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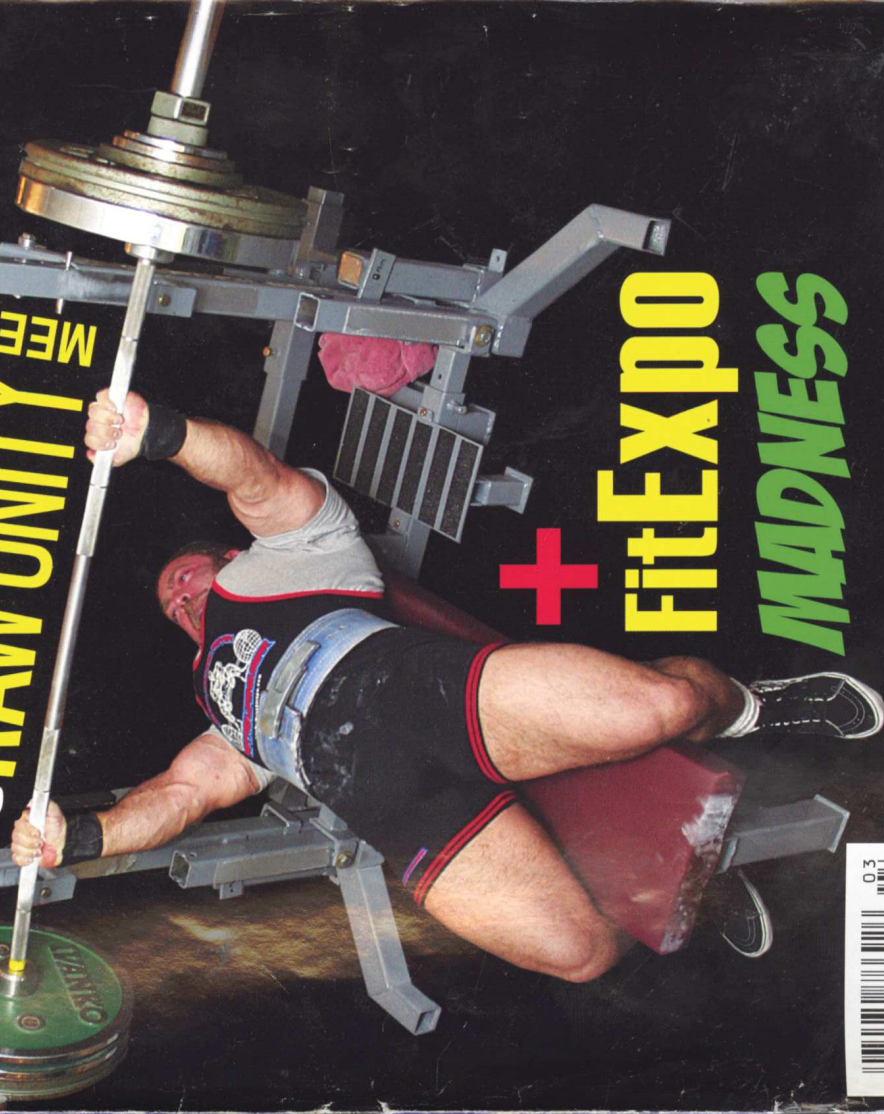


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ON THE COVER ... Ryan Celli benching at the Raw Unity Meet (photograph by SASDM.COM by courtesy of Eric Talmant)

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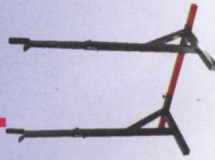
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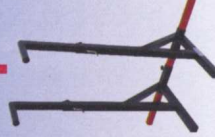
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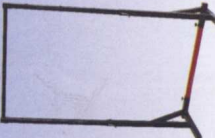
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947 lbs @ 242 lbs  
947 lbs @ 247 lbs

**Ryan Kennelly**  
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WR 1,075 lbs @ 308

**Joe Mazza**  
IPF World Record Bench  
675 lbs @ 165 lbs

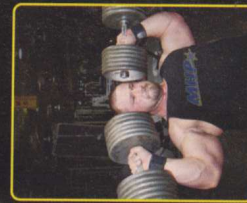
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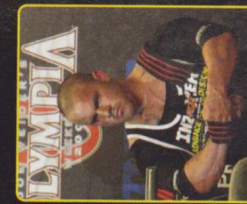
**Dennis Cieri**  
IPF World Record Bench  
634 lbs @ 193 lbs



**Jeremy Hoorstra**  
World Record "Raw" Bench  
615 lbs @ 242 lbs



**Brian Schwab**  
World Record Total  
2,045 lbs @ 165 lbs



**Shawn Frankl**  
World Record Total  
2,539 lbs @ 220 lbs



**Joe Cieklovsky**  
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# USPF AMERICAN CUP

USPF American Cup  
24 JAN 09 - Los Angeles, CA

Powerlifting	SQ	BP	DL	TOT
Open	270	—	314	—
123 lbs.	—	—	—	—
132 lbs.	—	—	—	—
141 lbs.	—	—	—	—
B. Rich	265	193	303	761
A. Barnhill	243	138	309	689
M. Heley	187	127	303	617
148 lbs.	—	—	—	—
L. Richardson	402	303	413	1119
M. DiGiuro	265	204	320	788
165 lbs.	—	—	—	—
C. Gibson	402	259	402	1064
181 lbs.	—	—	—	—
N. Stern	474	259	474	1207
198 lbs.	—	—	—	—
J. Lovell	446	320	452	1218
MALE	—	—	—	—
Open	—	—	—	—
144 lbs.	—	—	—	—
D. Tomoto	617	441	524	1582
S. Layman	562	380	516	1461
165 lbs.	—	—	—	—
L. Sparango	496	336	474	1306
181 lbs.	—	—	—	—
E. Kinsey	650	446	551	1648
B. Benedix	667	391	579	1637
D. Jurgens	590	369	650	1609
E. Moo	601	424	661	1687
G. Buffington	617	452	573	1642
L. Hernandez	601	314	524	1439
273 lbs.	—	—	—	—
C. Bailey	838	650	733	2221
B. Newman	711	314	623	1648
M. Bell	—	—	—	—
A. Best	843	810	705	2359
S. Cartwright	970	661	700	2331
L. Hoskinson	882	661	700	2243
D. Harrison	728	353	617	1698
308+ lbs.	—	—	—	—
S. Fossal	893	705	766	2364
L. Karabel	976	634	733	2342
T. Karchel	—	—	—	—

Best Female Lifter: Leonetta Richardson \$1000, Best Lighthweight Male Lifter (148-199): Darren Matsumoto \$1000, Best Heavyweight Male Lifter (220-308+): Mark Bell \$1000. Thanks to our sponsors: CON-CRET Nutrition. Thanks to our referees, score table, and spotter/leaders for making the meet and competition fun. Con-Sun Store, International Steve Denison, Inc. (National, Merino, National, Joe Denitice, International, Kevin Meskeo, National, Alan Aerts, National, Announcer: Chuck LaMantia, Scorecards: Tom Miller, Bar Loading Program: Kellie LaMantia, Master scoresheet: Steve Denison, Meet Director: Steve Denison, Spotters/leaders: Ed Roberts, J. Julio Noy, N.Y. Brad Adams, 413 For CA, CA, CA, (Woodato, CA, CA) (courtesy from Steve Denison)

American Cup records set:	SQ	BP	DL	Total
M40-44	882	661	661	2243
Open	—	—	—	—
N. Bell	810	810	—	2359
M. Heley	—	—	—	—
C. Bailey	838	650	—	2221
Open	—	—	—	—
L. Richardson	303	—	—	—
Sub	—	—	—	—
J. Lovell	446	320	452	1218
M40-44	—	—	—	—
D. Matsumoto	441	—	—	1582
D. Matsumoto	—	—	—	—
Open	—	—	—	—
S. Cartwright	970	—	—	2332
Sub	—	—	—	—
S. Cartwright	970	661	—	2332



Lifting Legends **Terry McCormick, Mike Bridges, Dave Shaw, Steve Miller, and Joe Ladrner** at the Fit Expo

On January 24th, twenty-eight talented single-ply lifters converged on the Los Angeles Convention Center for the American Cup Powerlifting Championship. Each lifter had been invited to participate based on their performances over the last year. For those not familiar with the Fit Expo, it is housed in an enormous convention building and is filled with fitness related businesses and activities. Along with Saturday's full power meet, there were strong-man competitions, pull up and push up competitions, mixed martial arts demonstrations, and products of all kinds for sale.

All in all, the stake was \$3000, with \$1000 going to each of the best lifters. In the 132s, three women vied for the title but raw lifter Becky Rich vowed everyone with her huge total of 760 pounds. She squatted 264, benched 192, and pulled 303 to win her class. Veteran lifter Alison Barnhill put up a respectable 688 total, assisted by the biggest pull in her class of 308. Twenty-year-old Morgan Heley showed real promise and totaled 617 pounds.

Leonetta Richardson and Monica Di Giuro lifted at 148. Leonetta traveled from Hawaii for this meet and clearly came prepared. She squatted a strong 402, benched an American record 303, and pulled 413 to post a massive 1118 total. This netted her both first place in her class and the best lifter prize of \$1000. Di Giuro, a veteran of the American Cup, gave a strong performance, totaling 788.



**Charles Bailey**—all around power



**Fabulous Sigfus Fossthal** (ICE) exults

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Raw Meet Director **Eric Talmant**

The 2nd Annual Raw Unity Meet was held January 24, in New Port Richey, Florida. Last year's event was very good. This year's event was outstanding. Lifters traveled from all over the United States and Canada to compete.

Eric Talmant, the Meet Director, ran the meet for the lifters. The competitor was given every chance to do their very best. The cool thing about this meet is that it attracted lifters from all different federations. Multi-PLY, single ply and raw lifters all competing together.

The rules of performance were pretty much the rules that existed in the late 70's and early 80's. A start, press and rack signal in the bench. No Monolift and breaking parallel in the squat. Shoulders erect and knees locked in the deadlift. The officiating was handled by Will Morris, J.D. Gaynor, Matt 'Kroc', Jack Stevens and Bob Gaynor.

Eric's goal for this meet is for it to become a true International Championship for raw lifters. Next year's meet will most likely be a 2 day meet and may possibly be held in a larger venue.

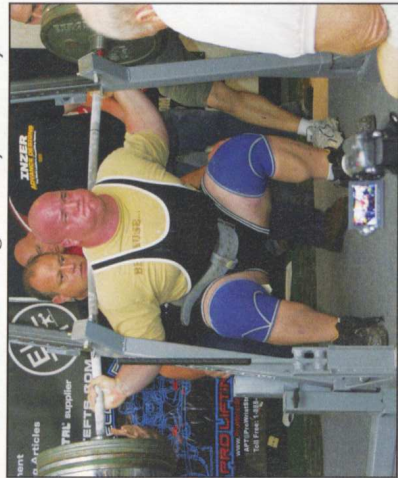
Powerlifting is not a big money sport. A meet Director relies on sponsors to help defray the costs. Eric had some great sponsors:

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- Deadlift Ramps
- Iron Drive Sports
- Elite Fitness Systems
- Pit Bull Gym of Tampa
- Powerlifting USA

In addition to the regular weight classes there were 5 money divisions. Men's Open, Bench, Women's Power, Men's Lightweight,

## RAW UNITY MEET

as told to Powerlifting USA by Bob Gaynor



Scott Weech did some impressive lifting once again in the HW class

Power, Men's Middleweight Power, and Men's Heavy Weight Power.

There were eleven in the Bench Division. They ranged from Neal Dreisig at 148 lbs. to Perry Ellis at 258 lbs.

The class winners were:  
 148 Neal Dreisig 347  
 165 Claude Bouyer  
 181 Joe Hill 435  
 198 Ryan Celli 535  
 220 Sabre Schnitzer 452  
 242 Mike Hummel 518  
 275 Travis Bell 501

In the competition for the money, Perry Ellis at 258 lbs. finished 5th making 474 and 491 before missing 501. Travis Bell was 4th. Travis made only his opener at 501. In 3rd place was 177 lb. Joe Hill. Joe made a nice 435 on his 2nd attempt. In 2nd place was Boca Raton's Mike Hummel. You have to see Mike's performance to believe it.

The prosthetic on his left arm makes setup and balance very difficult. Mike had an off day, making only his opener at 518 lbs. In 1st Place was Pitsborough, PA's Ryan Celli. Ryan made 3 strong benches, his third being 635 for the win.

The Women's Division had 9 entries. The Class Winners were 114 lb. Natty Freed, 123 lb. Leslie Kuitner, 132 lb. Ellen Stein, 165 lb. Kristi Devery, and 198 lb. Taylor Stallings.

Teenager Amanda Graham lifted well within her capabilities and went 9 for 9. Annie Marx missed only her first deadlift and had a strong 8 for 9 performance.

Marcy Stein, training partner to Tom Roselli of Rhode Island did



Tony Conyers - pulling a big one not make the top 5, but did some personal bests. An interesting story about Tom: 6 years ago he rode a bicycle from Rhode Island to Key West, Florida—about 1400 miles.

In 5th Place was Mike Lane. Mike became a different man when the deadlift started. He opened with a very easy 622 then jumped to 672 for another strong lift. 700 was just a little too much on his 3rd attempt.

In 4th Place was Tony Reid. Tony had a nice 8 for 9 day, missing only a 2nd attempt squat, which he made on his 3rd.

The Top 3 came down to Washington, Schwab and Conyers. Hermis made 3 squats, as did Brian Schwab and Tony Conyers. I think each one could have done more.

Hermis made 3 good benches, the top being 287. Brian missed his 3rd Bench at 347 and that cost him. Tony made a nice 386 weighing 155 lbs. All three made their first two deadlifts with Tony pulling 606, Brian 551 and Hermis 518.

All three missed their 3rd, and you have to see the view of Washington on YouTube. It is great. So, 3 great lifters the final placing was Hermis 3rd, Brian 2nd and Tony 1st.

The middleweight division included the 198, 220 and 242 lb weight classes. There were 8 competitors in this division. The individual weight class winners were 198 Ryan Celli, 220 Jeremy Hamilton and 242 James Jacobs. In the race for the money, Chip 'Hoot' Edaligo took 1st in the 132 lb. Class. Brian Schwab won the 148's, Tony Conyers took the title at 165, and USAPL Raw Champion Tony Reid was 1st at 181.

There were 14 lifters competing for the money prize in the Lightweight Division. Tom Roselli of Rhode Island did

(continued on page 106)

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World Record Bench Press  
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In powerlifting, there are many different paths to achieve our lifting goals. Some paths can elicit great results in short periods of time, while others are developed for long term success. In powerlifting we base our training and our paths from meet to meet, but is this the correct thought process? Furthermore, is it correct to follow others that are better? In the end it is YOU that must know your needs at that particular time. While taking input and advice from others may be the path to greatness, it may also be the path to destruction.

In the gym it is easy to get caught up in the here and now, train above your current ability or intensity, and push your limits far beyond what is needed to achieve your goals. We have all done it, we have made a light day, a day of competition and maximal effort. The real goal of the lighter day may have been restoration, or dynamics, but rather we decided to go heavy, maybe too heavy. How many people have you heard of that have done insane things in the gym, but never transferred

over to a meet? How many people have you seen or trained with that looked like they could squat a 1000 lbs., but go to a meet and can barely get 800? The key to powerlifting is to make people as strong as they can possibly be, and that is not above 90% all the time. An understanding of individual response to different loading regimes is the key for success. This does not mean that maximal effort does not need to be carried; it just means to not get carried away. An understanding of individual response is also a huge factor in the success of training. Did you know that 40% of your training should be in the 70-80% range? Did you also know that 90% and above should only be used about 10% of your yearly training?

The person that trained the hardest will show the greatest results come meet time. If this were only true then training would be easy to figure out. This would be easy to figure out. This would be easy to figure out.

Higher intensities and lifts in higher intensity zones will produce superior results. This is actu-

# TRAINING

## Training Individuality as told to PL USA by Matt Wenning M.S.



**Matt Wenning** has made steady progress to become the elite in the 308 lb. class for 3 hours a day wins. Unfortunately for most of us, strength is not a constant and depends greatly on the conditions both internally and externally. If you want to increase your chances for success, then you must learn how to use the potential of your muscles and your nervous system. This means to learn how to train smart, not just hard. Optimal work for your body, current condition, and environment are major factors.

Train like the champions train, and you will be a champion. This is a huge misconception, and also a huge mistake for many developing athletes. All athletes regardless of their current ability can use things from people more advanced, but should not use it as a die hard template. An advanced athlete has distinct strengths, weaknesses, and needs, while beginners are just gen-

erally weak, and just need to get stronger in all forms. At the top, many workouts are custom tailored to fit individual needs; your workout should be the same.

Gear training constantly is the only way to get strong. Many people in powerlifting today train in gear all year round then wonder why their competition lifts seem to stall or fade. Raw training builds the ligaments, tendons, and muscles evenly, while also giving the nervous system a break from handling otherwise impossible weights without the equipment. A good lifter should have much of his training time in minimal gear or even raw training.

There will be a time to master gear, but in the beginning of your training career, and in some parts of the training year you must train raw. Posture and strength of the entire spine and pelvic region must be very strong in order to hold positions that are necessary to lift large weights that suits and shirts can allow.

Hiding weaknesses with tighter gear increases injury, and in the long term, decreases results. In my last meet, where I totaled 2665 (breaking the all time 308 record), I trained raw for many weeks out of my cycle, used only full gear 2 times in the 15 weeks. Not only have I hit big numbers, but have never had more than a pulled muscle.

These are some of the main factors that I have used to achieve the 2600 lb. mark and an all time world record with tons of room to spare. My training has allowed me to constantly break personal bests in one form or another for long periods of time and do it safely; hopefully you can do the same by training smart.

**Recommended Readings:**  
V.M. Zatsiorsky. Science and Practice of Strength Training. 2006  
Thomas Kurz. Science of Sports Training. 2001  
A.S. Mevedev. A system of Multi Year Training in Weightlifting. 1989

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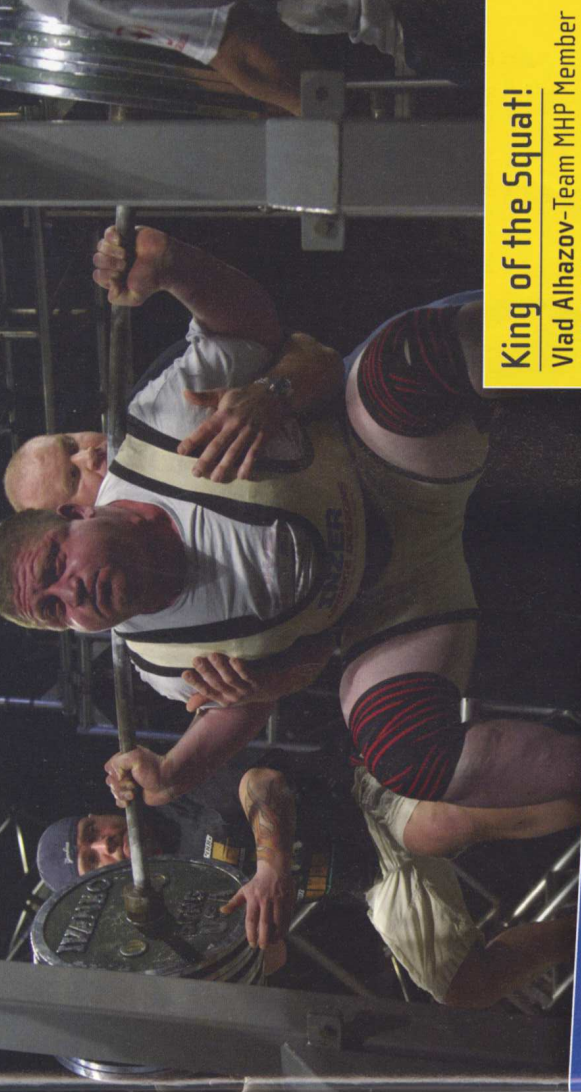
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# STARTIN' OUT

**POWER SCRIMMAGE**  
as told to PL USA by Doug Daniels



Last night I took my newly formed 7th grade boys travel basketball team to scrimmage a similar team from a nearby town. We can practice all day and even scrimmage against ourselves, but nothing really improves an athlete or a team like actual competition. During the scrimmage, both teams played for fun, but we each threw a few twists against the other. The hope was the scrimmage or practice game would help both teams when we play games that count. Since my team was new, I felt we needed more playing time versus other opponents to find out where we stood and identify strengths and weaknesses. Powerlifters, too, can gain from a scrimmage or practice meet.

We all know that lifting in a meet is vastly different than lifting in the gym. First, we must perform all 3 lifts in one day. More importantly, we also have to please the judges with proper execution of our lifts. These and other variables make the actual meet much different than gym lifting. Many novice lifters do not know what to expect at their first contests. One way to deal with this is to arrange a powerlifting 'scrimmage' or practice meet.

A practice meet is a workout set aside 10-14 days prior to the actual meet to have a staged competition in the gym with your training partners. The goal of this session is to, as closely as possible, simulate meet conditions and flow. The experience gained here can be potentially invaluable at the actual competition.

Staging this practice meet 10-14 days prior to the contest is recommended to adequately recover in time for competition. This timeframe will allow about one more week of moderate workouts to brush up for the meet. I suggest taking two days off prior to this session so you can lift reasonably fresh.

As I mentioned earlier, you should simulate actual meet conditions as much as possible. This includes taking the same warm-ups you plan to take in the contest and using the same supportive gear. Of course, start with the squat and finish with the deadlift. At most meets, your actual attempts can come about 20-30 minutes apart, so I would suggest mimicking this also. This presents the challenge of keeping warm and focused between rounds in competition. If you do not have a warm-up plan, check out a recent article of mine for more info.

It is important to have someone knowledgeable to objectively judge your attempts. You can take turns judging while the others are spot-

ting this practice meet. You don't want to risk injury or burnout this close to the meet. The goal is to gain a feel of where you are in terms of overall contest readiness.

Don't forget to allow for any weight loss you may still need to make your intended weight class. This can affect your performance at the actual meet. A few lost pounds between the practice and the actual meet can impact your lifting measurably. Be sure to take this in account when choosing your contest attempts, especially openers.

For the more experienced lifter, practice meets may not be as necessary or desirable as for novice, less experienced lifters. Experienced lifters should have a good idea of where they are in terms of contest readiness. They also should know what to expect in terms of contest rules and flow. Speaking of rules, this is also a good time to become familiar with the rules of the competition you are training for. Try to obtain a current rulebook for that organization if there is doubt. Go over it at the practice meet and execute your lifts with their guidelines in mind. Do your homework!

I think that a practice meet or scrimmage can be valuable to many lifters. A lot can be learned about your contest preparations before the actual competition itself. Your lifting gear, warm-up procedure, attempt selection, lifting technique, and endurance can all be tested quite thoroughly in that one day. The next day or two you may be sore so take a few days off afterwards. This will assure you that you are not burned for the actual day of competition. This practice meet is also a good time to take your last deadlift for the training cycle as you should allow 10-14 days between your last deadlift and the meet itself.

Again, I think this practice meet can be valuable to all lifters at various times over their careers, not just novice lifters. It's key to simulate actual meet conditions as closely as possible. This can also apply for one or two lift meets. Don't risk injury or burnout by pushing too hard. A 90-95% effort should give you the feedback you need to perform well at the meet. Two attempts at each lift may be sufficient. Give each other feedback about technique and optimum attempt selection. When judging squat depth for example, be accurate and objective. This is also a good opportunity to video record execution of your lifts for reviewing later. That being said, powerlifters can gain as much from scrimmages as basketball players.

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**Critical Bench:** Hey, thanks for doing this interview, Mike. Please introduce yourself.

**Mike Tuchscherer:** No problem. It's my pleasure. I'm Mike Tuchscherer. I'm 23 years old. I compete in the 275 pound class. I am in the Air Force—currently stationed in Minot, North Dakota. My wife's name is Ayana and she has been a fantastic supporter of mine.

**CB:** How long have you been involved with powerlifting?

**MT:** I have been competing since 2001. I started off with high school meets that were part of our football off-season. Once I got to the Air Force Academy, things really took off. They had a powerlifting team that I was able to get involved with and really develop myself as a lifter and coach.

**CB:** Tell us about your childhood. Did you always train like a powerlifter?

**MT:** I grew up in Indiana. I had a pretty normal childhood. I started lifting weights when I was in the 7th grade. Once I got into high school, I was lifting for football. Even so, I trained like a powerlifter because I really enjoyed pursuing strength. As a Junior, I started competing in powerlifting and really enjoyed it.

**CB:** Who did you look up to when you were coming up as a powerlifter?

**MT:** Oh, all the old favorites, I guess. I think my first PL USA had Ed Coon on the cover, which was cool. I really admire Captain Kirk for his squatting ability. I had to get his video when it came out! There are a ton of guys I have looked up to.

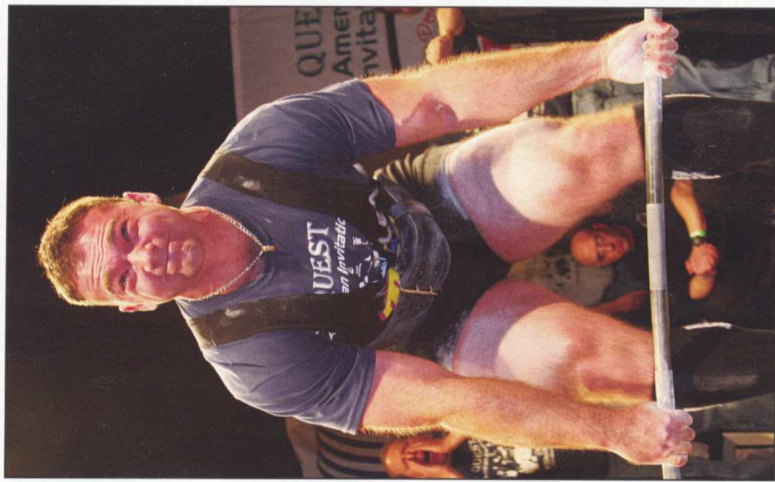
**CB:** What would you say to a novice lifter or to a lifter who's just starting out in powerlifting?

**MT:** Learn everything you can. There's an anti-intellectual attitude among many powerlifters and it's wrong. The "just pick up heavy stuff" mentality will fall by the wayside as people who put thought into their training seize the spots on the podium.

Some guys already do apply their mind to their training, but it's not as common as one would expect. You have to be able to read, absorb, and apply information. If you can't do that, your next choice should be to find someone who can do so and get their help. Even if you have to hire someone to write your training, it's that important if you want to reach the highest levels of powerlifting. It's already this way with many

## INTERVIEW

### MIKE TUCHSCHERER interviewed by Curt Dennis Jr. of Critical Bench



Mike Tuchscherer has amazing pulling power (Scot DePaen/Filis photo)

other sports. You've never heard of Joe Blow Track Athlete doing his "modified Charlie Francis workout" and making it to the Olympics, so why do people expect to do that and achieve high results in powerlifting? Some have been able to get away with it so far, but I feel that is mostly due to the condition of competition in Powerlifting today. I think that will change over the coming years. One way or another, you have to become a student of the sport and study it.

**CB:** That's right all you meathheads out there, start using your brains! Mike, do you have a favorite out of the three powerlifts?  
**MT:** Squatting is the most fun to me, but I do enjoy all 3, depending on the day.  
**CB:** What challenges have you faced in your powerlifting journey?  
**MT:** The biggest challenge, in my opinion, is to continuously make progress while remaining injury free. If you can figure that out, then you've solved out the puzzle.  
**CB:** Tell everyone here the difference between someone who wants to look "pretty" and someone who does what we do? Explain the dif-

ference between a workout and a training session.

**MT:** If you train for looks, your training has to reflect that. If you train for performance, your training has to reflect that as well. If you want to do both, that's fine, but you won't be quite as good at either. You'll be a jack-of-all-trades, but also a master of none. There are just not enough resources for all abilities to be maximized. I'm not going to rip on the guys who train for looks, because that's their choice. I'm no better than they are. But at the same time, don't be the guy to complain that you can't get your Deadlift to improve (or whatever other goal) when you never train specifically for it.

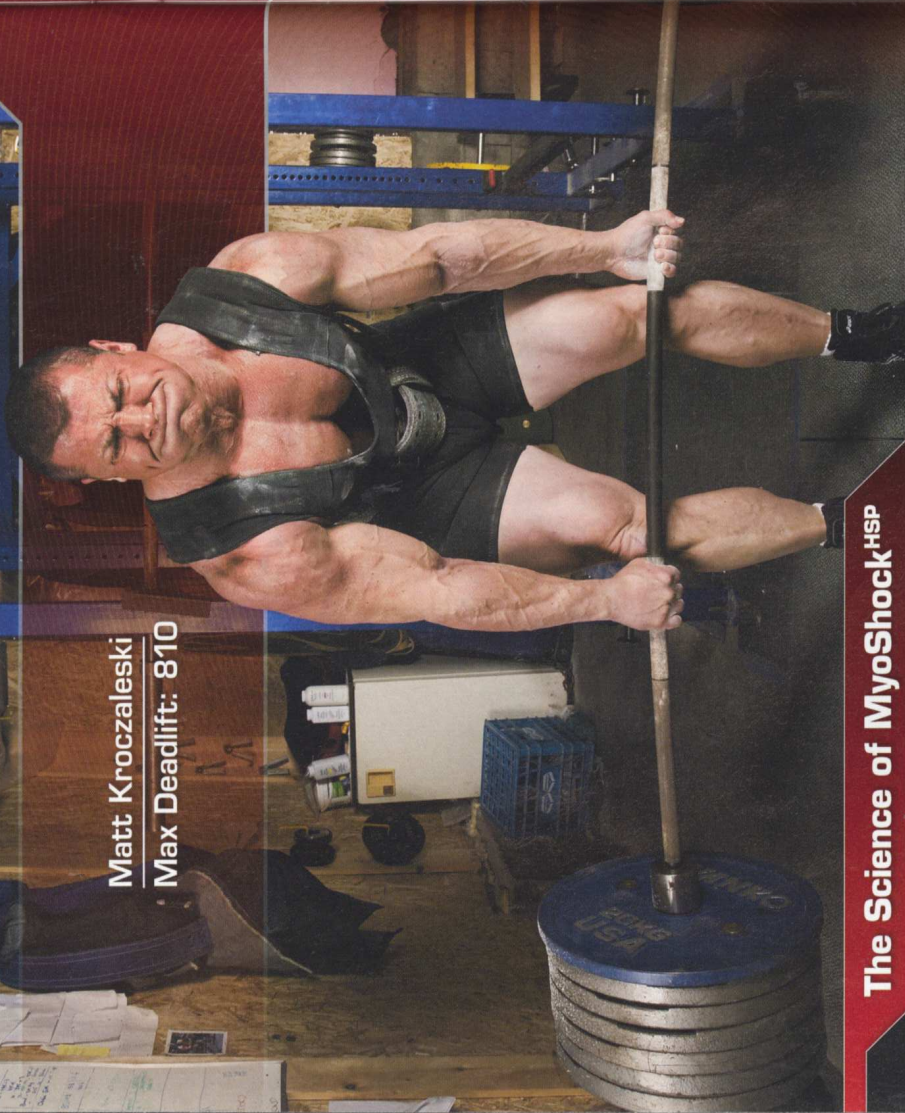
The difference between a workout and a training session—who cares? When you go to the gym, have a plan and know what your objective is. That goes for anybody—even if you aren't competitive in anything. Go to the gym and have a plan with a specific direction to the future and you'll get where you're going. It breaks my heart to see people go to the gym year after year to "get in shape" and they never get anywhere because they are doing the same thing every week. There has to be a driven expectation of results.

As far as the attitude difference between a workout and a training session—a lot of people will say that if you're "training" then you need to be angry in the gym and rude to everyone around you. That's bull. You represent your sport, no matter where you lift. When I lifted at a commercial gym, I represented Powerlifting to the other gym goers. Now that I lift in my garage, I represent Powerlifting to my neighbors. I'm not saying "don't be focused." You have to be focused. All I'm saying is, don't be a jerk. When I was training at a commercial gym, I can't tell you how many people said, "Hey, what are the chains for?" And every time, I'd explain it to them. It only took me 20 seconds at most and I'd be willing to bet they walked away saying, "Wow, that's a cool idea," rather than, "Wow, Powerlifters are jerks."

**CB:** You've already mentioned some great tips. What else would you tell a powerlifter if they are trying to get to the next level in the sport? Do you believe that powerlifters have a lifestyle of their own?

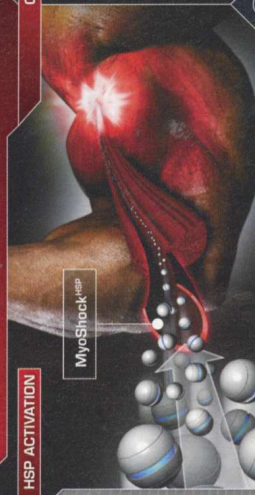
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**Matt Kroczaleski**  
**Max Deadlift: 810**



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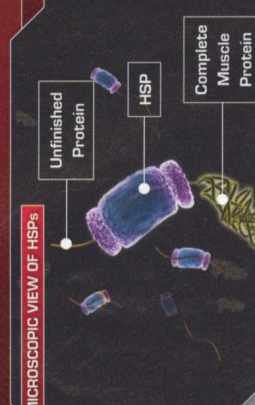
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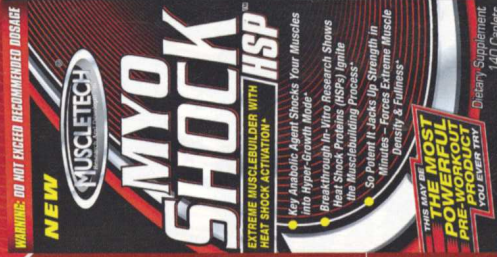
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# TRAINING

## OPTIMIZE YOUR BODY Strongman Technique Series Log Press – Tire Flip – Atlas Stones as told to Powerlifting USA by Chris Mason



World's Strongest Man contender Dave Ostland pressing up a log lift



Proper technique can make a huge difference when Tire Flipping

Technique can be the difference between trophies and injuries in any sport. This phenomenon is even more prevalent in strongman where extreme loads are coupled with high skill component movements.

The sport of strongman incorporates lifts which are vastly different than most strength training normally encounter in the gym. This can make them an excellent source of variety for powerlifters and other non-strongman strength athletes. It also presents unique challenges to the strongman training neophyte. In my experience, the strongman movements which present the most formidable of these technique challenges are the log press, tire flip, and Atlas stones. The balance of this article will address each lift individually and provide helpful hints to ease your transition from strong guy to STRONGMAN.

To see any of the below techniques in action view the video link at the end of this article.

### Log Press

Included in almost every strongman contest, the log press is the most common test of overhead strength and often a key event by virtue of being placed first in the meet. There are two variations of this event, the max log and the log for reps.

### Proper Execution

Row the log into your lap and then squat down holding your elbows high.

Clean the log to your shoulders by rolling it up your body. You will have to be very aggressive and reflexively snap the log into the racked (essentially resting on the shoulders) position.

Once the log is racked be sure to keep your head slightly up with your elbows held high.

Begin the press/jerk by squatting down slightly and then firing the log off of your chest as you extend your hips and legs in an explosive upward movement.

As soon as the log clears your head try to bring it (your head) through by moving it slightly forward and altering the path of the press slightly to the rear.

Make sure to hold your lockout at the top and, if possible, make eye contact with the judge while awaiting the good lift command.

### General Tips

The more leg and hip drive you can muster, the more powerful your press/jerk will be. The Olympic lifting technique of a squat or split jerk is also used by many strongmen. If you can master either of these techniques they can be a very effective

tool in your arsenal.

Assistance exercises in the gym should include front squats, close grip bench presses, barbell push jerks, and power cleans.

Wearing flat-soled shoes will help to maintain balance. The use of a power belt can help the lifter to stabilize their torso during the press. It can also provide a platform to rest the barbell on if the continental clean technique is being used.

Many lifters are docked in competition due to poor form and/or improper technique. Their haste to pound out the reps causes them to lose focus and get sloppy. Don't let that happen to you!

Breathing is especially important during a press for reps event. The best time to do so is with the log in your lap.

Experienced pressers and strongmen can work on mastering a singular motion pressing technique which is more efficient and thus a time saver during press for reps events. When performing this technique the lifter simply skips the rack phase of the clean and press. A strong strict press and a very fast clean are keys to success with this technique. The fast clean generates increased momentum to help the lifter bypass sticking points in the press.

### Tire Flip

The tire flip is a very common strongman event. Proper technique can make a huge difference in both the weight of the tires that can be used and the speed in which the movement can be executed.

The size of the tire dictates the optimal technique to be used. Larger/heavier tires require a double movement technique while smaller/lighter tires allow for a single motion.

### Smaller/Lighter Tire—

#### One Motion Technique

Place your hands palms-up underneath the tire. Keep your feet back and drive your chest into the tire. This allows you to use your body as leverage to break the tire from the ground.

Continue to drive your chest into the tire and simultaneously thrust forward and upward. Walk forward as the tire raises.

Once the tire clears your knee use your leg to briefly hold it in place while transitioning your hands from under the tire to a pushing motion (if you are extremely explosive you might find that your chest can be used in the same fashion as described for your leg).

Follow the tire as it falls and re-

(continued on page 80)

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## WDPF WORLD CHAMPIONSHIPS

Year	Location	Weight Class	Rank	Name	Weight	Score
2008	Stewart USA	259	171	320	750	
2008	Master I	Open	402	303	551	12571
2008	Polish/Military					
2008	Polish/Military		364	265	507	11351
2008	Police/Military					
2008	Teen II					
2008	Wallace USA	353	204	380*	937*	
2008	Wallace USA	303	226*	331	860	
2008	Teen III					
2008	Sheehan USA	413*	298*	480*	1190*	
2008	Police/Military					
2008	Police/Military					
2008	Teen II					
2008	Condon USA	358*	193*	435*	987*	
2008	181 lbs.					
2008	Master V					
2008	Smoker USA					
2008	Open					
2008	Medion-ENG	557	386	551	1494	
2008	Open					
2008	Teen I					
2008	Teen II					
2008	Seeding USA	364	204	452*	1020*	
2008	Teen III					
2008	Police/Military					
2008	Police/Military					
2008	Teen II					
2008	Barber USA	364	243	353	959	
2008	Teen I					
2008	Teen II					
2008	Teen III					
2008	Senior I					
2008	Senior II					
2008	Senior III					
2008	Senior IV					
2008	Senior V					
2008	Senior VI					
2008	Senior VII					
2008	Senior VIII					
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2008	Senior XXII					
2008	Senior XXIII					
2008	Senior XXIV					
2008	Senior XXV					
2008	Senior XXVI					
2008	Senior XXVII					
2008	Senior XXVIII					
2008	Senior XXIX					
2008	Senior XXX					

(continued on page 96)

2008	Senior I					
2008	Senior II					
2008	Senior III					
2008	Senior IV					
2008	Senior V					
2008	Senior VI					
2008	Senior VII					
2008	Senior VIII					
2008	Senior IX					
2008	Senior X					
2008	Senior XI					
2008	Senior XII					
2008	Senior XIII					
2008	Senior XIV					
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2008	Senior XXVI					
2008	Senior XXVII					
2008	Senior XXVIII					
2008	Senior XXIX					
2008	Senior XXX					

World Champion Kelvin Hayes squatting (photo courtesy of Stagg)

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# POWER RESEARCH

dedicated to bringing Science to the sport of Powerlifting

## Why Powerlifters Should Use ALPHA AMINO PROTOTYPE 216 as told to PL USA by Team MuscleTech

Whether you're a veteran lifter or new to the platform, you know that your muscles take a beating each and every time you set foot in the weight-room—it's unavoidable. But, as an iron-warrior, you've probably become accustomed to the pain, hardly noticing the muscle soreness anymore. You battle on—you keep pushing and pulling that iron with every willing muscle. That's what powerlifting is all about—moving the weight at all costs is what separates powerlifters from the typical gym rat. And when you can't move that weight, you begin questioning your training program, wondering how the heck you hit a plateau. The answer, in most instances, is that for your grueling lifting sessions you are not giving your body what it needs to repair and rebuild muscle tissue—you can get this in the form of a scientifically advanced supplement.

### Why Powerlifters Need Amino Acids

One of the most important supplements that a powerlifter can benefit from is a high-quality, scientifically formulated amino acid product. Amino acids are the building blocks of muscle and are essential for powerlifters because they aid in the repair, growth and development of muscle tissue—and no other sport on the planet destroys muscle tissue more than powerlifting. Most amino acids are derived from quality whole food protein sources such as fish, meats, grains, peas, legumes and dairy. Maintaining amino acid intake is important for strength gains and to help muscle tissue repair for maximum growth—this is especially true for powerlifters, so supplementation is key. The simple truth is, without critical amounts of amino acids delivered to your muscles, you may not recover properly and you won't be able to lift efficiently.

Your best choice for an amino acid complex that is powerful enough to repair and build the muscle tissue of even the most hardcore lifter is the scientifically engineered Alpha Amino Prototype 216™. The Medical Branch at the University of Texas tested a key complex in the Alpha Amino Prototype 216 formula on human subjects and the results were astonishing. By

response more than when this same combination is taken post-workout. You can still get anabolic if you take amino acids and carbohydrates after your training, but not as anabolic as before training, according to this third-party clinical study. This was shown by a 216 percent increase in myocellular uptake of phenylalanine. Clinical research indicates that this is a key marker of muscle protein synthesis, which of course is muscle growth occurring at the cellular level. The researchers conducting this clinical study employed a very precise method of testing done by analyzing blood taken from human subjects at several time points following intense exercise. The findings show an immediate 216 percent increase in muscle growth activity at the cellular level.

Knowing the importance of protein synthesis as it relates to muscle growth, Team MuscleTech™—the industry leader in scientifically engineered supplements—created the next generation of super-amino muscle growth, Alpha Amino Prototype 216. By utilizing the power of Nano-Diffuse™ technology, as well as cutting-edge clinical science as the driving force behind the Alpha Amino Prototype 216 formula, just one serving consumed with your favorite sports drink 15 minutes before you lift can trigger an immediate increase in muscle growth activity by an incredible 216 percent, as shown by the University of Texas study.

Powerlifters need amino acids and Alpha Amino Prototype 216 is the most scientifically advanced amino acid supplement available that powerlifters can add to their program. Just imagine the gains you can make when you increase amino acid delivery directly to your muscles by 650 percent and muscle growth activity by 216 percent. The verdict is in: Alpha Amino Prototype 216 is the ultimate powerlifting tool, hands down.

### References:

- 1 Tipton, Kevin, et al. (2001). Timing of amino acid-carbohydrate ingestion alters anabolic response of muscle to resistance exercise. *Am J Physiol Endocrinol Metab*, 281, E197-E206.



One of the Best—Matt Kroczaleski takes advantage of cutting edge nutritional products serving consumed with your favorite sports drink 15 minutes before you lift can trigger an immediate increase in muscle growth activity by an incredible 216 percent, as shown by the University of Texas study.

**Supplement Timing Is Everything**  
Although the concept of supplement timing applies to all supplements, it is most important when it comes to amino acids. In fact, in the same revolutionary study conducted at the Medical Branch of the University of Texas, it was discovered that timing of amino acid ingestion can alter the anabolic response of muscle to resistance exercise, and the results were truly groundbreaking. This scientific research study was designed to determine whether oral consumption of an essential amino acid/carbohydrate supplement before exercise results in greater anabolic response than supplementation after resistance exercise. The study showed that the administration of a precise dose of essential amino acids and carbohydrates taken right before training boosts anabolic muscle

# INCREASE MUSCLE GROWTH ACTIVITY BY 216%.

Powerlifting is all about designing the perfect battle plan so you can focus on what needs to be done to up your squat, bench and deadlift. To prepare powerlifters for their daily war with the iron, Team MuscleTech™ has engineered Alpha Amino Prototype 216™—the next generation super-amino muscle growth accelerator. Prototype 216 is based on research conducted at the University of Texas where a human clinical study was performed on the key components of this super-amino supplement. The study showed that test subjects who consumed the amino acid matrix found in Prototype 216, with carbohydrates prior to lifting, experienced a 216 percent increase in anabolic muscle response. Test subjects also increased blood amino acid delivery by 650 percent directly to the muscle. By consuming Prototype 216, you'll be supplying your muscle tissue with key amino acids and vital anabolic nutrients to repair, rebuild and grow long after you've stepped off the platform. You'll come back fully recharged and ready for another war. With Alpha Amino Prototype 216—pumping through your veins, you'll not only survive the battle with the iron—you'll dominate it with every lift.

**MUSCLETECH** AMINO ACID SUPPLEMENT

Based on Research at University of Texas

## NEW ALPHA AMINO PROTOTYPE 216™

NEXT GENERATION SUPER-AMINO MUSCLE GROWTH ACCELERATOR™

- Immediately Increases Muscle Growth by 216%™
- University test subjects increased amino acid delivery directly to muscles by 650%™
- Triggers anabolic activity for permanent gains in lean, dense muscle™
- Engineered with a lab-proven ratio of powerful amino acids to induce rapid muscle growth™

Patented Formula with Ultra Fast-Absorbed Nanoparticulated Amino Acids

Powered by Rapid Expansion Technology™

120 Capsules  
DIETARY SUPPLEMENT

- ▶ Immediately increases muscle growth by 216%
- ▶ Increase amino acid delivery to muscles by 650%
- ▶ Formula is based on university research
- ▶ Features cutting-edge technologies
- ▶ Engineered with a lab-proven key ingredient matrix shown to induce rapid muscle growth

**Matt Kroczaleski**  
Powerlifter, 220 Class  
Squat: 1,014 lbs.  
Bench: 705 lbs.  
Deadlift: 810 lbs.  
Total: 2,529 lbs!

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In one clinical study, the amino acid complex found in Prototype 216 caused a shocking 216% increase in muscle protein synthesis (phenylalanine), which of course is muscle growth occurring at the cellular level. In the same study, researchers discovered that test subjects consuming a key complex in the Prototype 216™ formula before training increased blood amino acid delivery directly to muscles by an astounding 650%. © 2008. Read the label before use.



# 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.).

**W**hen 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 10,642 milligrams worth of muscle-growth accelerators in the form of key amino acids and anabolic compounds coupled with 52 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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# Acid Zapper Scot Mendelson Classic



Tiny Meeker went over 900 pounds and then proceeded to win the rep contest for the Heavyweights

Among the happy campers were Scot and Shawna Mendelson, Tiny Meeker, Jason Coker, and Wayne Pullum (photos courtesy Mike Sweeney & PL USA)



Mendy prepares to push

WPC President Mike Sweeney with Mike Bridges

Jason Coker won a check for \$5000 for his 804 BP @ 196



Hairore Power - Jesse Kellum was one of the top line competitors

The Fit Expo crowd was attentive and appreciative of the event

# "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 Bencher 1999-2007

## STEROID-LIKE STRENGTH, YET COMPETITION LEGAL?

USPlabs has hit the motherload...

A product that delivers massive strength & recovery, on par or better than pro-hormones (and even mild steroids), yet is completely legal to use in ALL competition because it's:

- 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 boxers/lifters setting PRs 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...

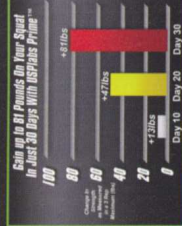
- Permanent Muscle Gains - Hormonal levels are not affected, therefore there's no drop-off - What you gain is yours to keep! Permanent Muscle Gains - No "rollercoaster" effect.
- Enormous Strength Gains - Own The Weight Room - Own the Platform! Increase your lockout. PRIME will allow you to press harder 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 N.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! Complies 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 freakin' days! And the results get better the longer you use it!!!



## DEMOLISH Your Current PRs.



## 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 bat-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".

P.S. Little "Instant Strength" trick...if you need to gain a lot of strength in a very short period of time such as pre-comp, load 9 capsules of USPlabs Prime a day for a super-charged anabolic effect. Even at 9 caps a day, there's still no negative sides!

www.USPlabsDirect.com  
1-800-850-3067



## 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





**MATT KROCZALESKI**  
 Powerlifter: 220 Glass  
 Squat: 1,014 lbs.  
 Bench: 705 lbs.  
 Deadlift: 810 lbs.

# UNDENIABLE POWER

**WHETHER HE'S GINCHING** up his weight belt another notch, or re-racking the iron bar loaded with 705 pounds of dead weight, powerlifting's newest young gun, Matt Kroczaleski, never worries about failing on a PB lift. With the force of an angry rhino, he's able to summon every ounce of propulsion and raw

**Anabolic VITAKIC is enhanced with a potent anabolic catalyst to help maximize muscle growth and strength, while protecting muscles against free radicals!**

power from his muscles to unload with everything he's got. You see, Matt's equipped with a powerful musclebuilding multivitamin formula that helps to radically maximize his strength and build his muscles at the same time — Anabolic VITAKIC™.

**THE "SUPER-COMPLEX" FOR RAPID MUSCLE GROWTH AND STRENGTH**  
 Anabolic VITAKIC is fueling the muscle- and strength-building demands of powerlifters across the nation. And now you too can get the potent combination of over 100 micronutrients, powerful antioxidants, amino acids, coenzymes, trace elements and essential vitamins and minerals. With the advanced Anabolic VITAKIC formula, you'll now have the advantage over the competition with a precise portion of a powerful key musclebuilding ingredient that's engineered to be hyper-shuttled to your muscles via a pharmaceutically inspired delivery technology!

Generic multivitamins just can't compete. Get the World's Most Advanced Musclebuilding Micronutrient Multivitamin Complex scientifically engineered to help today's powerlifters rack up PBs and get the white light, every time — Anabolic VITAKIC!



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 — Armesad Hardar  
 IFBB Pro



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From the scientific innovators of Hardcore Strength Xenadrine RFA-X, CytoGenix Laboratories has developed three **NEW** cutting-edge and technologically advanced extreme-strength supplements that will get you big, **REALLY BIG** and **ABSOLUTELY SHREDDED**. During the period of February 27, 2009 to April 29, 2009, you have the opportunity to pick these CytoGenix Laboratories' revolutionary products up at an amazing **BUY ONE, GET ONE 50% OFF** basis. Don't miss out on this limited time sale.

# 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.

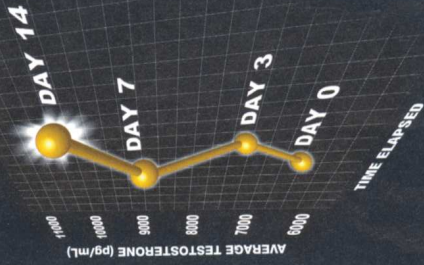
Witness the raw power of CryoTest™ — this advanced testosterone amplifier is clinically proven to jack up testosterone to over 10,000 pg/mL while

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**  
WORLD'S MOST HARDCORE ANABOLIC TESTOSTERONE AMPLIFIER

**CRYOTEST**

- 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\*\*

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**DEAR MAURO:** I was a competitive powerlifter for well over a decade but have since retired although I'm still lifting. I have been epileptic ever since my teens but lately I have had more problems with my seizure disorder and I am trying to find someone who can help me, re: blood work and PROPER supplementation that doesn't negatively affect my meds.

My spells have been determined to be partial complex seizures. Over a decade ago my complex seizure progressed in to a grand mal...after various trials a combination of two medications worked best and then it was reduced to one medication 2x daily. Which stopped the seizures. All MRIs, Scans etc have come back negative.

I have had probably at least a dozen grand mal episodes in the last 10 years. Improper adherence (unintentionally) may have contributed to a few of those including my last one in May of this year.

- So I guess my points/questions are:
- 1) I have always struggled to be lean - I'm probably 19% now at 255 lbs.
  - 2) I generally feel good on a low-carb diet but I have had seizures 3x towards the end of an induction phase.
  - 3) I want to be smarter about my supplementation so that it does not adversely interact with my medication (by the way I feel great when I take your InControl)
  - 4) I have arranged an appt with a neurologist to do blood work. Is there anything in particular that I should have examined? Is it possible to tailor my supplementation to that?
  - 5) After reading Blaylock's book (Excitotoxins?) - I am even more leary of artificial sweeteners and glutamine.
  - 6) And completely unrelated...I now have my own facility and some of the athletes I train are that have to undergo drug testing are concerned about 'tainted' supplements - is it possible to provide your supplements to them?

Thanks Mauro - it's much appreciated.  
Jack

**JACK:** If you have trouble with the induction phase of low carb diets, then you should use a modified phase shift diet in which you don't low carb for more than 5 days at a time.

# ASK THE DOCTOR

## Questions answered by Mauro Di Pasquale MD

Inflammation plays a part in epilepsy and I believe that inflammation lowers the seizure threshold making seizures more likely under various other circumstances, including the effects of exogenous glutamine and glutamate.

Trying to figure out the effects of glutamine on epilepsy is rather convoluted. First of all taking glutamine may have very little effect on epilepsy. In fact because of the way the body metabolizes leucine,

history of seizures on a full Monty supplement program for a few years now. He's had no seizures while he's been on the supplements while prior to that he was having a half dozen grand mal seizures a year while on meds. That's not to say that my supplements are the answer to improving epilepsy, just that they may help, more more than others.

Let me know what happens with your doctor and if possible send me a copy of any blood work and tests he orders.



**MDC METABOLIC**



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**MDC GHBOOST**

and the availability of leucine vs glutamine to the central nervous system, leucine may have more of an adverse effect on epilepsy than glutamine. The bottom line here is that more research needs to be done to determine just what the effects of various amino acids have on brain activity and in turn epilepsy.

In your case I believe that your supplementation should be geared to reducing inflammation, as well as enhancing health and metabolism. As far as supplements, LipoFlush should be right up your alley since it will help with all that as well as helping you improve your body composition—have a look at the PDF file on LipoFlush in my store at [www.MDPlusStore.com](http://www.MDPlusStore.com). GHBoost, Metabolic and ReNew would also be useful.

FYI: I've had a chap who has a

Congrats on your new facility. No problem about providing my supplements to your athletes. I have and have had several hundred drug tested athletes on them with nary a problem. But then that's because I take great pains and expense to use the highest quality ingredients and have the finished products checked to make sure that what's supposed to be in the supplements is there and what's not supposed to be in the products isn't.

Best,  
Mauro

**Stressed Out Cause and Cure**

Stress is a fact of life and we all learn to deal with it. But it's not innocuous. It is chronic it can rob us both physically and mentally.

(continued on page 86)

We're all familiar with psychological stress and what it can do to us. Working too hard for too long, relationship problems that won't resolve, crushing financial problems, a string of tragedies that we just can't seem to recover from, etc.

And we all know that this kind of chronic emotional stress can bring us down, causing irritability, fatigue, depression, difficulty sleeping, sickness and the rest of the stress syndrome.

But it's not just emotional stress that can cause the downward stress spiral. It can also happen if we overdo it physically and end up overtraining.

Even though this form of stress isn't caused by factors that stress out most people today, it's common among bodybuilders and other athletes who take their training seriously. It's really a matter of the old adage "if some is good then more is better" gone wrong.

The problem of course is that most of us get into the vicious cycle that if things aren't going good then we're just not training hard enough. So we step up the pace and can't understand why things don't improve.

The end result is that we burn out. We get irritable, moody, depressed, tired, have trouble sleeping, lose interest in sex, get sick easily and even worse than all of that, our workouts take a nose dive.

Emotional and physical stress have a lot in common. Both are due to too much of something without enough recovery time. Emotional or psychological stress is due to continual mental overload with not enough time to recover from the insults. Physical stress is too much training with not enough recovery.

Both end up causing burnout with similar symptoms and end results. And one can make the other worse. If you're overbored psychologically it can make you more prone to overtraining and vice versa.

Chronic stress, whether physical, mental or both, can impact on the body in several ways, leading to metabolic, hormonal, immune and central nervous system dysfunction. Although stress causes many symptoms and problems, it's possible that the common denominator is inflammation.

Is Stress an Inflammatory Condition?

To a lot of people the concept that inflammation may be behind much of our health problems may sound far fetched. But it's not. Who

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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 2,529 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](http://MuscleTech.com).



# NUTRITION

## Did You Know... Nutritional Tips, Tidbits and Tasters 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

**Part I**  
Hey guys and gals, it's Nutrition Guru coming at you this month with something a little different. I have gotten several different e-mails over the last few months asking for some short tips and information clips. I guess some of you may not be able to handle some of my longer more scientific articles on specific topics. Even though I try to tone down the scientific content of my articles quite a bit so not to bore you, some of you want to just skim through interesting nutritional tidbits. Not to deny my fans and readers, I decided to take it on myself to include this format of articles as well. This way for those of you that don't have a scientific background or those of you who simply don't care, this new format can help please everyone. Don't think that I will stop doing my in depth articles because that won't happen. There are too many of you who do enjoy these longer encyclopedia-like articles. So you can be sure they will always be part of my column. Here we go.

**Did you know... High Triglyceride levels lead to Erectile Dysfunction?**

Do I know how to start off an article or what? Many of you may not know this but Erectile Dysfunction is directly linked to several other health conditions. Studies have shown that men who suffer from ED usually have some type of cardiovascular condition. If you are having problems in this area it would be a wise idea to get a physical done with all your blood markers evaluated to make sure that your cardiovascular system is working efficiently. The fact that ED and other cardiovascular conditions are so closely related makes me want to bring this to your attention to help prevent major health problems down the road. Just to let you know how severe this is let's take a look at some data from a recent study. It showed that men that have triglyceride levels above 500mg per 100 milliliters of blood increased their chances for ED by a whopping 100%. That is a huge marker by any means. How this relates to Powerlifters is quite clear. Since one of the important aspects of my Nutrition XP3 System is performing bloodwork several times per year, I keep an eye on my lipid and triglyceride levels. What alarms me is that many lifters at all levels whom I have worked with have shown signs of elevated triglyceride levels. This is a common problem, especially with lifters over the 242 pound

• Childhood obesity in the US has almost quadrupled in the past three decades.

This is absolutely horrible, to say the least. The fact that kids nowadays eat way too much sugar, saturated fats and refined carbs is the reason for this major increase over the years. On top of this is the fact that kids today are much lazier than they were in years past. Instead of going outside to play games that include exercise, they now sit on the couch with a bowl of potato chips watching Xbox all night. The next generation of adults will not only cost this country billions in health care, but also their life expectancy will be among the lowest in US history. One prominent surgeon who deals with child obesity mentioned that the youth of today will have a lower lifespan than their parents. This is a first in American history! The problem is the parents who are allowing their kids to consume all these horrible junk foods loaded with chemicals, sugars, trans fats and who knows what else on a daily basis. Remember kids are kids and they will try and get anything they want from you with a little tantrum, but as parents you have to know when to tow the line and tell them no. Feeding your kids garbage day in and day out is actually, in the long run, taking years off their lives. This is the grim reality of the actions many parents allow day after day.

• Another really sweet fact is that according to the Surgeon General obesity is the main cause of death for over 300,000 people in the US each and every year.

- There are also some areas of the country that have more obese people per capita.
- Colorado is the one state that has an obesity level below 20% of their population. Congrats to Colorado as other states don't fare as well.
- Thirty different states have more than 25% of their population that are obese.
- The big winners in all this are Alabama, Mississippi, and Tennessee. These Southern states are the fattest of all. They average over 30% of all their population are obese. Note: I didn't say overweight cause already 70% of the entire country is considered overweight; I said obese!
- I think it is time for those three states in particular to stop deep frying their Mars bars and take control of their eating.
- It is estimated that in those three states over the next 2 decades they may exceed 50% of their population.

Can you imagine that! Almost three quarters of the population are considered too fat for their own good. This is one of the highest ratings of any country in the world.

- From the 1960s to the year 2000, the rate of obesity in the United States went from 13% all the way to a super fat 31%!

ulation to be included as obese! Can you imagine that?

**Did you know... Vitamin D can Inhibit Breast Cancer formation?**

I try to stay on the cutting edge of informative news so that you all can not only learn something, but also apply it to your daily lives. From a study done in Canada (Oh Canada, we stand on guard for thee!) at the Mount Sinai Hospital in my beloved T-Dot or what is known to you as Toronto, researchers found a direct link between Vitamin D and breast cancer formation. This study showed that women that had a higher intake of Vitamin D were 25% less likely to get Breast Cancer than those women that had low intakes of this powerful vitamin. As all who read my column know, I am a big proponent of eating clean, vitamin-rich foods and I also recommend supplementing with a well balanced high quality multivitamin daily to help prevent any deficiencies. Alright you Power Vendors reading my column, make sure that you eat healthy foods rich in Vitamin D every day and don't forget to take your multi as well!

**Did you know... Pomegranate Juice Increases Sperm production and Quality?**

Well as they say, inquiring minds want to know, and I am the guy to help bring the really nuggiey info right to the surface. For those of you who may be trying to conceive, sit up and pay attention. A study that was conducted in Turkey has shown that pomegranate juice does a lot more for the body than just taste great. This study was done on rats (even though I am sure there are many lifters willing to help contribute to science for a study) and showed that those that were fed pomegranate juice for as little as seven days had an increased amount of sperm compared to the other rats that were fed the Pomegranate juice also had increased spermato-genic cell density and increased sperm motility. What this means is that the sperm cells were stronger and swam better than other sperm. They also found that their sperm were much healthier with fewer defects compared to the rats that only drank water. All right boys, the take home message is that you want to drink your Pomegranate juice every morning to keep your boys swimming like Michael Phelps.

*Did you know... your Bedtime Tea can also help prevent Type II Diabetes?*

Grandma was right when she told you to drink that nice hot cup

of chamomile tea before bed. Not only is chamomile tea very good for helping you to relax and get a good night's sleep, but there is much more that it can offer you. In a recent study done at the University of Toyama in Japan they realized that chamomile has many different health benefits, in particular on your blood sugar level. Rats that were fed chamomile had lower blood glucose levels than those rats that were given a placebo. On top of this, another very important marker was also discovered during this study. They found that those rats also had less glucose convert into sorbitol which is a sugar alcohol. The reason why this is so important is the fact that sorbitol is known for causing damage to the eyes, nerve cells and even the kidneys. How this happened is that the chamomile actually inhibited the enzymes that were responsible for transforming the glucose into sorbitol in the first place. As you all probably know Diabetics suffer with their eyes and kidneys in particular in later stages of the disease. This is a major breakthrough study because of the many benefits incorporating chamomile can have for those with Type II Diabetes.

**Did you know... That eating an Apple a day keeps the prologist away?**

I know some of you reading this are whining, yea yea eat apples—whatever! Okay, now back to the rest of you who actually want to learn something. The old saying about eating apples and staying healthy is more true than ever. A recent study conducted in Germany showed that eating apples regularly can help prevent colon cancer. We know that colon cancer is one of the biggest killers here in the US, so none of you should take this information lightly. During the study, scientists found that those who ate more apples had higher levels of short chain fatty acids (SCFA) in their fecal matter. The main type of SCVA that was increased was Butyrate, but many other forms of these fatty acids were also increased. The reason

tidbit info clips and now you have it. Like always, I am happy to hear from my readers, so don't be shy to let me know what topics you find interesting and what you would like me to cover. I want to make each and every issue of my column here in PL USA not only informative, but interesting too. I tried to cover some topics in this installment that would relate to lifters and would help them learn new ideas that they can apply to their daily lifestyle. Eating an apple a day or maintaining your meat before you BBQ; it isn't that hard to do. Making it a consistent part of your lifestyle can help prevent diseases in the long run that could take you away from us much sooner than you like. Not only do I want you to learn something valuable but also to take away from it and make it part of what you do, day in and day out. Until next month, eat clean, train hard and eat your apples!

**Conclusion**

Well, here you have it folks—the first installment of "Did you know?" Let me know your feedback on this and even some topics that you may like to see covered in a following issue. It is you the readers who asked me for more interviews so I gave you more interviews. It was you the readers who wanted some of the many benefits incorporating chamomile can have for those with Type II Diabetes.

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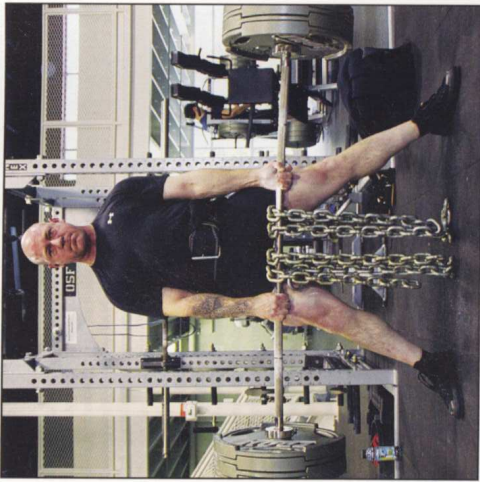
## Hard Core Gym #83 KICKIN' IT 'OLD SCHOOL' OLD SCHOOL FITNESS as told to Powerlifting USA by Rick Brewer

For the last 2 months we've talked about Jersey gyms; first Skiba's and then Bodygoals. Henri Skiba re-found some old friends via the PL USA article, and both gyms got local attention. If any one of these Hard-Core gyms is within driving distance of your crib, you owe it to yourself to go meet some new powerlifters! When I'm overseas, any time I hear English spoken, my ears perk up at the friendly sound. Anytime you hear about serious lifters within 150 miles, your ears should perk up, and you should go say 'hey!'

This month, we're lifting 'old-school' in Chester County, PA. A lot of you live close enough to go see these PA guys! Martin Arters first told me about OLD SCHOOL FITNESS, so I'll let him cover the basics for you:

Located at 342 N. Pottstown Pike, in Exton, PA lies the powerlifters training paradise. Old School Fitness opened in December of 2007, and is completely stocked with every piece of equipment that a powerlifter, or strongman competitor wishes to have in their own home gym. (Everything? I want a girl in a bikini to bring me water, but that's just me. RB) All the equipment in this gym was hand-picked by a powerlifter, come on in, and see for yourself!

The equipment line-up includes four Sorinex Combo



Martin Arters deadlifting at OLD SCHOOL FITNESS with chains

racks—with platforms and band attachments; bumper plates, one hundred pound plates, one complete set of "jump stretch" bands for each rack; ten sets of 22 lb. chains with snap hooks, and smaller chains to hang them from; a belt squat, a power squat, a glute ham raise, and reverse hyper; four benches with spotter platforms, three of which have the self-spotting feature. There is a complete set of board-press boards and kettlebells from 5 lbs. to 160 lbs.! Dumbbells up to 200 lbs.! There are two safety-squat bars, a fat bar, a heavy-squat bar, deadlift bars, standard olympic bars, curl bars, a yoke, a bag, the list goes on, and on. There is even a grip station that you can stand on to work your grip strength, or throw a stack of plates on it, or both. (This is brutal.)

Old School Fitness even has an indoor track—with two Sorinex sleds to push or pull. Next to the bench area is the MMA room, complete with climbing rope hanging from the ceiling, heavy bags, and wall-to-wall padding. Outside you'll find the torpedoes and tires, including the big 500 lb. tire, which I'll discuss later. Some of the most brutal training sessions to be had are outside!

(continued on page 87)



The interior of OLD SCHOOL FITNESS in Exton, Pennsylvania (photographs (minus the BP shot by Jackie) courtesy of Patrick Schneider)

# RAW LIFTING POWER

Matt Kroczaleski  
220 lb. Clean  
2,929 Total

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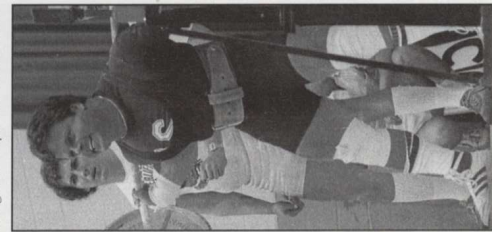
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**Rob Wagner** after his epic battle with Mike Bridges in St. Louis



**Drug Free Superstar Dave Ricks**



**Mike Bridges'** historic lift at the 1992 Senior Nationals in Dayton, Ohio

## ALL TIME HISTORICAL TOP 50 AMERICAN MEN'S 181 Pound (82.5 Kilogram) Weight Division — SQUAT

Rank	Name	Year	Weight	Location	Federation
1	Steve Nouri	1978	410.0	Dayton, Ohio	(USPF/IFF)
2	Mike Bridges	1975	375.0	Dayton, Ohio	(USPF/IFF)
3	Rob Wagner	1992	362.5	Dayton, Ohio	(USPF/IFF)
4	Greg Spandy	1975	350.0	Lake City, Florida	(AFA)
5	Arnold Coleman	1975	345.0	Lancaster, Pennsylvania	(AFA/WPA)
6	Mike Bridges	1975	340.0	Columbus, Ohio	(WPO)
7	Mike Bridges	1975	335.0	Dayton, Ohio	(USPF/IFF)
8	Mike Bridges	1975	330.0	Dayton, Ohio	(USPF/IFF)
9	Wade Hooper	1976	325.0	Omaha, Nebraska	(AFA)
10	Mike Bridges	1975	320.0	Dayton, Ohio	(USPF/IFF)
11	Mike Bridges	1975	315.0	Dayton, Ohio	(USPF/IFF)
12	Mike Bridges	1975	310.0	Dayton, Ohio	(USPF/IFF)
13	Mike Bridges	1975	305.0	Dayton, Ohio	(USPF/IFF)
14	Mike Bridges	1975	300.0	Dayton, Ohio	(USPF/IFF)
15	Mike Bridges	1975	295.0	Dayton, Ohio	(USPF/IFF)
16	Mike Bridges	1975	290.0	Dayton, Ohio	(USPF/IFF)
17	Mike Bridges	1975	285.0	Dayton, Ohio	(USPF/IFF)
18	Mike Bridges	1975	280.0	Dayton, Ohio	(USPF/IFF)
19	Mike Bridges	1975	275.0	Dayton, Ohio	(USPF/IFF)
20	Mike Bridges	1975	270.0	Dayton, Ohio	(USPF/IFF)
21	Mike Bridges	1975	265.0	Dayton, Ohio	(USPF/IFF)
22	Mike Bridges	1975	260.0	Dayton, Ohio	(USPF/IFF)
23	Mike Bridges	1975	255.0	Dayton, Ohio	(USPF/IFF)
24	Mike Bridges	1975	250.0	Dayton, Ohio	(USPF/IFF)
25	Mike Bridges	1975	245.0	Dayton, Ohio	(USPF/IFF)
26	Mike Bridges	1975	240.0	Dayton, Ohio	(USPF/IFF)
27	Mike Bridges	1975	235.0	Dayton, Ohio	(USPF/IFF)
28	Mike Bridges	1975	230.0	Dayton, Ohio	(USPF/IFF)
29	Mike Bridges	1975	225.0	Dayton, Ohio	(USPF/IFF)
30	Mike Bridges	1975	220.0	Dayton, Ohio	(USPF/IFF)
31	Mike Bridges	1975	215.0	Dayton, Ohio	(USPF/IFF)
32	Mike Bridges	1975	210.0	Dayton, Ohio	(USPF/IFF)
33	Mike Bridges	1975	205.0	Dayton, Ohio	(USPF/IFF)
34	Mike Bridges	1975	200.0	Dayton, Ohio	(USPF/IFF)
35	Mike Bridges	1975	195.0	Dayton, Ohio	(USPF/IFF)
36	Mike Bridges	1975	190.0	Dayton, Ohio	(USPF/IFF)
37	Mike Bridges	1975	185.0	Dayton, Ohio	(USPF/IFF)
38	Mike Bridges	1975	180.0	Dayton, Ohio	(USPF/IFF)
39	Mike Bridges	1975	175.0	Dayton, Ohio	(USPF/IFF)
40	Mike Bridges	1975	170.0	Dayton, Ohio	(USPF/IFF)
41	Mike Bridges	1975	165.0	Dayton, Ohio	(USPF/IFF)
42	Mike Bridges	1975	160.0	Dayton, Ohio	(USPF/IFF)
43	Mike Bridges	1975	155.0	Dayton, Ohio	(USPF/IFF)
44	Mike Bridges	1975	150.0	Dayton, Ohio	(USPF/IFF)
45	Mike Bridges	1975	145.0	Dayton, Ohio	(USPF/IFF)
46	Mike Bridges	1975	140.0	Dayton, Ohio	(USPF/IFF)
47	Mike Bridges	1975	135.0	Dayton, Ohio	(USPF/IFF)
48	Mike Bridges	1975	130.0	Dayton, Ohio	(USPF/IFF)
49	Mike Bridges	1975	125.0	Dayton, Ohio	(USPF/IFF)
50	Mike Bridges	1975	120.0	Dayton, Ohio	(USPF/IFF)

(\*) 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 912-926-2051; Email Address soongm@comcast.net). Records accurate as of 10/30/08.



**Gene Bell** after his 643 in Hawaii



**Phil Harrington** leads the way

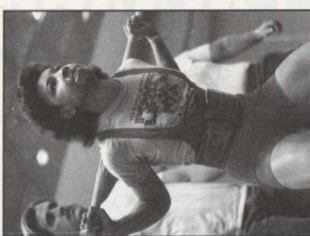


**Steve Nouri** - More Military Power

## ALL TIME HISTORICAL TOP 50 AMERICAN WOMEN'S 148 Pound (67.5 Kilogram) Weight Division — SQUAT

Rank	Name	Year	Weight	Location	Federation
1	Jackie Pierce-Austin	1978	400.0	Franklin, Ohio	(IPA)
2	Jackie Pierce-Austin	1978	375.0	Franklin, Ohio	(IPA)
3	Jackie Pierce-Austin	1978	350.0	Franklin, Ohio	(IPA)
4	Jackie Pierce-Austin	1978	325.0	Franklin, Ohio	(IPA)
5	Jackie Pierce-Austin	1978	300.0	Franklin, Ohio	(IPA)
6	Jackie Pierce-Austin	1978	275.0	Franklin, Ohio	(IPA)
7	Jackie Pierce-Austin	1978	250.0	Franklin, Ohio	(IPA)
8	Jackie Pierce-Austin	1978	225.0	Franklin, Ohio	(IPA)
9	Jackie Pierce-Austin	1978	200.0	Franklin, Ohio	(IPA)
10	Jackie Pierce-Austin	1978	175.0	Franklin, Ohio	(IPA)
11	Jackie Pierce-Austin	1978	150.0	Franklin, Ohio	(IPA)
12	Jackie Pierce-Austin	1978	125.0	Franklin, Ohio	(IPA)
13	Jackie Pierce-Austin	1978	100.0	Franklin, Ohio	(IPA)
14	Jackie Pierce-Austin	1978	75.0	Franklin, Ohio	(IPA)
15	Jackie Pierce-Austin	1978	50.0	Franklin, Ohio	(IPA)
16	Jackie Pierce-Austin	1978	25.0	Franklin, Ohio	(IPA)
17	Jackie Pierce-Austin	1978	0.0	Franklin, Ohio	(IPA)
18	Jackie Pierce-Austin	1978	0.0	Franklin, Ohio	(IPA)
19	Jackie Pierce-Austin	1978	0.0	Franklin, Ohio	(IPA)
20	Jackie Pierce-Austin	1978	0.0	Franklin, Ohio	(IPA)
21	Jackie Pierce-Austin	1978	0.0	Franklin, Ohio	(IPA)
22	Jackie Pierce-Austin	1978	0.0	Franklin, Ohio	(IPA)
23	Jackie Pierce-Austin	1978	0.0	Franklin, Ohio	(IPA)
24	Jackie Pierce-Austin	1978	0.0	Franklin, Ohio	(IPA)
25	Jackie Pierce-Austin	1978	0.0	Franklin, Ohio	(IPA)
26	Jackie Pierce-Austin	1978	0.0	Franklin, Ohio	(IPA)
27	Jackie Pierce-Austin	1978	0.0	Franklin, Ohio	(IPA)
28	Jackie Pierce-Austin	1978	0.0	Franklin, Ohio	(IPA)
29	Jackie Pierce-Austin	1978	0.0	Franklin, Ohio	(IPA)
30	Jackie Pierce-Austin	1978	0.0	Franklin, Ohio	(IPA)
31	Jackie Pierce-Austin	1978	0.0	Franklin, Ohio	(IPA)
32	Jackie Pierce-Austin	1978	0.0	Franklin, Ohio	(IPA)
33	Jackie Pierce-Austin	1978	0.0	Franklin, Ohio	(IPA)
34	Jackie Pierce-Austin	1978	0.0	Franklin, Ohio	(IPA)
35	Jackie Pierce-Austin	1978	0.0	Franklin, Ohio	(IPA)
36	Jackie Pierce-Austin	1978	0.0	Franklin, Ohio	(IPA)
37	Jackie Pierce-Austin	1978	0.0	Franklin, Ohio	(IPA)
38	Jackie Pierce-Austin	1978	0.0	Franklin, Ohio	(IPA)
39	Jackie Pierce-Austin	1978	0.0	Franklin, Ohio	(IPA)
40	Jackie Pierce-Austin	1978	0.0	Franklin, Ohio	(IPA)
41	Jackie Pierce-Austin	1978	0.0	Franklin, Ohio	(IPA)
42	Jackie Pierce-Austin	1978	0.0	Franklin, Ohio	(IPA)
43	Jackie Pierce-Austin	1978	0.0	Franklin, Ohio	(IPA)
44	Jackie Pierce-Austin	1978	0.0	Franklin, Ohio	(IPA)
45	Jackie Pierce-Austin	1978	0.0	Franklin, Ohio	(IPA)
46	Jackie Pierce-Austin	1978	0.0	Franklin, Ohio	(IPA)
47	Jackie Pierce-Austin	1978	0.0	Franklin, Ohio	(IPA)
48	Jackie Pierce-Austin	1978	0.0	Franklin, Ohio	(IPA)
49	Jackie Pierce-Austin	1978	0.0	Franklin, Ohio	(IPA)
50	Jackie Pierce-Austin	1978	0.0	Franklin, 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 912-926-2051; Email Address soongm@comcast.net). Records accurate as of 10/30/08.



The late **Jackie Pierce-Austin** won national and world titles in the ADFFA/WDFPF, APF/WPC, and USPF/IFF all in the same year!



**Vicky Steenrod** - USPF Superstar



**Kara Bohigian** at the WPO's



**Amy Weisberger** - reigns supreme



**Ruthi Shater** at the IFF Worlds



**Terry Byland-Rohal** - once considered the Strongest Woman in the World

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**CHUCK VOGELWOHL**  
THE BADDEST POWERLIFTER ON THE PLANET  
USES IT!

THESE MEN KNOW THE POWER OF A1ARGE NUTRITION'S RESULTS WHAT ABOUT YOU?

My name is Randy Cairns. I am a 43 year old master lifter. I compete raw at 275 or 242 and I compete with the ADFPF. I have won a Michigan State Championship, a single event National Championship in the squat and bench press, and I recently placed second at the WDFPF World Championships. I have established or broken 66 records, three of which are National and the rest American or Michigan State records. I have 14 first place finishes and 3 second place finishes in the ADFPF. My best competition lifts are 479 lb. squat, 320 lb. bench and 518 lb. deadlift and a 1301 lb. total, all raw lifts. I've been competing for a year and a half.

There have been a couple of articles in the past year regarding the vast number of National Champions due to the fact that there are 26 federations and so many age groups, weight classes, equipped and unequipped divisions, triple ply and single ply, police/fireman and military, teens etc.

I too would like to see a truly national championship, like in the old days, but I know that there is no way you'll ever get 26 federations to agree on any one set of rules, so what if we were to do a playoff type of championship?

To qualify to compete you would have had to have won a national championship in one of the 26 recognized federations in the previous year. You would also have to have met a minimum total at some point the previous year and you would have to be able to provide proof of both by submitting a copy of an official scorecard signed and dated by one of the officials in your federation. You would have to be a drug free lifter. Those who choose to compete untested could do their own thing if they so choose, but absolutely could not compete against the drug free lifters.

The numbers are a little staggering when you think about how many lifters would qualify, but if you kept the minimum totals high enough it would be manageable, I think. You could have four contests around the country, one on the East Coast, one in Ohio, one in Kansas and one on the West Coast for the first elimi-

nation rounds. You would only be allowed to compete in one of the four meets. There could be six lifters in each age/weight group. If you won your championship raw then you must compete in the playoffs raw, if you won in a single ply then you must compete in a single ply, etc. You would also have to compete in the weight class that you won your championship in. Fail to make weight and you're out.

It could be broken down this way. There would be Raw, Single Ply and Multi-ply divisions. The age groups could be Teen 13-15, Teen 16-19, Open 20-39, Master 40-55, Senior 55 and up.

Weight classes for men could be 114, 123, 132, 148, 165, 181,

# OPINION

## National Powerlifting Playoff as told to PL USA by Randy Cairns

bench; deep squats; etc., but that would be decided later.

After the first round of playoffs the top three lifters in each division, age group and weight class would advance to the finals, three would have been eliminated in the first rounds. At the finals we could keep it to two lifts per event. Do Raw up the length of the event. Do Raw lifts on Friday, Single ply on Saturday and Multi-ply on Sunday. Each finalist would be subjected to drug testing after the first round and after the finals and the cost of the drug tests could be included in the entry fees.

From the results of the first round of playoffs and the finals we could also establish a national ranking system among drug free lifters. We would have to find people to officiate the events, meet directors to host the events and someone to keep score. I think that in order to keep this from turning into another federation we should not have records set or broken or even kept. It should just be a battle to see who the strongest drug free lifters are in the nation and to have a truly national championship.

I am not a meet promoter, but I would be willing to help by collecting the applications and determining who is qualified.

This is just one opinion and would require more knowledgeable people than myself to put it together, but at least it's a place to start talking.

There has been enough complaining so far and we will keep on complaining unless someone steps up with some ideas. We now have a place to start the discussion. I would like to stress that I respect anyone who has won a National Championship regardless of which federation they lift in and that I respect all federations and their right to operate under any rules they see fit to operate under. I would just like to see who the champions of championships are and how the rest of us would stack up against them under one set of rules.

I have established an e-mail account for those who wish to respond. It is nationalPLchamps@yahoo.com. Please feel free to e-mail your comments.



Randy Cairns standing proud with his many powerlifting medals and trophies

198, 220, 242, 275, 275 +. For women they could be 44 kilo, 47.5 kilo, 50.5 kilo, 53 kilo, 55.5 kilo, 58.5 kilo, 63 kilo, 70 kilo, 80 kilo, 90 kilo, 90 + kilo.

To keep it fair, based on the different rules we would have to make sure all of the different federations were represented in the first rounds. After that, because we would all be lifting on the same rules, and highest totals advance, no formulas.

As for the rules, it wouldn't matter whose we adopted as long as they were maintained throughout the playoffs and all lifters were subjected to the same rules. I personally think the rules should be strict—no touch and go; feet flat on the floor; butt, shoulders and head on the



# THE RAGE



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

- The Round-Sleeve™ design is very user friendly because it accommodates many benching styles.
- Reinforced thicker neck. No cheap, flimsy "low profile neck" here. The thicker neck on The Rage creates more support for explosiveness off the chest.
- Stretchy-Back™ makes The Rage more effective and easier to get into. It allows the lifter to "custom-fit" on the spot by allowing the neck to be lowered down the body and the sleeves to be lowered down the arms. The fitting adjustments allowed by the Stretchy-Back™ provide the effect of an Open-Back but with a back that is completely enclosed. The Stretchy-Back fabric also breathes easier, creating comfort.
- 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.
- RAGE X IS FOR EXPERIENCED BENCH PRESSERS ONLY PLEASE! RageX goes into new territory where unbelievable results from a poly shirt happen. The RageX will continuously amaze you at how much you can bench press. Bench pressers report regularly how much fun the bench press has become for them because of this amazing bench press shirt. The increased weight you will bench press will take practice to become accustomed to. Strength gains will result from handling the increased weight. Confidence will rise from one training session to the next.

# RAGE X

A step above the shirt that's all powerlifters sweep the earth with massive bench presses. The RageX is the most amazing poly bench shirt in the history of the game.



The RageX is the sensational shirt that's helping powerlifters want an immediate step up to stratospheres of bench press power because it is a MORE AGGRESSIVE design than any other company knows how to make. This is not only about sleeve angle and elementary things such as that cumulative effect that is undeniably the best. The most Quality and Results are yours in the RageX.

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

SEE MORE SELECTION AT INZERNET.COM

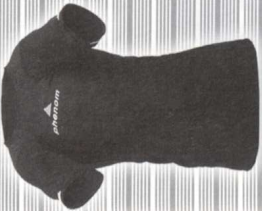
# INZER ADVANCE DESIGNS

The World Leader in Powerlifting Apparel

# PHENOM

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

- The design provides flexibility for your arm. Since the Phenom is made from the angle preference and bar placement, whether HardCore material, you will also experience that's elbows in, out or in between; low, high or many more performance benefits. The Phenom mid chest range. Will enhance your bench will keep it's memory and will not stretch out press form, not limit your form. You will be able to use the Phenom for countless workouts and competitions in the future. It's a true investment in powerlifting gear.
- Made from the exclusive HardCore material. The material of the Phenom has the perfect which will provide you with the most incredible balance of non-stretch and rebound rebound power available in the powerlifting combination which will provide you with world. HardCore material is also up to 40% incredible power and momentum from start to heavier than the closest poly fabric on the lock out market being used for powerlifting gear.



# RADICAL DENIM

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



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

# ULTIMATE DENIM

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

SEE MORE SELECTION AT INZERNET.COM

# INZER ADVANCE DESIGNS

The World Leader in Powerlifting Apparel

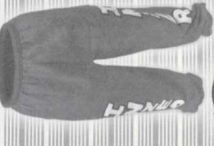


**Inzer Advance Designs Logo T-Shirts**  
 This quality T-shirt with two color logo is an excellent value. Choose from a variety of colors: purple, navy blue, royal blue, california blue, black, green, yellow, red, white, black, grey, and blue. Available in sizes: small, medium, large, extra large. \$10.00

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 Keep warm in Super Sweats Crewneck with embroidered Inzer logo. \$14.95



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



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



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



**Fitting Gloves**  
 Save your fingers when handling and fitting gear on workout partners or yourself! The Atlas Fitting Gloves also work great in strongman events! \$4.95



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



**Power-Surge Red Line Wrist Wraps**  
 Double Red Line Competition Wrist Wraps. Convenient wrist cuff design. Velcro wrap-around. Full length. Strong Support. Comfortable. \$12.90



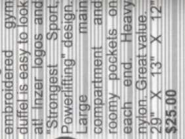
**Form-Foam Lifting Gloves**  
 Custom gripping power and supreme stability. Power-Surge. \$12.95



**Camo T-shirts**  
 Inzer Camo T-shirts are available in: red camo, green camo, blue camo, and yellow camo. Available in sizes: small, medium, large, extra large. \$10.00



**Hoodie**  
 Super Sweats Pullover Hoodie with embroidered two-color Inzer logo chases away the chills. \$19.50



**Gym Bag**  
 This large deluxe embroidered gym duffel is easy to look at Inzer logos and "Strongest Sport" Powerlifting design. Large main compartment and roomy pockets on each end. Heavy zippers. Great value! 20" x 13" x 12" \$25.00



**Forever Lever Belt 10MM**  
 The 10mm thick Lever Belt is so quick and easy to use. Tighten your belt with a push of the patented Lever for the most support possible. \$70.00



Forever Belts™ are guaranteed forever!

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 All the manufacturing quality and Lever Belt action in a pliable 10mm thickness. \$60.00



**Forever Buckle Belt 13MM**  
 The firmest, best belt in the world with unmatched buckle strength. Available in one or two prong zinc plated steel, seamless roller buckle. \$70.00



Forever Belts™ are guaranteed forever!

**Forever Buckle Belt 10MM**  
 Forever Belt quality in the 10mm choice. Available in one or two prong precision buckle. \$60.00



**PR Belt**  
 A big step forward in Powerlifting Belts! For the first time ever a powerlifting belt provides you with the power to fit yourself differently each set, precisely how you need it. \$140.00



**Power Belt Quality Economy**  
 Normally sold at much higher prices by others, this quality power belt will provide years of great use at an unbeatable price. \$39.95



**Lifting Singlet**  
 Classic design lifting singlet sports several finishing touches that make this singlet a required attire over your bench shirt or for workouts. \$33.00



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



**Champion Suit**  
 Champion Suit has proven itself in countless competitions and world records over time. Enjoy the incredible support of Champion Suit at an unbeatable price and value. \$42.00



**Max DL**  
 The incredible proportion of MAX DL will give you the explosive starts and super strong lockouts you need for extreme performance deadlifting. \$145.00



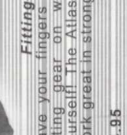
**Stickum Spray**  
 Use this excellent tool for a variety of performance tweaks in training and competition. \$5.95



**Gym Chalk**  
 Essential for workouts and competitions. Magnesium of calcium carbonate block chalk. \$10.00



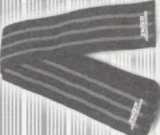
**Meshback Lifting Gloves**  
 Quality standard leather workout gloves. Power-Surge. \$4.95



**Knee Sleeves XT**  
 The high tech knee support advantage for strongman competitors and other athletes. \$55.00



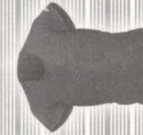
**Power-Surge Red Line Knee Wraps**  
 Double Red Line Competition Knee Wraps. Extra thick wrap-to-full tightness. Controllable. \$16.50



**Iron Wraps Z**  
 The most powerful, most popular, most effective knee wrap in the world! \$22.00



**The Pillar**  
 The Pillar will increase the poundage you can lift through several key designs built in. Feel the super support and power on your feet and in your lifting with this outstanding power shoe. \$115.00



**Heavy Duty Erector Shirt**  
 HD Erector provides firmness with the right amount of give. Made of closed deadlifts and stable upright squats. When used properly it's like lifting with an extra erector muscle. \$75.00



**Standard Blast Shirt**  
 Based on the original legendary design. Made of unique material found in no other shirt. Many experienced athletes still prefer this bench shirt. Unbeatable value and price. \$38.00



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

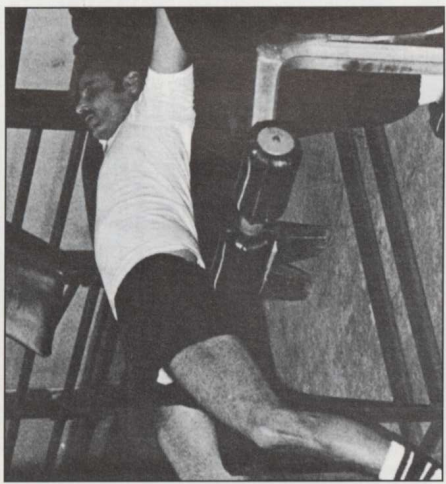


**High Performance HD Blast**  
 Steps through Revolution technology, the HD Blast will enter you into the world of the more extreme designs. Made from quality HD™ polyester material. \$77.00

Location: The Bridge of the Starship Enterprise  
Captain James T. Kirk -  
Captain Log, Star Date 8857.63

# Mutant Mullet Mania

as told to Powerlifting USA by Cliff Grubbs



Behold the Sleeping Mullet (photo courtesy Bill Starr (c) circa 1980)

**Kirk:** A warning was given in a November 1982 article in PL USA about mutant mania and then reinforced by a later article from Ricky Dale Crain aka "The Okla. Lifting Assassin" in October of 2003. Crain was inducted in the Powerlifting Hall of fame in the year 2000—how would we have missed it? Has no one studied their ancient history?

**Spock:** It appears that the subspace transmission is just now reaching us. If Mark Rippestone of the Wichita Falls Athletic Club had not followed Deacon V Mullet Early Warning Protocol and notified us, we would still be in the dark.

**Kirk:** I guess that anti aging stuff he was fooling around with around 2009 must have worked. Is his knee still messed up from that motorcycle incident with the stop sign? Is he still writing all that great stuff?

**Spock:** Yes, on all accounts.

**Kirk:** Spock, how could this have happened?

**Spock:** It is logical to assume that the Mullet was in the bio hazard discharged by Metro Athletic Club/MAC that I am dealing with "Mutant Mullet Mania" that may attack and destroy the last Shrines of Iron in this and our parallel universe?

**Chekov:** Keptin?? Proton torpedoes are now armed and the Klingon tractor beam has been activated.

**Dr. McCoy:** Jim, Mullet's have been known to survive nuclear bomb blast and survive for centuries in a more dangerous mutant state.

**Kirk:** My God!

**Dr. McCoy:** How can we verify it is truly a Mullet?

**Spock:** A check list was done centuries ago by John Petroff and Rick Fowler.

It included the following and a point system was devised. Some of the questions were:

- Do you wear gloves during your workout because the bar hurts your hands?
- Have you ever had your arm thrust through an olive, then placed in a marinade, while at a bar?
- Have you ever skipped a squat workout because you were going dancing that night?
- Do you undergo severe anxiety when another lifter wants to use your max bench press weight for preacher curls?
- Kirk: Spock, stop it! I've heard enough! We have a Mutant Mullet aboard.
- Sulu: Captain, I hate to interrupt, but a Klingon Imperial Warship has just locked its sensors on us and will likely use its Proton torpedoes and activate

That is the size of the average Mullet's arm when pumped; not that you could tell any difference in cold or pumped with a Mullet. We take one of the tapes and we stretch it so that 7 inches will actually read 6 and half inches. We take the third tape and stretch it so that is measures only 6 inches. We lay out each tape for a week or so and in a month the Mullet will be driven insane by his incredibly shrinking "guns," just like the bodybuilders were.

**Kirk:** Think man...Err...Vulcan think! We don't have that much time!

**Spock:** We could try a more radical method.

**Kirk:** Anything!

**Spock:** I could convince the Mullet with the Vulcan mind meld that he is both hitting his squats a little high and using too much weight so that he might hurt his knees.

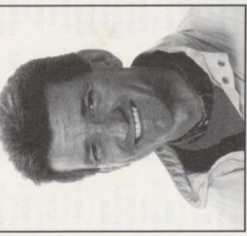
**Kirk:** That is diabolical! Since a Mullet does little more than bend his knees with only a bar reduction in depth and weight would leave him just standing around the gym with a broom stick on his back.

**Dr. McCoy:** Jim, even the pencil neck greets that showed up after the first of the year with their New Year's resolution and spandex stretch pants have already left and they were at washing and hoping in vain for washboard abs.

**Chekov:** Keptin, the Klingon's Proton torpedoes are now armed and ready!

**Kirk:** Chekov, for the last time it is pronounced CAPTAIN not Keptin! And I don't have time for you now!

"Criticism may not be agreeable, but it is necessary. It fulfills the same function as pain in the human body. It calls attention to an unhealthy state of things."  
— Winston Churchill



About six years ago, my good friend Michael Song called me and said, "Judd, you should see what this guy said about you on Go Heavy.com. He said you are a &&&& lib and that your opinions on steroids, lifting equipment, and actualism in the sport of powerlifting are insane. He wrote about a three page essay on you. He said he was never going to read another &&&& article you write."

About two months later, Michael called me again and he said, "You know that guy on Go Heavy.com told you about...the one who said you were the dumbest &&&& % in the world? He said that your articles were pure &&&& 1878. He said that before he reads Powerlifting USA he rips your articles out of the magazine. He wrote another three pages about how stupid you are."

About two months after that Michael called again. He said, "That guy on Go Heavy.com really loathes you. He submitted about twenty bits and how you can't write worth a &&&&." He said you had to be the most hated @r/%&& individual in the history of powerlifting and he is going to cancel his subscription to Powerlifting USA.

Three months later, Michael called again. "Man," he said, "that guy on Go Heavy.com wants to kill you. He said you are a mother &&&& & #@!-%&& %&&& and the worst thing to ever happen to powerlifting USA again unless Lambert fires you."

Yep, just like clock work two months later Michael called and said, "Judd, the guy on Go Heavy.com said that your steroid article in Powerlifting USA this month was so &&&& stupid you must have gotten just a third grade to write it for you. He is just going to ignore everything you say from now on because nothing you say makes any sense anyway."

About two months after that, Michael called again. He said, "That guy on Go Heavy.com really loathes you. He said you had to be the most hated @r/%&& person in the history of powerlifting and he is going to cancel his subscription to Powerlifting USA. He also said your noobs and article are all crap. He is never going to read another word you write...EVER AGAIN."

Now this has been going on for six years. It is soooooo incredibly wonderful. This guy can not stop reading my articles. He is by far my most loyal reader. I am just so thankful for him. He is the absolute best.

Anywho, my last couple of articles received a significant amount of feedback, not just from my regular readers on Go Heavy,

# DR. JUDD

## A Hit Dog Will Holler...LOUDLY... If You Hit Him Hard Enough! as told to PL USA by Judson Biasiotto Ph.D.

Com but from some of my other aficionados who are being cheated by lifters who are afraid to match their natural ability against another athlete's natural ability...guys who can't complete unless they cheat.

If I am an idiot because I was fooled by a 100 lb. I am in real good company... (180.6) (Sharonville, Ohio) (IPA)

Unity meet... Ryan Celi  
611.8-534.6+661.4=1807.8 @ 198  
Snogoo's lifting... Ryan Celi  
(US/73) 6/29/08

Snogoo's lifting... Katin Chester  
(US/84) 8/22/08 (575.0 lb. @ 165 BP)  
Sharonville, Ohio (IPA)  
Unity meet... Katin Chester  
369.3 BP @ 165

Snogoo's lifting... Katin Chester  
(US/84) 8/22/08 (575.0 lb. @ 165 BP)  
Sharonville, Ohio (IPA)  
Unity meet... Tony Conyers  
540.1+385.8+606.3=1532.2 @ 165  
Snogoo's lifting... Tony Conyers  
(US/59) 9/24/05

(US/74) 1/20/08  
(765.0+565.0+600.0=1930.0 @ 148)  
Columbus, Ohio (IPA)  
Unity meet... Tony Conyers  
540.1+385.8+606.3=1532.2 @ 165  
Snogoo's lifting... Tony Conyers  
(US/59) 9/24/05

(854.3+485.0+483.4+2022.7 @ 165)  
New Port Richey, Florida (APF)  
Unity meet... Katin Chester  
369.3 BP @ 165

Snogoo's lifting... Katin Chester  
(US/84) 8/22/08 (575.0 lb. @ 165 BP)  
Sharonville, Ohio (IPA)  
Unity meet... Katin Chester  
369.3 BP @ 165

Snogoo's lifting... Brian Tinch  
451.9+563.8+600.8=1616.5 @ 181  
(US/70) 8/23/08

(750.0+540.0+635.0=1925.0 lb. @ 180.6) (Sharonville, Ohio) (IPA)

Unity meet... Ryan Celi  
611.8-534.6+661.4=1807.8 @ 198  
Snogoo's lifting... Ryan Celi  
(US/73) 6/29/08

(700.0+622.8+677.9=2000.7 @ 198)  
Warwick, Rhode Island (USPF)  
Unity meet... Mike Hummel  
518.1 BP @ 242

Snogoo's lifting... Mike Hummel  
(US/85) 3/27/08

(881.8+659.3+482.12=2342.4 @ 275)  
Columbus, Ohio (USAP/IPP)  
How much the equipment gives a lifter...  
301.8 BP @ 275

Unity meet... Travis Bell  
(US/84) 8/22/08

Snogoo's lifting... Travis Bell  
(US/84) 8/22/08 (575.0 lb. @ 165 BP)  
Sharonville, Ohio (IPA)

Unity meet... Scott Weech  
(US/85) 3/27/08

Snogoo's lifting... Scott Weech  
(US/85) 3/27/08 (575.0 lb. @ 165 BP)  
Sharonville, Ohio (IPA)

Unity meet... Beau Moore  
(US/84) 8/22/08 (575.0 lb. @ 165 BP)  
Sharonville, Ohio (IPA)

Snogoo's lifting... Beau Moore  
(US/84) 8/22/08 (575.0 lb. @ 165 BP)  
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(US/84) 8/22/08 (575.0 lb. @ 165 BP)  
Sharonville, Ohio (IPA)

Judd, A number of months ago I read your article "Who is the Greatest Bench Presser of All-Time?" In all honesty I thought you were exaggerating considerably about how much the equipment gives a lifter. I ran across this website (www.randomness.com) that had the results of the "RAW Unity Meet" that was held on 1/24/09, in New Port Richey, Florida by contest promoter Eric Talmont. The name that immediately jumped out at me was Brian Schwab, because I am a 148 pounder and I was always amazed by what this guy could lift. Now I am even more amazed. At the Raw Unity Meet, he squatted 600 and totaled 1930 on 148. His squat was 225 pounds off and even more amazing his bench was 245 pounds lower and that is at 148. In other words, the equipment was giving him over 30% press. That motivated me to look at some of these other lifters who competed at the Unity Raw Meet. Here are some statistics to what these competitors did at the contest, in comparison to their best PR's WITH THE EQUIPMENT. Just about the squat and bench press with the equipment lifted almost 30% or more in loaded on drugs. There were guys who beat me! I can now see clearly what you were saying in your article. Check these numbers out...

Unity meet... Hennis Washington  
440.9+386.6+518.1=1245.6 @ 132  
Snogoo's lifting... Hennis Washington  
(606.3+336.2+551.2=1493.6 @ 132)  
New Orleans, Louisiana (WPO)

Unity meet... Brian Schwab  
501.6+325.2+551.2=1377.9 @ 148  
Snogoo's lifting... Brian Schwab

Dear Unsigned, I have to admit A-Rod is an A-Fraud and not an A-Model. I hate to admit it, because I really like A-Rod, but I was dead wrong about him. Still, that only changes my opinion about A-Rod not my opinion about the clump A-Rod right in there with the rest of the cheaters, but that does nothing to make me look bad of my attitude about guys using illegal drugs to gain an unfair advantage over their competitors. Just for a second, try to step outside of yourself and attempt to see how the other guy feels...a guy like George Hummel for instance. I know George well, and I would bet my life on the fact that he never took drugs. Well, I would bet my girlfriend's life on it anyway. After A-Rod, I am not sure about anyone anymore which is really disheartening. That is another problem because now many athletes who do great in their sport are assumed to be taking drugs. Everyone is being painted with a broad brush.

Anywho, George was a gifted lifter who had a tremendous work ethic. He put up some mindboggling numbers especially considering he was totally drug free. I honestly believe he could have been one of the greatest lifters of all time. Like I said he was absolutely gifted as a lifter, but that never materialized because most of his competitors were loaded on drugs. There were guys who beat me! I can now see clearly what you were saying in your article. Check these numbers out...

Unity meet... Hennis Washington  
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New Orleans, Louisiana (WPO)

Unity meet... Brian Schwab  
501.6+325.2+551.2=1377.9 @ 148  
Snogoo's lifting... Brian Schwab

Dr. Dummy, You must feel dumb as hell championing A-Rod as a drug free player who uses getting screwed by Bonds, Sosa and McGee. If anything, I now look like A-Rod was a bigger doper than the guys you are constantly bashing. You need to pick your role models better or better yet just stay away from issues you know little about. You have said some really dumb things in your articles, but this takes the cake. You are totally out of touch and you have no credibility. You are an absolute idiot and that is being kind.

Unsigned

Dear Unsigned, I have to admit A-Rod is an A-Fraud and not an A-Model. I hate to admit it, because I really like A-Rod, but I was dead wrong about him. Still, that only changes my opinion about A-Rod not my opinion about the clump A-Rod right in there with the rest of the cheaters, but that does nothing to make me look bad of my attitude about guys using illegal drugs to gain an unfair advantage over their competitors. Just for a second, try to step outside of yourself and attempt to see how the other guy feels...a guy like George Hummel for instance. I know George well, and I would bet my life on the fact that he never took drugs. Well, I would bet my girlfriend's life on it anyway. After A-Rod, I am not sure about anyone anymore which is really disheartening. That is another problem because now many athletes who do great in their sport are assumed to be taking drugs. Everyone is being painted with a broad brush.

Anywho, George was a gifted lifter who had a tremendous work ethic. He put up some mindboggling numbers especially considering he was totally drug free. I honestly believe he could have been one of the greatest lifters of all time. Like I said he was absolutely gifted as a lifter, but that never materialized because most of his competitors were loaded on drugs. There were guys who beat me! I can now see clearly what you were saying in your article. Check these numbers out...

Unity meet... Hennis Washington  
440.9+386.6+518.1=1245.6 @ 132  
Snogoo's lifting... Hennis Washington  
(606.3+336.2+551.2=1493.6 @ 132)  
New Orleans, Louisiana (WPO)

Unity meet... Brian Schwab  
501.6+325.2+551.2=1377.9 @ 148  
Snogoo's lifting... Brian Schwab

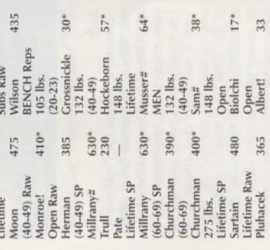
WNPF Worlds/Life Internationals

22-23 NOV 08 - Atlanta, GA

Table listing athletes and their results for various weight classes (e.g., 114 lbs, 125 lbs, 148 lbs).

Tim McLaughlin deadlifting at the WNPF World Championships

(photograph courtesy Troy Ford)



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

Registration form with fields for Name, Address, City, State, and various checkboxes.

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World Association of Bench Pressers and Deadlifters. Golden Valley, MN 55427.

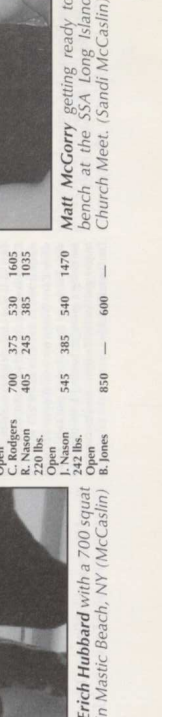
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in the road and will certainly learn from them else I may have missed. Speaking of missed and be ready for the 18th World Championship event in New Jersey and WNPF Lifetime.

WNPF Lifetime Raw 148 lbs. 220. Wilson 500. 335. 585. 1440. Wright (40-49) SP 500\* 350\* 615\* 1465\*.

SSA Long Island Church Meet 6 DEC 08 - Mastic Beach, NY. BENCH 148 lbs. 148 lbs. 148 lbs. 148 lbs. 148 lbs.



Matt McGorry getting ready to bench at the SSA Long Island Church Meet. (Sandi McCaslin)



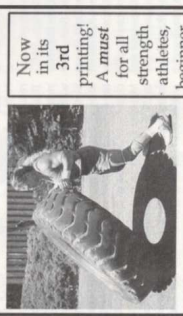
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Arginine Alpha KIC 750mg, 120 caps	11.25
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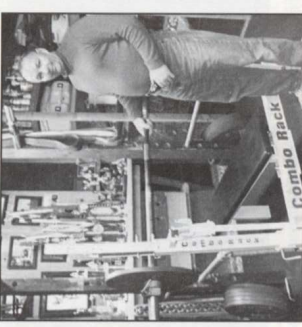
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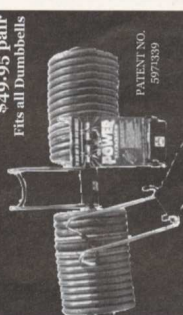


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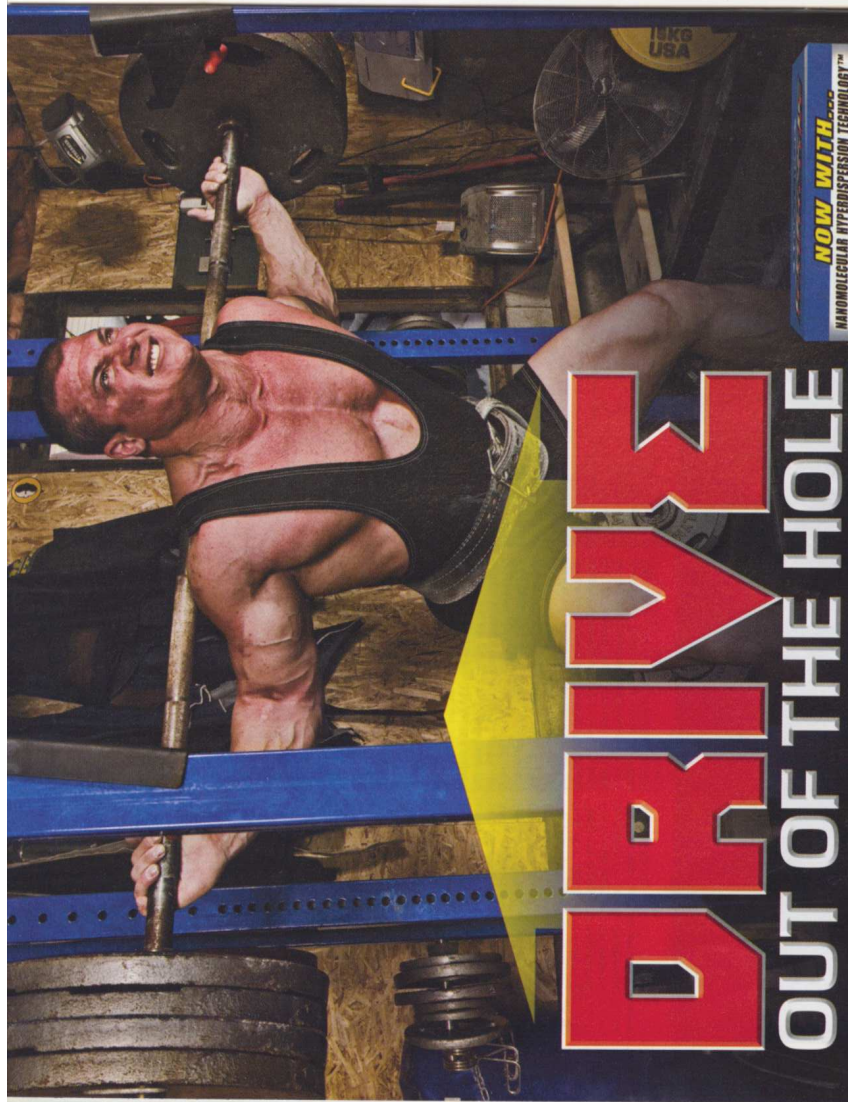
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## COMING EVENTS

**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.

- 1908, beek220@aol.com  
**21 MAR**, USAPL Missouri State & Ozark Open, Harold Gaines, 2 Tristian Terrace, St. Charles, MO 63303, 314-805-2044  
**21 MAR**, USPF 28th Texas State PL & Single Lift (Austin, TX) Matt McCase, 304-376-7538, mcase@yahoocom, www.uspf.com  
**21 MAR**, Georgia State PP (Trion, GA) Jesse Rodgers, 425-255-3672, 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, sonlightgym@verizon.net  
**21 MAR**, USAPL Battle on the Border & North vs South Carolina (PL, BP, Raw, Equipped - Dowd YMCA, Charlotte, NC) (Out-of-state lifters welcome) Meet Director Jon Mouzon, 864-844-0083, 101 Sycamore Dr., Clemson, SC 29631, mouzonchkhawk99@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 Rychlak, 610-948-7823, 143 Second Ave., Ryersford, PA 19468, bench@pwersystems.com, www.rychlakgrand@yahoo.com  
**21 MAR**, Beau Moore Classic, Bill Beakley, 14310 Arbor Hills Rd., Tampa, FL 33625, 813-362-

- Gear, UNL, Raw) Scott Taylor, 5738 Dayton St., Zephyrhills, FL 33542, 941-626-4247, scott@apa-wpa.com, www.apa-wpa.com  
**28 MAR**, USPF 34th West Virginia State & USPF Holley Open (South Charleston High School) John Messinger, 304-766-0352, 307-744-2475  
**28 MAR**, USAPL 12th Battle of the Great Lakes (FP, BP, PP - Cleveland, OH) Gary Kanaga, 440-241-7984, www.bigbigspowermeets.com  
**28 MAR**, USAPL Alabama State, Billy Keel, 636 Water Oak Ln., Talladega, AL 35160, 256-268-2198  
**28 MAR**, APA Northeast Coast Open (PL, PP, BP, DL, SS, OP, CR, State (A.V. Sorensen, 4808 Cass

## APF/AAPF/WPO Schedule

- 21 MAR**, APF Big Iron Gym Midwest Power & Strength  
**21 MAR**, APF/AAPF Alabama Open & Pro Cash  
**28 MAR**, APF Hawg Farm  
**3-5 APR**, APF High School Nationals  
**4 APR**, APF Spring Break  
**4 APR**, APF Casstrength Missouri Open  
**4-5 APR**, APF Nationals  
**5 APR**, APF Maine State Record Breakers & BP  
**18 APR**, APF Europa BP Classic  
**25 APR**, APF Texas Classic  
**2 MAY**, APF Classic BP/DL/PL  
**2-3 MAY**, APF Master/Teen/Jr. Nationals  
**9 MAY**, APF Maine State PL/BP  
**15-17 MAY**, APF Raw Nationals @ Ultimate Expo  
**30 MAY**, APF Carolina Classic PP/BP  
**13 JUN**, APF Vermont Pl Granite City Iron Wars VI  
**27 JUN**, APF/AAPF Chicago Summer Bash  
**JUN**, APF Senior Nationals DL/BP  
**31 JUL - 2 AUG**, AWPC World PL/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**, APF Supreme Fitness Challenge III  
**OCT**, Halloween Monster Bench Bash  
**OCT**, APF/AAPF 2nd Annual Rise of the DL Beast of the BP  
**8 NOV**, APF 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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SC) WNPF POBOX 142347, Fayetteville, GA 30214, www.wnfp.net  
**2 MAY**, 2nd Suffolk Special Olympics & Bar Bender (Lakeland High School, Suffolk, VA) Rob Kelly, 757-375-8478, robkelly@spks12.net  
**2 MAY**, SLP Southwest Missouri Open BP/DL (Branson, MO) Dr. Darrell Latch, Son Light Power, 122 West Sale St., Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com, sonlightgym@verizon.net  
**2 MAY**, Ohio USPF Division I & II PL & Single Lift State/Union Community Center, Plainfield (OH) Tim Cochran, Ohio USPF Chair- man, Box 11, Beilpre, OH 45714, incocchran@yahoo.com  
**2 MAY**, USFPA San Diego Open (San Diego, CA) Steve Denison, 661-333-9800, pwrflts@msn.com  
**2 MAY**, NUSA Western States Nationals (Mesa, AZ) Rich Peters, Box 735, Noble, OK 73068, 405-527-8513, SQBPDL@aol.com  
**2 MAY**, IPA 2nd Virginia State (Fredericksburg, VA) Gene Ry- chlak, Jr., 610-948-7823, 143 Second Ave., Rye, PA 19468, bench\_a\_grand@yahoo.com, www.rychlakpowersystems.com  
**2 MAY**, AAU Middle & High School Boys & Tulsa Open & Mas- ters (Bishopton, Kelly HS, Tulsa, OK) Danny Berry, 1301 W. Hightwood St., Broken Arrow, OK 74011, dberry48@windstream.net, 918-695-3823  
**2 MAY**, APF Classic BP, DL, PL (Stacks Gym, Kennesaw, GA) Bobby Pauley, (770) 974-5986, Jon Grove, (770) 426-1077, kennesaw@fitnessresource.com, www.ngbt.net  
**2-3 MAY**, WPA World Cham- pionships (PL, PP, BP, DL, Gear, UNL, Raw) Scott Taylor, 207-415-2075, dynamax21@

yahoo.com  
**9 MAY**, 100% Raw National Masters/North American Open PL (Zion Crossroads, VA) John Shifflett, 186 Happy Hollow Rd., Ruckersville, VA 22968, valift@blosspot.com, www.virginiapowerlifting.blogspot.com  
 Regional BP/DL (Colorado Hotel, Glenwood Springs, CO) Gary Gertner, 720-394-6657  
**9 MAY**, WABDL Washington State BP/DL (Sam Benn Gym, Aberdeen, WA) Dr. Don Bell, 360-533-5711 or 6620  
**11-16 MAY**, GPC European Championship (Bardlejev, Slovakia) www.powerlifting-slovakia.com  
**2-3 MAY**, APF Master, Teen, Jr. Nationals (Baton Rouge, LA) 225-241-8154, bulldogbr@bellsouth.net  
**3 MAY**, WNPF Bench Press Nationals & WNPF Deadlift Nationals, WNPF POBOX 142347, Fayetteville, GA 30214, www.wnfp.net  
**9 MAY**, WNPF Powercurl Nationals & 13th WNPF North Americans Powerlift- ing Championships (Atlanta, GA) WNPF POBOX 142347, Fayetteville, GA 30214, www.wnfp.net

Team PP Challenge (Lee Davis High School, Mechanicsville, VA) Coach Jason Meade, 804-513-2460, meade@leedavisfootball.com or Judy at 804-559-4624, vapowerlifting@aol.com  
**30 MAY**, WABDL GLC Na- tional Push-Pull (Sheraton Crescent Hotel, Phoenix, AZ) Gus Rethwisch, 763-545-8654 or 503-901-1622  
**30 MAY**, Maple Street YMCA Open (Omaha, NE) Linda or Haley, 402-393-3700  
**12-14 JUN**, USAPL Men's Open & Junior/Teen Na- tionals (Denver, CO) Dan Gaudreau, 155 S. Dearborn Circle, Aurora, CO 80012, (303) 475-3366  
**13 JUN**, WABDL National BP/DL (Shilo Hotel, Portland, OR) Gus Rethwisch, 763-545-8654 or 503-901-1622  
**13 JUN**, NUSA East Texas Open (Tyler, TX) Rich Peters, P.O. Box 735, Noble, OK 73068, 405-527-8513, SQBPDL@aol.com  
**13 JUN**, SLP Superman Classic BP/DL (Metropolis, IL) Dr. Darrell Latch, Son Light Power, 122 West Sale St., Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com, sonlightgym@verizon.net  
**13 JUN**, IHM Festival BP (Youngstown, OH) Ron DeAmicis, 330-792-6670  
**13 JUN**, USAPL Mid Atlantic Open (PL, BP, DL, Ironman, Raw, Assisted - Standard, VA) John Shifflett, 186 Happy Hollow Rd., Ruckersville, VA 22968, valift@aol.com, www.virginiapowerlifting.com

blogsport.com  
**20 JUN**, WABDL Houston Open BP/DL (Humble, TX) Tiny Meeker, 832-423-7662  
**20 JUN**, NUSA USA Nationals, Equipped/Unequipped PL, PS, PP, BP (Columbus, OH) Rich Peters Box 735, Noble, OK 73068, 405-527-8513, SQBPDL@aol.com  
**26-28 JUN**, European PL, BP & DL (Amsterdam, HOL) entry to BPO no later than May 15th, Meet Director: Ed Femmer, www.wfpowerlifting.com  
**27 JUN**, SLP Samson's Gym Open 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  
**27 JUN**, APF/AAPF Chicago Summer Bash VI (Velocity Sports, Willowbrook, IL) Eric Stone, 630-794-0594, www.apf-illinois.com, www.chicagopowerlifting.com  
**27 JUN**, WABDL Louisiana State BP/DL (Zachary High School, Zachary, LA) Brandon Bankston, 225-362-2391  
**27 JUN**, NUSA Grand Nation- als (Waukesha, WI) Rich Peters, P.O. Box 735, Noble, OK 73068, 405-527-8513, SQBPDL@aol.com  
**27-28 JUN**, AAU North Amer- ican PL, BP, DL, P-P - World Qualifier (Vista, CA) Martin

joemusclehead845@yahoo.com, www.mototraining.com  
**7 JUN**, USAPL New Jersey HS PL Championships (Hillsborough, NJ) Mark Salandra, 5 Thompson Close, NJ 08844, 908-874-6125, www.strengthcondition.com  
**12-14 JUN**, RAW United North- east Regionals & Pennsylvania State (Greencastle, PA) Spero Tshontitids, 4353 Collinwood Dr., Melbourne, FL 32901, 321-505-1194, rawunited@cl.r.com  
**12-14 JUN**, USAPL Men's Open & Junior/Teen Na- tionals (Denver, CO) Dan Gaudreau, 155 S. Dearborn Circle, Aurora, CO 80012, (303) 475-3366  
**13 JUN**, WABDL National BP/DL (Shilo Hotel, Portland, OR) Gus Rethwisch, 763-545-8654 or 503-901-1622  
**13 JUN**, NUSA East Texas Open (Tyler, TX) Rich Peters, P.O. Box 735, Noble, OK 73068, 405-527-8513, SQBPDL@aol.com  
**13 JUN**, SLP Superman Classic BP/DL (Metropolis, IL) Dr. Darrell Latch, Son Light Power, 122 West Sale St., Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com, sonlightgym@verizon.net  
**13 JUN**, IHM Festival BP (Youngstown, OH) Ron DeAmicis, 330-792-6670  
**13 JUN**, USAPL Mid Atlantic Open (PL, BP, DL, Ironman, Raw, Assisted - Standard, VA) John Shifflett, 186 Happy Hollow Rd., Ruckersville, VA 22968, valift@aol.com, www.virginiapowerlifting.com

25 April, AFPP/AAPF Senior Nationals  
 Tested and non-tested, raw and equipped, Ernie Frantz, 630.546.3769, erniefrantz@aol.com, www.frantzpowerlifting.com

25 April, 100% RAW, Tennessee State Plus Open  
 All ages and weight classes, men and women, PL/Curl/BP/DL, Paul Bossi, 252.336.4188, president@rawpowerlifting.com, www.rawpowerlifting.com

25 April, YMCA Nationals (Nashville, TN)  
 PL/Squat/BP/DL/Curl/Push Pull, raw and equipped, Les Cramer, 615.794.3984, leslifter@netscape.com, www.ymcaweighting.com

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 29 MAR, WNPF Youth/Teen/Junior/Subs/Masters & Police/Fire/Military Nationals & American Cup (Philadelphia, PA)  
 4 APR, WNPF Florida States & WNPF Lifetime Nationals & US Open Championships (Merri Island)  
 19 APR, WNPF Elite Nationals (Bordentown/Atlantic City, NJ)  
 19 APR, WNPF Upstate NY Championships & Lifetime NY State (Buffalo, NY)

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

wnfp@aol.com  
**24-27 SEP, WUAP World Fayetteville, GA 30214, www.wnfp.net**  
**27 SEP, WNPF Upstate NY II v.seminator@mairie-saint-avold.fr, for information call L.B. Baker, 770-713-3080, www.americanpowerlifting.com**

**26 SEP, Nasa Tennessee Regional (Pickwick Park, TN) Rich Peters, Box 735, Noble, OK 73068, 405-527-8513, SQB-PDL@aol.com**  
**26 SEP, 2nd Tom Eldridge Top Gun USPF AZ State (PL, BP, DL) Cold Iron Gym, Tombstone, AZ, 520-457-3955, www.cold-irongym.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.sonlightgym.com**

**26 SEP, USPF 3rd Pennsylvania Open (Pittsburgh, PA) Matt McCassey, 304-376-7538, mccassey@yahoo.com, www.uspf.com**

**27 SEP, WNPF All-American Powerlifting & WNPF Lifetime Pan-American Championships (Pl. Lucie, FL)**

**358-505-354-106**

**3-4 OCT, SP/WBPLA World (Nashville, TN) Jesse Rodgers, 423-255-3672, www.southernpowerlifting.com**  
**3 or 10 OCT, WNPF Palmetto (Greenville or Duncan, FL) WNPF POBO 142347, Fayetteville, GA 30214, www.wnfp.net**

**10 OCT, SLP Oklahoma State BP/DL (Tulsa, OK) Dr. Darrell Latch, Son Light Power, 122 West Sale St., Tuscola, IL 61953, 217-253-5429, www.sonlightgym.com, sonlightgym@verizon.net**

**12 OCT, IPA Power Challenge, Gene Rychniak, 143 Second Ave., Royersford, PA 19468, bench\_a\_grand@yahoo.com, www.rychniakpowersystems.com**

**17 OCT, 100% Raw, AAPF, AAU Supreme Fitness Challenge III (Brattleboro, VT) bret@vermontpowerlifting.com**

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

**17 OCT, USPF Monster Bench/Night of the Living Deadlift (Chatsworth, CA) Kevin Meskew, 818-723-3350**

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

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

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

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

**24 OCT, Nasa Unequipped Nationals (OKC, OK) Rich Peters, Box 735, Noble, OK 73068, 405-527-8513, SQB-PDL@aol.com**

**3 OCT, 21st Ashabula YMCA Bench Press, Lomie Anderson, 1142 E. 15th St., Ashabula, OH 44004, 440-964-3013, anderson1142@yahoo.com**

**3 OCT, Bulls Pl @ Scandia Expo (Lahti, FIN) bullfarm@bullfarm.fi, sakte@voimaharjoittelu.fi, 011-**

**24 OCT, Nasa 32nd Oklahoma Grand (OKC, OK) Nasa, Box 735, Noble, OK 73068, SQB-PDL@aol.com, 405-527-8513**

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

**24-25 OCT, WNPF World Powerlifting Championships & International BP/DL/PC & Can-Am Championships (Ephrata or Lancaster, PA, or Bordentown, NJ) WNPF POBO 142347, Fayetteville, GA 30214, www.wnfp.net**

**24-25 OCT, WNPF Can-Am Championships (Youngstown, OH) Ron Deamicks, powersystems.com, erik103@aol.com**

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

**27 OCT - 1 NOV, WABDL World BP/DL (Peppermill Hotel, Reno, NV) Gus Reithwisch, 763-545-8654 or 503-901-1622**

**31 OCT, 27th ADAU Raw Power Central PA Open (Bigler, PA), Siegel Engraving, 814-765-3214, al@piklup.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, USA RAW Bench Press Federation World (Tuscola, IL) Dr. Darrell Latch, Son Light Power, 122 West Sale St., Tuscola, IL 61953, 217-253-5429, www.sonlightgym.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, Nasa Wisconsin State (9:30 AM), Monster-Bench-Bash-4-Cash (6 PM), (Sheboygan, WI) Wisconsin Powerlifting, Box 565, Sheboygan, WI 53082, statechairman@wisconsinpowerlifting.com, 1-888-502-4087 toll free**

**OCT, Hallowen Monster Bench Bash (Eagle Nest, NM), Curtis Schultz, apfnwemexico@yahoo.com**

**OCT, APF/AAPF Rise of the DL Beast 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.sonlightgym.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 (Riviera Hotel Casino, Las Vegas, NV) Steve Denison, 661-333-9800, Pwrifrs@msn.com**

**13-15 NOV, RAW United North American Open (Greencastle, PA) Spero Tshontikidis, 4353 Collinwood, Melbourne, FL 32901, 321-505-1194, rawunited@cl.rr.com**

**5 DEC, IPA Christmas Camage/Rychniak, 143 Second Ave., Royersford, PA 19468, bench\_a\_grand@yahoo.com, www.rychniakpowersystems.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/floridausapf**

**5 DEC, WNPF Lifetime Nationals & 12th Sarge McCray BP, POBO 142347, Fayetteville, GA 30214, www.wnfp.net**

**14 NOV, USAPL Southeastern USA Regional BP/PL (Ft. Lauderdale, FL) Robert Keller, 954-790-2249, ehk@verizon.net**

**14 NOV, Monster of the Midwest PL/PP (Winchester, IN) Sommy Ryan, 3421 N. Armistead Rd., Murfreesboro, TN 37132, 665-716-2587**

**14-15 NOV, APF Pme Tree Open (Westbrook, ME), Matt Israelson, 207-415-2075, dynamaxx21@yahoo.com**

**14-15 NOV, WNPF Lifetime Drug Free International Powerlifting, SQ, BP, DL, PC Championships (Orlando, FL) WNPF POBO 142347, Fayetteville, GA 30214, www.wnfp.net**

**14-16 NOV (Location Change), WDPFF World JM-Gedney (Varese, Italy) BP/DL (Baraboo, WI) Dr. Darrell Latch, Son Light Power, 122 West Sale St., Tuscola, IL 61953, 217-253-5429, www.sonlightgym.com, sonlightgym@verizon.net**

**21 NOV, Nasa Southeastern**

States Regional Powerlifting, BP, PP & Power Sports Championships ( Hickory, NC) Greg Van Hoese, Route 1 Box 166, Ravenswood, WV 26164, 304-273-3110, greg@vhpower.coms

**21 NOV, Kansas Regional, Equipped & Unequipped Powerlifting, BP, Power Sports and Push Pull, (Salina, KS) NOV, APF TX Cup (Dallas, TX), Greg Tillinghast, aptkexas@yahoo.com**

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

**5 DEC, IPA Christmas Camage/Rychniak, 143 Second Ave., Royersford, PA 19468, bench\_a\_grand@yahoo.com, www.rychniakpowersystems.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/floridausapf**

**5 DEC, WNPF Lifetime Nationals & 12th Sarge McCray BP, POBO 142347, Fayetteville, GA 30214, www.wnfp.net**

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

**5 DEC, USAPL Virginia Raw, Northern Virginia Raw Power, 703-475-9885, www.northernvirginiaawp.com**

**14 NOV, USAPL Southeastern USA Regional BP/PL (Ft. Lauderdale, FL) Robert Keller, 954-790-2249, ehk@verizon.net**

**14 NOV, Monster of the Midwest PL/PP (Winchester, IN) Sommy Ryan, 3421 N. Armistead Rd., Murfreesboro, TN 37132, 665-716-2587**

**14-15 NOV, APF Pme Tree Open (Westbrook, ME), Matt Israelson, 207-415-2075, dynamaxx21@yahoo.com**

**14-15 NOV, WNPF Lifetime Drug Free International Powerlifting, SQ, BP, DL, PC Championships (Orlando, FL) WNPF POBO 142347, Fayetteville, GA 30214, www.wnfp.net**

**14-16 NOV (Location Change), WDPFF World JM-Gedney (Varese, Italy) BP/DL (Baraboo, WI) Dr. Darrell Latch, Son Light Power, 122 West Sale St., Tuscola, IL 61953, 217-253-5429, www.sonlightgym.com, sonlightgym@verizon.net**

**21 NOV, Nasa Southeastern**

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**5 DEC, USAPL Virginia State (BP, DL, PL, Ironman, Raw, Assisted - Standardsville, VA) John Shifflett, 186 Happy Hollow Rd., Ruckersville, VA 22968, valifting@aol.com, www.virginiaawpverlifting.blogspot.com**

**5-6 DEC, APF Southern States BP/PP (Jacksonville, FL) Wayne Pullum, pulkumsplatform@aol.com**

**5-6 DEC, AAU World BP, DL, P-P & AAU International PL (all divisions, raw equipped-19 DEC, WNPF High School Nationals & 2nd YMCA BP, DL, Ren Classic (Duncan, SC) WNPF POBO 142347, Fayetteville, GA 30214, www.wnfp.net**

**19 DEC, USPF NorCal PL/DL (Sacramento, CA) Steve Denison, 661-333-9800, Pwrifrs@msn.com**

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

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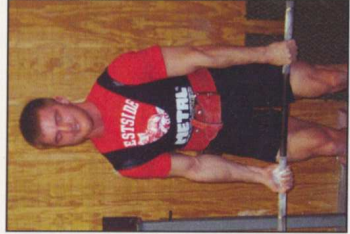
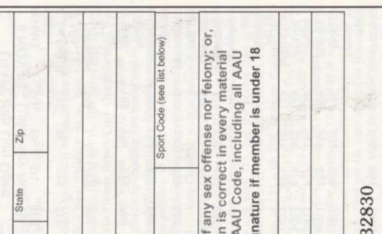
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BENCH	MALE	181 lbs.	315*
Special Olympic	J. Bumpus	198 lbs.	365
S. Chapala	S. Borrego	Master (40-44)	
Submaster	J. Leonard	600*	355
Master (50-54)	J. Vranas	Master (60-64)	
220 lbs.	E. Esenschmid	320	290*
198 lbs.	B. McCormick	290*	
C. Carzine	160 lb./Fire Junior	485*	
Master (55-59)	D. Schlosser	265*	
181 lbs.	D. Sparks	390	
Master (65-69)	J. Phillips	308 lbs.	365
220 lbs.	Open		
T. Chapala	340		
Police/Fire (40-44)	Novice	242 lbs.	
308 lbs.	P. Newton	485*	565*
Open	4th-300*		
148 lbs.	J. Bumpus	540*	
C. Flowers	4th-570*		
M. Rigby	4th-570*		
220 lbs.	335		
308 lbs.	Master (50-54)	560*	
R. Walsh	220 lbs.		
Raw	E. Esenschmid	420	
Novice	Master (65-69)	165 lbs.	
C. Feidick	Police/Fire	305*	490*
Teen (16-17)	308 lbs.		
V. Wilhelm	S. Winters	448-505*	460*



Jesse Bumpus with a National Record 540 @ 181/1r. (D. Latch)

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broke the national mark at 148 with 340. Matt Rigby, lifting in his first competition, won at 220 with 340. Our only casualty was open 605: for the deadlift event Brian Feuerhammer broke the national record at novice 244 with 585. The national record at novice 244 with 585 was the best lifter award while pulling a PR and national record 570. Remember, this was only the Kentucky boy's second competition! Jim Vranas won his second national record of 560. Dave Esenschmid also won his second title of 420. Taking the 50-54/220 with a solid 420. Ben Schlosberg broke the national record for the open benchers. Dave Esenschmid took the 50-54/220 with 320 while Cozy Cozine captured the title at 275 with a national mark of 485. At 55-59/181 it was Darris Sparks with 390 while from Chapala won against 65-69/275 with 340. Another best lifter award went to top of the podium, while only for this year, for the first official 500 bench lift. The national record stayed in the competition with 135 raw. It was Jesse Bumpus at 181 with a PR and national record 485 after making his 500 on a fourth, and to our trophy girl Ashley Feuerhammer. (courtesy Dr. Darrell Latch)

competition. Best lifter in the raw competition went to Sam Borrego, who got a new PR at 198 with 365. Jim Vranas, another first-timer, won at 40-44/242 with 355. Brian McCormick, an open 605 lifter, won with 485. The national record at novice 244 with 585 was the best lifter award while pulling a PR and national record 570. Remember, this was only the Kentucky boy's second competition! Jim Vranas won his second national record of 560. Dave Esenschmid also won his second title of 420. Taking the 50-54/220 with a solid 420. Ben Schlosberg broke the national record for the open benchers. Dave Esenschmid took the 50-54/220 with 320 while Cozy Cozine captured the title at 275 with a national mark of 485. At 55-59/181 it was Darris Sparks with 390 while from Chapala won against 65-69/275 with 340. Another best lifter award went to top of the podium, while only for this year, for the first official 500 bench lift. The national record stayed in the competition with 135 raw. It was Jesse Bumpus at 181 with a PR and national record 485 after making his 500 on a fourth, and to our trophy girl Ashley Feuerhammer. (courtesy Dr. Darrell Latch)

**Martin Montgomery (who is shown at left) was one of the Best Deadlifters of the contest**

\*-Sun Light Power National Records, Best Lifter Bench Master Male: Paul Newton. Best Lifter Assisted Bench Master Male: Paul Leonard. Best Lifter Deadlift Master Male: Martin Montgomery. Best Lifter Raw National Bench Press & Deadlift Master Male: Jesse Bumpus. The national record at novice 244 with 585 was the best lifter award while pulling a PR and national record 570. Remember, this was only the Kentucky boy's second competition! Jim Vranas won his second national record of 560. Dave Esenschmid also won his second title of 420. Taking the 50-54/220 with a solid 420. Ben Schlosberg broke the national record for the open benchers. Dave Esenschmid took the 50-54/220 with 320 while Cozy Cozine captured the title at 275 with a national mark of 485. At 55-59/181 it was Darris Sparks with 390 while from Chapala won against 65-69/275 with 340. Another best lifter award went to top of the podium, while only for this year, for the first official 500 bench lift. The national record stayed in the competition with 135 raw. It was Jesse Bumpus at 181 with a PR and national record 485 after making his 500 on a fourth, and to our trophy girl Ashley Feuerhammer. (courtesy Dr. Darrell Latch)

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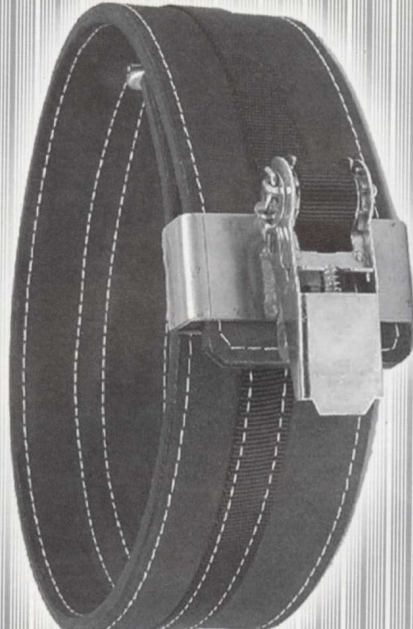
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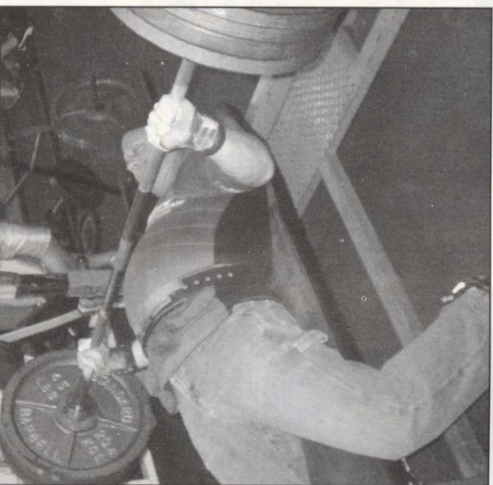
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Sammy Smith with a PR 465 bench press at 198:40-44 in this Dr. Darrell Latch photograph from the SLP Raw National Championships

### SLP Raw National

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BENCH	Raw	Novice	Master (40-44)	S. Darrow	11b-150*	120*	MALE	Teen (18-19)	242 lbs.	Submaster	K. Loudermilk	D. Gregg	198 lbs.	S. Smith	Master (40-44)	Master (40-64)	Open	Raw	Teen (13-15)	114 lbs.	132 lbs.	R. Rodich	E. Page	G. Ashwood, Jr	J. Limeberry	Teen (16-17)	148 lbs.	165 lbs.	K. Jordan	A. Brower	A. Dodson	242 lbs.	D. Mackey, Jr.	C. Hankins	4th-270*	Teen (16-19)
162	300*	148	105*	155*	11b-150*	120*	315	385*	330*	345*	275	600	465	220	340	415*	425*	215	415*	145*	155	175	175	225*	205*	245	250*	210	242	265*	260*	Open	470*			
N. Card	Junior	S. Williams	I. MacCleod	S. Darrow	B. Cole	B. Jordan	S. Card	T. Jackson	R. Rodich	I. Turner	T. Jackson	D. Gregg	S. Smith	J. Drummond	C. Moore	J. Barker	K. Harris	Open	J. Drummond	J. Drummond	R. Rodich	R. Rodich	E. Page	G. Ashwood, Jr	J. Limeberry	Teen (16-17)	148 lbs.	165 lbs.	K. Jordan	A. Brower	A. Dodson	242 lbs.	D. Mackey, Jr.	C. Hankins	4th-270*	Teen (16-19)

the women's division it was Stormi Wilkins for the win at novice 132, finishing with a new national mark of 105. In the 40-44 age group 220 lb. Daryl Legg set a meet-high 355 national mark, the 11b-150 age group with a shirt for a solid 190. Brenda Cole won at 40-44/181 with her 120 national record. Susan Darrow won the best lifter award for the ladies. Moving to the men, Chris Moore set the national mark at novice 242 with 415, making just his opener. In the teenage men's age group it was the first time a lifter has won the 11b-150 age group with a meet-high national record of 145. Reid Rodich won at 132 with 155 while Everett Page won over Chris Ashwood, Jr. by bodyweight, both finishing with 175 at 148. Jake Linneberry set the new mark at 165 with a personal best 230. At

16-17 it was Colton Shaw with a new national record of 205 at 148. Kyle Jordan won at 165 with 245 while Anthony Brower won over Darrow at 161b-170 to 270. Anthony's 250 was new. In the 18-19 age group Darren Mackey, Jr. broke the national mark at 220 with a personal best 265 while Cody Hankins did the same at 242 with 270. Our final teenage lifter was 18-19/165 winner Nick Gard. Nick not only set the national raw mark with 300, he also won the best lifter award for teenage men. In the junior division both lifter classes, Cody Trammell hit 265 at 148 while Jacob McCleod finished with 300 at 181. Daryl Legg looked strong at submaster 220, just missing a national record 405 final attempt, then settling with 365. Brett Jordan won at 40-44/165 with 315 while Shawn Gard took the 45-49/181 with 365. Tommy Jackson Rodich set the record at 198 with 330. Moving to the 65-69/242 class it was forever young Jim Turner, winning still another national title with a new national mark of 345, erasing the old record by 75 pounds! At police & fire it was Jimmie Harris won at 355 at 220 while Kenneth Harris won at 275 with 425. Both lifter classes, Johnny Drorids, set a new national record at 181 with 215 while Chris Moore captured his second title of the day at 242 with 415. Kenneth Harris was awarded the best lifter trophy for the men. We also had an assisted division with some fine lifters. At 18-19/242 there was Jeremy Lall with 335. At submaster 242, our biggest lift of the day came from Dominic Gregg, who finished with a personal best and open national record of 600 at 275! Sammy Smith also got a new national record for this class, 40-44/198. Sammy finished with a personal best 400. Jim Parham, owner of a gym in Texas, set a new national mark at 165 with 405. Our final competitor was Steven Troian, who won at 275 open with 540. After the bench competition we were treated to a great exhibition by professional bench presser, Jason Jackson. Jason has benched 804 in competition, lifting as a 242 master. Jason handled the 11b-150 age group with a meet-high. Great to have him lift with us on this day! Nick Gard and Carl Jones had a great day, winning both the novice and police/fire 220 classes with 470. Darren Mackey, Jr. made it two in a row at 16-17/220 with his personal best 405. Our best lifter was 18-19/165 pulley Nick Gard, who finished with 500. Robert Fringer got the win in junior with 181 while Tommy Jackson won 181 at 45-49/181 with 365. Jason Kozarek, who finished with 325, for the junior division it was Johnny Drummond with a personal best of 415 and Barry Dolsen with the biggest pull of the day of 570 at 220. Then at 275 Steven Troian led the record there with 550. All of the above-mentioned lifters set new national records. In the 2-man team event we also had two 2-man teams pulling. First at 18-19/181 Jonathan Shelley and Nick Gard broke the national record there with 900. Our second team of Bobby Brown and Blake Sanders won at open 220 with 800. Thanks to all the helpers who loaded and spotted and to all the others who helped to make this event great. See you all at the next event with Dr. Darrell Latch for providing these results!

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(continued from page 20)

grip as quickly as possible remembering to keep your legs back.

**General Tips for Lighter Tire**

Skip the use of a belt as it can just get in the way of a smooth execution of the motion. Give the tire a final push at the very apex of the movement. This force, in concert with gravity, will literally cause the tire to skip forward providing for additional distance with each flip. Always remain aggressive with the tire. Time is most commonly lost during the transition between flips. Stay focused and move as quickly as possible at all times.

If for any reason one hand/arm loses grip during the ascent phase of the flip, abort the movement immediately (unless your knee is supporting it at the time). This can help to avert a torn biceps or other injuries.

**Heavy Tire—Post & Flip Technique**

Begin as described above for the light tire. The variance begins when you clear your knee. At that point you post the tire on your thigh. This is accomplished by wedging your leg beneath the tire and literally resting it briefly upon your leg. Once the tire is posted on your thigh you will want to try to pop it up while simultaneously entering your pushing on the top of the tire, or driving your shoulder underneath the implement.

Make sure to maintain good body leverage and keep leaning into the tire to finish the lift. Re-group and attack the tire again. With heavy tires it is acceptable to take a brief moment to make sure you are prepped for the next flip.

**General Tips for a Heavy Tire**

Always make sure to have your body leaning into the tire to optimize leverage. Focus on an explosive transition from the post. Minimize the time you are holding the tire in the post. The less time holding the tire the more energy conserved. Master form with sets of singles, then graduate to sets of 3-7 reps.

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The lift consists of 2 main components, the lap and the load. Setting up properly is key to a successful execution of the movement.

**Setup for Atlas Stones**

The Atlas stones are round and relatively smooth making for an odd object that is very difficult to grasp. Tacky is a

sticky pine resin that is allowed by the rules and should be applied to the forearms and chest (if the competitor is not wearing a shirt). This substance will greatly improve your ability to hang onto the stones as they are hoisted.

In lieu of, or in addition to, the use of tacky it is common practice to use either protective sleeves or athletic tape as a measure of protection for the forearms.

Be sure to properly warm-up your biceps. Heavier lifters may want to avoid the use of a belt as the stone can pinch the skin of their belly against it.

**The Lap**

Mentally gear-up for a big lift. Begin by standing slightly back from and centered relative to the stone.

Bend over and grip the stone tightly being sure to make as much contact with your hands and forearms as possible.

Squeeze with all of your might and begin to row/stiff-legged deadlift the stone to break it from the ground.

As the stone nears your knees squat down and pull it into your lap. With a particularly difficult stone you can sometimes bend at the knees a bit earlier and literally roll the stone up your legs into your lap.

**Loading an Atlas Stone**

From the lapped position fire your hips for-

ward and drive the stone up your body rolling it to your chest as you stand erect.

Load the stone onto the platform. For higher platforms you may have to explosively pull the stone up your body and place it on your shoulder, then load.

**General Tips for Stone Loading**

Make sure to start with the stone 6-8" away from the platform.

Extend your lower back as you move from the lapped to a standing position. At the peak of the movement you should be leaning back slightly as you use a heave of your chest to help thrust the stone to the platform.

A close stance with your feet is beneficial for the load as it will make you "taller", and thus make the load easier, especially for the higher platforms.

Training without tacky can be of benefit as it will improve your ability to hold the stones.

Below is a video I made which demonstrates all of the techniques outlined in this article: <http://vids.myspace.com/index.cfm?iuseaction=video&id=41465013>

Strongman training is a great way to enhance overall bodily strength and general athletic prowess. Start light, master the techniques, and then go BIG!



World's Strongest Man Maritusz Pudzianowski finishes up on the very technical and challenging Atlas Stones event

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In one 8-week study, subjects using the Cell-Tech Hardcore/Nitro-Tech Hardcore Stack gained, on average, 660 percent more mass (11.4 vs. 1.5 lbs) and amplified their max leg press by 256 percent (1234 vs. 34.6 lbs) more than subjects using a placebo. Subjects also gained 86.4 lbs. on their max bench (260 vs. 173.6 lbs) more than subjects using a placebo. In another study, subjects using Cell-Tech Hardcore gained 26 times more mass than subjects using creatine mixed with juice. Also, in another 8-week study, subjects using Cell-Tech Hardcore built 24 times (2.75 vs. 0.11 lbs) more muscle than subjects using regular whey protein. One extraordinary test subject even gained 8.4 lbs. of muscle in just 14 days. In a six-week study, subjects using Cell-Tech Hardcore added 34 lbs. to their max bench.



(continued from page 34)

we have even imagined a few decades ago that ulcers were caused by bacteria? But they are. And today treatment involves the use of multiple antibiotics.

Because it's not intuitive, at least at this point in our common understanding, we need to explore some of the current concepts linking inflammation and stress and the consequences of chronic inflammation.

Most of us equate inflammation with infections and injuries. Something we can see or feel. Like a boil on our skin, or a chest infection, or a swollen strained ankle. Or perhaps an ear infection in a child, with fever, aches and pains, and all the rest.

What we're actually seeing, however, in all of these cases are the results of inflammation secondary to injury of some sort, infectious or traumatic, and thus simply the body's response to the insult. The actual inflammatory process underlies it all and is much more than just what we see or feel.

In fact inflammation is a complex process that can be measured not only by the changes that take place with obvious infections, but also by measuring the markers in the body that uncover the fact that an inflammatory process is going on, even if the inflammation is not obvious or doesn't result in any symptoms.

Most of us, and certainly all of us as we get older, have some evidence of chronic inflammation. In most cases, although it's nothing we can put a finger on, there is something going on in our bodies that are making it react as if it were going through some sort of long term, low level, infection.

We can detect this inflammation by measuring certain markers of inflammation in our bodies, including pro-inflammatory cytokines such as C-reactive protein (CRP), interleukin-1-beta (IL-1 beta), interleukin-6 (IL-6), and tumor necrosis factor alpha (TNF-alpha).

Low levels of inflammation, as shown by these and other inflammatory markers have been implicated in physical and mental stress, depression, aging, the metabolic syndrome, diabetes, obesity, visceral body fat (fat around the belly), arthritis, and a variety of cardiovascular and other diseases.

As such, they're becoming increasingly important when it comes to dealing with the human condition, including the effects of chronic stress, many diseases, the accumulation of body fat and quality and

(continued from page 40)

We have the perfect place to train, this is our dream gym. Powerlifters aren't made to train in separate rooms away from the general membership, this gym was designed and built for this kind of training. Anyone walking in the door can work out here, there is literally something for everyone. What separates this gym from all the rest is that beyond the cable machines, and treadmills you will find the equipment that every powerlifter/strongman competitor, or aspiring athlete needs to train properly—everything is catered to the strength sports community. The owner has told me himself; "I want Old School Fitness to be the place for powerlifters to come train." Everybody hear that? Chalk usage is not only allowed, it's provided for you. You will NEVER find this equipment at a Gold's or any 24 Hour chain gym; Old School Fitness stands alone. The standard statement made is "I've never seen a gym like this, this place has everything!"

If you walk into the gym on a Saturday or Sunday morning—we'll be there. You'll hear the chains clanging together before you see us. That's the way we like it. If you live close to the area, come on in and train with us! You'll get free Kettlebell classes with your membership. I DARE you to walk into Gold's and ask where the Kettlebells are. I guarantee you'll just get a blank stare. If you're serious about your training, and your current gym sucks, or you get a lecture for deadlifting on the floor (ie, SUCKS), or

What separates this place from all the other gyms is that beyond the cable machines and treadmills—you will find what every powerlifter/strongman competitor, or aspiring athlete wants to have in their own gym. There are no dirty looks for bringing down a max deadlift on the platform, or

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**Tire Flipping.** up to 500 lbs. can be done outdoors unloads when it is at its lowest position. Not a big deal either way, but I had asked Martin how they rig their chains at Old School. (RB)

To answer your questions about the chain set up, we clip them onto smaller chains which hang on either side of the bar. They are set up to fully de-load at the bottom of the lift. Maybe one or two links are left touching the floor at the top. Each set weighs 20 lbs. For deadlifting, we drop them right over the center of the bar, which works very well. (See photo.) No links touch the floor at lockout.

We mainly follow a basic West-Side template for our training, but we're not strictly committed to any one style of training. We use whatever works. If you're a fellow powerlifter in the area—come train with us! This gym is built FOR YOU! Everyone I bring in says the same thing. "I can't believe it, this place has everything...IS THAT A REVERSE HYPER?!" Yeah, now go load it up and use it!! Thanks for your time Rick. I'm psyched about this!—Stay Strong, Martin Arers

Bad news Martin, I'll have to get strong before I can stay strong! I'm the weakest powerlifter around, but I never quit trying! Thanks to Martin for all the info, and thanks to Old School for providing such a cool place to train! If you're in PA, you gotta try a workout at OLD SCHOOL FITNESS. Next month, we're going to a HandCore Gym in a warmer climate. You'll never guess train hard, lift heavy, eat plenty—then go to sleep. —Rick Brewer Gym info and article ideas: rick@houseofpain.com



**Indoor Sled Pulling** is available at Old School Fitness for the glorious sound of chains clanging together on a dynamic training day. What will you get? You'll get spots offered when you need it, encouragement on heavy lifts, and free chalk! There's a five-gallon bucket of chalk stationed in the squat-rack area, which must be refilled almost weekly.

I mentioned the 500 lb. tire outside, where there is a nice long stretch of parking lot to flip it on. There's a smaller tire available for the beginner, but I went straight to the 500 pounder (what can I say, it's in my blood). This was the most brutal workout I've ever had, right next to the sled pulling sessions with "Over Train Dave" one of my training partners. He's 50 years old, and he wears me out like I'm an old man! It's humbling to train with this guy (I'm 30). He's a raw USA PL competitor who currently has the Masters record for PA 573lbs. I (Martin Arers) plus three other gym-members compete in the 198s in the USAPL, and we're currently training for the PA State Championships.

Old School has every kind of class you can think of, including FREE kettlebell classes by a certified instructor with your membership. Most other gyms don't even know what a kettlebell is. Old School Fitness is the only gym of its kind in Chester County, PA—

(On a side-note, I've noticed that some guys hang chains directly on the bar—so the weight of the chains never fully unloads from the bar. This leaves anywhere from 20 to 50 pounds on the bar all the time, in a less stable method compared to extra plates. We have our chains hanging from the bar on a short rope, so that the bar almost fully



**Benching with Blocks**—another training option at OSF (c. Jackie)

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(continued from page 8)



**Ed Kinsey** - a Jan Shendow protegee 446 second. She set up for a 501 third but it didn't feel right and she chose not to attempt it. Janet's 319 opening bench was the biggest of the day, but she was not able to make her other two attempts. This was certainly a disappointment for her as she benched a huge 347 in December. Janet then came back to pull a personal record 451, finishing with 1218 for the day.

The second flight of lifters was stacked with talent and included men from 148 to 198. In the 148s, Hawaii's Darren Matsumoto went head to head with Scott Layman. Darren squatted a huge 617, benched a record 440, and pulled 523 to total an amazing 1581. This garnered him the Best Lifter money in the Lightweight Division. Darren is always exciting to watch and continues to push his numbers higher. He currently owns some of the top numbers ever posted in 148s. He

is also the consummate professional and is immensely supportive of his fellow lifters. Layman gave Darren a run for his money, squatting 562, benching 380, and pulling 518.

Master lifter Leon Sparango lifted unopposed in the 165s, squatting a nice 496, benching 336, and pulling 473 for a 1306 total.

Three 181 men gave an exciting performance, with less than 40 pounds separating first from third. Hot on his heels was his teammate Finishing first, Ed Kinsey put up a 650 squat, big 446 bench, and a 551 dead to total 1647. Right behind him, Bob Benedict hit 666, the biggest squat of the flight. He benched 391 and pulled 578, giving him a 1636 total. David Jurgens of UCLA's power team, squatted 589, benched 369, and pulled an enormous 650, to total 1609.

In 198s, Edward Koo took the prize with a 600 squat, 424 bench, and 661 dead, totaling 1647. Greg Buffington nipped at his heels, pushing up a big 451 bench, and totaling 1642. Jose Hernandez finished with a 1438 total.

The Heavyweight flight reads as a who's who in powerlifting. The 275s were lead by big Charles Bailey, who hit a nice 837 squat, 650 bench, and 733 pull to total 2221. Newcomer Bill Newman had an



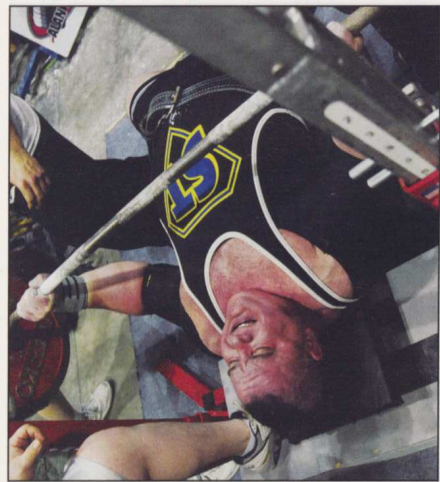
**Nicolai Stern** - "was it good?"



**Ed Koo** - exceptional pull power



**Janet Lovell** with Bonnie Alerts holding her CSS photo award



**Mark Bell** benched a big 810 lbs., by far the biggest bench of the event being coached by the great Joe Ladhier. Rounding out this class was Dan Harrison, totaling 1697.

Three big men contested the 308+ class, with Iceland's Sigtur Fosadal besting Chicago's Lance Karabel by only 22 pounds. Fosadal hit an 892 squat, 705 bench, and then pulled the biggest dead of the day with a 766, to give him the win. Karabel squatted a huge 975, the biggest squat of the meet, benched 633, and pulled 733, totaling 2342. Thad Coleman started strong with an 854 opening squat, only to injure his hip on his second attempt, forcing him to withdraw from the meet.

This was truly an exciting meet great.

—Cara Westin

**Becky Rich** - best of 3 at 132



**Cara Westin** lifted and chronicled



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Meet Director **Steve Denison** gave away thousands and was still smiling! (photos courtesy of Curtis Lambert & PL USA)



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I Under 18 I have Parent Initial					Signature
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**Suzie Hedman** - just locked out





(continued from page 17)

**MT:** If someone is trying to get to the next level, they need to learn more, then apply that knowledge to their training. It's as simple as that. Learn from reputable sources, but the ability to discern what's reputable and what's not is another topic all its own.

**Do powerlifters have a lifestyle of their own, I guess. We sure go to the gym a lot.**  
**CB:** How often would people say you are about being a powerlifter? How does it affect you outside of the gym?

**MT:** I am driven to reach my potential. Powerlifting is what I do, but who I am goes far beyond that. There was a time when I would hang my whole identity on being a Powerlifter, but I guess I just grew out of that. Do I want to achieve in Powerlifting? Yes, very much. I am very driven to see my potential in this sport. Am I willing to do anything to get there? No, absolutely not. The "outside the gym" part of this question is a prime example...

**Powerlifting does affect me outside the gym. It has to. I'm twice the size of normal people! And also, I am conscious of what I eat, my posture, and so on. Sometimes I have to be "inconvenienced" to go lift, but I try to live pretty normally and I'll move my training schedule around to make that happen if I can.**

**Why? Because there are other things in my life that I enjoy as well as powerlifting. At one time, Powerlifting affected my outside life to an extreme degree—to the point that if I had a bad workout, it ruined my day. Now, it might bother me a little, but if I can help it, I try not to get in a bad mood/bring everyone else down with me. Being upset/angry because of a bad workout isn't going to help you be a better lifter—actually, the increased stress will probably make things worse. Psychologically, it would be better to channel the negative feelings into positive ones that will help you re-focus on the future.**

**Additionally, being in a bad mood makes everyone around you uncomfortable, which brings down everyone's quality of life. I don't want my wife to feel like she has to walk on eggshells because I had a bad workout. That's lame. So, I choose to not let it affect me and move on.**

**CB:** Great answer and great mindset. It's all about balance. Do you

have any training partners? How have they helped?

**MT:** I don't have training partners anymore. I used to have some good ones at the Air Force Academy, but I train by myself now. Not having training partners—used to, but once you do, it's kind of cool. I like training alone now because it gives me some solitary time. It's also nice to be able to train when you want to and how you want to without worrying about what's everyone else going to do.

**CB:** That's true. What are your workouts like? How are they setup? How are you following?

**MT:** I have developed my own "training methodology." It's called the Reactive Training System (RTS) and you can find out more about it at <http://rts.activedeep.com>.

**You hear a lot of lifters say, "you have to listen to your body" or "you have to learn to train yourself." Well, how the heck do you do that? It's a very hard concept to grasp if you've never done it before. In my opinion, that's why it takes some guys 10 years of training before they figure it out. Some just never get it. Once I began to learn how to "listen to my body" I looked for ways to teach this to others. That's when RTS was developed. It's a system of training that progressively teaches you to listen to your body. The result is you no longer are left doing "lifter X's squat program"—you're doing your squat program.**

**The cool thing is that two people doing RTS can have workouts that look completely different from one another. It captures the nuances of your individuality, thus helping to eliminate guesswork (which eats training time, energy, and resources).**

**At the moment, my training looks similar to Shelko's in that they are higher in frequency and almost never maximum effort. You can take a look at my training**



Clean and Deep - Mike Tuchscherer's squat shows picture perfect technique

log by going through my website ([link above](http://link above)) if you want a more detailed description. As always, this is subject to evolution.

**CB:** We will certainly check that out, sounds like a solid plan. What would you suggest to someone on how to get stronger on all 3 lifts?

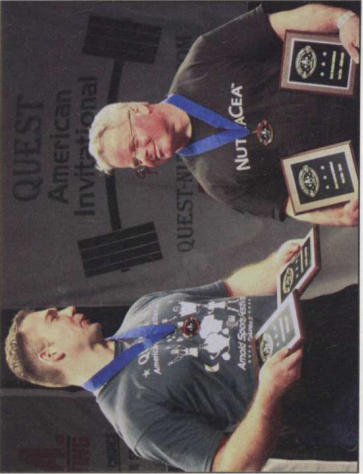
**MT:** A problem I see with a lot of lifters is they don't practice the competition lift enough. There are some programming considerations to make when you do this, but to ignore the competitive lift is a big mistake. There's more to learning your gear than you'll be able to get in the last 4 weeks before the meet.

**CB:** Tell us more about your book that just came out.

**MT:** As I mentioned earlier, it's called the Reactive Training Manual. It's written as an instruction manual to the training system. A ton of time, research, and thought went into this book. What I got out of it was a step-by-step guide to developing your own training program. It starts with a basic program that anyone can follow. Then you start making changes to it in a specific and calculated manner.

**By the time you finish the manual, your training is quite different from what it used to be and you're better for it. You end up with a much better understanding of the training process and a much better ability to control the variables of your own program. At that point, you should be able to program your own training and have a very good idea of what "works" for you.**

**Also, you should be beyond needing gimmicks to get excited about a program. You should realize that whether you want to do a low volume, high intensity program or a high volume, low intensity program, you know how to adapt it and make it work for you.**



Two Great Mikes - Tuchscherer and Bridges (courtesy Critical Bench)

shirts or gear is cheating?

**MT:** No. It's not against the rules, so by definition it can't be cheating. That said, I am interested in my raw potential as well. I have my reasons for competing in the IPF and I will take advantage of what is legal (legal, hence not cheating). But I also want to do some raw meets. I want to show support for that style of lifting and to be honest, it's just fun to compete that way.

**CB:** What is your view on training in equipment and learning them? **MT:** You have to train how you're going to compete. There's so much more to learning the gear than the average powerlifter thinks. If you think you can wear the gear for a few weeks and "learn it" right before the meet, you'll never be refined enough in it to realize your potential. You want the contest lifts to be automatic. To get there you need to do many, many reps just the same way you do them in the meet. This includes gear.

**CB:** What do you think is the reason for all the big numbers as of late like Kennedy's 1070 and Frank's freakish total or Hoorstra's raw strength? **MT:** Has strength training evolved?

**MT:** The question "has strength training evolved?" is an intriguing one. I can't speak for the high level lifters because I don't know what their specific training programs are like, but in general, I don't think powerlifting training has evolved much at all. As I said before, you don't see high level track athletes programming their own training. They have coaches who have studied track. But powerlifters are different. We think we can take our rudimentary programming knowledge and reach

there will be solid competition. **CB:** Throughout your videos your confidence is amazing against the weight and the fact that you train solo is also amazing to see. Tell us about it.

**MT:** I developed out of necessity. I had no training partners, and I wasn't going to get left behind, so I found a way to make things work. This goes back to the "expectation of improvement" that I was talking about, but instead I was training partners, but I saw I had of thinking. "Well, I need to scale back my training," or "Man, I won't be able to train how I want now." I thought, "What will I do to make this work despite my issues?"

**Training alone—you get used to it much the same way you do other styles of training. You have about safety (pins set at the right level, always benching in a power rack, etc). You have to be a little more creative (how will you do shirt work?). But in the end, I think I might actually like it better than having partners because of the freedom it affords me. But partners once in a while helps break up the monotony.**

**CB:** Was your training any different prior to your last meet? **MT:** Well, it's always subtly different from meet to meet. Training for Men's Nationals hasn't been all that different from my training going into Worlds. I think training this time around was slightly more intensity-based, but that's about it. There will be more changes in the next go around. At this point in time, it's more about evolving my training, not creating a revolution.

**CB:** Do you think using bench

the limit of our own potential. I think it's like trying to be the best stock broker on Wall Street with the strategy "buy low, sell high." There's just more to it than that. And lest I sound like a hypocrite, I have studied quite a lot about programming training. I still don't know everything there is to know, but I'm always in the process of learning more and refining my processes.

**The thing that makes me think Powerlifting training hasn't evolved is that it's still such a simplistic approach. Look around at how powerlifters program training. Most people think a template is a program. There's not much "staging" of training going on. Few people are even aware of how much volume they do, or what the various measures of volume even are. I'm not trying to be a jerk, so please hear me out. I'm also nowhere close to perfect on these things. I'm just trying to highlight that there is so much more that we, in general, can learn about training.**

**CB:** Excellent points. If training hasn't evolved why do you think the standards have gone up? **MT:** This question is about my frame of reference. The reality of it is what it is. My opinion about whether or not the standards are better or worse than they used to be is just a highlight of where I'm coming from as a lifter. If you know my background, my thoughts should be no surprise.

**CB:** What does your nutrition plan consist of? **MT:** I'm working slowly into a Metabolic Typing diet, but it's a

lengthy process for me. There's always so much to learn. I like it because it's the same approach I take with training and just applied to diet. Definitely a lot of cool stuff to learn!

**CB:** What changes are you going to have to make to go to the next level? **MT:** Time will tell. I notice little nuances in my training which I feel need to be corrected. I'm progressing in my programming to a more concrete style of planning, but this is a gradual process and it's only effective because I've taken the time to learn how my body responds to stimuli up to this point. On a more fundamental level, I need to continue to hone my technique and my skill with equipment. I want to actually be able to compete wearing a tight shirt! It's always a process of Train, Respond, Analyze, Critique, Repeat.

**CB:** Thanks for taking the time to do this interview and sharing your journey. We wish you the best of luck competing this year. Is there anyone you would like to mention in a post? **MT:** First I want to thank God for all the blessings He has given me (it's way more than I could ever hope to count). I also want to thank my wife for her continued love and support. I'd like to thank the rest of my family, as well. They've been great—traveling around to help me out a meals! I couldn't ask for more from them. I want to thank my sponsors. Quest Nutrition and Titan for their generosity and support. Thanks to all the supporters! I can't wait to see what the future will bring!



More Mikes - Tuchscherer shakes hands with U.S. Air Force's Schwanke











(continued from page 10)

**Raw Unity Powerlifting**

24 JAN 09 - New Port Richey, FL		3rd	
BENCH	FL	SQ	TOT
K. Williams	391	474	865
M. LE	220	452	672
N. Dreisig	220	452	672
B. Blackstone	435	518	953
165 lbs.	347	435	782
C. Bouyer	386	461	847
K. Chester	369	452	821
J. Cassidy	474	518	992
165 lbs.	435	518	953
J. Hill	435	518	953
198 lbs.	535	612	1147
R. Celli	491	573	1064
P. Ellis	435	518	953
T. Bell	491	573	1064
SQ <td>BP <td>DL <td></td> </td></td>	BP <td>DL <td></td> </td>	DL <td></td>	
209	154	303	667
N. Freed	169	154	323
A. Graham	276	143	419
123 lbs.	231	154	385
L. Kutner	231	154	385
165 lbs.	231	154	385
J. Bourgeois	248	105	353
132 lbs.	248	105	353
E. Stein	276	143	419
M. Stein	198	132	330
198 lbs.	314	187	501
J. Royer	402	259	661
T. Stallings	402	259	661
MALE			
441	297	518	1256
D. Singleton	336	324	660
D. Moore	324	324	648
T. Mohammed	331	204	535
148 lbs.	502	325	827
B. Schwab	540	325	865
165 lbs.	540	325	865
E. Talmant	480	261	741
J. Vasquez	463	347	810
T. Roselli	430	325	755
A. Ferreira	402	320	722
R. Pimenton	375	248	623
181 lbs.	375	248	623
T. Reid	502	380	882
M. Lane	502	314	816
B. Trichter	452	364	816
R. Celi	612	535	1147
220 lbs.	573	446	1019
J. Hamilton	573	446	1019
S. Schmitzer	573	452	1025
M. Richter	573	452	1025
M. Pitt	557	369	926
242 lbs.	650	435	1085
J. Jacobs	650	435	1085
C. Edalgo	617	320	937
275 lbs.	783	540	1323
T. DeGrove	705	474	1179
J. DeGrove	601	551	1152
308 lbs.	623	457	1080
McDonough	838	535	1373
S. Weech, Jr.	838	535	1373
B. Moore	683	562	1245
J. Searcy	683	562	1245
(Contest presented by Eric Talmant)			



Ellen Stein - still going strong

**Meet Comments:**  
"I don't have any complaint, just that I lost. The judging was right on, in my opinion, not too strict or loose. I would like to see more multi-ply lifters do some raw meets." —Scott Smith

"The meet was great from the equipment, to the spotters/loaders and judges, the warm-up room, the videos, the free food and assorted giveaways were great. The lifting order and flights should have been posted in the warm-up room. The harmony amongst the lifters from different lifts was great." —Ellen Stein

"What I enjoyed most about the meet is the fact that I was able to compete alongside lifters from various federations that I never would have met otherwise. It actually epitomized unity. I was proud to see the respect they gave the geared lifters, although many of them were the single ply or raw." —Brian Schwab

"I enjoyed the meet very much. I thought it was well run. The venue was pretty nice and the best part was a ton of competitors from a bunch of backgrounds competed well and put on a good show. It was a very positive experience." —Mike Tuchscherer

"I thought the meet went exceptionally well. Lifters were treated well, judging was fair across the board, great spotting and loading, great equipment and awesome camaraderie from lifters and officials from different federations and backgrounds." —Brian Tinchner

"I thought the meet was well run, the competition was great and the judging was fair." —Ryan Celli

"What is the difference training/competing raw versus equipped? For me the only difference is the gear." —Scott Smith

"When training for a raw meet I always know just how much, within a few pounds, I am going to be able to lift. I feel that I can do so much raw, whereas the gear allows you to lift more than your body is capable of." —Ellen Stein

"Although I only had six weeks to transition from gear training to raw, I did find some noticeable differences. The biggest has to be while they are the staple of gear training, essentially range motion exercises, limited become obsolete. Box squats and board presses simply don't carry over to raw lifting nearly as much as they do geared." —Brian Schwab

"I was training for the Arnold (Single Ply) at the same time I was training for Raw Unity, so I trained both at once, (pretty normal for me).



**Ryan Celli prepares for a bench**  
The biggest change was I did my raw squats first in the week when I was fresh. I did geared squats later. This is so opposite of what I normally do. Everything else stayed the same." —Mike Tuchscherer

"The transition in training for the meet was somewhat difficult. The bench and dead were not much different, as I train raw a lot anyway. The squat was a b\*ch, as I had to change almost everything. Walking out, bringing my stance in about 6-8 inches on each side, and trying the descent faster proved to be a daunting task. I never hit a training squat that my partners thought would pass in the meet. I was never more nervous than during the squats. I thought I was going to puke before every attempt." —Brian Tinchner

"Despite slightly different training methods, I've been able to stay on top in both. There are some big differences in the way I prepare for a raw meet as compared to how I prepare for a single ply meet. Not only are there differences in the training methods, but also differences in technique, grip width, squat and deadlift stance, length training cycle and rep schemes.

I tend to peak rather quickly training raw, usually about 6-8 weeks is all I need. The single ply takes a little longer, around 10-12 weeks, as the weights are heavier. This requires extra time for your central nervous system to adapt to the heavy loads and extra time for the gear to be mastered. My reps are going to be higher for the majority of the raw cycles, and lower for the majority of the geared cycle. This is due to the gear being restrictive and the majority of the 3 lifts are only going to be partial lifts. The raw lifts I can perform full range with no restrictions. (Ryan promised to give us much more detailed info in upcoming issues)" —Ryan Celli

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# BOOK REVIEW

## C.J. Murphy's The Complete Guide to Using the Safety Squat Bar

The introduction of the Safety Squat Bar seemed like the herald of a new era of strength training. Instead of adapting one's training to tried and true basic equipment, equipment was adapted to optimize the individual's training experience. Jesse Hoagland's brilliant concept shifted the load backward on the squatter, forcing him or her to remain very erect in order to maintain balance, thus removing stress from the lower back and isolating the squatting muscles of the leg. The Safety Squat Bar quickly became a requisite item in cutting edge training facilities and it has remained so, but there has been some evolution, to the extent that there are now several functional variations of the Safety Squat Bar. It's been awhile since it's debut, and the time has come for a new generation of lifters to have come to the platform, and with them variations in the application of the SSB. The SSB and its derivatives represent more effectiveness in strength training applications than ever before, and it is time that documentation of this phenomena be made available to lifters at large. That's why C.J. Murphy's book "THE COMPLETE GUIDE TO USING THE SAFETY SQUAT BAR" is so appropriate.

The Safety Squat Bar has been used by numerous athletes to set world records in the competitive lifts, and is a very effective complement to a regular squat training program, as well as in deadlift training. C.J. has even come up with a way to use it to train the bench press!

Author C.J. is the owner and head instructor of Total Performance Sports, and has won numerous awards as a trainer and coach, and has also competed in both powerlifting and strongman competitions. His articles have appeared in several major publications and websites, and he has been featured in several newspapers and television appearances.

His book is divided into three sections: first and foremost being the squat, and he looks at the application of the SSB to free squats, safety squats, box squats, bottom up squats, zercher squats and front squats. In the

area of Good Mornings, he examines Arched Back Good Mornings from the Safety Pins, Suspended Good Mornings, Seated Good Mornings, Good Morning-Squat Combo, and SSB shugs. Under "Miscellaneous," he looks into the Reverse Lunge, Forward Lunge, Walking Lunge, Calf Raise, Zercher Walks, Yoke Walks, Siff Squats, and the J.M. Press.

C.J. explains special variations you can find on an SSB, yoke width, handle extensions on the yoke, the Super SSB, and the Monster Bar. He then discusses the ways you can and should position the bar on your body and the all important safety concerns with using the SSB.

All the technical topics covered in the book are illustrated with excellent companion photographs (several which were provided for this review) that complement the explanatory text to a very effective degree. Many of the exercises will be new to most trainees, and potentially very beneficial to positive training cycles.

C.J. still has the original SSB he bought when he opened his facility, along with several others. In that period of time he has bent or broken many conventional barbells, but the original bar is still in great condition.

An additional feature of the book are several training templates demonstrating the reps, sets, and exercises you can use, in conjunction with the SSB, to produce various positive results. There is also a list of approved vendors where you can purchase SSB related equipment.

The SSB books is priced at \$29.99 for a printed version, and \$19.99 for the eBook version. C.J. has also produced a DVD entitled "FUNCTIONAL STRONGMAN TRAINING FOR ATHLETES AND COMPETITORS" (which we hope to review in a coming issue of PL USA) which retails for \$39.99, however, if you order both the SSB book and Strongman DVD you can receive a special 10% discount. Go to the ordering site, [www.totalperformancesports.com](http://www.totalperformancesports.com), and type in the code "PL USA" in the "Comments/Special Delivery Instructions" box and a 10% discount will be deducted before the credit card is billed.



The MONSTER BAR is one of the variations of the SSB theme



Mike Peibost using the Safety Squat Bar in the rack



Good Morning from the pins via the SSB



Conventional SSB, Narrow Yoke, and Monster Bar: in the rack

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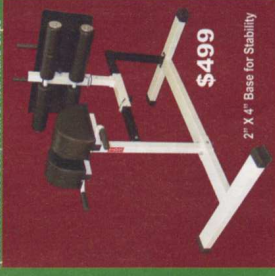


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How do injustices continue in this country? We have two brave men, one a Police Officer, and one a Federal Correctional Officer. Both were former Marines. Neither expected to die the day they went to work. Neither have been honored for their commitment to their careers, community, and the freedom for which they fought for. Robert R. Ramos, a motorcycle officer who died while getting ready for work, has not had his name added to the Wall of Fallen Officers due to a technicality. Because he was dressing at home—his locker room—they say putting his name on the "Wall" would lower the integrity of it. How can that be? He was on duty. No wills, and, but about it. Scott Williams died at the hands of a criminal 12 years ago, and yet his murderer

## AAU California State Championships A Competition With A Purpose California Meet to Memorialize Fallen Officers

any law/military/state or federal correctional officer that enters the contest in the raw bench press and is interested will be competing for a trophy in Robert and Scott's memory at no extra cost to them. The wives of these men have agreed to present to the winner of this event the memorial trophy. This will be a yearly event and will continue until Robert's name is on the "Wall" and Scott's murderer is tried in a court of law and punished for what he did. Petitions will be available to sign at the event. Our goal is to bring to

the public and the government the injustices that have been neglected to be served. Hopefully, this will offer some closure for both of these families. If you are interested in this contest, please go to the AAU Powerlifting website: [www.aau-powerlifting.com](http://www.aau-powerlifting.com). Click on Events and then Local and District Events for more information about the competition. Please read the stories below about Robert and Scott written by their wives. We hope you too will feel the anger and want to help. Write your senators, congressmen and governor. Let them know how you feel and how you'd feel if it was one of your loved ones. As a lifter, you can help make a difference.

Thank you for caring,  
Ken, Mary, and Clay Tawzer

The Santa Maria Police Department recognizes the fact that Motor Officers take their vehicles home and they also dress at home. The department allows 30 minutes of duty time for this. So, they are on duty when dressing for work.

On October 9, 2003, while fully dressed in his uniform and with his motorcycle warming up in the garage, the last thing Bob did was holster his gun from high above the dresser. Bob was a bodybuilder, so he didn't do anything lightly. He went to holster the weapon, and as he tried to shove it in, the gun hit the top of the gun holster strap and the weapon went off. This all happened at the foot of our bed at 6:56 AM. I was asleep in bed, and it woke me up. I really didn't know at the time he was shot. I slept with our plugs because he snored loud. I saw him fall and thought he was having a stroke. I called 911 and did CPR until the officers turned him over that I saw his gun and the blood. The wound was fatal.

The Santa Maria Police department does recognize that Bob was killed on duty. They said his bedroom was his locker room. There has never been a case like this and I believe that is why it was not approved to be on the Wall of the State's Memorial. They told me because it wasn't in the line of duty, it doesn't qualify. I have gone on the website and have found other Officers whose names made it. One, on duty, was bitten by a spider, another one in an automobile crash (bad judgement), D.A.R.E. program, the Police Cadet Explorer, and was a back officer for the Police Academy. Bob started the Color and Honor Guard for the police department. These officers do this on their own time. They even wear a special ribbon on their chest in remembrance of Bob. He funded from Veteran's organizations, along with whatever they needed. I heard officers call him an "officer's officer." He definitely went beyond the call of duty. I still hear of stories of how he helped families with troubled kids. I myself did not fully know all Bob did for others and the community of Santa Maria.

Bob was a motorcycle officer in 2003. Sincerely,  
Yolanda (Ramos)



**Officer Robert R. Ramos**  
Santa Maria Police Department  
Officer Robert R. Ramos

**Robert (Bob) R. Ramos**  
Bob was born and raised in California. He was third in line of seven siblings, all but one was involved in law enforcement.

Bob was a former Marine and proud to serve our country. He did two tours of duty in Vietnam. He started in Law Enforcement in Orange Cove, CA, and transferred to the Santa Maria Police Department. Bob was an officer for 20 years total. Bob received many awards as an officer, even the Thomas Gerry Medal of Valor. He loved working with the youth in the community: started the Code program in schools, worked with the D.A.R.E. program, the Police Cadet Explorer, and was a back officer for the Police Academy. Bob started the Color and Honor Guard for the police department. These officers do this on their own time. They even wear a special ribbon on their chest in remembrance of Bob. He funded from Veteran's organizations, along with whatever they needed. I heard officers call him an "officer's officer." He definitely went beyond the call of duty. I still hear of stories of how he helped families with troubled kids. I myself did not fully know all Bob did for others and the community of Santa Maria.

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Thank you for caring,  
Ken, Mary, and Clay Tawzer

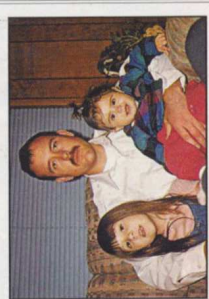
The entire incident took place in a matter of seconds. The devastating final result was five Officers stabbed, the death of a promising young man, and years of torment for those expecting justice from our nation's court system.

April 3, 2009, will mark 12 years and no justice for Scott, his family, fellow Officers, and friends. Inmate Green has yet to be tried for murder. The probability of a trial happening at all appears slim. He is currently being held in a Federal mental health facility with no further court dates scheduled.

The legal wranglings in this case have been extensive—from an entire year for a Grand Jury to indict, another eight months for the decision to seek the death penalty, and two different sets of defense teams, with each requiring extensive time to prepare. Inmate Green has been found competent to stand trial, and not competent, more than once, with feuds between Green and both sets of defense teams, with trial dates set and unfulfilled. Green's final appearance in court to date was in June of 2007. The hearing was to determine if he could be force medicated to restore competency, since he refuses any medication. There is legal precedence. His doctors even testified his competency could be restored with proper medication, but Federal Judge Conquellio B. Marshall disagreed. Luckily for Inmate Green, his fate rests in Judge Marshall's hands.

On the evening of April 3, 1997, Officer Williams made the ultimate sacrifice. A former Marine, who served during the first Gulf War, he was a devoted husband and father. The attack was caught on prison video surveillance cameras. There were numerous witnesses, and the bloody weapons. Seemingly, it was a straightforward case.

At the time of the incident, Officer Williams was patting down an inmate in the main corridor, near the cafeteria, during the routine dinner movement. The video clearly shows inmate Green approaching from behind, and pulling his hands from his pockets to expose two weapons tied to his palms. One, a ten inch blade which had been sharpened on a concrete floor. The second, a one foot long metal rod, with a harpoon point on the



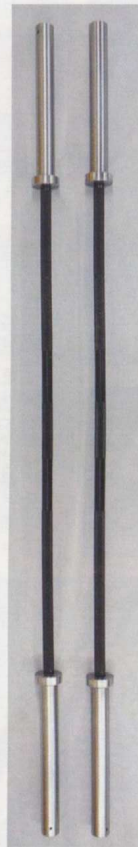
Officer Scott J. Williams

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# The TOP 100 Photo Page

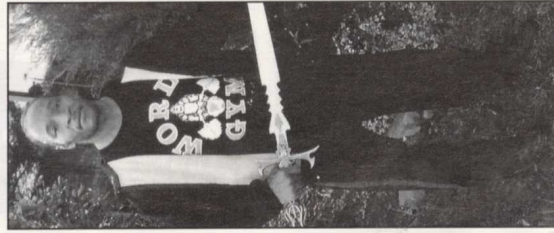
Will you make the upcoming TOP 100 list for the 220 lb. class? Last time we ranked this class the minimum lifts to make that ranking were 660 squat, 510 bench, 628 deadlift, and a 1700 lb. total. Each year the minimum lifts to make the list varies a bit, often upward, but not always. The time period for the next ranking of the 220 lb. class will be competitions held March 2008 through February 2009, and it will appear in our May 2009 edition. If you think you will be making the list this time and would like to appear on our "TOP 100 Photo Page" send a photo of your recent lifting (or something off the wall, like your 1st grade portrait?) to Powerlifting USA, Box 467, Camarillo, CA 93011 or e-mail it to [lambertplus@aol.com](mailto:lambertplus@aol.com) (we recommend a JPEG at least 200kb in size). If you haven't seen your best lifts in the results published in PL USA this far, let us know where and when you made those lifts for the upcoming time period and we can try to confirm them prior to publication of the next list.



Mike Cartman has done some spectacular lifting at 181



Joseph Chaney is a Master



Greg Wright - a warrior at 181



Mike Ciupinski - 520 bench press



Ed Olsen with a 575 lb. deadlift



Jason Coker - barrier crasher

# TOP 100

For standard 181 lb./82.5 Kg. USA lifters in results received from JAN/08 through DEC/08

PL	NAME	DATE	SQUAT	BENCH	DEADLIFT	TOTAL
1	829 Cartman, M.	8/23/08				
2	826 Coker, J.	9/6/08				
3	816 Hooper, W.	6/14/08				
4	810 Ramos, T.	8/23/08				
5	805 Gonzalez, G.	8/23/08				
6	771 Kirschner, D.	4/13/08				
7	770 Berendtsch, A.	1/19/08				
8	770 Kirschner, D.	8/23/08				
9	759 Strickland, B.	2/29/08				
10	750 Thecher, B.	8/23/08				
11	750 Wilcox, D.	8/23/08				
12	744 Ricks, D.	6/14/08				
13	738 Theodoro, D.	11/20/08				
14	738 Hays, M.	9/7/08				
15	720 Strong, N.	8/23/08				
16	716 Capodanno, D.	4/13/08				
17	708 Carter, E.	7/27/08				
18	706 Gortner, L.	2/29/08				
19	700 Gortner, L.	2/29/08				
20	700 Haass, A.	6/22/08				
21	700 Rogers, C.	12/26/08				
22	677 Gutierrez, B.	7/14/08				
23	672 Butler, J.	3/17/08				
24	672 Butler, J.	3/17/08				
25	672 Ebertson, C.	4/12/08				
26	665 Piles, P.	1/12/08				
27	665 Albert, W.	12/20/08				
28	665 Albert, W.	12/20/08				
29	661 Van Alstoyne, M.	4/13/08				
30	661 Manley, B.	1/17/08				
31	660 Devers, G.	9/20/08				
32	660 Gortner, L.	2/29/08				
33	659 Domanicki, E.	4/13/08				
34	659 Morrison, L.	11/16/08				
35	659 Plescia, M.	2/17/08				
36	659 Chester, K.	5/17/08				
37	659 White, D.	6/14/08				
38	650 Brown, J.	9/6/08				
39	650 Brown, J.	9/6/08				
40	640 Chester, K.	5/17/08				
41	638 Meche, S.	4/08				
42	638 Land, J.	5/17/08				
43	628 Smith, D.	6/14/08				
44	628 Hays, M.	9/7/08				
45	623 Baggio, R.	10/19/08				
46	623 Gibson, L.	10/2/08				
47	622 Bawzer, M.	11/7/08				
48	622 Bawzer, M.	11/7/08				
49	617 Strong, M.	3/16/08				
50	617 Strong, M.	3/16/08				
51	617 Strong, M.	3/16/08				
52	617 Strong, M.	3/16/08				
53	611 Conner, J.	3/17/08				
54	611 Conner, J.	3/17/08				
55	611 Conner, J.	3/17/08				
56	611 Conner, J.	3/17/08				
57	606 Johnson, K.	5/18/08				
58	606 Johnson, K.	5/18/08				
59	606 Johnson, K.	5/18/08				
60	606 Johnson, K.	5/18/08				
61	606 Johnson, K.	5/18/08				
62	600 Coleman, W.	4/26/08				
63	600 Coleman, W.	4/26/08				
64	600 Garofalo, B.	6/14/08				
65	600 Richardson, B.	7/14/08				
66	600 Holmes, E.	11/9/08				
67	600 Holmes, E.	11/9/08				
68	600 Norris, J.	11/22/08				
69	599 Scully, B.	3/14/08				
70	599 Scully, B.	3/14/08				
71	595 Long, C.	9/20/08				
72	595 Long, C.	9/20/08				
73	584 Pritchard, J.	4/08				
74	584 Crotcher, B.	7/14/08				
75	584 Crotcher, B.	7/14/08				
76	580 Brook, J.	10/11/08				
77	578 Simon, M.	3/29/08				
78	578 Wilson, M.	11/22/08				
79	575 Wilcox, D.	8/23/08				
80	575 Wright, J.	3/29/08				
81	575 Phelan, S.	3/29/08				
82	575 Phelan, S.	3/29/08				
83	575 Phelan, S.	3/29/08				
84	573 Bracco, J.	5/18/08				
85	573 Bracco, J.	5/18/08				
86	573 Scarborough, J.	10/11/08				
87	573 Scarborough, J.	10/11/08				
88	570 Rishbeth, R.	2/29/08				
89	570 Blair, J.	3/29/08				
90	570 Shambrook, S.	6/29/08				
91	567 Stance, V.	3/8/08				
92	567 Landry, C.	4/08				
93	566 Barrows, A.	3/29/08				
94	566 Barrows, A.	3/29/08				
95	562 Haase, M.	3/30/08				
96	562 Haase, M.	3/30/08				
97	562 Tuite, M.	8/23/08				
98	565 Alundahl, J.	9/7/08				
99	565 Alundahl, J.	9/7/08				
100	560 Hightoboom, B.	1/10/08				

# PL USA Top 100 Achievement Awards



Powerlifting USA TOP 100 Achievement Certificates are printed in Red and Gold ink on exquisite paper, embossed with the gold seal of Powerlifting USA Magazine. Hand signed by Mike Lambert. They specify your name, TOP 20, 50, or 100 ranking division, weight class, and actual numerical ranking in your class. The price for this documentation of your achievement is \$6. We also offer a wood grain plaque with a clear cover, ready to hang. The certificate and display plaque are available together for \$21.95. If you have appeared on a TOP 100 list, you are eligible. Send your name, street address, weight class, date it was made, the amount of weight, and the list that your name appeared on. Send \$6 per certificate or \$21.95 for certificate and deluxe mounting plaque, payable to Powerlifting USA, Box 467, Camarillo, CA 93011. (CA residents - 7.25% tax).

## NEXT MONTH...TOP 198s

**CORRECTIONS** ... John Westlight's name was misspelled in the results of the Phnetre Open (which appeared on page 72 of our January 2009 edition) in the Master's division. Vince Scello's total of 584, bench of 331, and squat of 1317 were not reflected on the TOP 100 for the 148 lb. class. If you find errors in our articles, TOP 100/20 weight class rankings or in the competition results that we publish, let us know at [POWERLIFTING@USA.Errors](mailto:POWERLIFTING@USA.Errors). 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.

**TOP 20 Women, Teen, and Masters rankings will be coming up soon (probably in our June issue) and we are looking for photos of lifters who will likely be on those lists. Send photos (JPEGs 200k or larger) to [lambertplus@aol.com](mailto:lambertplus@aol.com) or you can mail them to PL USA, Box 467, Camarillo, CA 93011**



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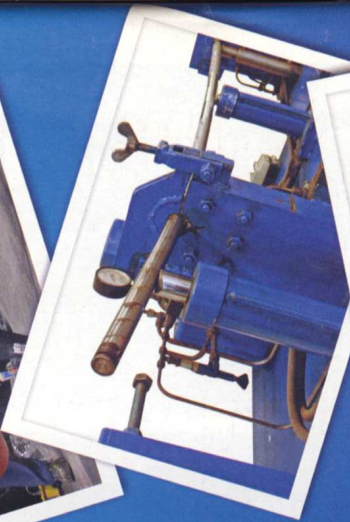
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