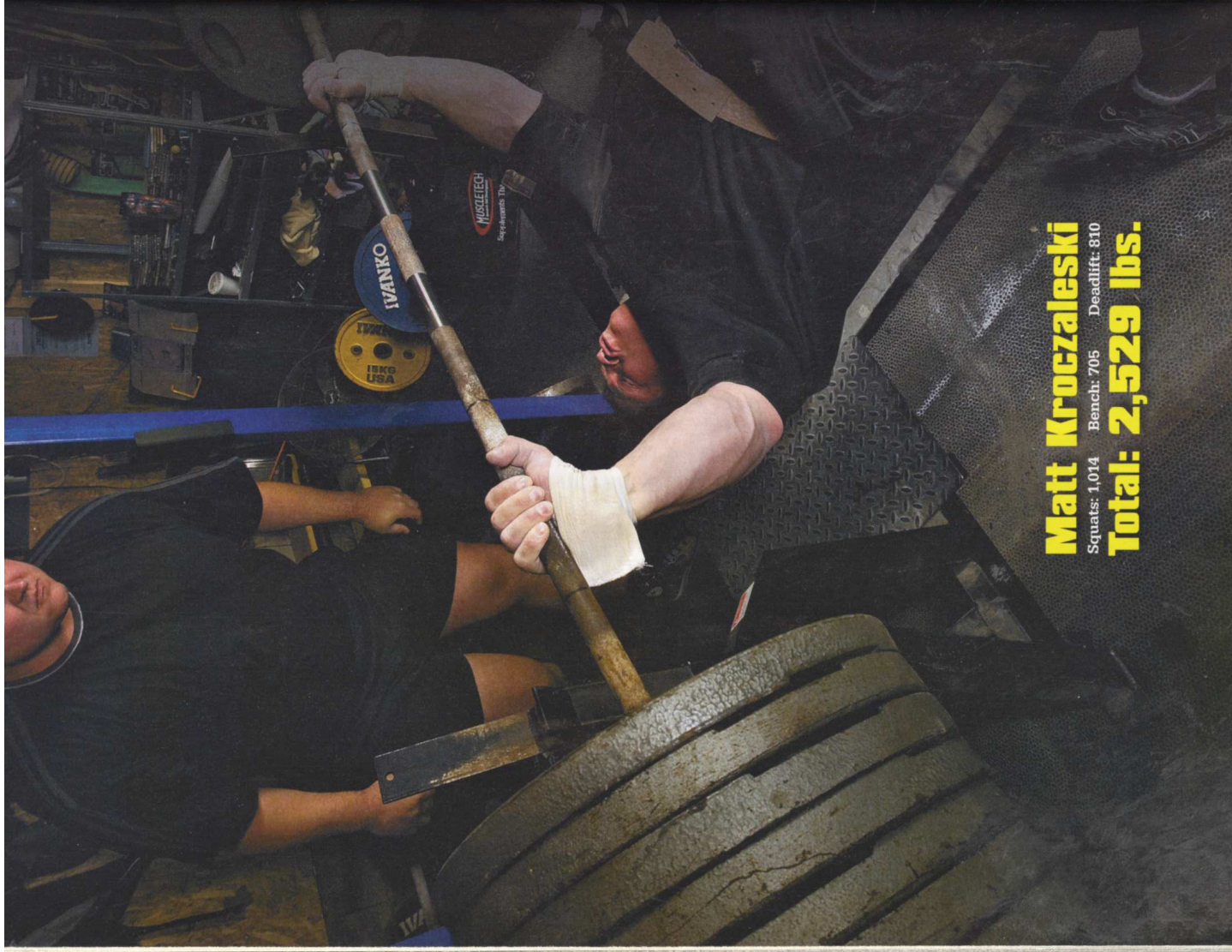
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BENCH WOMEN	325*
G. Trail	4th-335*
181 lbs.	226
D. George	300*
275 lbs.	226
J. Berry	170*
148 lbs.	226
Master (55-59)	400*
M. Brown	315
142 lbs.	226
E. Haring	115*
220 lbs.	226
220 lbs.	365*
Open	165*
W. Zolty	165*
Police/Fire	440*
308 lbs.	226
C. Schaeffer	215*
165 lbs.	226
165 lbs.	226
G. Collins	215*
198 lbs.	226
R. Palmer	430*
242 lbs.	226
J. Kidd	290*
242 lbs.	226
Z. Whalen	400*
275 lbs.	226
Submaster	450*
448-475*	226
198 lbs.	320
P. Bily	330
242 lbs.	330
A. Bolog	500
242 lbs.	330
I. Vandenburgh	600
148 lbs.	275*
R. Tidy	450
165 lbs.	550*
181 lbs.	310*
181 lbs.	340
220 lbs.	325
D. Bergman	320*
220 lbs.	370
P. Wolfe	410*
J. Webb	465
181 lbs.	275*
D. Jeffrey	370*
198 lbs.	370*
198 lbs.	380 lbs.
D. Hardesty	260*
220 lbs.	275
J. Morando	220 lbs.
198 lbs.	540
N. Adams	

well as the best lifter award was Jason Whalen. Jason finished with a new state record of 560. Second place at 242 went to Steve Nagle, who finished with 445. Chad Breeden took the 275 class with 455. In the 5th-54 age group Roy Leedy won at 220 with 420, while nursing a quadriceps pull, and Mike Giese won again at 300 with his 385 opener. In the men's raw team, Venue-Samsom Gym, thanks once again to Dr. Kilduffe Sparks for sponsoring this event, Selman and Darris Sparks for doing a great job leading and spooling in the women's division on the bench it was soon to be sixty-eight year old Janet Berry for the win at 65-69/181, 275 at 148. Ryan Hermann did the same at 165 with 340 while Dustin Bergman set the record at 220. However, her efforts did not track to 240. In the women's raw division, making her the oldest lady competitor to ever win that honor! In the raw division, Elizabeth Morando won at 45-49/148 with 115, setting the state record. At 55-59 it was Ellen Haring, a fifty-nine year old beauty, who looked thirty-some, breaking the state record here at 100, along with Robyn Palmer, who did it at 220 with 300. In the police/fire lifter, who set the record at 308 lbs. with 440. In the 55-59/242 weight class, Jerry Troyer won at 55-59/242 with 315. In the 60-64/242 class it was Mike Brown, upping his own state record to 365. William Zody broke the state record at 70-74/198 with 165. Our lifter raw lifter was police & fire/308 winner Chad Lane. Chad finished with a new state record at 220 with 400. In the 55-59/242 class, Jerry Troyer won at 55-59/242 with 315. In the 60-64/242 class it was Mike Brown, upping his own state record to 365. William Zody broke the state record at 70-74/198 with 165. Our lifter raw lifter was police & fire/308 winner Chad Lane. Chad finished with a new state record at 220 with 400. In the 55-59/242 class, Jerry Troyer won at 55-59/242 with 315. 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Matt Kroczaleski
 Squats: 1,014 Bench: 705 Deadlift: 810
Total: 2,529 lbs.

STRENGTH IN NUMBERS

MORE STRENGTH. BIGGER LIFTS.

You're a powerlifter. And as a powerlifter, people couldn't care less about how you dress, what kind of car you drive or what you do outside of lifting. In this industry, it's all about the numbers! How much you push and pull - end of story!

In a world where numbers mean everything, **2 is sure as hell better than 1.** That's why you simply can't go wrong with two of the world's most advanced musclebuilding supplements known as the Cell-Tech Hardcore/Nitro-Tech Hardcore Stack!

Backed by over **75 clinical studies** and abstracts on their formulas and ingredients, the Cell-Tech Hardcore/Nitro-Tech Hardcore Stack is scientifically designed to add massive amounts of muscle and increase explosive power! In an 8-week study, not only

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 PR.

Supplement with both Cell-Tech Hardcore and Nitro-Tech Hardcore and next time you walk up to a stacked barbell, experience the difference proven numbers can make on your lifts!



- **Increase Your Max Bench by 504%!**
- **Gain 256% More Leg Strength!**
- **Pack On an Incredible 660% More Mass!**

In one 8-week study that included diet and weight training, subjects using the Cell-Tech/Nitro-Tech Hardcore Stack gained on average 600% more mass (11.4 vs. 1.5 lbs) and increased their max bench by 504% (345 lbs vs. 19.3 lbs) and amplified their max leg press by 256% (1232 vs. 346 lbs) more than the control group. In the same 8-week study, one extraordinary bass subject gained 110 pounds on his max bench. Cell-Tech® Hardcore and Nitro-Tech® Hardcore are patented. © 2008.

AMERICA'S #1 MUSCLEBUILDING STACK
Jack Your Raw Bench by up to 110 lbs. in Just 8 Weeks!





Jon Wolbers - from Canada (ND)

knowledge the lifters accomplishments no matter how small, which means unlike some results of the IPF World's you don't see much of a story. Peter Thorne used to write excellent articles on IPF events but since he retired from that job lately they don't seem to be as good or detailed. Back to the MASTER 40-46/SHW class. Ken Overbey benched 705 lb to beat Jeff Place of Oregon who did 650. In third was Greg Guernsey of Maine who did a state record 540. Ken Overbey put at least 15 hours of his time in the weight room, checking gear and answering questions about gear. He's from Gadsden, Alabama, and is a true southern gentleman, only a larger version at 335 lbs. In MASTER 47-53 men bench, Fullon White on bodyweight, by two tenths of a pound. They both did 325 with Dave's being a Wisconsin state record. At 181, Mark Lo of Hawaii beat Paul Janoff with a state record 402.2. At 198, Mike Berteaux of Colorado set a state record 474.8 to win gold. Fil Donsa III of Nevada was second with 253.5. State record 451.7. William Stirling of Canada was third with a national record 385.7. There was a field of seven. At 220, Jerry Baldwin of Montana was second to World Record holder Alvin Kearby with a Montana record 372.5. Robert Harris of Nevada was third with 462.7. AD242, Ed McCauley of Oregon, the World Record holder with 573, had to settle for 540 but it was enough to win and beat Don Rych of Minnesota who came in second with 534.5. Gary Stevens of Wyoming was fourth with a state record 429.7. At 259, Mark Stanford of Arizona set a state record with 522.1. In second place was Ron L'Hullier of Michigan with his first ever 500 lb bench at age 51. Ron is also the WEBMASTER for WARDL and if you haven't checked it out lately, he is doing a terrific job. It's in honor now, and jumps out at you, www.webdl.org. Rob Carbo of California was lifted with 501.5 and Reggie Jackson owned at one time. The legendary still keeps in touch with the legendary



Willard Crossen II - WABDL Star

Yankee slugger. At 308, Richard Luukan of Ohio set a state record 534.5 to win a world championship on his first try. Joe Mickelson of Washington was second with 501.5, but he's done 556. At Super 304, James Mersberg set a Hawaii record 611.7 to beat 391.6. Gary Getner of Colorado, who set a state record 576.3. Gary is the Colorado state chair. He has a meet on May 9th in Glenwood Springs, CO at the Rocky Mountain Regionals. (The hotel is Glenwood Hotel, and that would be a lot of historical significance, teddy bear was staying there and the staff member a stuffed bear, thus the Holiday had tuberculosis and visited the hotel's hot springs as part of his therapy. That's where he's buried). Big Jim Mersberg squatted 940 in a single ply squat with no monolift drug free back in 1988. In MASTER 54-60/123 men, Frank Principati of Pennsylvania set a state record 110. He had no competitors. At 165, Perry Plush came in second to Al Noho's previously mentioned World Record 363.7 with 330.5. Ashok Sharma of India was third with 253.5. An Indian national record. At 181, Jody Fjeldstad of Minnesota set a state record 374.7 for the world title. Tom Conner- yet was second with 413.2. Daniel has been to hell and back with the Marines in Nam. At 275, Ron Hood of Oklahoma, who has been benching over 500 for 35 years, got 507 which was some judging and never seems to slow down. He's 63 and built like he's 43. At 308, Robert O. Smith took a shot at 600 at age 65 to try to become the oldest lifter in the world to bench 600, but he had to settle for 540. He holds the World Record at 573 that he did on August 2nd, 2008. He's been competing in weightlifting since 1963. He is also the coach of Team Canada. Doug Knapp of California was second with a state record 396.7. In MASTER 68-74/165 men, Joe McDermott of Florida hit a 314 bench with an old single ply shirt. Joe used to train with Mike Scott in Hawaii back in the sixties. At 181, Dan Martin got 308.5 to finish



Ed McCauley - grinning BP warrior

of Michigan beat a field of four with a 473.7, about ten pounds shy of his state record. Kenneth Lawzer of California, who competes with his wife Mary and son Clay, was second with 402.2. David Wolf of Wyoming was third with 363.7. At 259, Will Crossen Jr, who has been benching 500 for 22 years, put up a 551. His goal is 600. He's a great competitor and a gentleman. He's been competing in my meets since 1989. Gilbert Anderson of Utah was second with Utah record 440.7. At 308, Bruce Sablin benched 511 to beat Dr. Jeff Fabrenbruch of Phoenix who bombed extremely helpful in helping promote WABDL in the Phoenix area. At Super, Leo Contreras entered his ninth World's in a row and won his third world championship 402.2. In MASTER 61-67/165 men, Lee Lichile of Florida set a state record 314. Stefan Lemire of Utah was second with a state record 281. At 181, Michael Minietta of Nevada beat a field of three and set a state record with 337.1. At 198, Alford Frank of Nevada was second to Dan Swift's World Record with a state record 319.5. At 242, Bob Evans set a California record 437.4 to beat a field of three. Daniel Smith III, the Marine Vietnam vet was second with 413.2. Daniel has been to hell and back with the Marines in Nam. At 275, Ron Hood of Oklahoma, who has been benching over 500 for 35 years, got 507 which was some judging and never seems to slow down. He's 63 and built like he's 43. At 308, Robert O. Smith took a shot at 600 at age 65 to try to become the oldest lifter in the world to bench 600, but he had to settle for 540. He holds the World Record at 573 that he did on August 2nd, 2008. He's been competing in weightlifting since 1963. He is also the coach of Team Canada. Doug Knapp of California was second with a state record 396.7. In MASTER 68-74/165 men, Joe McDermott of Florida hit a 314 bench with an old single ply shirt. Joe used to train with Mike Scott in Hawaii back in the sixties. At 181, Dan Martin got 308.5 to finish



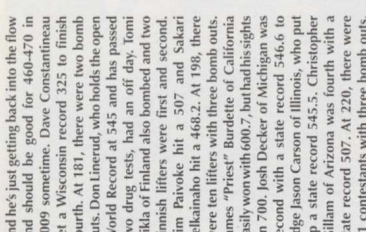
Bob Cortes - still going strong

second to Rudy Lozano's World Record 363.7. At 198, William Prince hit a 303 Nevada state record with Tom O'Keefe of Colorado, coming in second with a 231.2 state record. At 220, Korean War hero Harold Smith of Montana, who won a silver and bronze star for his gallantry in Korea, put up a 358 at age 71. I saw him do 370 raw at age 71. Roger Kuz of California was second with a state record 278.8. John Herbein, who graduated from the Naval Academy and became a captain, was the hero of the Three Mile Island nuclear disaster and without his expertise at least 500,000 people in the immediate area might have died. He was the one that was able to shut it down before all hell broke loose. John had a World Record deadlift of 540 at age 66 in the 198 class. John came in third at 220 and is no longer able to deadlift. At 259, Skip Sandberg got a Washington record 435. Skip was competing in bodybuilding in Colorado in 1962 and knew Joe Gold very well. He used to train on occasion at the old Gold's Gym and Columbu. In MASTER 75-79/165, Robert Cortes won with 231.2 to go



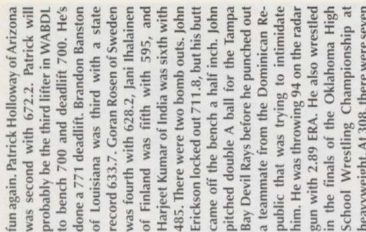
Dave Forsfner - big man from MI

along with his incredible 448 deadlift at age 78! At 181, Richard Simon hit 248 at age 79 to win the World's. At 198, Nick Dillido of California put up a 270 at age 76 to win the World's. At 220, 77 year old, 6'4" and arms from here to there, Russell Combust of Ohio put up 275.5 raw. That's very impressive. These guys are not only healthy and active but they are strong. That to me is one of the main reasons I started this federation, to foster a climate of reasonable officiating for the older MASTER lifter who no longer are able to do a bad shoulder, bad elbow, arthritis, or whatever. We had 168 MASTER male benchers and 35 MASTER female benchers. We had 98 MASTER male deadlifters and 27 MASTER female deadlifters. MASTER lifters were 40% of our total number of 545 bodies not divisions. We had 141 female lifters. We are the only federation that has seven age increments for MASTERS and we don't do coefficients on trophies. In other words, if they are 15 lifters in MASTER or someone in any federation only the top five coefficients across all the weight classes get trophies and the other ten don't get anything. One of



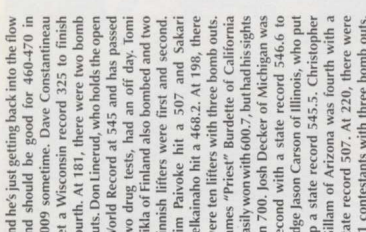
James Hunter - big bencher from CA

my former meet directors didn't like the idea of all MASTER and WOMEN lifters getting trophies. He said they will all get first or second. I said that's right. He's no longer putting on meets for me. If there are 100-120 lifters in a meet in WABDL they will be 150 first, 30-38 second, 12-18 third, 4-6 fourth, and a couple of fifth. Moving onto 80-84 MEN'S benches. At 148, Arthur Whinston, who is a retired pathologist and was working until two years ago, put up 88 lbs. but that's only part of the story. He fell and broke his hip and fractured part of his spine. He deadlifts and benches and had to be helped up onto the stage and then off the stage. He always dressed sharp, with a nice sweater or a sports coat. He and his wife drive 300 miles to Ashland, Oregon, Shakespeare Festival every August. I'm extremely humbled that they would want to compete at age 83 and go through the hassle of airports, which are a real pain to maneuver through these days. At 80-84/165, Jack Ford, a long time rancher, put up an Arizona record 154.2. Moving onto OPEN MEN, at 132, Gary Bohrovitz of Canada set a national record 297.5. He also had set a World Record in MASTER 54-60 and he was close to death at one time with prostate cancer, but ended up leading it. That's what this sport is really about. The human spirit, which burns real bright in lifters, mountain climbers, and people who compete in extreme sports. I have an ex-mother in law that is 93 and she works out with weights three times a week and does aerobics three times a week. She could pass for 65-70. She lives in her own apartment and never drives. She has always walked everywhere. She lived in Hawaii, which makes it a little easier to stay in shape. About the time you think you're doing enough to stay in shape, you see someone like that put you in a higher gear. At open 148, David R. Smith hit a Texas state record 435.2. David will be a 460 before the year is out in 2009. At 165, Sheldon Weingut beat a field of five with a 424.2 bench. Sheldon missed the last three years due to school



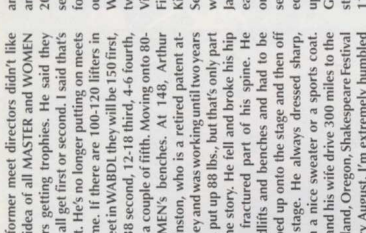
Goran Rosen of SWE

and he's just getting back into the flow and should be good for 460-470 in 2009 sometimes. Dave Constantineau set a Wisconsin record 325 to finish fourth. At 181, there were two bomb outs. Don Lerner, who holds the open World Record at 545, had and passed a meet in WABDL they will be 150 first, 30-38 second, 12-18 third, 4-6 fourth, and a couple of fifth. Moving onto 80-84 MEN'S benches. At 148, Arthur Whinston, who is a retired pathologist and was working until two years ago, put up 88 lbs. but that's only part of the story. He fell and broke his hip and fractured part of his spine. He deadlifts and benches and had to be helped up onto the stage and then off the stage. He always dressed sharp, with a nice sweater or a sports coat. He and his wife drive 300 miles to Ashland, Oregon, Shakespeare Festival every August. I'm extremely humbled that they would want to compete at age 83 and go through the hassle of airports, which are a real pain to maneuver through these days. At 80-84/165, Jack Ford, a long time rancher, put up an Arizona record 154.2. Moving onto OPEN MEN, at 132, Gary Bohrovitz of Canada set a national record 297.5. He also had set a World Record in MASTER 54-60 and he was close to death at one time with prostate cancer, but ended up leading it. That's what this sport is really about. The human spirit, which burns real bright in lifters, mountain climbers, and people who compete in extreme sports. I have an ex-mother in law that is 93 and she works out with weights three times a week and does aerobics three times a week. She lives in her own apartment and never drives. She has always walked everywhere. She lived in Hawaii, which makes it a little easier to stay in shape. About the time you think you're doing enough to stay in shape, you see someone like that put you in a higher gear. At open 148, David R. Smith hit a Texas state record 435.2. David will be a 460 before the year is out in 2009. At 165, Sheldon Weingut beat a field of five with a 424.2 bench. Sheldon missed the last three years due to school



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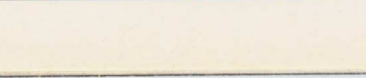
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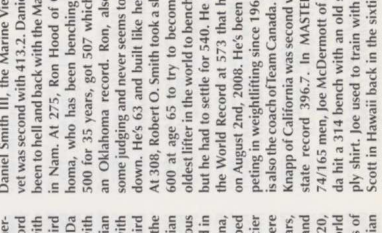
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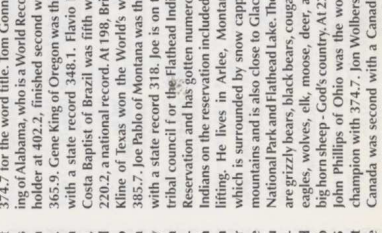
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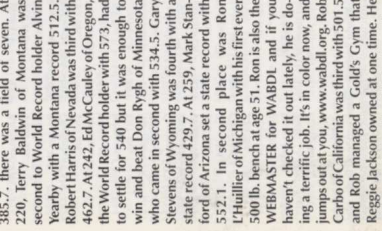
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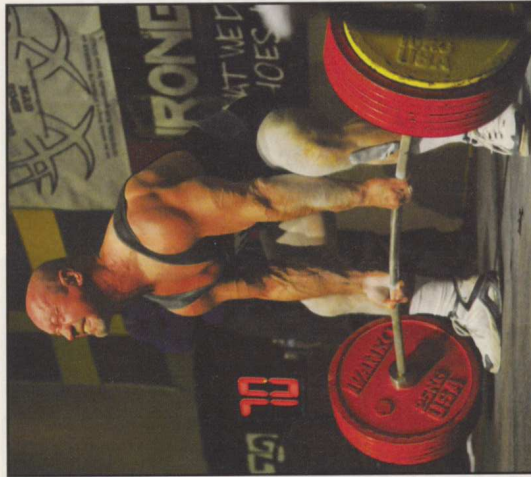
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Neil Schoenbeck pulled his bicep on this winning deadlift attempt.

set a California record 220.2. In 16-17/165, Bradley Bennett was impressive with an Ohio record 292 without a bench shirt and a world championship. In 16-17/165, Robert Williams of California was second with a California record 192.7. The reason for so many 16-17 age group records is that the age break down in WAABLD use to be 13-15 and 16-19. Now it's 12-13, 14-15, 16-17, 18-19. In TEEN 16-17/181, Casey Rosario and Judd Sato III of Hawaii tied with 363.7 with Casey Rosario winning the world title by being the lighter man. At 16-17/198, Jake Garbush of Washington set a state record 341.5. At 220, Amritpal Saran of California, got a California record 392.3 for second after Miles Scott got credit for a questionable 425.3 World Record. It was a 2-1 decision. In 16-17/242, Billy Henry, who is legally blind, set a Washington record 210.3 to win gold. In TEEN 18-19/165, Travis Miller of Wisconsin set a state record of 353.6. He then came back the next day and set a state record 363.7 in CLASS I. Justin Clay of Michigan was second with a state record 281. At 181, there were two bomb outs which allowed Al Mangum to win a world title with 253.5. Al is definitely a better deadlifter than a bench. At 198, Arthur Nuss of Kansas won the world championship with a 402.2. His father Lawton Nuss is a supreme court justice for the state of Kansas. At 220, Hunter Beale of Louisiana set a state record 435.2 and Healy has that record in his sights since he just turned 54. At 198, there were three contestants with Kathy Cash MOVING ON TO NOTABLE WOMEN BENCH PRESSERS. In JUNIOR WOMEN 123, weighing only 120.8, Erica Ansberry set a California record 165.2



Women of the Deadlifting Fabrickicks

Cadavona of Idaho was third with 165.2. In MASTER WOMEN 61-67, Gayle Clawson of Arizona won at 165 with a state record 165.2. Gayle is a former bodybuilder and was competing in only her second contest. At 181, Pat Roby, who holds the World Record at 181 with 248 and at 198 with 242.5, had to settle for 220.2 on this day. She is coached by Joe Head, who does a great job with the TEENagers and MASTER lifters. At 198, Julia Aaron Bolivar won with a Texas record 104.5. In MASTER women 75-79/132, Malvina Basso of Brazil won with 71.5. In unlimited, Gloria Mighell set an Oregon record 72.6. Gloria represents Portland in the annual meeting of the council of Foreign Affairs in Washington DC. She's been very active in politics. In both Oregon and Washington DC in the foreign affairs sector. In open women 105, Betty Lafferty set an Alabama record 154.2 at age 62. A very good lift with lots of training behind it. At 214.7, Ita Panfilat was the winner with Washington record 214.7 and at 146, Victoria Warsaw beat a field of six with a Washington record 270 to go along with her 380 deadlift. Both trained by Joe Head and these two first place finishers helped Joe's Headquarter Fitness team win the team title at the Worlds. At 148, Lisa Penttinen of Finland was second with 242.5 and Victoria Real of California was third with 214.7. At 165, Sheri Klocke of Oregon edged Virpi Pukkila of Finland for the world title 270 to 264.5 at 181, Karen Campbell destroyed Kelly Womack's World Record of 315.2 with a 380.2 weighing only 173.2. Annie Bowman of Washington was distant second with 242.5. At 198, Anna Rosen set a Swedish National record 330.5. Julie Kimdon of Hawaii was second with 259 and Kayla Sui of Washington was third with 220.2. In SPECIAL OLYMPICS women, Leanne Ngat of Hawaii set a state record 181.7, weighing 159. A very commend-



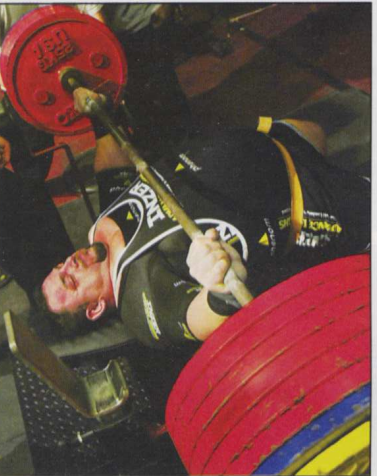
Kayla Sui - Team Headquarters

able feat indeed. In SUBMASTER WOMEN, Wendy Wiesjohn of Wisconsin set a state record at 123 with 137.7. At 132, Mary Ann Hobbs set a Washington record 270 to easily beat Rachelle Unson, who got a PR 203.7. At 198, Anna Rosen set a World Record with 330.5 and a Swedish national record. She was drug tested. In TEEN WOMEN 12-13/123, Ali Miskinis won with 71.5. Ali is an honor roll student as is her brother Dominic. In fact, the high school academically in the Cheyenne favores set a Hawaii record 105.6. She is coached by Keith Ward and gets kids involved in weight training. In 14-15/714, Veera Selkamaaho of Finland won the World's with a Finnish national record 110. In TEEN WOMEN 16-17/97, Angela Barrera set a Texas record 77. At 105, Angela Rocha, her teammate, set a World Record 82.5. At 123, Lacey Sanchez of Oklahoma set a state record 148.7 to win her third world title in as many tries. At 132, Abigail Soale of Texas beat a field of three with a 99 lb. Texas record at 148. Sarah Biddle of Indiana set a state record 170.7 Sarah can play the flute, harp and piano. At unlimitted, Samantha Baly of Michigan set a state record 220.2 to edge Meghan Toroney of California who got a state record 214.7. Rebekah Garcia of Texas was third with 148.7. In TEEN 18-19/105, Chanel Lewis of Texas did a 71.5. She was coached by John Hudson and she attends the University of Houston downtown campus. At 181, Courtney Galbright of Texas holds the World Record of 352 but bombed on a 352 opener and came close with 400 in a single ply shirt. At 198, Hannah Biddle of Indiana set an Indiana record 187.2 and in unlimitted Kelly Sons of Texas broke into the 300 club with a state record 303. There were four drug test flunks including one woman. We only spent \$14,000 on drug testing at this year's Worlds, instead of the usual \$5,000. The reason being is that we didn't get enough rooms at the Riviera Hotel and we had to pay a \$14,000 penalty. JOE HEAD'S HEADQUARTERS FITNESS won the team title. They are out of Seattle and the only team where



The Other Ted Kennedy locks out (ND)

every member trains at the same gym, which is quite amazing since they were going up against Country Teams from Canada, Brazil, Sweden, Finland and state teams. They had 280 points with first and five second. In second place was TEAM HAWAII, SONNY'S CREW with 250. They had more firsts, eleven, but they also had a third and fourth and a seventh. In third place was TEXAS with 248 points. They also had seventh and first places. But they had TEAM NEVADA was fourth with 244 points. They had five first, six second, and four third. TEAM OHIO was fifth with ten first, two second and one third. They also had two bomb-outs. Both would have come in first if they hadn't bombed which would have given them Ohio 284 points and the team title. TEAM WISCONSIN was sixth with 228 points. They had five first and six second, with a little bit of change in strategy and luck any one of the six could have won the team title. TEAM ARIZONA was seventh with 224 points. They had seven first, but they had two bomb-outs. TEAM ILLINOIS was eighth with 220 points. They had nine firsts but they had three fifth place and two bomb-outs. Actually, any one of the first eight teams could have won with a few changes. In ninth place was TEAM MONTANA with 206 points. They had five first, three second, with two thirds and three fifths. TEAM NEMESIS from California, was tenth with 201 points. They had five first, four seconds, two thirds, one sixth, and a fifth. TEAM HAWAII RHINO was 11th with 200 points. Team Canada was tied with 200 points. TEAM SWEDEN was tied with CANADA at 198, but CANADA was 12th on the tie breaker system 312 to 298. TEAM TORQUE of New York was 14th with 172 and TEAM BRAZIL was 15th with 140. TEAM INDIANA was 16th with 108 but they didn't have a full team and neither did Brazil. OUTSTANDING LIFTERS IN MEN'S DEADLIFT 61-67 lightweight: Dennis Johnson, 551 at 170.4, 61-67 heavyweight: Bud Davis of Utah 644.7 at 259, 68-74: Dan Martin of Nevada with 525.7 at 181, 75-84: Robert Cortes of California with 448.4 at 153.77 years, LAW/FIRE open: Aaron Wolfe of Hawaii with 666.7, SUPER LAW/FIRE SUBMASTER: Alfred Jackson of Washington 584 at 181,



Tiny Meeker came close to a 909 twice, but couldn't lock out his left arm

54-60 lightweight: Gregory Klein of Illinois with 562 at 163, 34-60 heavyweight: Cather Anderson of Utah 600.7 at 247, LAW/FIRE 40+: Jim Rouse of Illinois with 523.5 at 190, 47-53 lightweight: Leamon Woodley 683.2 at 177.4, 47-53 middleweight: Neil Schoenbeck of Michigan 639.2 at 202, MASTER 47-53 heavyweight: Bobby Driskill of Alabama, 67.2 at 257 OPEN MEN lightweight, Richard Hawthorne 413.2 at 147.6, MASTER men 54-60 middleweight, Brent Howard 755 at 234.6 OPEN MEN heavyweight, Jerry Pritchett of Arizona 777 at 277.4, 54-60 heavyweight, Bruce Sablin of Finland 750.6 at 237.8, MASTER men 40-46 lightweight, Warren Eshenfeld 716.2 at 323.6, LAW/FIRE MASTER 40-47, Wayne Waits, of Georgia 48-55, Bruce Sablin of California 551 at 299, LAW/FIRE MASTER 40-46 middleweight, Dr. Steven Lemare of Louisiana 644.7 at 202.6, Patrick Holloway of Arizona 766 at 266.2, JUNIOR men lightweight, Richard Hawthorne of Mississippi 551 at 128, JUNIOR men heavyweight, Garrett Muro of Nevada 683.2 at 237.6, Washington 551 at 193.6, TEEN men 18-19, AJ Mangum of Texas 672.2 at 167.6, CLASS I men lightweight, Warren Farhenfeld of New Jersey 628.2 at 179.4, CLASS I middleweight, Brian Fahrenfeld of New York 622.7 at 213.4, OPEN MEN lightweight, James Burdette of California 600.7 at 196.4, OPEN MEN middleweight, Trev Jovett of Texas 706.3 at 218.4, OPEN MEN heavyweight, Jami Murumaki of Finland 804.5 at 329.2, MASTER men 40-46 lightweight, Keith Daniels of Hawaii 508.1 at 174.4, MASTER men 40-46 middleweight, Ken Millrany 466.7 at 219.6, MASTER men 40-46 heavyweight, Patrick Parnell of Texas 705.2 at 257.4, JUNIOR men heavyweight, Trev Jovett of Texas 706.3 at 218.4, JUNIOR men lightweight, Nick Lenhart of Utah 375.8 at 145.2, TEEN men 12-15, Jared Hockaday of Montana 242.5 at 150.2, TEEN men 16-17, Miles Scott of Texas 425.2 at 220, TEEN men 18-19, Dustin Hanson of Montana 352.5 at 131.4, CLASS I lightweight, Charles Farmer of Montana 496 at 196.4, CLASS



Ed Barnes - on the way up

I middleweight, Ted Kennedy of Georgia 545.5 at 221.2, CLASS I heavyweight, John Rowland of Georgia 573 at 261.8, special olympian, Brady Tanner of Kansas 407.7 at 236.8, Moving onto outstanding benchers in the female divisions: MASTER women 61+, Betty Lafferty of Alabama 154.2 at 104.4, MASTER women 34-60, Ita Panfilat of Washington 214.7 at 113.6, MASTER women 40-46, Karen Campbell of Maine 380.2 at 173.2, open women lightweight, Victoria Warsaw of Washington 270 at 146.8, open women heavyweight, Karen Campbell of Maine 380.2 at 173.2, SUBMASTER women, Victoria Warsaw of Washington 270 at 146.8, MASTER women 47-53, Sheri Klocke of Oregon 270 at 159.2, TEEN women 12-15, Cheyenne Favores of Hawaii 105.6 at 97, TEEN women 16-19, Ambyr Reves of Utah 203.7 at 113.4, I want to thank Brian and Denise Welker of Houston, Texas, who came through with the main sponsorship for the Worlds and their support for other meets in past years with money, judging, selling tickets and doing weigh-ins. Also Cary and Elina Thomas who drove to the Riviera in Las Vegas with a van full of weigh-in materials, were at the hotel from November 8th to November 18th, they each put in over 100 hours and they are 70 years old! I want to thank my staff Chris Erhardt of Bend, Oregon, who takes a full week's vacation from his family and job and works as an M.C., scorekeeper, judge, whenever he's needed. Chris has helped-ing out since 1995. Dr. Don Bell of Washington did some M.C.ing for three days. He's been helping out since 1996, James Greene of Roman, Michigan was a scorekeeper and his girl friend Linette



Leslie Holtheins - coached by Dave Edmondson (courtesy ND photo)

Ivanovich worked the expediting computer. James also was M.C. for a couple of sessions. Christine Gorzoa of Hawaii was the official photographer. Dr. Sherri Kitchner of Seattle was the drug control officer as well as Gus Redtwisch. Ticket and t-shirt sales were Lisa Leong. Teresa Redtwisch and Mardi Martinson. Platform manager was James Patch, along with his spotter helper Don James Jr., and Gaylen Harper. Patch and James are from Portland, Oregon, and Harper is from Oakland, California. The computer warm-up room facilitators were Jocelyn Ronolo of Honolulu, Hawaii, and Brent



Gayle Clawson was an impressive puller (courtesy ND photo)

Houston, Texas, Don Miskinis of Chargin Falls, Ohio, Steven Peterson of Borburnett, Texas, Jim Snodgrass of Dallas, Texas, Mike Salto of Honolulu, Hawaii, Ray Vordoneck of Honolulu, Hawaii, and Joeb Woods of Sacramento, California. The weight-in room supervisor was Gary Thomas of Bend, Oregon. His staff consisted of Dave Forstner, Diane Hammab, and Brent Biddle of Morgantown, Indiana, Ron Sam Pecktol of Medford, Oregon, Don Rygh of Dayton, MN, Ken Overbey of Gadsden, Alabama, Leticia Rosales-Baie of Aptos, California. Our sponsors

Application for Registration
WORLD ASSOCIATION OF BENCH PRESSERS AND DEADLIFTERS (WABDL)

Last Name	First Name	Initial	Renewal	Current Card # (if Renewal)
Street Address	City	State	Zip	Club Name
City	Current WABDL Classification	Referee Status	U.S. Citizen?	Date of Birth
Elite Master	I, II, III, IV	World	Natural	Sex
Registration Fee: \$35.00	Teenagers, Disabled, & Special Olympians: \$25.00	Make checks payable to and mail to:	WORLD ASSOCIATION OF BENCH PRESSERS AND DEADLIFTERS	PO Box 27499
Golden Valley, MN 55427				Signature

NOTE: All WABDL-sanctioned meets will be subject to drug testing. In recognizing the need for drug usage detection, I agree to submit to any testing procedures deemed appropriate by WABDL of its agents and shall accept the results and consequences of such tests.

If under 18, have parent initial



Kari Pontinen showed extraordinary pulling prowess



Marilyn Lewis was one of the deadlift stars (courtesy ND photo)

were Brian and Denise Welker, Shawn Mader of GLC Direct of Paris, Kentucky, Pete Alaniz and Ken Anderson of Titan Support Systems of Corpus Christi, Texas, Alan Thomas of APT Wraps of Fredericksburg, Virginia, Brent Mikessell of Iron Gladiator distributor of Inzer Gear, Mike Lambert of Powerlifting USA, the bible of this sport, Neal Spruce and Odd Haugen of Apex Fitness and now of Dot Fitness, Grace Groskreutz of Ivanko Barbell, Chae Cloninger of House of Pain West, Christina Gorzoa of Namea Designs, John Doyle of USP Labs and Camellia Luprete and her specialty powerlifting website, it's awesome.



Wayne Watts blasted up an impressive 716 lb. bench (ND)



Brent Howard was psyched! (ND)



Chuck Wong broke a WABDL World Record (c. ND photo)



Gus Redtwisch was presented with a magnificent carved stone award at this year's competition by John Hudson, Chris Erhardt, and Brent Bishop in honor of his contributions to the WABDL family of lifters. All of them spoke from their heart about what Gus has meant to them, and it was so true. The passion that Gus has brought and is still bringing to the sport is remarkable. From his national titles and still highly ranked all time best lifts, to his unrivaled record of meet promotion, along with his colorful career in the movies, there has never been anyone like Gus. He has literally "made" thousands of friends over the years, who willingly support him for years afterward, in respect for the intensity of his commitment to strength. After the competition, Gus went in for a physical and found that there was a blockage in some of his arteries. Subsequently, he underwent successful open heart surgery. Though there were a few complications, he is back at the business of WABDL, and hopefully this preemptive procedure will keep him at it for a long time to come.



NASA Missouri Regional
6 DEC 08 - MO

BENCH	308 lbs.	402	309	441	1152
Int. Thompson	181 lbs.	474	265	441	1179
PS CURL	High School	CR	BP	DL	TOT
181 lbs.	N. Hand				
601	184				
198 lbs.	121	110	215	430	755
Master I	High School				
W. Smith	B. Freitas				
Master V	DEADLIFT				
W. Smith	Master I				
463	463				
T. Welton	BP	DL			
Push Pull	8 NOV 08 - HOUSTON, KS				
165 lbs.	Powerlifting	SQ	BP	DL	TOT
Master II	165 lbs.	220	375	595	
308 lbs.	Open				
Int.	601	686	1286		
H. Thompson	BP	DL	TOT		
Powerlifting	181 lbs.	429	303	374	1107
181 lbs.	S. Rous				
181 lbs.	198 lbs.	473	297	485	1256
Submaster 1	Open				

Participants in the APF Halloween Monster Bench Bash in NM. (Photo Courtesy meet director staff)

E. Espinoza	556	380	562	1499
220 lbs.				
B. Colman	501	248	551	1300
M. Toley				
242 lbs.				
Master III	341	330	424	1096
Open				
J. Cuevas	567	259	578	1405
Raw				
220 lbs.				
C. Colman	402	270	451	1124
Master II				
K. Carroll	336	259	407	1003
242 lbs.				
Open	462	303	485	1251
Z. Rupp	275 lbs.			
(from Meet Director Wayne David Herl)				

APF 2nd Halloween Monster Bash
1 Nov 08 Eagle Nest, NM

BENCH	114 lbs.	220 lbs.	355
Female	80*	220 lbs.	450
Masters (45-49)	90*	242 lbs.	475
T. Lopez	60	308 lbs.	500
Masters (45-49)	60	308 lbs.	500
J. Sanchez	60	308 lbs.	500
148 lbs.	60	308 lbs.	500
Open	60	308 lbs.	500
M. Alamin	60	308 lbs.	500
165 lbs.	60	308 lbs.	500
Teen (14-15)	60	308 lbs.	500
D. Muckel	60	308 lbs.	500
510			

*New Mexico APF State Bench Press Records. The Bodybuilding.com second annual APF Halloween Monster Bash meet was held at the New Mexico State Fairgrounds in Las Cruces, NM. The meet was a GREAT success. This Annual Halloween Event is the most creative and unique haunted power event attraction hosted by High Peaks Barbell Club. The stage was awesome with a graveyard full of tombstones, ghosts and scary pumpkins for all to enjoy. High Peaks Barbell Club is proud to host all the lifters and The Laguna Vista for hosting our After Party! All lifters got a free mega hot dog and a package of goodies from ALR. At ALR industries, and High Peaks Barbell Club work and no play makes for boring workouts! This meet is all about lifting big weights and having fun. High Peaks Barbell Club and Caris picked Halloween for this annual event. This meet is open to all not just New Mexico residents. We don't care if you are a raw lifter or wear triple layers, open back or close back bench shirts, we don't complain about other

good time and accomplish their lifts because that's what it's all about lifting big numbers for yourself not anything else. The camaraderie is incredible in the APF. Lifters are here to help one another. We are powerlifters; and that includes training and coaching. It is a dishonor to the sport of powerlifting to not respect other powerlifters - world class or beginner, regardless of federations! Everything ran smooth; the judging was great, the spotters team trophy and Brodie White who weighed in a 510 lb. bench press in the 308 open class, and BIG David Muckel nailed the coffin with a 510 lb. bench press in the 308 open. Three young ladies doing their first meet ever made some impressive numbers; Anita Lopez in the masters 45-49 group walked up on the platform completing an open 220 raw bench press in the 123s. And then there were more bar bending attractions as Colton bustled blew up a 115 in the 148 all heavy way from San Jose, California too smash a 355 in the 50-54 masters 220. For several of these lifters it was their first meet all putting up very respectable numbers for their first time. The crowd was great too, all yelling support to the lifters. The meet promoters banded out Samurai swords sponsored by Titan Support and made commitments to be here and help with the lifters. We have a lot of lifters! Anita and Curtis, who are also the American Powerlifting Federation (APF) New Bodybuilding.com, Gaspar Nutrition, Muscle High Peaks Barbell Club. And thanks to APF Mexico state chair's want to thank all that attended and especially all the lifters who worked

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SIGNATURE: _____

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Ryan Colli
Curt Dennis Jr.
AJ Roberts
Phil Harrington
Sam Byrd
Vincent Dizenzo
Joey Smith
James "Priest" Burdette
Nick Winters
Eric "Big Ezy" Downey
Richard Williams
AI Caslow
Mike Wolfe
Matt Rhoades
Gunny Green

(continued from page 40)



Daisuke Midote — 3rd at SHAW

Women's Competition
Women's 48 kg Class

There were no U.S. women in the 48 kg class this year, which was dominated by Yuliyako Fukushima of Japan. Fukushima won with an amazing World Record total of 468.5 kg and also took home a new World Record Bench Press of 131 kg. Second place went to Benedicte Lapanese of France and the Bronze medal went to Chia-Yu Lee (Chinese Taipei).

Women's 52 kg Class

Veteran Suzanne Hartwig-Gary was the first U.S. woman to compete, and she did not disappoint. Siouxz broke two MI World Records (squat and total) on her way to a 5th place finish, which she won on bodyweight. Siouxz snatched 170 kg and totaled 435 kg, upsetting the records she broke earlier this year at the North American Championships. Fourth place was only 2.5 kgs away in this highly contested weight class. Both the first (Wei Ling Chen of Chinese Taipei) and second (Hararat Sri of Indonesia) place winners totaled 480 kg, with the win coming down to bodyweight.

Women's 56 kg Class

The Southern Cracker, Jack Ashley Matherne was the U.S. lifter in this class, pulling in a 400kg total and a 10th place finish. Ashley's 107.5 kg bench earned her a Bronze medal in that lift. At only 25 years of age, I am sure we will see more to come from Ashley in the future. Teiyana Pymenchuk took 1st in this class with a 505 kg total. Virpi Kehanen (Finland) and Ayako Ikuya (Japan) rounded out the medal platform.

Women's 60 kg Class

Per the norm, the 60 kg class

was the deepest of the competition, with 17 women! The U.S. had two women in this class, Jennifer Thompson and Jennifer Perry, who were set to relieve their close nationals battle. Thompson ended the competition with a 490 kg total, and Silver medal to give her the lead in Battle of the Jenn's and a 6th place finish overall. The Bench Worlds Veteran Thompson went 7 for 9 in her first Open Worlds appearance, fantastic in such a competitive weight class! Perry, who was added to the team only 6 weeks before the competition, finished 9th overall, going 8 for 9 and squatting a personal best 187.5 kg. Germany's Sweetheart Gundula Fiona von Bachhaus went home with the Gold, but not after giving her teammates and coaches a scare, waiting until the 3rd attempt to get white lights in her signature lift, the bench press. Sari Novtanna (Indonesia) took second, and was followed by Zhanna Ivonova (Ukraine).

Women's 67.5 kg Class

The 67.5 kg class saw the return of Veteran Priscilla Ribic, ready to re-claim her number 1 spot in the World. Ribic didn't disappoint, turning in a 612.5 kg total and going 7 for 9. Ribic also took home Gold in both the Squat and Deadlift. Second place went to Larysa Solovyova of the Ukraine. Solovyova and Bronze medalist Miyumi Kitamura (Japan) exchanged Bench Press World records, with Solovyova claiming it on her 3rd attempt with a lift of 163.5 kg. The U.S.'s second lifter, Dissa Hatfield, placed 4th with a 525 kg total. Hatfield moved down from the 75 kg class for this meet in order to better her chances of being nominated to the World Games Team.



Sutrismo Bin of Indonesia (photos courtesy of G. Von Bachhaus)

Women's 75 kg Class

There were no U.S. lifters in the 75 kg class, with Lane Blyn opting to go 82.5 kg to strengthen the World Games Team. Norwegian Veteran and new addition to the IPF Hall of Fame Inger Blikra won this class with a 587.5 kg total and a new Masters 1 World Record Bench Press of 147.5 kg. Canada's young phenom Rhea Fowler placed second in her first Open Worlds with 577.5 kg total. At only 20 years old, Fowler brought home the Gold in the squat and Silver in the Bench to go with her 2nd place title. I am sure we will be seeing more of Fowler in the future. Third place in the class went to Finland's Ritika Ylitalo. Surprisingly, Ukraine's top seeded Ivonova leizavetra bombed in the deadlifts.

Women's 82.5 kg Class

Former World Champion Liane Blyn brought home a handful of hardware in the 82.5 kg class. Gold in the squat, and Silvers in the Bench, Deadlift, and Total. Both Blyn and 1st place competitor Iryna Karpenko-Yavorska (Ukraine) went 9 for 9. You can't argue with a perfect day! Blyn's 600 kg total was a personal best. Heidi Hille Arnesen (Norway) took the Bronze.

Women's 90 kg Class

Last year's winner Ielja Strik cruised to another Open Gold medal with a 655 kg total. Ya Wen Chang (Chinese Taipei) took Silver overall, but grabbed the gold medal on squat. Chang came up with a World Record Attempt on her 3rd attempt, but it was turned down for depth. Jacqueline Buckley-Gray took Bronze with a Masters 1 World Record Total of 562.5. Fourth Competitor Ethna Pecanie scored



Yuliyako Fukushima (JPN) — 48 kg.

a Masters 1 World Record Squat twice with 215 kg on her second attempt and upping it on her third with a mark of 217.5 kg.

Women's 90+ kg Class

The entire U.S. Team was anxiously waiting for this class to compete. We've watched Jessica O'Donnell improve over the years, and rack up amazing numbers recently, like a 600 lb squat. However, an Open World Championship was missing from her powerlifting resume. O'Donnell didn't disappoint this time, going 9 for 9 and winning her first Open World Title with a 685 kg total, 15 kgs ahead of Ukraine's Inna Orobets. O'Donnell brought home Gold medals for her squat and deadlift, and a Bronze in the bench. Joanne Schaefer-Wilkins rounded out the medal platform with a solid 640 kg total.

Champion of Champions

This year's top honor went to Yuliyako Fukushima, courtesy of her amazing bench press. Wei Ling Chen took second overall, having scored the highest Wilk's on the squat and second highest in the deadlift. Overall Third place winner Priscilla Ribic appeared twice in the top 3 lists, with the number 3 squat and deadlift based on Wilk's. The scoring was incredibly tight this year, with Fukushima scoring 633.97 on Wilk's, Chen with 629.9, and Ribic closely behind her with 628.75.

Team Points

The Ukraine team earned top honors this year, scoring 57 points. The U.S. came in second with 50 points, and Chinese Taipei was closely behind them with 49 points. The U.S. Women's Team would like to thank our Sponsors, Titan Support Systems and Inzer Advanced Designs and our coaching staff, Larry Male, Matt Gary, Mike O'Donnell, Tony Cardella, Donor Thompson, Ricky Lahrouque, and Justin Cain.

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The walking portion of the **Walk and Load** is shown here in these four photos; remember to keep your back straight

(continued from page 24)
I (Scott) partnered up with Jon a few months ago, after being training partners for some time. We realized what it would be like if I came aboard; feeding off of each other's strengths. We have a common interest in getting the most out of basic lifting movements. I have been in the industry for some time as well; running a few performance centers, and being a strength & speed coach for a number of high schools, as well as doing consulting for a number of professional teams.

We do it right, and we do it strong. If you don't believe me, please take a look at our website www.bodygoals.com. There's no fluff; the website has some pictures and information about our place. We run some major lifting

events in North Jersey during the year. Our biggest one is our "Proving Grounds" Strongman Competition. Last year we had over 50 competitors...this year we will be even bigger. (That's a pretty big Strongman Competition, and you could have some fun if you're in NJ. They welcome new competitors; just email Scott at scott@palos@bodygoals.com for more info - Rick)

I asked Scott a few questions, like "what makes BodyGoals different from any other gym?"
1. We correct people's issues... fix them, then get them strong as hell.
2. We have an atmosphere that everybody who trains...LOVES... we can't get people to leave after sessions.
3. Expertise; we know how to handle everyone we work with... one session may be a mom of three, the next a 12 year old kid,

Flips. Assorted Fat Bar/Axle Lifts, Odd objects...chains...not just accommodating resistance stuff...all sorts of movements with chains. They (chains and odd apparatus) make noise, it works, and people like moving fun stuff.
As for my bests, I've benched over 430 (wrist wraps), squatted over 620+(belt and knee sleeves), dead high 5's (belt), overhead pressed over 320+ (belt and wraps), 20+ chins...verticalled over 36", sub 4.5 (second) forty yard dash...all that good stuff...I just love to train. We hit a good sessions yesterday; I'm pumped... Thanks Scott! Now let's hear from BodyGoals founder Jon Chipko:

I know you have been talking to Scott (about BodyGoals and odd-lifts) so I wanted to give you a bit of info on myself and what I



The loading portion of the **Walk and Load** is shown in these two photos above

do. First off, I am a strength and conditioning coach with a degree in exercise science with a focus in kinesiology. I have been working with clients for 16 years, with amazing progress and results. I have worked (and still work) with clients ranging from celebrities, olympic athletes, post-rehab clients, professional NFL, NHL, NBA athletes, pro strongman/women, elite-level powerlifters, and world record holding powerlifters. Also Multiple Sclerosis sufferers, autistic kids, and just about any other client you can imagine.

Do you learn from all of these clients?
I was lucky enough to soak up information and learn from the world's top strength coaches and professionals in the field of strength and speed, and I feel my learning will never cease. I have been flown as far as Iceland to give seminars, and have had people fly from as far as the Netherlands to seek help from me. I not only work on strength and speed but I also fix people. When I say that I fix people, I mean I identify their muscular imbalances that keep them either in constant pain or unable to excel at their sport—and then we treat it. I have clients that have been to every doctor for years, and then I fix them right personally in pain, that come to me to be fixed. I guess that's why my friends call me "The Healer."

I started young; wrestling for 8 years, then moved to bodybuilding (which I did for 12 years), then to powerlifting, and strongman. All the while, I was looking to be stronger and better than the day before. I instill this goal into all of my clients. I take no bulls**t.

their promise to reach their goals. I figure you can be Dick and/or you can be Frank...usually I'm Dick. This has by no means made me popular, but it has made me sought out—by those who can and do become the best they can.

I find it compelling to surround myself with stronger-smarter-better people in order to be forced to succeed myself. When it comes to training, I love a challenge. I welcome the discomfort and humility of failing, so I can once again become better.

Thanks, Jon. Those are very inspiring sentiments from a self-proclaimed healing Dick. If any of you in the NJ area want to make progress by hooking up with these jersey boys at BodyGoals and/or trying some of these odd-lifts, go to BodyGoals Gym in Fairfield. I love the 6-week (deadline) policy, which would seem to give new trainees a definite time-frame to harness their energies in pursuit of excellence!

We all need goals and deadlines; I always make more progress when I'm getting ready for a P/L meet! Pictures are worth a thousand words—check out these photos to see some of the cool Odd-Lifts these guys do! HUGE thanks to Scott for getting all of these cool odd-lift photos; they'll help us all try some new things. It's WAY harder to stabilize the weights in these odd-lift movements—TRY IT AND SEE! What odd-lifts are being done in your local gym? Or are all of you too scared to follow these North Jersey boys???

rick@houseofpain.com

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The 3 steps of the **Single Arm Fat Handle Snatch**: pick up the weight with one arm, and extend arm straight up above your head

The TOP 100 Photo Page



Erick Nickson - DLs with style



Brain Schwab continues extraordinary domination in the Middleweights



Al Caslow - not very far behind



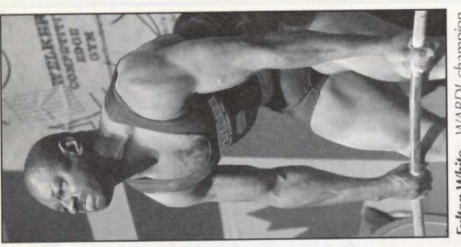
Laura Phelps-Sweat - the Queen



Sheldon Weingar @ WABDL Works



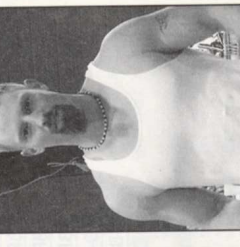
Master Bench Power - Kenny Lyons



Fullon White - WABDL champion



David Sands is sponsored by Rycktek Power Systems and E-3 Marketing



Ray Guevara - APF Georgia Champ

TOP 100

For standard 165 lb./75 Kg. USA lifters in results received from DEC/07 through NOVEMBER/08

SQUAT	BENCH	DEADLIFT	TOTAL
1 845 Caslow, A. 11/29/08	825 Schwab, B. 8/22/08	685 Caslow, A. 8/22/08	2045 Schwab, B. 8/22/08
2 777 Hooper, W. 3/17/08	540 Caslow, K. 8/22/08	575 Schwab, B. 8/22/08	1576 Hooper, W. 3/17/08
3 740 Phelps, L. 6/22/08	540 Bertrichelli, A. 8/22/08	659 Stelling, R. 8/10/08	1885 Bertrichelli, A. 8/22/08
4 705 Crowe, B. 4/19/08	512 Hooper, W. 3/17/08	622 Taylor, A. E. 1/20/08	1715 Crowe, B. 4/19/08
5 677 Stowe, E. 8/2/08	510 Crowe, B. 12/8/07	619 Cirigliano, R. 6/27/08	1697 Crowe, B. 4/19/08
6 650 Caver, A. 5/4/08	486 Davis, A. 5/31/08	613 Schwab, B. 8/22/08	1697 Caver, A. 5/4/08
7 639 DiGirolamo, J. 8/3/08	479 Franziska, D. 10/26/08	606 Mantley, M. 6/28/08	1636 DiGirolamo, J. 8/3/08
8 630 Hall, M. 10/11/08	460 Motzom, J. 6/28/08	605 Kitz, C. 3/15/08	1614 Hall, M. 10/11/08
9 622 Chase, B. 11/7/08	460 Sowell, J. 11/9/08	600 Dersine, M. 12/1/07	1614 Motzom, J. 6/28/08
10 617 Nickson, M. 11/4/08	455 Phelps, L. 8/22/08	600 Siddons, R. 8/12/08	1576 Dersine, M. 12/1/07
11 615 George, E. 6/28/08	451 Crossen III, W. 8/2/08	600 Noppers, L. 6/19/08	1554 George, E. 6/28/08
12 610 Hahn, M. 11/11/08	450 Smith, B. 8/2/08	600 Lovett, 6/14/08	1540 Hahn, M. 11/11/08
13 606 Gony, B. 12/17/07	440 Smith, D.R. 2/9/08	589 Page, 10/2/08	1526 Gony, B. 12/17/07
14 605 McGivney, A. 7/27/08	440 Miller, L. 6/7/08	585 Htz, K. 3/7/08	1525 Miller, L. 6/7/08
15 600 Douglas, K. 4/19/08	440 Hammers, 6/14/08	585 DeLoon, 7/26/08	1515 Douglas, K. 4/19/08
16 600 Bennett, S. 3/20/08	435 Haddock, J. 3/16/08	585 Arrar, 11/22/08	1510 Noppers, L. 6/19/08
17 599 Miller, R. 3/29/08	430 Ladd, K. 2/24/08	580 Miller, R. 3/29/08	1499 McGivney, A. 7/27/08
18 590 Miller, R. 3/29/08	425 Dowdell, R.J. 11/9/08	575 George, E. 6/28/08	1471 Dowdell, R.J. 11/9/08
19 580 Bodovom, L. 8/31/08	424 Veniguet, S. 2/9/08	575 Hart, M. 7/27/08	1466 Bodovom, L. 8/31/08
20 578 Abramson, M. 6/28/08	420 Smith, S. 12/8/07	575 Norris, A. 11/22/08	1450 Douglas, K. 4/19/08
21 573 Brantner, M. 12/17/07	420 Bennett, S. 11/08	574 Jackson, A. 8/22/08	1450 Roney, J. 5/3/08
22 573 Hattie, M. 12/17/07	418 Thompson, D. 3/3/08	573 Williams, L. 2/2/08	1445 Spiga, M. 12/9/07
23 573 Mattison, S. 8/2/08	418 Uogues, J. 5/17/08	573 McMasters, L. 9/20/08	1445 Miller, R. 3/29/08
24 570 Roney, J. 5/3/08	415 O'Neil, R. 7/5/08	570 Crowe, B. 12/8/07	1430 Spiga, M. 12/9/07
25 570 Roney, J. 5/3/08	413 Dunn, J. 5/4/08	567 Hammers, 6/14/08	1430 Norris, A. 11/22/08
26 566 Bolin, K. 3/8/08	407 Nickson, M. 11/4/08	567 Hammers, R. 11/8/08	1421 Williams, T. 2/2/08
27 565 Barnes, C. 3/29/08	407 Keller, S. 8/16/08	565 W. Matt, 3/08	1420 Gony, B. 12/17/07
28 551 Paris, C. 5/7/08	407 Dudley-Robey, E. 9/10/08	565 Roney, J. 5/3/08	1420 Gony, B. 12/17/07
29 551 Paris, C. 5/7/08	405 Corner, M. 2/23/08	562 Daugh, C. 3/16/08	1416 Spencer, R. 2/29/08
30 551 Noppers, L. 6/19/08	409 DeLina, M. 12/4/07	562 Davis, J. 3/29/08	1416 Abramson, M. 6/28/08
31 551 Spiga, A. 10/4/08	408 Leffler, D. 4/19/08	560 Burns, 8/10/08	1399 Warren, B. 5/17/08
32 545 Haraway, D. 3/29/08	408 Daidone, S. 6/7/08	560 Phelps, L. 8/22/08	1395 Gutierrez, R. 3/29/08
33 545 Haraway, D. 3/29/08	396 Pignoliamo, S. 6/12/08	556 Warren, B. 5/17/08	1394 Arvick, T. 11/15/08
34 545 Lamps, S. 5/4/08	396 Mattison, S. 11/20/08	556 Anderson, D. 5/17/08	1390 Dyles, L. 6/28/08
35 545 Frassullo, S. 11/15/08	392 McDougall, J. 10/4/08	556 Dickey, S. 8/22/08	1388 Mitchell, 5/6/21/08
36 540 Holman, M. 3/29/08	391 Page, 5/3/08	556 Dickey, S. 8/22/08	1385 McDougall, J. 10/4/08
37 540 Ognissio, T. 3/29/08	390 Bower, C. 6/7/08	551 Coffey, R. 2/2/08	1385 Yoch, M. 11/29/08
38 540 W. Matt, 3/08	388 Chase, P. 12/15/07	551 Fleming, M. 8/9/08	1380 W. Matt, 3/08
39 540 Thompson, D. 3/3/08	385 Chenick, R. 7/28/08	551 Theodorou, N. 10/18/08	1380 Laker, S. 10/18/08
40 540 Jones, 6/14/08	385 Chenick, R. 7/28/08	551 Ball, B. 11/20/08	1370 Bower, C. 6/7/08
41 540 Jones, 6/14/08	380 Stone, E. 8/3/08	550 Lozano, C. 3/29/08	1366 Whitaker, G. 12/8/07
42 540 Jones, 6/14/08	380 Callender, M. 10/25/08	550 Lozano, C. 3/29/08	1366 Whitaker, G. 12/8/07
43 534 Kerr, J. 4/5/08	380 Pullum, W. 11/20/08	550 Wagoner, Z. 8/2/08	1366 Whitaker, G. 12/8/07
44 534 Kerr, J. 4/5/08	375 Davis, D.J. 3/29/08	545 Harrop, J. 12/8/07	1360 Arrar, 11/22/08
45 534 Kerr, J. 4/5/08	375 Apollinaris, M. 4/19/08	545 Oerberg, P. 4/26/08	1355 Caldera, 3/29/08
46 530 Damsby, D. 3/29/08	375 O'Chey, M. 5/10/08	545 Collins, 3/29/08	1355 Wagoner, Z. 8/2/08
47 530 Damsby, D. 3/29/08	375 Dyles, L. 6/28/08	545 Johnson, D. 7/12/08	1350 Rollins, C. 5/7/08
48 530 Damsby, D. 3/29/08	375 York, M. 11/22/08	545 Nickle, J. 11/22/08	1350 Cyr, J. 11/16/08
49 530 Damsby, D. 3/29/08	375 York, M. 11/22/08	540 Tassie, S. 7/24/08	1345 Haraway, D. 3/29/08
50 530 Damsby, D. 3/29/08	370 Broussard, M. 3/8/08	540 Hardway, D. 3/29/08	1345 Durbin, R. 11/22/08
51 530 Damsby, D. 3/29/08	369 Kates, R. 6/18/08	540 Caceres, A. 4/26/08	1344 Stephens, A. 10/4/08
52 530 Damsby, D. 3/29/08	369 Kates, R. 6/18/08	540 Dukes, P. 10/4/08	1340 Nurcinson, C. 3/29/08
53 530 Damsby, D. 3/29/08	369 King, R. 4/7/08	540 Arvick, T. 11/15/08	1340 Williams, R. 3/29/08
54 530 Damsby, D. 3/29/08	369 Marks, A. 7/19/08	535 Sneed, R. 3/29/08	1339 Sneed, R. 3/29/08
55 530 Damsby, D. 3/29/08	369 Marozzo, B. 8/16/08	535 Mays, J. 3/29/08	1335 Mays, J. 3/29/08
56 530 Damsby, D. 3/29/08	366 Conners, T. 1/21/07	534 Harrett, S. 5/30/08	1333 Marozzo, B. 8/16/08
57 530 Damsby, D. 3/29/08	365 Adams, J. 4/5/08	530 Cotner, M. 3/23/08	1333 Marozzo, B. 8/16/08
58 530 Damsby, D. 3/29/08	365 Dubs, J. 3/29/08	530 Summers, J. 3/29/08	1330 Chapa, J. 3/29/08
59 530 Damsby, D. 3/29/08	365 Dubs, J. 3/29/08	530 Summers, J. 3/29/08	1330 Summers, J. 3/29/08
60 530 Damsby, D. 3/29/08	365 Hall, M. 10/11/08	530 Faw, R. 6/28/08	1328 White, F. 2/16/08
61 530 Damsby, D. 3/29/08	365 Hall, M. 10/11/08	530 Faw, R. 6/28/08	1328 White, F. 2/16/08
62 529 Williams, C. 3/22/08	365 Rodriguez, F. 11/22/08	525 Darks, A. 3/7/08	1315 Mays, J. 3/29/08
63 529 Williams, C. 3/22/08	365 Rodriguez, F. 11/22/08	525 Darks, A. 3/7/08	1315 Mays, J. 3/29/08
64 529 Williams, C. 3/22/08	365 Rodriguez, F. 11/22/08	525 Darks, A. 3/7/08	1315 Mays, J. 3/29/08
65 529 Williams, C. 3/22/08	365 Rodriguez, F. 11/22/08	525 Darks, A. 3/7/08	1315 Mays, J. 3/29/08
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67 529 Williams, C. 3/22/08	365 Rodriguez, F. 11/22/08	525 Darks, A. 3/7/08	1315 Mays, J. 3/29/08
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69 529 Williams, C. 3/22/08	365 Rodriguez, F. 11/22/08	525 Darks, A. 3/7/08	1315 Mays, J. 3/29/08
70 529 Williams, C. 3/22/08	365 Rodriguez, F. 11/22/08	525 Darks, A. 3/7/08	1315 Mays, J. 3/29/08
71 525 Wright, T. 5/18/08	365 Hall, M. 10/11/08	525 Darks, A. 3/7/08	1315 Mays, J. 3/29/08
72 525 Wright, T. 5/18/08	365 Hall, M. 10/11/08	525 Darks, A. 3/7/08	1315 Mays, J. 3/29/08
73 525 Wright, T. 5/18/08	365 Hall, M. 10/11/08	525 Darks, A. 3/7/08	1315 Mays, J. 3/29/08
74 525 Wright, T. 5/18/08	365 Hall, M. 10/11/08	525 Darks, A. 3/7/08	1315 Mays, J. 3/29/08
75 525 Wright, T. 5/18/08	365 Hall, M. 10/11/08	525 Darks, A. 3/7/08	1315 Mays, J. 3/29/08
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77 525 Wright, T. 5/18/08	365 Hall, M. 10/11/08	525 Darks, A. 3/7/08	1315 Mays, J. 3/29/08
78 525 Wright, T. 5/18/08	365 Hall, M. 10/11/08	525 Darks, A. 3/7/08	1315 Mays, J. 3/29/08
79 525 Wright, T. 5/18/08	365 Hall, M. 10/11/08	525 Darks, A. 3/7/08	1315 Mays, J. 3/29/08
80 525 Wright, T. 5/18/08	365 Hall, M. 10/11/08	525 Darks, A. 3/7/08	1315 Mays, J. 3/29/08
81 507 Steinh, M. 12/9/08	365 Hall, M. 10/11/08	525 Darks, A. 3/7/08	1315 Mays, J. 3/29/08
82 507 Steinh, M. 12/9/08	365 Hall, M. 10/11/08	525 Darks, A. 3/7/08	1315 Mays, J. 3/29/08
83 507 Steinh, M. 12/9/08	365 Hall, M. 10/11/08	525 Darks, A. 3/7/08	1315 Mays, J. 3/29/08
84 507 Steinh, M. 12/9/08	365 Hall, M. 10/11/08	525 Darks, A. 3/7/08	1315 Mays, J. 3/29/08
85 507 Steinh, M. 12/9/08	365 Hall, M. 10/11/08	525 Darks, A. 3/7/08	1315 Mays, J. 3/29/08
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87 507 Steinh, M. 12/9/08	365 Hall, M. 10/11/08	525 Darks, A. 3/7/08	1315 Mays, J. 3/29/08
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89 507 Steinh, M. 12/9/08	365 Hall, M. 10/11/08	525 Darks, A. 3/7/08	1315 Mays, J. 3/29/08
90 507 Steinh, M. 12/9/08	365 Hall, M. 10/11/08	525 Darks, A. 3/7/08	1315 Mays, J. 3/29/08
91 501 Steinh, M. 12/9/08	365 Hall, M. 10/11/08	525 Darks, A. 3/7/08	1315 Mays, J. 3/29/08
92 501 Steinh, M. 12/9/08	365 Hall, M. 10/11/08	525 Darks, A. 3/7/08	1315 Mays, J. 3/29/08
93 501 Steinh, M. 12/9/08	365 Hall, M. 10/11/08	525 Darks, A. 3/7/08	1315 Mays, J. 3/29/08
94 501 Steinh, M. 12/9/08	365 Hall, M. 10/11/08	525 Darks, A. 3/7/08	1315 Mays, J. 3/29/08
95 501 Steinh, M. 12/9/08	365 Hall, M. 10/11/08	525 Darks, A. 3/7/08	1315 Mays, J. 3/29/08
96 501 Steinh, M. 12/9/08	365 Hall, M. 10/11/08	525 Darks, A. 3/7/08	1315 Mays, J. 3/29/08
97 501 Steinh, M. 12/9/08	365 Hall, M. 10/11/08	525 Darks, A. 3/7/08	1315 Mays, J. 3/29/08
98 501 Steinh, M. 12/9/08	365 Hall, M. 10/11/08	525 Darks, A. 3/7/08	1315 Mays, J. 3/29/08
99 501 Steinh, M. 12/9/08	365 Hall, M. 10/11/08	525 Darks, A. 3/7/08	1315 Mays, J. 3/29/08
100 500 Sneed, R. 3/29/08	365 Hall, M. 10/11/08	525 Darks, A. 3/7/08	1315 Mays, J. 3/29/08

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NEXT MONTH...TOP 181s

CORRECTIONS. Some 4th attempts from the September 14th WABDL United We Stand BP/DL meet (appeared on page 98, of the December 2008 issue of PL USA) were not included in our meet report. John Pfeiffer deadlifted 336, Casey Bochonowicz deadlifted 351. Arnie Marx pulled a 308, Dustin Pfeiffer hauled in 264, Mike Aiello a 281, Harrison Haiden a 330. In the Bench, John Pfeiffer got a 336, Alfredo Evangelista a 440, Jimmy Kavarnos a 248, Russell Combast a 288, Therese Gill a 149, Seth Warburton 192, Dustin Pfeiffer 159, and Mike Aiello a 121. 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 Editors Department, Post Office Box 467, Camarillo, California 93011 for a proper analysis of 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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