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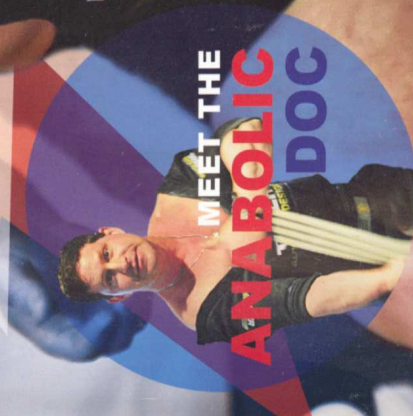
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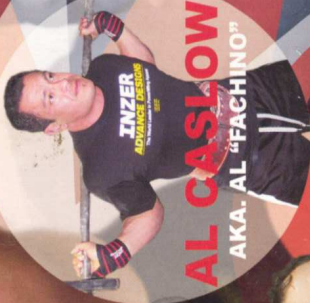
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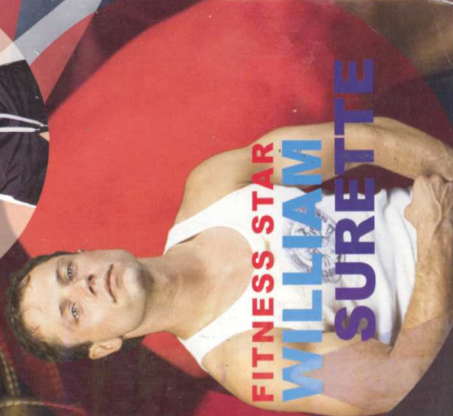
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CREATINE STUDY AT TWO MAJOR UNIVERSITIES REVEALS DRAMATIC NEW DATA IN PLASMA UP-TAKE!

In over twenty years of peer-reviewed scientific studies performed on creatine by major universities abroad and in the United States, the common denominator has been: when creatine monohydrate is dosed properly, it will provide as much or more desired performance enhancement (increased strength and recovery) as any of the subsequent creatine "improvements".

Even though the molecule is not very bio-available or soluble, Creatine monohydrate has been the most steadfast supplement in the sports nutrition industry simply because nothing else has been developed that has been shown to actually be better (although many claims of improvement have been made). In an industry that is largely not regulated by the FDA, some supplement companies have been involved in shallow or "creative" science in order to back-up product claims. But when subjected to real scientific methods and data interpretation, little or no evidence of improvement is found. As one industry observer said, "When it comes to dietary supplements it's like the Wild West and the bad guys know they don't have to take the sheriff seriously".

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However, sports nutritionists were understandably skeptical of another new "improvement" and at the 2008 National Strength Coaches conference in Las Vegas, Dr. Jose Antonio said, you can garner accolades and testimonials all day long, but as a scientist I want to see the hard facts on paper and in a study that truly reveals what this molecule does."

Therefore, ProMera Health looked to the University of Nebraska and the University of Manitoba to assist in conducting a full double blind, placebo-controlled, balanced cross-over plasma up-take study in order to expand understanding of, and scientifically document, the comparative performance of **CON-CRËT** vs. creatine monohydrate (and other top selling creatines).

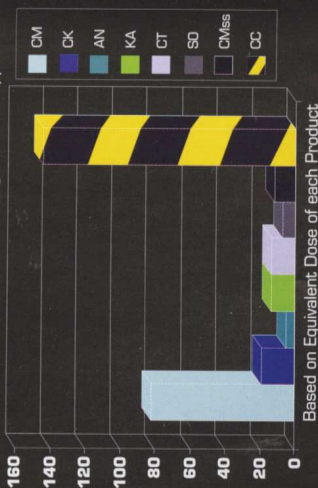
Prior to the uptake study, data from the University of Nebraska Medical Center and Vanderbilt University had already confirmed that not all creatines have the same solubility / potency.

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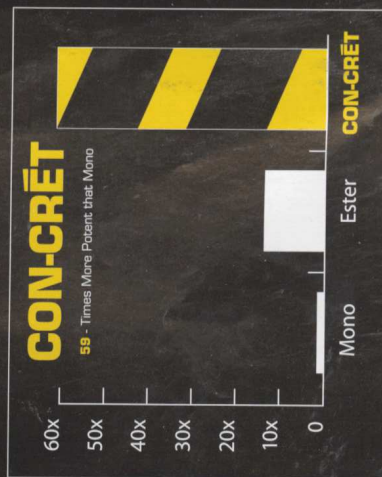


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The reason solubility is such a big deal is simple -- if it isn't in solution (soluble), it won't be absorbed into the bloodstream. Creatines vary in performance largely based on solubility. The task for Manitoba and Nebraska was to measure human volunteer subjects specifically dosed with different forms of creatine and then test and evaluate absorption in the bloodstream.

The results were clear. For the first time in 20 years of formal academic creatine research, it showed convincing evidence of a significant improvement in plasma uptake of a creatine product as compared to creatine monohydrate (or any other form). Peak creatine plasma concentrations and plasma area under the curve (AUC) was significantly greater in the **CON-CRËT** treatment phase. These assessments were done using the FDA method for assessing relative bioavailability and the **CON-CRËT** formulation was over 60% greater than that of creatine monohydrate.

Together these studies demonstrate that **CON-CRËT** provides a more efficient dosage form of creatine with improved oral absorption properties. **CON-CRËT** has revolutionized the creatine market and truly makes all other creatines obsolete.

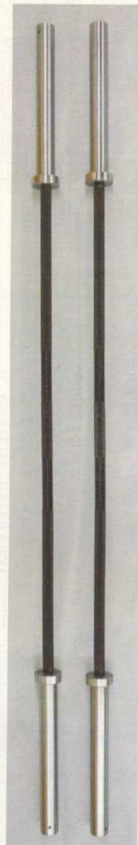


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INTERVIEW

AL CASLOW

interviewed for PL USA by Michele Cogger



With a no-limits mindset and a rich athletic background, Al Caslow has climbed to the top level of powerlifting in a very short time. Currently leading the 165-pound weight class in the squat, it appears to be only a short time before the all-time total record falls as well. Al is not only a world-champion, multi-ply powerlifter, but also a husband, new father, gym owner, and a career-oriented individual. Balancing all of these roles successfully is not easy, but Al makes it look that way.

Using a combination of training styles, he shows that it doesn't take a rigid program to gain strength—it is more important to know your own strengths and weaknesses and not be afraid to ask for help.

Read on to learn more about Al's background, training styles, and strong opinions. You will see how his competitive nature and extreme determination to be the best took him from being a newcomer in the sport to a world champion in only three years.

Michele Cogger: It's no surprise that you have been involved in sports your entire life. Can you give me a little background on the sports you played before you began powerlifting? I heard a rumor that you used to play professional football.

Al Caslow: I played tons of sports, actually. As a kid I was involved in tumbling, karate, boxing, baseball, football, basketball and track. Later, in high school, it was cut down to baseball, football, and track. In college, I again got cut down to track and field and football. Post college, I continued on with football, performing for some arena football teams, semi-pro teams, and later spending seven weeks with the Philadelphia Eagles. I had a small stint with them. My agent Joe Womack acquired a free agent contract for me and had me perform punt and kick-off returns for them. I did well and was kept. I was with them during mini camp,

conditioning camp, and off-season where I was finally let go. At that level everyone is about the same; small differences separate each athlete. For me, I was about the second fittest guy on the team but I was a miniature version of a football player at 5'6" and only weighing 160 pounds or so. I loved playing football. I had so much fun during this time, but I don't miss it. It was also chaotic, stressful, and I was traveling like crazy. Honestly, I moved on soon after my release. I didn't look back.

MC: So how did you go from being a football player to a powerlifter?

nally, Oleksandr Kutcher was my driving force. I was in awe of him, but I also wanted to kick his ass on the platform.

MC: What do you remember about your first meet?

AC: It was awesome, first of all. I prepared going into it for about two months. I was so anxious throughout, and the day of the meet I was terrified. I didn't cut weight. I just walked in thinking you weighed yourself at whatever weight you were at. I didn't even know there were classes, so I ended up weighing 163 pounds and that's when the 165-pound class became my home. I didn't have goals going into the meet except: whatever any other 165-pound guy there was lifting, I had to lift more. I didn't even know what I was capable of, really. And I had never worn gear except for the week before to test it out.

MC: Let's talk about your training. I know that you are associated with two gyms—SOS in Kansas City and BIG in Omaha. How did you first meet Rick Hussey and the guys from Big Iron Gym?

AC: Rick was a jerk at our first meeting. I met him at the APF Senior Nationals in 2006. I was warming up on the same mono-lift that Nick Hatch was, and Rick was there with him. I didn't know who he was at all; I thought maybe he was Nick's dad or something. At that time I honestly didn't even know that coaches existed in powerlifting.

I first began to pay attention to Rick after I dumped a weight in the warm-up room and pissed him off. I was going right before Nick and when I dumped the weight, Rick got mad. They had to take time to get the bar unloaded and back up on the uprights. All I remember is hearing him yell "G—D— amateurs!" It embarrassed me, and after that I wanted to know who he was.

As for the BIG guys, I met them little by little. I met Shaun Frank first that same year at Seniors, but only briefly as he gave me some help verbally. I later saw him at the first Pro/Am in 2007 and that was when he invited me to train at Big Iron. After that I just made it a habit to get in there often. By that point I really found Rick to be extremely helpful. Now I see Rick as my own coach. Sometimes at meets I find myself looking for him to know what to do next.

(continued on page 74)

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Nick Lenhart won Best Jr. Lifter

Over 100 lifters flew over the mighty Teton Mountains, into the Snake River Valley, to lift in the first AAPF Nationals held in the area. 10 years ago when the Snake River Championships began, we never would have imagined it. The great generous community of Powerlifting is what made it happen, plus all the great lifters who came over the years: Emite Franz, Capelhart, Bill James "Roadie", Capelhart, Bill Ramsrud, Kieran Kidder, Travis Mash, Russ Barlow, Jim Voronin, Misti Onoke, Brent Mikessell, Julie Havelka, just to name a few.

The First Raw Nationals were held on Friday and over 64 competitors were breaking and setting some of the first AAPF Raw records. This meet qualified lifters to go to Russia for the AAPF Raw Worlds in the



Best Open Lifter, Devan Cagnolatti is a Cary Frank 'Hardcore' Lifter

patron. Phil Turner's (MT) "2477" team won the team award for the day. Team member Jessica Hockemeyer's of Dreams", build a field and they will come. Of course, it didn't have anything to do with Linda's great promoting skills. Ha!Ha!Ha! Linda even had her famed "Pee Wee Lifters" on Friday. The Pee Wee's (6-11 yrs) began as a way to involve the children, who come with their parents, in our events. Many of the families participating have been coming since 1997. The values of caring, responsibility, honesty and respect can be carried with them throughout life. After seeing the youth lift, Strytoom weights, Ripped Fitness is a big bench'er's gym, so I'm amazed she still squats! After winning Best Female twice here, she must be enjoying it. Congrats Jody, and sorry for the mistake during the



Jody Tripp - Best Female Raw Lifter

medal presentation. Landon Fischer won the teen 13-15 220 class going 341/226/452, and then pulled a 468 fourth attempt. Jacob Harris took silver, and Brock Parkinson the bronze. Tying in the Open 165 were Ryan Lund and Marcelo Arantes. Ryan, being the lighter of the two, won gold on bodyweight. Michael Saunders (UT) won gold in the Open 181 going 473/254/551, newcormer Austin Knight silver going 402/231/408. Vito Palazolo won the Open 220 going 479/402/502, and winning "Best Lifter", J.T. Jicha took the silver. Keith Uz (UT) won the Master 45-49 220 lifting 402/298/551, John Winterrowd (MT) second with 407/270/408. John was just glad his injuries allowed him to lift "one more time". Thanks

(continued on page 76)

AAPF & RAW Nationals

4-5 APR 09 - Idaho Falls, ID

BENCH	198 lbs.	220 lbs.	275 lbs.
TEEN	149	160	187
MALE	149	160	187
RAW	149	160	187

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AAPF & Raw Nationals 2009
as told to Powerlifting USA by Michael Higgins



Best Open Lifter, Devan Cagnolatti is a Cary Frank 'Hardcore' Lifter

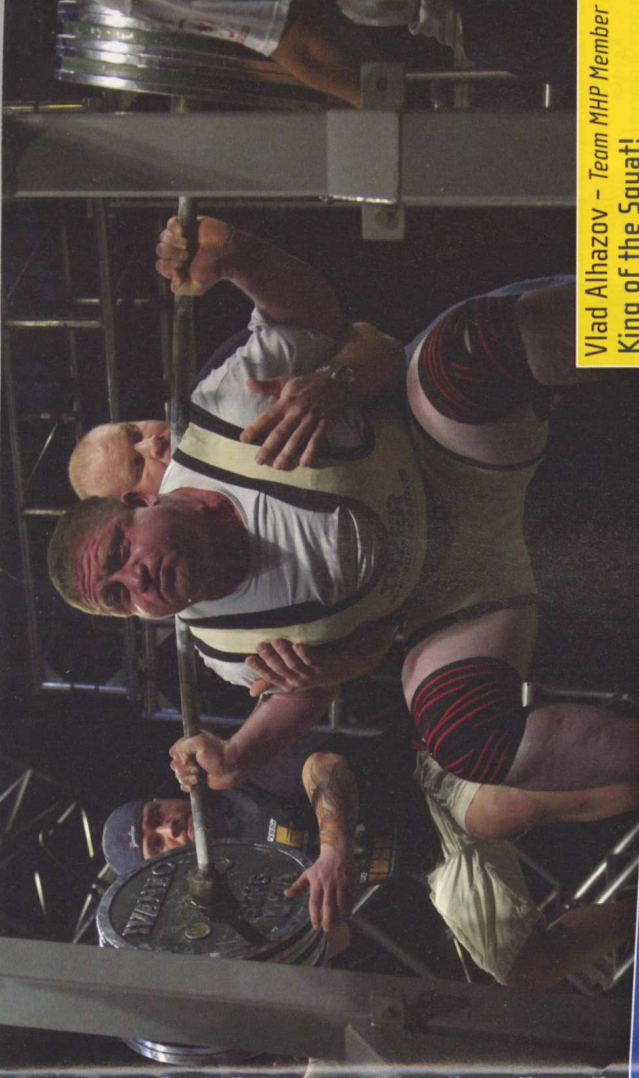
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(continued on page 76)



Vlad Alhazov - Team MHP Member
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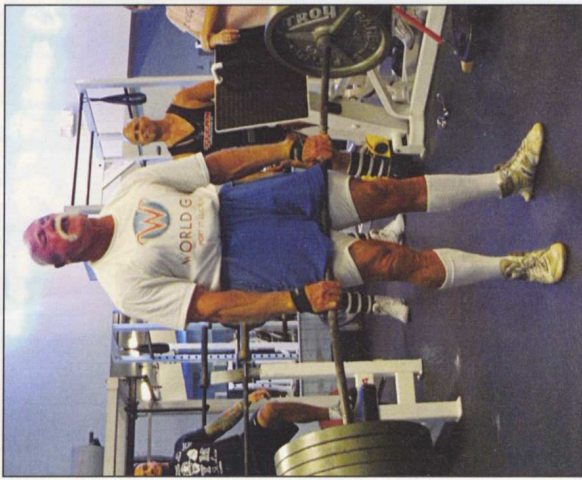
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WORKOUT OF THE MONTH

Bob Gaynor's Deadlifting Routine



135 Years of Training Experience – Bob Lac-ey (middle) and Jack Stevens. All of them started training in Wilkes-Barre, PA, in the 60s, and they all competed together again in Florida recently. (photo courtesy of J.D. Gaynor)



Bob Gaynor, standing up with 645 pounds plus 170 pounds worth of band pressure, has a pulling program that works!

In the 30+ years Powerlifting USA has been in existence, there have been hundreds of training articles published. To some degree, all would have value. One thing this should tell us is that there are many ways to improve.

At one time the deadlift was the big lift. It was the lift in which you handled the most weight, and in most cases it decided the outcome of the contest. The saying was "The meet doesn't start till the bar is on the floor." The technological advances in equipment and one's ability to master this equipment changed that. The theory that you did not have to directly train the deadlift became popular. Deadlifts, with a few exceptions, have not improved. To illustrate, my 641 was ranked 31st in Powerlifting USA this year...25 years before it would not make the Top 100.

I think the pendulum is starting to swing the other way. As more and more lifters become proficient in the use of equipment, the playing field is again becoming level and the deadlift is becoming more and more important.

I went to my first power meet in 1962 (a 4 lift meet), and I was hooked. Of all the lifts, the deadlift fascinated me because at that time it was the lift in which you handled the most weight.

I started deadlifting without any plan. There were no publications that dealt with Powerlifting at that time. Iron Man would have some information, but did not have detailed training routines.

I have trained my deadlift consistently for the last 40 years, not always for competition, but I still deadlifted once per week. I have tried just about every possible routine. I was fortunate enough to compete with, see and/or train with some of the best of all time.

The one thing I have found consistent with these lifters, was that they all trained the deadlift on a weekly basis, and they handled heavy weights. Unless you are a genetic freak, I don't think you will become a really good deadlifter without doing that.

It is extremely difficult to have a training program that is appropriate for everyone. Having a training template that fits the beginner, intermediate and advanced lifter is really asking a lot. Even defining beginner, intermediate or advanced is not an easy thing to do. An individual may have been training for 5 or 10 years, but if they had only deadlifted occasionally during that time, they are really a beginner, as

far as pulling goes.

What I am going to present here is a program that can be applied to lifters of all levels. It can also be adjusted throughout the year to keep the mind fresh and continue to make progress. There are no guarantees that you will put a certain number of pounds on your deadlift, but I guarantee you this—if you follow it, you will make progress.

Don Cundy, John Dzurenko, Joe Weinstein, Vince Anello, Rick Gaugler, Dan Wohleber, Eddie Coan, Veli Kumpuniemi and some of the other Finns were lifters whose programs I have used. For over 15 years I trained with the great John Kuc.

John's routine was simple, three heavy sets of 3 or 4 reps every week. Throw in some upper back and that was it. (870 lbs. without equipment at 237 lbs.) Do I need to say more? John deadlifted 52 weeks a year.

One of the better pullers of today, Sgt. Rock, had a great article in the November 2008 issue of Powerlifting USA. It stressed the importance of heavy work.

Using input and information from these lifters I just mentioned and trial and error over a long period of time, I have settled on a deadlift training program that can continually be used and is designed in a way to change enough to prevent mental fatigue and still make progress.

I train at Bob Benedix's World Gym in Port St. Lucie, FL. I train with my son, J.D., Greg "Doc" Hayes, Fred Goldberg, Tim O'Brien and Bob Benedix. It is a great group.

Important Points

1. Try to follow a clean diet, the less bodyfat the stronger you will be.
2. Follow a sensible supplement program. Protein powder, multi vitamins, extra C, Creatine and Glutamine are essential. I have used Beverly International Protein for over 25 years.
3. Rest/Sleep: Your body has to sleep. Without the proper rest/recovery, you lose much of your potential progress.
4. Grip: The grip is essential. Train your grip at least 5 days per week. Keep a gripper in your car or next to the remote. You can greatly improve your grip. An old Jim Williams solution to someone's grip problem, (not his), was hold the last heavy rep of the workout for a count of 10.
5. The upper back plays an important part in the deadlift. It also recovers very quickly. I will train my

(continued on page 80)

EVERY WORKOUT ENDS WITH DARK MATTER!



Rob Luyando – Team MHP Member
World Record Bench Press
909 lbs. @ 275 lbs.

THERE'S STRONG THEN THERE'S MHP STRONG!

Watching Rob Luyando train is an eye-opening experience. The amount of intensity he puts into every workout is mind blowing. The fact that his body can withstand so many grueling workouts day after day defies human physiology. How does this phenom of strength do it? DARK MATTER!

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INTERVIEW

SPERO TSHONTIKIDIS interviewed for Powerlifting USA by Bob Gaynor

I have known Spero Tshontikidis for almost 25 years. He is one of the most hard working Powerlifting promoters around. Not only has he served the Powerlifting community, he has provided a great service to his country. At 45 years of age he spent 12 months on the ground in Afghanistan in the special forces. (The following interview was done in April 2009.)

Bob Gaynor: Tell us a little about yourself.

Spero Tshontikidis: My wife, Caryn, and I live in Satellite Beach, Florida, with our boys Yanni (17) and Sava (12). Caryn and I work in the Broward Public Schools; I am a school counselor at an alternative school, and Caryn is a secretary at an adult education center. Yanni is a senior in high school and Sava is in sixth grade. Yanni lifts and surfs and Sava plays on a year-round, competitive soccer team.

BG: Athletic background or interests other than Powerlifting?

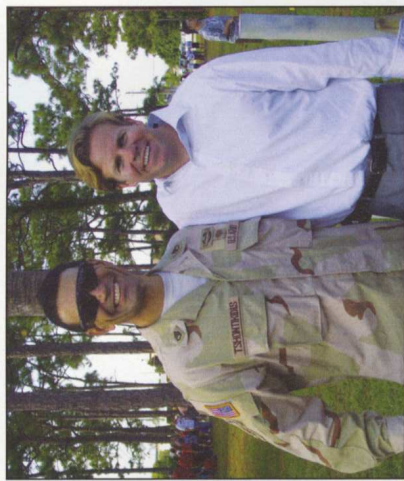
ST: I enjoy surfing, and get in the water as often as possible. We love living on the beach, and take full advantage of all the "beach lifestyle" has to offer.

BG: How did you get started in powerlifting?

ST: Rob Wagner introduced me to competitive Powerlifting in the early 1980s; we played college football together and became training partners. I had been a competitive bodybuilder, but after taking some kids to a USPF contest hosted by Brian Washington, I was hooked and began running meets.

BG: When and how did you get started promoting contests?

ST: I was very fortunate to have had outstanding mentors when I first became a contest director; folks like Bob Gaynor, Brother Bennett, Al Siegel, John Magonero, and Sean Scully taught me a great deal about running quality meets. My first National meet as a contest director was the ADFPA High School Nationals. We had kids come from all over the coun-



Spero Tshontikidis smiling with Florida Senator Mike Haridopoulos

ST: R.A.W. United, or Redeemed Among the World United, is a Christian-based federation that donates all its proceeds to the brave men and women of the United States Armed Forces. It is both an honor to serve God doing something I love, and humbling to have the genuine support of so many great lifters that believe in the federation's purpose and mission. Although we are not an "in your face" ministry, we do want R.A.W. United to stand for more than just what occurs on the platform. And while there are lifters who believe in a "separation of church and state," my favorite Powerlifting (and 100% RAW) Watch criticism, I am convinced that our accomplishments in Iraq, Afghanistan, and the Armed Forces Championships, as well as our growth in Florida and the

BG: What federations besides the ADFPA have you run contests for?

ST: Since that time, I have hosted meets for several organizations to include USPF, NASA, AAU, APA, and 100% RAW.

BG: How many contests do you promote per year?

ST: Currently I do between 10 and 15 for R.A.W. United.

BG: What is "R.A.W. United"?



IRONMAN competitor Michael Francis and RAW lifter Zack Spidel can both compete on a R.A.W. United platform

Mid-Atlantic over the past twelve months, are a testimony of God's faithfulness to those who commit their works to Him.

BG: What makes R.A.W. United different?

ST: I believe three areas—proceeds, format, and fees—make R.A.W. United different from most. All proceeds generated by the R.A.W. United are utilized to support members of the United States military. Earlier this year we sanctioned two meets in Iraq. The federation afforded each competitor a free 2009 membership, a Valiant Warriors shirt, and a 12"x16" plaque. In addition, our Armed Forces Championships, fittingly scheduled for the weekend of 9/11, is a free contest open to all active duty soldiers, reservists, guardsmen, and veterans.

BG: What changes are occurring with Raw United?

ST: Our 2009 format offers lifters two divisions: IRONMAN and RAW. The Ironman division requires competitors to wear a non-supportive singlet and a leather belt; lifters can opt not to wear a belt; we record top lifts in both categories. In the Raw division, lifters can also utilize non-fastening knee sleeves and wrist wraps. The Ironman division is tested, and the Raw division is not tested. To the best of my knowledge, we are the only raw federation offering this type of format.

BG: I understand you accept membership cards from all federations?

ST: Membership into R.A.W. United is free for lifters possessing a current card from a recognized federation; lifters that do not have a current card can purchase a R.A.W. United card for just \$10.00. Lifters competing in our meets are given options with regard to their entry fees (no award shirt only, shirt and award, etc.) in an effort to make our contests affordable for everyone. Finally, we do not charge crossover fees; lifters are automatically placed in both their age group and the open overall. Moreover, full power contestants are automatically crossed over into the push/pull, and Ironman competitors are automatically crossed-over into the Raw division.

BG: What made you choose equipped?

ST: I enjoyed running equipped meets back in the 80s and 90s. Hosting lifters like Rob Wagner, Kirk Karnowski, and Mark Chai-

(continued on page 84)

THERE'S STRONG THEN THERE'S MHP STRONG!

Derek Poundstone

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NUTRITION

An Uncensored No Holds Barred Interview with the ANABOLIC DOC

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



A medical doctor who competes in Powerlifting, Dr. Tom O'Connor

completed my residency in Internal Medicine at The University of Connecticut School of Medicine in 2005. I am now working here as a Clinical Instructor of Medicine, teaching medical students and residents in our program. I'm leaving out all the course work I did at the "school of hard knocks" that many people also go through.

AR: You mentioned you are a hardcore Powerlifter; can you tell me more about your history in the sport?

AD: I've been lifting since I was

medical conditions related to anabolic use.

AR: Can you tell us a little about your educational background?

AD: I have way too many degrees on the wall. After missing a period of my undergraduate period of my life with Architecture, I began my life in the sciences with a Masters Degree in Exercise Physiology in 1993. After many years of clinical work and part of a PhD in Physiology and at the age of 29, I threw in the towel and went back Pre-Med at Syracuse University in 1994. I ended up at Medical School at

Part I

This month I have something really interesting for you. We all know over the last five years or so the hype around performance enhancing drugs has been on television only second to the war in Iraq. It has gotten tons of media play with the congressional hearings of Major League baseball players and was even mentioned by President George Bush in his State of the Union Address. This has caused uproar in the sporting world not just in the United States. Now many athletes are unhappy with the new boogey-man propaganda that is constantly in the media against those that decide to use Anabolic Steroids. One major problem that many enhanced athletes complain of is they do not have a doctor they can see to get monitored while using these performance enhancing drugs. Since athletes cannot get Testosterone and other hormones to enhance their athletic abilities legally, just about all of them go to the black market to find them. This now leaves athletes taking bath tub brew anabolics, and to make this even worse, they don't have a doctor they can confide in that truly understands what they are doing and why. Well, that was until now. As a Powerlifting community we have one such doctor that is looking out for the health and well being of those lifters that decide to use Anabolic Steroids and yet want to desperately stay healthy. After meeting with the Anabolic Doc, as he is known, he allowed me an uncensored no holds barred interview to help dispel myths and at the same time help you understand what he does with his clients. His name is Dr. Tom O'Connor and he is no doubt the leading doctor in the United States working with athletes of different sports that are chemically enhanced. I feel privileged to have this once in a lifetime opportunity to ask the Doc questions that other MD's wouldn't touch with a ten-foot pole. Get ready for the first part of this interview that is no doubt going to be the talk of your Powerlifting gym for months to come.

Anthony Ricciuto: Hi Doc, I was wondering if you could tell us a little about yourself?

Anabolic Doc: I am a board certified Internal Medicine physician, dad, husband and life-long lifter. I live in West Hartford, CT, and I am 44 years old. I have been practicing general medicine for years and have been focusing more and more on the medical care of weightlifters, bodybuilders, Strong men, and Men's health/HRT/TRT. I have become an expert in the

13 years old—when I used to pump up the arms and go out to the smoking area back in grade school. Believe it or not, we had a smoking area for kids in NY back in the 1970s. Kind of like Arnold's stories of beer drinking and training in the Bavarian woods. In college, I really got into it. Then I got big, about 230 lbs, while at Syracuse University—where lifting came first. I lifted in the real old school gyms. This is where I was educated in lifting. Being hardcore, in my perspective, is not just that you lift big numbers, but that you have logged in the hours with the strongest and sickest men in the world and you have made gains continuously. For example I just benched 485, my best ever PR, at an APA meet 2 weeks ago and I have benched over 500 in the gym this year. I have trained with John Kuc and spent a lot of personal time training with Ted Arcidi. He really is a strong man if I ever saw one. He would perform 315 pounds for reps behind neck press standing with no effort! I have the current Masters Bench record in the APA for Connecticut State at 198 with a 455 pound bench press. I also hold the state record as well in the 220 pound class with a 485 bench press. I deadlifted and squatted 575 pounds last year. My circus lifts include 405 x 20 reps in the Sumo Deadlift and alternate dumbbell curls with 110 x 16 reps seated. The late Jeff King showed me the secrets on how to do that. I trained with Jeff when I was living in Holland. Boy, that was great. The girls were really hot. I lived with a friend in an old root cellar there and trained with the Dutch Body builders. They are weak compared to us. I would squat 405 x 10 reps deep and in shorts and they thought I was a god. Imagine if I brought over Ed Coan! I finally tore my left bicep from the bone, when I did a triple with 190 lbs, straight bar while I was weighing 188, when I was 34. Now I do heavy cardio and want to keep benching over 500 every year until I'm in my 90s. Why not—I am the Anabolic Doc. My motto is to live healthy and strong.

AR: Now where did you come up with the idea of the Anabolic Doc?

AD: Because I am a lifter, guy in a gym would come to see me as a Resident Doctor in my inner city clinics. NYC and Hartford, CT. It was really cool; I would be seeing for my very special and sweet diabetic Hispanic ladies and right next to them in the waiting room

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is the reality whether people like to hear this or not. Some use a little for either physique or performance issues, and some use a lot of product if their Aspirin is a known issue too. Liver function is a known issue with Anabolic Steroid use. Kidney function—creatinine and GFR—are important, especially when blood pressure may be elevated for long periods of time. I also check Vitamin D levels. Thyroid function including TSH and T4 levels, and metabolites of glucose and Hemoglobin A1c for all men with large abdomens.

AR: Can you tell us an in-depth process of what you do when you take work on a new client?

AD: First thing we do is spend 3 hours together behind closed doors. I am not your family doctor, who will have a hand on the door in 3 minutes!! That is what you payed for with me. I do the old-fashioned medical history and physical exam. Please see my web site at www.anabolicdoc.com for details. I will address all of your medical concerns, and because I specialize in lifters, you can feel confident that I will understand you and your medical issues. There is not much I have not seen or heard at this point. It is very confidential and if we decide to

was a 285 lb. man coming to see me! I actually made the residency clinic money because these guys had good insurance! This started in 2001, and about 3 years ago, I decided to put out my single lifters in my area. As they come, if you build it, they will come. Now I have treated hundreds of men medically for Anabolic Steroid related issues and general medicine. And that was the start of the Anabolic Doc. I realized that among all the b.s. that the public has to hear about Anabolic Steroids, who was doing anything about it? MEDICALLY? I mean, this is a medical issue and we have everyone bashing and putting down Anabolic Steroids, but I asked myself, where are the doctors who should be addressing these users in a medical sense? We have doctors taking care of heroin addicts! I am making no relation to drug addicts, but I do anabolic recovery medicine and boy, I am busy!

AR: What made you want to reach out to the Powerlifting and strength specific sports in general?

AD: Well, I am first a doctor and second a lifter, and I wanted to get more involved with lifters as patients. So, I decided to put an Ad in PL USA last May, after discussing it with Mike Lambert. And that is history now. From that one ad, the phone went off the wall and lifters started making the journey to come and see me—for me to be their personal physician. Kind of like a medical Mecca! Now I am full time with the medical care of lifters and I want to take the Anabolic Doc national. I have created a new branch of Internal Medicine—the medical care of lifters and men using Anabolic Steroids.

AR: All Powerlifters should get blood work done—especially those that use anabolics to improve their performance. Can you expand on this to help get this through the thick heads of lifters?

AD: Well, there are standards of care in my industry and everyone needs to have their own personal physician to optimize their health. This includes blood work without a doubt. When it comes to Anabolic Steroid use, yes, you better have a close eye on not only your blood work, but your blood pressure too. Not to mention so many other medical issues that are overlooked when it comes to performance enhancement. Look, the fact is, many American men are using Anabolic Steroids and that

use Testosterone, we can together, safely. I have men all over the USA on safe doses of Testosterone. I will diagnose your medical issues and before you leave, we will have a plan on what medications we will use and what will be the next step. And when you are back in your home state, my office will set up lab work, on a regular basis. You will have access to me every day for questions and support. Our goal is to keep you healthy and strong for as long as possible.

AR: Can these client lifters of yours work on one with you and still have their own MD in their area?

AD: Yes, I encourage that. My job is to diagnose the medical issues that their doctors do not know or understand about. Anabolic Steroid use. I then set up the plan and manage it personally with the patient throughout the year. I enjoy speaking with different doctors all over the USA. I typically write the prescription for Testosterone and start a patient off with various medicines for blood pressure, diabetes and cholesterol and once back in their home state, (continued on page 86)

Dr. O'Connor working with a patient at his innovative practice

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RECORD SETTING STRENGTH!



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Total: 2,551 lbs.

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The stage was set in Dubuque, Iowa. After posting a 1,003 in the squat and 738 in the bench, Matt Kroczaleski needed an 810 in the pull to set an all-time total record in the 220 pound class. As he stepped up to the platform, Kroc knew this would be the lift that would secure his legacy. His confidence was sky high because after only months of being on the Cell-Tech[™] Hardcore/Nitro-Tech[™] Hardcore Stack, the Kroc had seen a huge increase in his strength. 810 was just a number. The pull was a long slow grinder but he didn't quit until he had his shoulders all the way back and was fully locked out. **White Lights! 1003+738+810=2551, for a new all-time total record!**

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All-time totals are just the beginning. Backed by over 75 clinical studies and abstracts on their formulas and ingredients, the Cell-Tech Hardcore/Nitro-Tech Hardcore Stack is scientifically engineered to make you stronger – fast! In an eight-week study, not only did subjects add an average of 660 percent more mass to their frames, but they also unleashed 256 percent more leg strength and increased their max. bench by over 86 pounds!

Matt Kroczaleski joined Team MuscleTech[™] – the most research-driven team in the industry – and now he's setting all-time records. Just imagine what the Cell-Tech Hardcore/Nitro-Tech Hardcore Stack could do for you.



Read the label before use. 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 (123.2 vs. 34.6 lbs.) more than subjects using a placebo. Subjects also gained 86.4 lbs. on their max bench. © 2009.

Hard Core Gym #87

Birmingham Barbell & a Dead Dallas Gangster

ICON Performance as told to Powerlifting USA by Rick Brewer

Train up a child in the way he should grow, and then you won't have to chain him up in the backyard when he's an adult. (Loose paraphrase of a Bible verse.)

When people learn to love weightlifting early in life, they'll generally keep lifting. They may skip a few workouts here and there, but if they enjoy it as a child, they won't find excuses to quit. These lifters will likely stay in better-than-average shape, for the rest of their lives. They will try to keep working out—no matter what—even if they turn into homeless drug addicts later in life. (Please keep reading.)

The photo below is one of the most primitive workout set-ups I've seen in years. This photo is NOT from ICON Performance.



Note that the 'bar' is fashioned from a bent piece of rebar, and the 'weights' are automotive jacks—wired to hang from each end of the bar. When I visited this 'gym' in a South Dallas ghetto, the man who trained here had just died. His dead body was lying in the upstairs loft of this auto-garage, about 12-15 feet away from me in this photo. Although his aged body showed the scars from years of hard street life, he still retained some musculature from training. This gentleman may have made some bad choices, but he was HARD-CORE in my book. He has my respect for his primitive weightlifting efforts, under those trying circumstances.

Dudes, my hat is off to this dead lifter, and I hope he is at peace. Credit is also due to whatever coach instilled the deep love of weightlifting in this man. Furthermore, my hat is off to all of you who train kids to lift weights. Most of your young lifters will stay off the streets, and live well—if they stay in the gym. Keep their hands on the dumbbells—building better temples—and they won't have time for the devil's work!



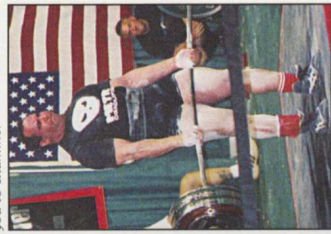
Jeff Green as a bodybuilder (photographs courtesy of Jeff Green)

These thoughts were floating around my head a few months back, when Jeff Green told me that he was training 6,000 kids to lift weights at ICON Performance in Alabama. Okay, I'm not stupid. I have three kids and a dog, and I've coached soccer. I'm pretty sure that it is impossible to train more than 100 kids to do anything (except sniff glue and fight). I had to call 'BS' on that 6K figure from Jeff Green, but it turns out that, technically, it's sort of true. See for yourself:

Hey Rick, my name is Jeff Green, and I own a gym in Birmingham, AL, called ICON Performance. I have been a loyal reader of your

more kids per square foot than a Chuckie Cheese! RB) We are actually expanding over the summer to around 9000 square feet, and merging with a scholastic wrestling club and a competitive MMA company. (Great: now we'll get to see 6K kids fighting without having to go to a Hannah Montana concert! RB)

I have been competing in powerlifting and bodybuilding since 1986. I've won worlds in powerlifting in 2005 (APC), and won a national qualifier in bodybuilding in 1998. I am growing a competitive powerlifting and olympic weightlifting team for high schools in the Mid-Alabama area. I have four websites, that I update myself, for you to examine:



Green is an impressive powerlifter

www.iconperformanceonline.com
www.birminghambarbell.com
www.theformskimmkid.com
 (under construction as we speak)
 Please feel free to call me anytime if you have any questions. Thanks for your time!
 Jeff Green

Jeff, sounds very interesting! How in the world do you train 6,000 kids at ICON Performance?? Tell me you start the gym, and why? We care more about the Birmingham Barbell team, and list a few lifters with results.

They don't need to be elite-class lifters—just tell me about some of your regulars. Also tell me about your PR's, and list your current weight class.

Keep the bar loaded, Rick Brewer

Rick, I have been in the training business for 25 years now, and have had clients in several commercial gyms over the years. As you know, the gym industry has

evolved to the point that the local mom and pop gyms have a hard time competing with the big 50,000-100,000 sq. ft. franchise gyms. I finally retired from competitive bodybuilding in 1998. I have dabbled in competitive Strongman and Olympic Weightlifting. The Birmingham Barbell team is always growing, especially with the injection of our high school guys. (I thought steroid injections were discouraged at the high school level? Just kidding. RB) The kids love it, and we are hoping to have a school-sponsored high school powerlifting championship soon. (Push hard for this Jeff; some of the biggest and best PL meets we attend are high school meets! RB) My best lifts ever are 902 squat, 400 bench (bad left shoulder), and a 777 deadlift. (Congrats to you Jeff; those are legit numbers! RB)

Stats on my other lifters are as follows:

	BP	DL	SQ	WT	Class
Steven	630	666	830	220	Jason
Jason	600	600	800	220	Marc
Marc	385	510	600	198	Mike
Mike	400	550	600	275	Blake
Blake	385	660	660	242	Dave
Dave	500	500	585	308	David
David	465	530	570	275	Art
Art	300	500	400	242	Chris
Chris	400	600	600	SHW	Pat
Pat	385	600	600	275	Charles
Charles	365	500	500	181	

Jeff, now you're talking: these are strong lifters! Load the bar! Plus, you have people training for a wide variety of crazy sports—we don't

know much about Lacrosse down here in TX—but I think we use a similar stick on rattlesnake rounds. It is obvious that ICON has multi-dimensional training because you've sent photos of lifters flipping tires and carrying kegs. Tell me a little about whatever sports are going on now.

Rick

Hey, Rick! Great to hear from you! Here is a photo I took today of my 4:30 PM class, which is one of the similar-sized groups we run daily. As you can see, we have multiple ages, multiple sports, and multiple levels. It all works great. Off season football strength & conditioning starts at the high schools Monday, and soccer is on break till end of summer. Lacrosse is operating at the travel team right now, so they practice little and travel often. Swimming is year around, and so is wrestling, so they are a constant feeder for us.

I won't tease Jeff about golf/tennis/cheerleading because he could easily get his 6,000 kids to beat me with Lacrosse sticks. We've got a southern phrase that says 'the proof is in the pudding.' Based on the stats of Jeff's lifters (in the chart he provided), he is doing something right. Kudos to Jeff Green! Keep the bar loaded, and keep 'em training!

Next month we'll visit a gym where wooden shoes are normal. Until then, keep training, and send me stories about strong weightlifting kids at your gym. I love strong healthy kids! Lift on, Rick Brewer

Jeff Green, MS, CSCS, USAW.



Jeff Green (far right) with a few of the 6,000 kids that he trains and coaches, and his associates at ICON Performance in Birmingham, AL

USATF, PES, CES, NSCA-CPT
 Owner-ICON Performance
 Birmingham, AL 35243
 205-970-2348
 205-516-3061

Congrats to you, Jeff, for keeping all of these plates spinning. I have no idea what all of those letters after your name stand for, but I think it means you worked for NASA before ICON. Hopefully you were not responsible for all of the space shuttle problems. More importantly, you are training kids to begin a pursuit of physical excellence. A lot of these kids will learn to love healthy weightlifting, and will continue lifting for the rest of their lives. They'll be stronger and more confident, with self-discipline that benefits them in a hundred ways. And of course, I hope they aren't later forced to lift with a bent piece of heavy rebar, like the dead lifter at the beginning of this article.

I don't tease Jeff about golf/tennis/cheerleading because he could easily get his 6,000 kids to beat me with Lacrosse sticks. We've got a southern phrase that says 'the proof is in the pudding.' Based on the stats of Jeff's lifters (in the chart he provided), he is doing something right. Kudos to Jeff Green! Keep the bar loaded, and keep 'em training!

Next month we'll visit a gym where wooden shoes are normal. Until then, keep training, and send me stories about strong weightlifting kids at your gym. I love strong healthy kids! Lift on, Rick Brewer

Jeff Green, MS, CSCS, USAW.

"I THOUGHT I WAS STRONG BEFORE JOINING TEAM MUSCLETECH, BUT NOW WITH CRYOTEST I'M AN ANIMAL!"
— MATT KROCZALESKI

LIFT WITH RAW TESTOSTERONE

When you talk about the most hardcore sports on the planet, nothing is more balls-to-the-wall intense than powerlifting. And when it comes to the craziest and most bad-ass lifts out there, nobody hits them harder than powerlifting freak and Team MuscleTech™ superstar Matt Kroczaleski. Matt knows that jacking up testosterone is a major part of getting freaky power, which is why he only relies on the world's most hardcore anabolic testosterone amplifier – CryoTest™.

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When it's all about power, testosterone separates the men from the boys. So the faster you can jack up testosterone, the better. That's why Team MuscleTech sought out the very latest research from the *Journal of the International Society of Sports Nutrition*. In this study, a powerful key compound in the CryoTest formula was found to increase

BOOST AND DRIVE RAW TESTOSTERONE INTO MUSCLES WITH CRYOTEST TO UNLEASH YOUR TRUE LIFTING POWER!

testosterone just 3 days after dosing! After just 14 days, this same compound increased testosterone to over 10,000pg/mL! This is the maximum physiological level possible. (Maximum physiological levels represent the highest levels of testosterone within the normal range for men. Anything higher would be supraphysiological).

CRYOTEST DRIVES TESTOSTERONE DIRECTLY INTO MUSCLES

Not only does CryoTest jack up testosterone levels, but it's also engineered to drive it directly into muscles. To do this, Team MuscleTech researchers endowed CryoTest with another groundbreaking compound that was based on intense third-party research conducted at the Human Performance Laboratory at the University of Connecticut. This powerful compound increases androgen receptors and was added to the CryoTest formula to drive anabolically active testosterone directly into muscle cells, where it can trigger signals for strength increases.

JACK UP TESTOSTERONE WHILE REDUCING DHT

Team MuscleTech knows that jacking up testosterone levels is crucial for powerlifters. Unfortunately, an increase in testosterone can lead to an increase in the unwanted metabolite DHT. This increase can cause negative side effects like acne and baldness. CryoTest has been formulated with a key compound that was shown in a clinical study to boost testosterone while reducing DHT in only 14 days! For hardcore powerlifters like you, this means extreme testosterone-driven power. Another reason why CryoTest is superior: Get on CryoTest and start lifting with raw testosterone!

After only 21 days, of a study on a key compound in CryoTest, test subjects dramatically increased pre-workout androgen receptor concentration. Read the label before use. CryoTest™ is patented. © 2009.

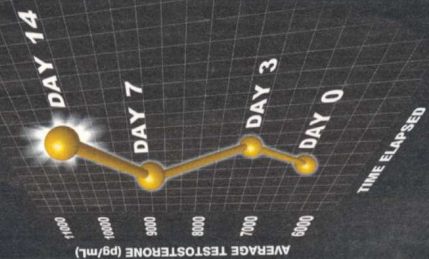
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In a two-week study on a key complex found in CryoTest™, researchers showed that the average level of serum total testosterone increased to maximum physiological levels! (Maximum physiological levels represent the highest levels within the normal range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

Sometimes I write about topics that may seem trivial, like wrapping your knees for a heavy squat with your legs straight or applying baby powder to your thighs before you deadlift, or how to best time when you will lift on the contest platform. By themselves, these topics might seem insignificant, but they all fit together to make your end powerlifting results the best they can be. Well, here we go again. This article is about a too common tendency of lifters' knees shaking during the deadlift or their knees bowing inward during the execution of the squat. What's not trivial about this is the reduced amount of weight those lifters put on the board.

Let's begin with examining this phenomenon in the squat. When a lifter rises from the bottom of the squat and hits a sticking point, sometimes his knees tend to bow inward and the lift either slows considerably or the lifter misses the attempt. Most of the time, the lifter misses the squat. As you might guess, squatting like this is very inefficient, as the squat muscles are not in a good leverage position to do their job. Fortunately, this problem is easy to identify and correct.

Many lifters guilty of this don't even realize they're doing it. This is primarily due to a lack of good coaching. Making a lifter aware that they are bowing their knees inward at a critical point of the squat is half of the task of overcoming the problem. This should be the job of an alert coach or training partner. If you can't rely on others, I suggest taking a video of yourself squatting from various angles and watching the video objectively with a critical eye.

After the awareness, now it's time for the second part—the solution. When the knees bow inward, the thigh muscles that should be keeping the knees straight ahead are loosening out to stronger muscles that are causing the knees to bow in. I won't waste time on naming the muscles, as this is an exercise in anatomy trivia, so let's move on.

The first step would be to lower the training weights and squat with super-intense concentration to keep the knees straight ahead during squats. Do not increase the weight until all sets and reps are done prop-

STARTIN' OUT

ON YOUR KNEES as told to Powerlifting USA by Doug Daniels



Even in World Championship competitions you sometimes see lifters who will bow their knees inward on a squat attempt (Vouko Viitasari of Finland)

erly. The leg press is an especially useful exercise because you can see your knee position throughout the entire press right in front of you. If you see your knees bow inward, lower the weight on the leg press and execute every rep with 25% and increase the weight with your knees locked straight up and down. As with the squat, in-

crease only when you can perform them correctly. Before you know it, the problem could be history, but be patient.

If your gym has an inner/outer thigh machine, you're really in business. This machine enables you to directly work the inner and outer thigh muscles that are not normal-

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Matt "Kroc" Kroczaleski
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Just minutes after a max dose, the zero wait-time formula slams key, cutting-edge ingredients into your system. You'll immediately feel more energy, more focus and a killer instinct to destroy the weight. But more importantly, the vaso-anabolic formula will have you primed with immense pumps that shotgun anabolic nutrient-rich blood into muscles, filling them out with massive size. If you're truly hungry to keep hitting new PBs, get on America's #1 pre-workout nitric oxide brand today!

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POWER RESEARCH

dedicated to bringing Science to the sport of Powerlifting

MUSCLE FATIGUE UNMASKED: How to Overcome Plateaus & Gain Strength as told to Powerlifting USA by Team MuscleTech

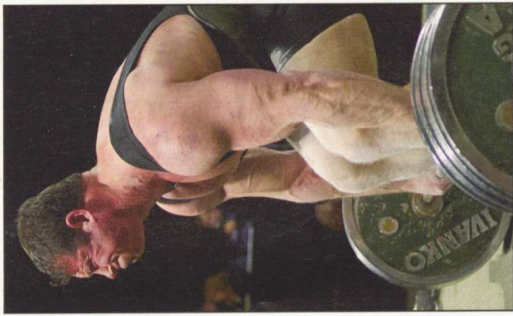
As powerlifters, we understand that it takes years to maximize strength development regardless of how hard we train. We all push ourselves to the point of failure to drive our bodies to the absolute limit. This is what feeds our hunger for the sport. No shortcuts. Eating, sleeping and breathing powerlifting, that's how we see results. If we as powerlifters are doing everything right, then why is it that we all hit plateaus? Should we not continue to see gains week after week, month after month? Of course, we know that this is not the case. No matter what we do, our muscles eventually become fatigued and our strength gains eventually become stagnant. Let's explore why this happens...and how we can overcome it.

Muscle weakness is a direct term for the inability to exert force with one's muscles to the degree that would be expected given the individual's general physical fitness. In performing the three core lifts that make up powerlifting (bench press, squat and deadlift), with each rep that you perform, your muscles contract in one of two ways: a concentric contraction (muscle actively shortening) or an eccentric contraction (muscle actively lengthening). Intense weight training causes a rapid build-up of metabolites for intra-muscular toxins) with every muscle contraction. This accumulation triggers a decrease in the pH level of the muscle tissue interfering with the muscle's ability to release calcium. Unfortunately, the final outcome of this accumulation is always the same: fatigue and a rapid decline in muscle power, strength and endurance, thus compromising the performance of the athlete.

Groundbreaking Results Have the Powerlifting Community Abuzz!

Two recent university studies on high-intensity anaerobic exercise have delivered groundbreaking results. The results show that strength and endurance can be immediately increased by supplementing pre-workout with a unique compound—Glycine-l-arginine-alpha-ketisoacropic acid calcium.

The first significant study into the benefits of glycine-l-arginine-alpha-ketisoacropic acid calcium with anaerobic exercise was conducted by Dr. Bruce R. Stevens and his colleagues at the University of Florida. The purpose of their study was to quantify the effects of glycine-l-arginine-alpha-ketisoacropic acid calcium supplementation on human muscle dynamic performance (strength, work and fatigue) measured under conditions of acute, exhaustive high-intensity anaerobic isometric exercise. Thirteen healthy male subjects participated in a double-blind, randomized cross-



FOVATE endorser Matt Kroczaleski has a 810 lb. deadlift to his credit on this month's TOP 100 ranking for the 242 lb. class

GAKIC Hardcore Delivers on Its Promises!

The raw power of the GAKIC Hardcore formula will help powerlifters take training to a level that was previously thought unattainable. Engineered to neutralize fatigue toxins, and as a result jack up strength, we will finally be able to make the most of our time in the gym and achieve the results that we deserve. Our newfound strength and enhanced performance will no doubt allow us to turn heads on competition day. With GAKIC Hardcore, we finally have a product that delivers on its promises. GAKIC Hardcore is not backed by hype; it is backed by verified research and results.

References:

- Stevens B., et al. (2000). High-Intensity Dynamic Human Muscle Performance Enhanced by a Metabolic Intervention. *Med Sci Sports Exerc*, 32(12), 2102.
- Burford B., et al. (2004). Glycine-Arginine-Ketisoacropic Acid Improves Performance of Repeated Cycle Sprints. *Med Sci Sports Exerc*, 36(4), 583.

INSTANT STRENGTH IN JUST ONE DOSE!

WHAT IF I PROMISED YOU that there was a way to increase your strength the next time you train by taking only ONE pre-workout supplement? Well, now there is! GAKIC® Hardcore is changing the way powerlifters train and the results are dramatic.

How does GAKIC Hardcore make this possible? It delivers when other pre-workout products fail – at the end of your sets. When you're banging out reps in training, fatigue toxins build up in your body and eventually you run out of strength, ending your sets. With GAKIC Hardcore, the onset of fatigue is delayed, thus extending your sets. That means more reps from your first dose, leading to bigger lifts and higher totals!

The key complex in GAKIC Hardcore is the result of over eight years of research at the prestigious University of Florida. In one of the most groundbreaking clinical trials on strength ever published in the *Journal of Medicine & Science in Sports & Exercise*, Dr. Bruce Stevens and his team of researchers tested 13 healthy male adults over a 23-day period. Using a computer-controlled isokinetic dynamometer (the most widely used device for

objectively measuring muscle strength), test subjects using the key complex in GAKIC Hardcore experienced, on average, a 10.5 percent instant surge in strength with their very first dose. One extraordinary test subject even saw his strength increase by a freaky 24.3 percent ... yes, 24.3 percent!

GAKIC Hardcore instantly makes you stronger. Can the other pre-workout products guarantee the same?

Jacks up your strength by up to 24.3% – Instantly!

Immediately amplifies mental focus and training intensity!



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



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ARE YOU ON IT?™

Critical Bench: Jared, tell us about yourself.

Jared Bachmeier: I'm 28 years old, from Spokane, Washington. I moved to Reno for work at age 25, I have a great fiancée Holly, and the best little one you could ask for—London. He just turned two and will start lifting soon, hehe.

CB: How did you get started in powerlifting?

JB: I've been lifting since my early teens—all through high school. As a freshman, I had the biggest bench in the school and I didn't even know what the heck I was doing. I was training in a gym after school when one day I talked to a guy who was mainly a deadlifter. He said that he was training for a meet—that really got me interested, so I started soon after. I had my first meet in 2003, and set the Washington State record with 405 at 185 lbs.

CB: What is it like training with Chad Achis?

JB: Chad is probably the best training partner one could have. He has one of the highest totals ever—so he obviously knows his stuff. He doesn't sugar-coat anything either. When I do something wrong, believe me, I hear it from him and Eathan—and that's the way it should be. If you don't fix your faults or weaknesses, you won't improve. Eathan, Scott, and the old man Larry also train with us—they all really know lifting and are great lifters as well. I came down from Washington benching in the mid 500's and after a year or so I was putting up 700. After the second year I was closing in on 800. Having those guys as a crew gives me everything I need to improve and is all I could ask for.

CB: What federations do you compete in and why did you choose them?

JB: I lift in mainly the APF, WPO and UPA. I will lift in pretty much anything multiply. All of my shirts are all 2 and 3 ply so that's what I am used to. I have no need or want to get a new single-ply shirt and start learning it. I started competing in WABDL, but with all their shirt restrictions and ridiculous rules, I moved on. I want to lift where the "best of the best" lift and the rules will allow you to lift the absolute most weight my body will let me.

CB: How do you see the future of powerlifting?

JB: That's a tough call. I know it's had its ups and downs over

the years, but I'm fairly new to it, so I don't know what it was like 10–20 years ago. I know we definitely need to tighten up on the judging though. The bad calls and inconsistency are only going to hurt the sport. I think if we could

tighten up on that and get rid of a few feeds to increase the amount of competition one gets in a meet, that would be a step in the right direction.

CB: What makes Jared different from everyone else?

INTERVIEW

JARED BACHMEIER

interviewed by Ben Tatar of Critical Bench



Jared Bachmeier is a QUICKLY RISING FORCE in the bench press



JB: I'm not sure if it is different or not, but I always put my family before myself and my lifting. My family always comes first—my lifting is right behind in a close second place. The other thing is that nothing is ever good enough for me. I can hit a huge PR, but I still always want to find a way to better it and keep increasing my lifts. For me, there is no point in trying to compete at something if you don't do it to win. I think I can thank my dad for me being this way. He was always pushing me, wanting me to be better than others and always win. He taught me, "If you don't win, fix it and make sure you do the next time around."

CB: What are your best lifts?

JB: I have gone 705 at 221 lbs. with several high 600's as openers. I have hit high 700's in the gym and have done low 800's off of a 2 board also. I need to get my act together and do what I am capable of in a meet. Cutting weight and lifting the next day is something I still need to work on. I am also starting to train for a full meet. I am slowly working on my squat and have pulled 600 in the gym.

CB: What are your future goals?

JB: I want to have the highest bench ever at 220—right now that's 870. Anything else is just a step closer to it and time to keep working at it. I also want to go 2000 for a total in my first 3 lift meet at 220.

CB: Talk about your training routine.

JB: I usually train 2 times a week, with some recovery work at home the day after each lifting day. I bench with some heavy tri work and some back on Thursday. I train lower body, back and shoulders on Monday. Since I have started training for all three, I am alternating my heavy days. So if I bench heavy that week I will go lighter on legs, and the next week do the opposite. I try and change my occ. work up every week.

CB: What is your training philosophy?

JB: I like to train in my shirt and heavy every week—it took my body and central nervous system about three months to be able to handle and keep up with that. I feel you need to handle and feel heavy every week in order to be able to lift it. I will take a deload week if I start feeling too run down. I try and work up to somewhat heavy

(continued on page 94)

TEST SUBJECTS JACKED UP THEIR BENCH BY 103 LBS.



It's the calm before the storm. Seconds before grasping the cold, hard iron, you spend one final moment envisioning every single muscle fiber firing on all cylinders ... smashing another gravity-defying personal best. There isn't a seed of doubt lurking in the back of your mind. Why? Because you've been training with Six Star® Muscle Professional Strength Whey Protein. Formulated with a monstrous 52 grams of hyper-pure protein and an ultra-precise 10,642 mg of key amino acids per max serving, Six Star Whey Protein will prime your muscles to explode through even the heaviest lifts. In fact, in a 10-week clinical study from Victoria University, individuals using a key ingredient in Six Star Whey Protein increased their max bench press by an incredible average of 105 pounds! Now just imagine what this powerful whey protein formula could do to raise your PB. This isn't make believe. This is real science. Get Six Star Muscle Whey Protein and amp up your raw power starting from your very first dose!

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*In one 6-week study, individuals taking the key ingredients in Six Star Whey Protein gained, on average, more lean mass than subjects using a placebo (8.8 vs. 2.0 lbs.). In one 10-week study, subjects taking the key ingredient in Six Star Professional Strength Whey Protein increased their one-rep max bench by an average of 105 lbs. © 2009

THE NEW YORK TIMES first described William Suretté as "a charismatic young man with all the aces to make it...dreamy green eyes and not insignificantly beeps that could crush walnuts."

William was a presidential fitness award winner growing up in New England, competing in many sports—soccer, baseball, hockey, and wrestling, just to name a few. Working out became second nature.

William focuses on his theatrical career, spending his time equally between the gym and whatever production or assignment he's working on. What has helped William tremendously has been supplements. With the help of Gorilla sports nutrition, he Benchs 325, squats 485 and dead lifts 400. Every day, William works on a different part of his body. Before a photo session the training becomes more intense, but for him it has become a wonderful way of life and health.

Gorilla nutrition products were introduced to William by Gorilla founder Charles Desjardins three years ago. Charles started his high quality products in 1981. In 1983 he held the East Coast championship in the bench press (410 lbs.), squats (655 lbs.) and dead lift (550

Actor/Model William Suretté Heavy Lifting for a Career Built on Solid Muscle as told to Powerlifting USA by Pierre Patrick



William posing proudly with his sponsor, Gorilla founder Charles Desjardins

lbs.). The founder of East Coast Gyms has participated and sponsored many yearly conventions, the W.B.F., the Arnold Show Joe

Welder, Miss Olympia 1981 and Joe Weider Mister Olympia 1990.

(continued on page 69)

champions Diego Sanchez, Matt Serra and Joe Stevenson. William is always pleased to meet other stars who include fitness as part of their daily lives, including the very beautiful Carmen Electra and WWE Superstar Champion John Cena, who complimented him on his physique, and told him to keep it up.

William is a great UFC fan (although he doesn't participate in the fighting game himself). He admires Carmen's extraordinary versatility with her career. Of course, John Cena can do it all—music, acting, and the most charismatic, entertaining and very strong wrestler of the WWE—but what makes him amazing is that he is one of the nicest guys you could meet. William and Cena are both proud New Englanders.

William's workout ethic and dedication have gotten him a lot of attention from some very serious press in the US and internationally, from his first television interview on NBC with Nathalie Morales, to his latest on The Morning Show on FOX San Diego. Reuters and even the Montreal Gazette have covered him. In a separate article, the New York Times reported that his biceps

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"In 30 days, I set more than 15 personal records (pr). My biggest PR is a 680 reverse hand 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!"

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

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- Safe to use in all competition – all-natural ingredients – WILL NOT cause positive drug test! Compiles 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.

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Best,

Jacob Geisler - CEO USPlabs

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William is featured on Thump Records, the New Universal DJ Bliss, any questions, please give Pierre a call. Thank you - Bonnie and Chuck

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SAVE 257%!
Fa-Shizzle!

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SAVE 150%!
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SAVINGS: \$30
SAVE 100%!
Alot!

CREATINE ETHYL ESTER HCL
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SAVINGS: \$46
SAVE 180%!
Kapow!

BCAA
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500 caps \$34.99
SAVINGS: \$89.99
SAVE 257%!
Fa-Shizzle!

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TRAINING

SPORTS PSYCHOLOGY 101 as told to PL USA by Dr. Larry Miller

Did you ever wonder why, with your training going extremely well, you had a sub-par performance at your competition? The problem, as I see it, is that we spend countless hours in the gym preparing our bodies to handle heavy weights, but we spend very little—if any—time preparing our mind. I am not very good at remembering those bedtime stories and fairy tales I heard as a child, but hopefully most of you will recall the story of "The Little Engine that could." I'm not even sure I have the title right, but hopefully I have the correct theme to the story: a small train engine was able to do the job that a bigger train engine was unable to do. Why? Because the little train believed it could.

I did not graduate with a degree in psychology so please don't send me e-mails about your dreams or mental issues. About 15 years ago, I went to see a sports psychologist who was a patient of mine. I was expecting him to hypnotize me and give me some trigger word that at a competition would turn me into Superman, and then after lifting I would receive another key word which would return me to mere mortalhood. Well, I never went into that hypnotic state, but I did benefit from many other things. We went over such things as visualization, relaxation, focusing and energizing. I had always had my best lifts in the gym, but after working with the psychologist I began to become a good meet lifter. Think about it for a second. At the gym, you are relaxed, have familiar equipment and friends to help you. There are no time constraints, you go at your own pace. You may be there for a couple of hours. Now, let's proceed to the meet. You are surrounded by stresses and it is oftentimes an all day event. The equipment may be different from what you have been using and, of course, you find out that you have the top lifters from the area competing in your weight class.

When working with the psychologist, I wrote down my entire sequence of events in preparing for a bench press competition. He created a tape for me in his deep, hypnotic voice of me going through the entire series of events. His suggestion was to listen to the tape prior to going to bed for the week leading up to the competition.

A year or two ago I ran into an acquaintance who happens to be a hypnotist. I explained to him my experience with the sports psychologist and he felt he would be able to significantly add to what the psychologist did. Well, for me the hypnotist was a waste of time. I was kind of amused as he went through his procedures to relax me. The hypnotic state which I was hoping to get to, never occurred, so I wrote it off as a live and learn experience.

By nature, most of us have negative thoughts enter our brains throughout the day. Humans are not perfect, and therefore we allow those negative thoughts to affect our daily lives. How often have you gone to a powerlifting meet worried about your bodyweight (this part is not for you Bill Gillespie), your opening attempt, who was going

to help you with your equipment, what kind of equipment you would be lifting on, how tough the judging would be, and the list goes on and on. How about right before you lift? Are you worried about the person lifting before you, or are you totally focused on your lift. Having been competing now for almost 30 years, I can tell you that my best lifting was done when I was "in the zone." That is, when I was very focused on my lifting and didn't drift from the task at hand. I had a game plan and didn't care what my competition was doing. I was totally focused. I only wish I could have put it in a bottle (for later use).

I will discuss and suggest topics I make. Ultimately, I think it is a good idea to find a local sports psychologist and work with them. There are many professional sports teams utilizing sports psychologists and many athletes have been able to improve their performance. If you remember nothing else, remember that the mind is a very powerful tool and the

old expression of "mind over matter," pertains to this entire article.

There are a number of books available on the subject of sports psychology. Some go off on tangents and are a bit far reaching. Some appear to be more Zen-like—offering certain foods depending on your body type and exercising, at certain times of the day depending on your particular body type. I don't practice everything that is included in the article. As with all my previous training, I select those items which make sense and then give them a try. Feel free to incorporate those subjects that make sense and eliminate those you don't particularly care for.

I didn't believe I could find an entire chapter dedicated to breathing, but after reading it and practicing it, I became a believer. There are two basic forms of breathing: chest and clavicular breathing or diaphragmatic breathing. Diaphragmatic breathing involves pulling air into the lower lobes of the lungs first by breathing through the nose. During this type of breathing the abdomen protrudes. You get a more efficient exchange of oxygen during this type of breathing by engaging the blood-rich lower lobes. Most individuals breathe in the chest, which is performed by lifting the rib cage. This type of mouth breathing fills the upper and middle portions of the lungs. I recently tried breathing through my nose through a rubber band class, which consisted of very intense cardio. I noticed that my heart rate remained much lower and I didn't become exhausted. It was difficult to maintain breathing through my nose, but it was quite beneficial. If you evaluate the breathing techniques of animals you will learn that those animals that thrive on speed breathe through their nose. If you switch from a mouth breather to a nose breather, it will take time for the body to adjust, particularly during high-intensity workouts. The nasal strips sold commercially will help convert you from a mouth

(continued on page 102)

IPF 20th World BP Championships

27-30 MAY 09 - Luxembourg, GER

BENCH

FEMALE

Speth-GER	303
Gimeno-ESP	231
Loms-SWE	—
Kovacs-HUN	—
MALE	
Kozdzyk-POL	281
Schwartz-AUT	309
Wojcik-POL	304
Alkhalil-HUN	284
Radzinski-POL	413
Falgout-USA	402
Wzlatka-POL	352
Szajacki-SVK	318
Servajean-FRA	187
115 lbs.	
Nigamaj-PVN	281
Wojcik-POL	289
Sandhik-PVN	239
Nakajima-JPN	462
Marin-FRA	402
Gavornik-SVK	369
Aidenet-FRA	352
Teramura-JPN	182
Pfeiffer-GER	138
123 lbs.	
Koltona-RUS	286
Prymachuk-BLR	286
Hougaard-DEN	275
Mingoti-FRA	242
Salomon-HUN	226
Nakajima-JPN	495
Brown-USA	165
Liut-FRA	402
Runnel-GER	149
132 lbs.	
Althaus-GER	330
Ignoleva-RUS	270
Przytycki-POL	248
Przytycki-POL	248
Radzinski-POL	231
165 lbs.	
Chou-TPE	231
Rey-USA	231
Eick-HUN	187
Polonsky-ISR	105
188 lbs.	
Tachyskava-BLR	319
Schick-GER	620
Samarina-RUS	303
Ngougaard-SWE	292
Wojcik-POL	242
205 lbs.	
Elshova-RUS	314
Othman-JPN	314
Patina-RUS	297
Hsu-TPE	248
Shi-USA	248
242 lbs.	
Birnfeld-GER	237
Madziewski-POL	204
181 lbs.	
Hung-TPE	303
Zoos-USA	330
Schwartz-AUT	309
205 lbs.	
Johansson-SWE	—
198 lbs.	
Srik-NED	374
Duhens-FRA	308
Szabo-HUN	297
Widomski-POL	253
Sura-USA	253
198+ lbs.	—
Schaefer-NED	413
v.d.Meulen-NED	363
Koshinski-POL	600

Anderson-USA 595
Lundin-SWE 584
Yang-TPE 578
Jung-SWE 567
Angermeyer-SVK 536
Stewart-USA 611
Harbeck-CZE 485
Schneider-GER 517
Khalim-RUS 606
Giffen-Jr-CAN 600
Beck-GER 600
James-SVK 584
Schepers-NOR 531
Schepers-NOR 531
Quinn-LUX 413
Murray-NOR 242
Green-GER 666
Hirovonen-SWE 639

Anderson-USA 595
Lundin-SWE 584
Yang-TPE 578
Jung-SWE 567
Angermeyer-SVK 536
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Schepers-NOR 531
Schepers-NOR 531
Quinn-LUX 413
Murray-NOR 242
Green-GER 666
Hirovonen-SWE 639

Roy Holte (Norway) 688 lb. BP Min Chu Taipei celebrating her BP



(Above) A cheering Team USA (photos c. Gundula Von Bachhaus)
(Below) Mike Hara (left) and Markus Schick (right) smiling proudly



Dan Gaudreau (USA) - 661 lb. BP



Dennis Cierf (USA) benched 584



Dave Dohan powering up his BP

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Joe Cekovsky,
All-Time World Record
600lb bench @ 148lbs.



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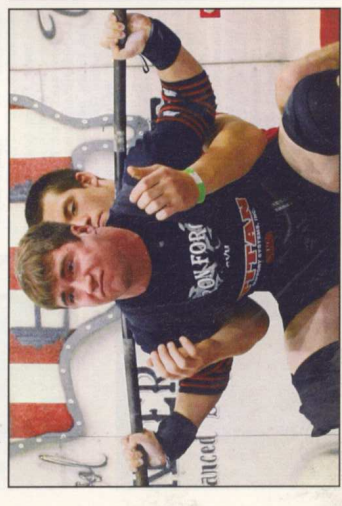
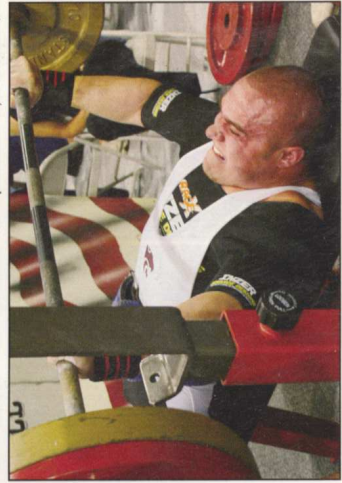
APF TEENAGE NATIONALS



Best Lifters at the '09 High School Nationals, Jordan Dunn & Nick Giglio

3-5 APR 09, Baton Rouge, LA		TOT	
Powerlifting	SQ	BP	DL
JV GIRLS			
190 lbs.	348	116	305
V. Miller	226	116	623
K. Collins	248	121	623
SHW			
B. Pretyman	182	88	237
98 lbs.			
VARSITY GIRLS			
204	105	209	518
F. Carter	160	83	248
B. Martin	182	72	193
C. Leblanc	154	72	193
E. Trabona	149	66	204
105 lbs.			
W. Leblanc	220	105	231
A. Moore	187	72	237
M. Albritton	209	83	193
N. Threath	182	94	193
D. Folk	154	77	204
K. Collins	143	66	160
R. Shremaker	204	94	270
K. Kelly	220	83	248
J. Darling	198	83	204
J. Hill	209	83	204
E. Trabona	149	66	160
M. Alfred	237	116	336
R. Truong	292	127	270
T. Daville	292	121	254
M. Lemasters	270	110	254
A. Warwick	198	94	243
V. Brown	187	88	237
R. Howard	189	88	237
L. O'Brien	171	72	176
H. Duval	171	72	176
S. Cook	110	55	198
132 lbs.			
R. Lightfoot	320	143	331
G. Brown	265	121	305
M. Gombro	243	105	270
K. Davis	243	105	270
S. Clark	187	88	237
S. Fireall	187	88	237
148 lbs.			
R. Duncan	375	209	320
S. Potter	243	105	341
A. Warren	287	116	281
K. Ware	237	105	298
B. Leon	204	127	248
Scantledge	204	127	248
K. Frank	209	121	243
M. Averbell	204	94	231
M. Averbell	204	94	231
K. Crawford	182	83	243
R. Clarrow	193	83	243
M. Hoover	127	61	154
165 lbs.			
K. Mills	353	204	342
K. Smith	331	182	328
D. Smith	265	116	298
M. Granvie	231	105	270
Whittington	248	110	204
181 lbs.			
D. Glasper	380	171	441
D. McIvner	386	165	336

D. Crawford	220	281	430	931
A. Frank	408	248	446	1102
M. Petty	408	231	430	1069
T. Audis	353	215	358	926
W. Tudor	526	442	507	1374
L. Lee	446	325	524	1394
T. Coleman	474	320	452	1246
H. Peairs	441	287	502	1229
Q. Mautepps	474	281	468	1224
M. Templeton	485	309	408	1202
K. Beaudin	463	231	452	1146
M. Fiedler	423	204	435	1064
M. Fiedler	364	220	424	1009
198 lbs.				
K. Durbin	314	165	369	849
L. Dulaney	176	110	226	573
B. Benson	237	170	226	573
N. Coglio	523	313	579	1655
N. Bird	496	336	645	1575
N. Bird	496	336	645	1575
D. Martin	502	270	507	1279
J. Poole	474	259	491	1224
K. Pizzolotto	485	259	402	1146
J. Lee	424	204	435	1064
J. Viole	298	149	303	750
220 lbs.				
D. Casola	457	265	485	1207
H. Welch	386	220	446	1053
D. Conville	386	209	386	981
J. Moreau	623	313	655	1655
D. Allen	601	331	627	1559
D. Allen	601	331	627	1559
D. Garrick	573	402	518	1494
J. Ghoram	601	320	540	1461
B. Gorman	468	419	507	1394
J. Tyson	502	298	540	1339
W. Hano	419	276	452	1146
J. Thurmon	402	237	452	1091
242 lbs.				
R. Gilbert	408	276	452	1135
R. Brown	678	303	601	1582
C. Frasier	617	375	623	1615
J. Jenkins	502	287	485	1273
L. Pharis	424	276	518	1218
Q. Dogan	502	265	424	1190
T. Hampton	408	270	430	1108
C. Landry	375	165	386	926
J. Sanders	457	375	342	1174
M. Downey	601	342	562	1505
K. Dorn	573	391	535	1499
J. Sommer	623	369	474	1466
R. Little	584	336	474	1394
R. Martinez	491	292	485	1268
M. Balla	474	320	452	1246
M. Ramos	452	270	452	1174
C. Lemoina	441	270	430	1141
C. Mook	380	209	424	1014
Z. McKenzie	518	331	518	1367
B. Victor	634	276	502	1411
Z. Paul	413	347	480	1240
SHW	446	353	452	1251



198 pounder Nick Giglio putting up a 441 lb. BP; he totaled 1571 lbs.
165 pounder Jordan Dunn with a 678 lb. squat; he totaled 1736 lbs.

Red Brick Championship VI

21 FEB 2009 • Lewiston, NY

RED BRICK CHAMPIONSHIP VI

was served in Iraq as a member of the 10th Air Refueling Wing. Tom Schmidt is an air support pilot who has completed in past Red Brick competitions but spent this year raising funds that totaled \$1,477. For his effort, Tom was the winner of our Don Davis Auto World Weekend Get-Away Grand prize. Shortly after this year's Red Brick, Tom broke both the open and masters 40-44 age records at an USPF bench press competition in West Virginia with a 672.4 press in the 242 lb class. But getting to the competition with ladies first, we find many outstanding lifts from both first timers and seasoned veterans in their various divisions. Jessica Mysliwiec won the 148 lb open class with the 132 lb class. Jillian Steinman won the 132 lb masters 40-49 age class. Also in the same age group, Pamela McPherson competing in her first meet took first place honors in the 140 pound class with an easy 80 pound bench press. In the masters 50-59 age group, Colleen Tibollo won the 132 pound division with a great 135 pound bench press. In the past five Red Bricks that brings the total raised to \$37,400.00, all for our U.S. troops and their families. This was our first year going SSA sanctioned and to our surprise, Sandi and Zane McCaslin donated all sanc-tion card fees back to the Military Family Support Group. Can you get any more patriotic than that? Three other individuals that have always shown strong patriotism and comradeship are David Cronkrite and Kelli "Little Evil" McCaslin benched a new SSA American record of 150 pounds. That was followed by 148 pound great, Rietta West, who also broke the SSA American record with a 300 pound press. Kelli won the women's overall best lift award and the outstanding teen lifter award and was the first woman to lift over 300 pounds. Rietta won the women's overall outstanding lifter award. In the women 40-49 masters division, Tammy Brown benched more than her body weight with a 185 pound bench press to win the 181 pound class. Going to the military families just in the past raised for military families just in the past two Red Bricks alone. One reason they do we young men youth 7-9 year old division trophy honors after benching 32 pounds, over Amsted's 180 pound press. Paul Chivalone took the 181 pound class honors past away shortly before Red Brick V and

250 G. May 325
198 lbs. J. Kenny 275
B. McKenzie 220 lbs.
S. Bax 320
C. Wilson 330
L. Schmitt 305
L. Zamboni 290
J. Greene, Jr 325
Masters (60-69) 360
165 lbs. B. DiGrego 340
198 lbs. M. Scarpello 265
M. Gajkowski 240
Police/Fire 365
Open (24-34) 300
A. Pappas 285
M. DeVoie 305
Police/Fire 125
Submaster (35-39) 360
R. Ball 245
J. Reynolds 300
A. bad economy stop a record 108 com-
petitors from showing their support to U.S.
troops and neither did sponsors who gave
donations that helped raise \$11,000. Over
the past five Red Bricks that brings the total
raised to \$37,400.00, all for our U.S. troops
and their families. This was our first year
going SSA sanctioned and to our surprise,
Sandi and Zane McCaslin donated all sanc-
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West, who also broke the SSA American record
with a 300 pound press. Kelli won the
women's overall best lift award and the
outstanding teen lifter award and was the
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trophy honors after benching 32 pounds,
over Amsted's 180 pound press. Paul Chi-
valone took the 181 pound class honors
past away shortly before Red Brick V and

75 C. Gregory 75
Teen (13-14) 75
N. Zee 75
Teen (15-16) 200
K. Kreiger 185
A. Bolz 175
Open (24-34) 180
M. West 300
Masters (40-49) 185
R. Brown 185
Teen (17-19) 270
M. MacVitie 190
J. Holy 180
J. Mysliwiec 125
Masters (40-49) 180
A. Pappas 285
L. Steinman 130
P. McPherson 80
Masters (50-59) 250
132 lbs. A. Cuenether 135
Police/Fire 135
Open (24-34) 114 lbs.
A. Wilcox 105
MEN
15-16 T. Barke 290
J. Greene 210
Juniors (20-23) 165 lbs.
B. Shaffer 165
M. Alvarez 365
Submasters (35-39) 320
A. Jackson 315
J. Shaw 510
S. Brown 148 lbs.
M. Kiblin 405
Masters (50-59) 275 lbs.
Derkovitz, Jr 385
Police/Fire (50-59) 181 lbs.
Ed. Carter 370
Ed. Carter 365
Ed. Carter 365
D. Fiori 320
J. DeVoie 305
M. Hedgegum 275
SHW 242 lbs.
Police/Fire 330
M. Crowley 275 lbs.
Masters (50-59) 480
V. Pippard 480
McPherson 365
Open (24-34) 365
Submasters (35-39) 350
R. Johnson 425
J. Greene III 350
198 lbs. E. White 385
M. House 455
220 lbs. W. Fair 455
C. Larson 405
D. Zierhoff 405
M. Marquosa, Sr 245
D. Epifanio 525
SHW 310
J. Miller 181 lbs.
Masters (60-69) 375
R. Dull 311
Police/Fire 275
Open (24-34) 360
M. Burke 360
181 lbs. R. Johnson 425
Police/Fire 330
Submasters (35-39) 245
J. Moore 405
S. Smith 400
S. Robinson 605
T. Rogers 605
Youth (7-8) 32
Youth (9-10) 190
R. Vincent Jr 42

Military lifter Ricky Ball with girlfriend and volunteer, Becky Petrie

the youth 9-10 division with a 42 pound bench press. In the masters 50-59 age group, Colleen Tibollo won the 132 pound division with a great 135 pound bench press. In the past five Red Bricks that brings the total raised to \$37,400.00, all for our U.S. troops and their families. This was our first year going SSA sanctioned and to our surprise, Sandi and Zane McCaslin donated all sanc-tion card fees back to the Military Family Support Group. Can you get any more pa-triotic than that? Three other individuals that have always shown strong patriotism and comradeship are David Cronkrite and Kelli "Little Evil" McCaslin benched a new SSA American record of 150 pounds. That was followed by 148 pound great, Rietta West, who also broke the SSA American record with a 300 pound press. Kelli won the women's overall best lift award and the outstanding teen lifter award and was the first woman to lift over 300 pounds. Rietta won the women's overall outstanding lifter award. In the women 40-49 masters division, Tammy Brown benched more than her body weight with a 185 pound bench press to win the 181 pound class. Going to the military families just in the past raised for military families just in the past two Red Bricks alone. One reason they do we young men youth 7-9 year old division trophy honors after benching 32 pounds, over Amsted's 180 pound press. Paul Chivalone took the 181 pound class honors past away shortly before Red Brick V and



The 2009 Red Brick VI Team Champions, the Lockport Powerlifters led by Dave Cronkrite & Ralph Comarre



The Tomawanda Barbenders took second (photos c. Dennis Brochey)

with an easy 280 pound press. Multi Red Brick meet record holder, Adam "Phenom" Ferench set another Red Brick record and also won the teenage outstanding lifter award with a great 335 pound press. 220 pounder Thomas DiCarlo benched 295 pounds to edge out Anthony Guenther's 260 pound press but looked like he should have tried more. Corey Navarro won the 242 pound class with a 672.4 press in the over second place finisher Michael Presley's 225 pound press and Drew Lewis 195 pound third place finish. Robert Rutland went unconnected but still pressed 230 pounds in the 275 pound class. Not many juniors (20-23) but the numbers they put up were, 123 pound Eddie Kane was talked into his first competition and did an outstanding 145 pound bench for a first place trophy. Rumor have it that he went back into the warm up room and did a 135 pound bench press afterwards. He's hooked! Michael Sloner did a strong 225 bench press to win the 148 class. Baine Sheffer is nothing to mess with as his 315 press showed in winning the 165 class. Wesley, not only Alvarez and Matthew Reyes both tied at 320 with Alvarez taking first on the lighter body weight. William Larue was a close third with a 275 bench press. In the open 24-34 age group Abalom Crowe had a 190 press to win the 148 class. Najce Spicer doubled his body weight of 165 to win that class with a 330 bench press. Second place went to a repeated Red Brick Patriot in John Henry Bues with a 225 press. The Cater family has always been there to show their support to U.S. troops and this year it was no different. Ernest Carter won the 181 class with a great 370 bench press beating his brother Edmund Carter who had a 315 press. Edward Carter won the 220 open class with a 365 bench press. David Fiori benched 320 to edge out Joseph Devoe's 305 for second place and Matt Hedgegum benched 275 for fourth place honors. William Carter benched 330 for a win in the 242 pound class and Vinny Pippard won the 275 class with a strong 480 bench press. The raw submaster was our smallest in number class but not in what they pressed. 198 pound class winner James Greene was strong as ever with his raw 350 pound press. Edward White won the 242 class with a 385 pound press and Willie Fair class with a 385 pound press took first place honors with the 275 pound class with a big 455



The Watson family - 3 of the many volunteers who supported our troops

Devoe also turned in a big number with his 305 for first place honors. There must some-thing in the water police officers drink be-cause they seem to be getting stronger the older they get. Moving to the police/life a number on all police/life competitors with his 360 bench press to win the 198 class. Burke benched 360 pounds to win the 198 Sheriff Correctional team member Gary May took second with a 325 press followed by Sheriff Correctional team member Daniel Jason Kenny's 275 final press. Scott Bax looked like he had an easy time with his 320 press to win the 220 class. Chris Wilson, Chris Salada who seemed to have an easy time with the Sheriff Correctional team also from the Sheriff Correctional team al-ways has fluid motion with his attempts and looked good in his first Red Brick competi- class winner Jason Springer, benched a strong



The "Law Dawgs" Team won the Police Division Andrew Hoelzl trophy

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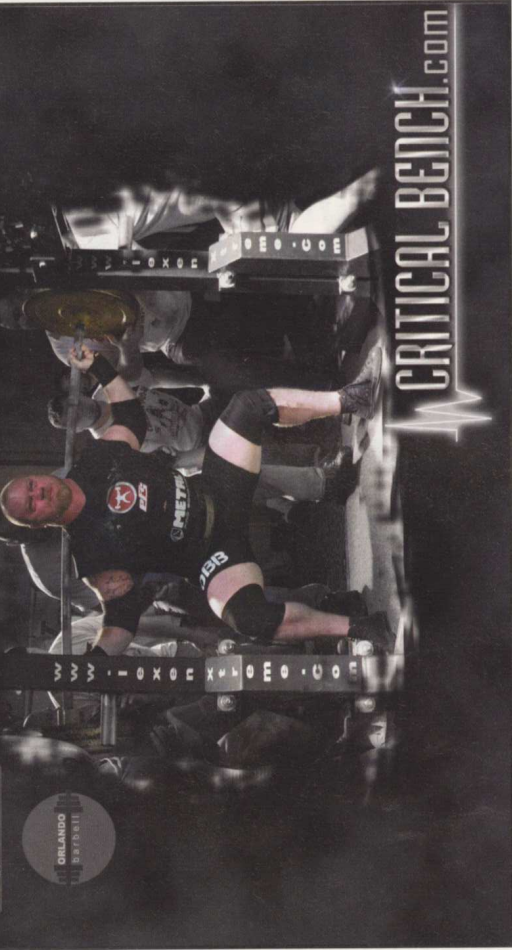
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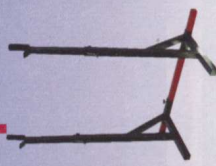
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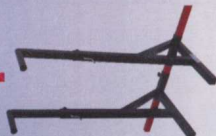
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Squat!



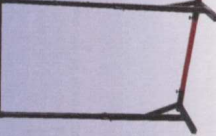
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Study Shows Strength Training Beneficial for Young Athletes
Importance of a well-designed, adult supervised strength program emphasized



Rosemont, IL—Participating in even a short-duration strength training program during childhood and especially during adolescence may not only improve one's body composition, but also increase self-esteem and improve blood lipid profiles, according to a study published in the May/June issue of "Sports Health: A Multidisciplinary Approach."

The most recent research in this area has found that child and pre-adolescent athletes can improve their strength by 30-50 percent after just 6-12 weeks in a strength training program. Other benefits also include improved bone density and body composition, reports the study's authors, Dr. Teri McCalli McCormage, MD, FAAP from Johns Hopkins Hospital in Baltimore, MD.

The study's research, consensus guidelines and position statements to ensure comprehensive and guidelines for safe and effective youth strength training. The study recommends an individualized program based on the maturity and personal goals and objectives of the youth athlete. A comprehensive youth strength training routine should incorporate:

- 10 to 20 minutes of warm up and cool down (5 to 10 minutes for each segment)
- A variety of resistance types (free weights, weight machines, rubber tubing, and medicine balls)
- Training the major muscle groups (chest, shoulders, back, arms, legs, abdomen, and lower back)
- A balanced effort between flexion and extension of the upper and lower body joints

"The goal is to perform 2 to 3 exercises per muscle group. Start with one to two per exercise, with 6 to 15 repetitions in each set," explains Dabab. "The participant should rest one to three repetitions to be completed with proper form, some fatigue, but not complete exhaustion."

In addition, the study suggests that adult supervision is a central part of the strength training program's success or failure. "Injuries that do occur to the youth athlete are a direct result of lack of supervision, misuse of equipment, lifting inappropriate amounts of weight, or use of improper techniques. It is crucial that a trained professional teach youth athletes proper form, as well as how and when to add weight," Dabab warns. As with any form of exercise, a physician's clearance is important to obtain and a pre-training physical is recommended.

"The health benefits of strength training far outweigh the potential risks. Strength training, when done correctly, can improve the strength, and overall health of children and adolescents of all athletic abilities. This is especially important in today's society where childhood obesity rates continue to rise," Dabab concludes.

*Excerpt from a "Sports Health" News Release.

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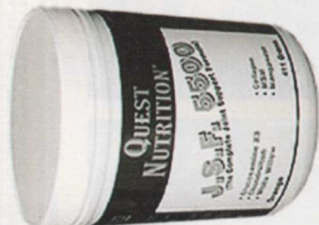


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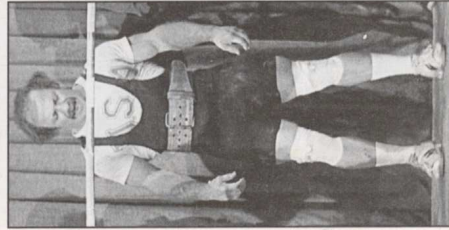
Fred Hatfield set this World Record in the squat at the 1980 IFP World Championships on one of two USA teams in the event



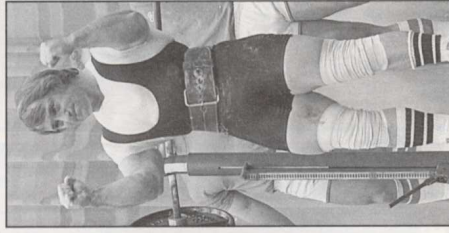
Sam Margalardi at the 1980 IFP Nats.

ALL TIME HISTORICAL TOP 50 AMERICAN MEN'S 198 Pound (90 Kilogram) Weight Division — SQUAT

Table listing 50 men's squats with columns for rank, squat weight, X-Bwt, and lifter details including name, date, and location.



Jeff Chorpennig did some monster lifting out of Columbus, Ohio



The Late Great Dennis Wright at World Series of Powerlifting held at Auburn University



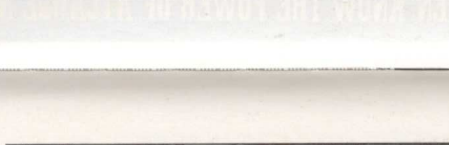
Mark Payne at the '87 APF Nats.



Laura Dodd — a big squatter with law enforcement power

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

Table listing 50 women's squats with columns for rank, squat weight, X-Bwt, and lifter details including name, date, and location.



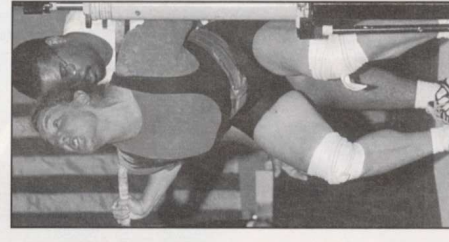
Dawn Reshel broke many barriers



Sara Robertson — USPF Nat. Champ



Deb Widdis — a Big Iron sensation



Tanni D'Adda — IFP World Champ



Hillary Harper at the APF Sr. Nats.



Hillary Harper at the APF Sr. Nats.

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ASK THE DOCTOR

Questions answered by Mauro Di Pasquale MD

DEAR MAURO: I am 37 years old and compete in Raw Powerlifting. I have never used pro-hormones or anabolic steroids/HGH but am considering natural alternatives. I would like to know if you foresee any issues or complications with the use of both TestoBoost and GH Boost concurrently?

My current supplement regime includes a B-Complex vitamin (one daily), a liquid multivitamin (one daily), a Vitamin C (one daily) with Bio Flavanoids and a synthetic Vitamin E capsule (400 mg, 2 to 3 daily). I also use a simple whey protein powder daily.

Any input you can provide would be appreciated.

Thank you,
Vic

VIC: TestoBoost and GHBoost are often used together and in fact complement each other's effects. One of my combos, NitAbol actually consists of TestoBooSt and GHBoost, coupled with Myosin Protein (a protein that I formulated for both short and long term effects) - see <http://www.mdplusstore.com/pdfs/nitabol.pdf>.

Let me know if you have any other questions or concerns.

Best regards,
Mauro

DEAR MAURO: Thank you for the response. I have purchased both of these products, but not the NitAbol. I will have a 1 month supply initially.

1. What is your minimum time (weeks, months, etc.) recommendation for consumption of both products before a user may observe any type of results? Do you consider a 1 month supply sufficient?

2. Also, should a user be vigilant for any specific type of side effects during the use of these two products?

3. Is there a time of the day that you consider to be most effective (for a 41 year old male in good health) for consumption of these products, i.e. immediately before/after working out, in the morning/night, etc?

Thank you sir,
Vic

VIC: GHBoost and TestoBoost are useful as pre-exercise anabolic primers and before bed, along with Myosin, for their anabolic and anti-catabolic effects.

You should see some effects within a few weeks but the effects are cumulative over several weeks and months. I have elite bodybuilders and athletes, including many Olympic athletes competing in Beijing, who have used the NitAbol in three to four month cycles mostly before major competitions, for years.

Best,
Mauro

NEW PRODUCT



The Ultimate Deadlifting Shoe

This is the first and only footwear to offer the exhilarating freedom of going barefoot with the protection and sure-footed grip of a sole. The footwear acts like a second skin to shield your feet from scorching surfaces and rugged terrain. At the same time, it liberates your body to move in a healthy, more natural way.

- Thin flexible sole and individual toe pockets help strengthen and stretch muscles in the feet improving balance and agility.
- Razor-sipped soles add flexibility and slip resistance.
- Enjoy the exhilarating sensation of going barefoot with the protection and grip of a flexible sole.

These are great for all types of training, deadlifting, or just hanging out at the beach. Go to www.sportsimprover.com for your local toe-wear dealer.



DEAR MAURO: I was reading your article in Powerlifting USA regarding amino acids. I have a problem with my elbows hurting when I workout; actually I remember that when I was in the Army and lifting heavy, I experienced the same problem. When I went to the doctor all they told me was STOP lifting weights, as I'm sure that you know, no one likes to hear that. My question is this, will taking your amino acids help with my problem or do you recommend something different. Please help.

Rogelio Gomez

ROGELIO: That's what most doctors say, if it hurts, then stop doing it. Not really very productive, although for most people it may be practical advice if their hearts aren't into doing whatever it is that's causing the problem.

There are a lot of supplements that would be of use, but two specifically: Joint Support and GHBoost (available at www.MDPlusStore.com) would be most useful and if used properly would preclude the use of any other supplements.

I've had great results with Joint Support. I formulated it to help rebuild the matrix for musculoskeletal problems, including inflammation caused from overuse, and bone, ligament, tendon, and muscle injuries. There are a lot of therapists and orthopedic surgeons using it on their patients for these problems. For more info on Joint Support go to <http://www.mdplusstore.com/pdfs/jointup.pdf>.

GHBoost is also well suited for musculoskeletal problems, injuries, surgery, and rehab. Have a look at the info on GHBoost at <http://www.mdplusstore.com/pdfs/GHboost.pdf> to see the beneficial effects that it has on musculoskeletal tissue, for example on IGF-I and nutrient delivery.

If you elect to use GHBoost and Joint Support, a sample regimen would go like this:

For problems that aren't too severe, 4 tabs of Joint Support and 3 tabs of GHBoost in the morning and before training. On days you don't train take both a few hours after supper. For more severe problems I recommend doubling the dose.

You should use the supplements for at least 4 weeks and longer if need be since it takes a while for the natural supplements to have an appreciable anabolic and anti-inflammatory effects on musculoskeletal tissue. Unlike most meds used for these problems, some of them catabolic in the long term, GHBoost and Joint Support work with the body to heal and strengthen the tissues.

Also keep in mind that if you order any supplements from my store you should enter the PL USA discount code as this will give you a 15% discount on your purchases.

Best,
Mauro

THE RAGE

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- **Extra Reinforced** front, shoulder, seams add support and security for this radical design. Thicker, Extra Reinforced neck.
- The combination of several new contours built into the pattern complement the already superior RageX system.
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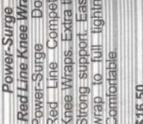
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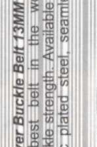


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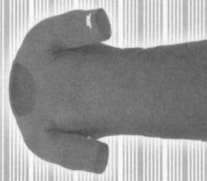
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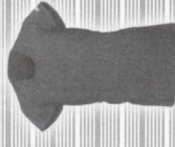
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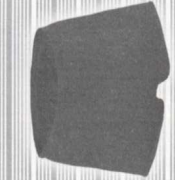
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DR. JUDD

WHERE ARE THEY NOW? as told to PL USA by Judson Biasiotto Ph.D.

"The greatest thing a man can do in this world is to make the most possible out of the stuff that has been given him. This is success, and there is no other."
—Orison Sweet Marden

Have you ever wondered what happened to the superstars of yesterday? Many of them I am sure are etched in your mind forever. Lifters, who, by way of their greatness literally transformed powerlifting from a backyard event into a forceful and thriving international sport. And I am also sure there are other lifters, despite their greatness, who have escaped the recesses of your mind for some reason or another.

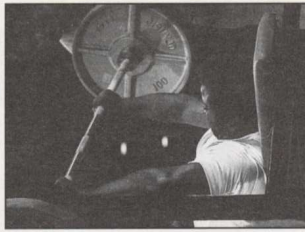
Over the next few months I am going to profile some of our sports most celebrated lifters drawing upon interviews, research, and articles from Powerlifting USA in order to determine where they are now. In short, we are going to take a trip down memory lane in order to call to mind what some of these lifters accomplished during their career, and to find out what they're up to now.

"Mighty" Joe Bradley
In 1980, the night before the World Series of Powerlifting Competition, I was standing with George Hummel in the lobby of our hotel. At the time, Hummel was the current reigning national powerlifting champion at 132 pounds and the number two ranked flyweight in the world. Out of the clear blue this little guy walked up to us and said, "I am going to destroy you tomorrow. I am going to blow you away." He then turned around and walked off. I looked at Hummel and said, "Who the heck is that?" To which he replied, "I have absolutely no idea."

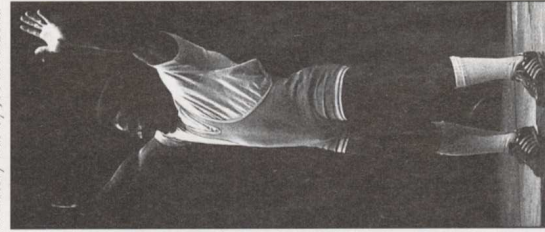
The following day it didn't take us very long to find out exactly who he was. It was "Mighty" Joe Bradley. During the meet, every time this guy attempted a lift, it was loaded with world record poundage. He literally came out of nowhere and immediately established himself as the best lifter in the world pound for pound. A few months later he became the first human being. I think he is human, to bench press triple body weight when he motored up 396 pounds at a body weight of 131 pounds. Amazingly, he made that lift without a bench press shirt. Shortly after that, he squatted a mindboggling 650 pounds and totaled 1560 pounds at 132 pounds. He competed for a few years after that, winning national and world

tired when he was literally on the threshold of becoming the greatest powerlifter of all time. Although the circumstances surrounding his retirement were rather personal and revealing, he was extremely candid and sincere about answering the question.

"I had a few major setbacks in my life," Bradley said. "My father, Jesse D. Bradley, died of cancer, and I went through some family problems that really affected me. I foolishly turned to drugs and alcohol to cope with everything. The next thing I knew I had developed a severe drug and alcohol addiction. I literally lost control of my life. I ended up in and out of prison because of my addiction and my family problems intensified. Consequently, I had no choice but to quit powerlifting. I



The 1st TRIPLE bodyweight BP in history was by Joe in Arizona



wish things would have been different but I really had no choice."

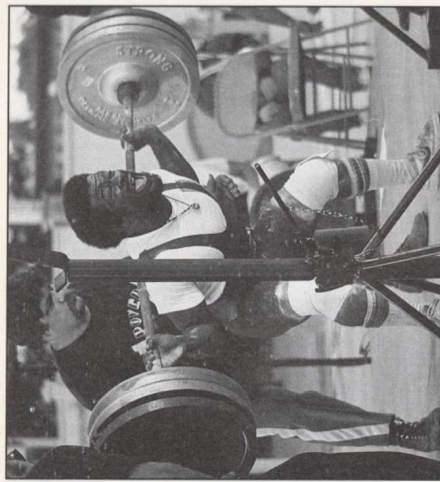
"I struggled with my drug problem for 35 years. Bradley confessed, "My mom, Emma Bradley, who was a true matriarch, helped me immensely to deal with my problem. She worked hard as a cook for a restaurant in Beloit for over twenty years to support us and her home. She died, October 30, 2004, from an intestinal infection after a hip replacement. That was really hard for me. I didn't think I would ever make it after that. Then through the grace of God, I woke up one day and realized what it was doing to my family and myself. I decided that I wanted to live. I immediately started getting help to fix the problem. I have been clean 31 months."

"Sobriety is hard," he said, "but you have to want it just like the world records. Right now I am living each day at a time. Thanks to God, my life is good. I have been working hard and staying out of trouble, so I don't have time for the weekend bingeing. I work at a restaurant in Beloit as a custodian and kitchen assistant. I also work at a church do-

ing custodial work in the evenings. I have been clean for almost three years now. Unfortunately, right after Bradley got clean, it was discovered that he had high blood pressure and high cholesterol. "I was in bad shape," he said, "life threatening shape, but I have it under control now. I have to eat right and take medication every day, but that is a small price to pay for good health."

Somehow through all the trials and tribulations that he has experienced, Bradley remains extremely confident and optimistic. "I am hoping that in the near future my wonderful girlfriend, Lora Ellen—who has stood by me through thick and thin for twenty years—and I can do something together in the fitness area. Lora was a great bodybuilder and probably could have been a world class competitor if she hadn't sacrificed a lot of her career to help me. We know the fitness area and would love to train young people to improve their fitness and health."

God willing, I am sure "Mighty" Joe Bradley will be back on top soon. After all, the cream always rises to the top.



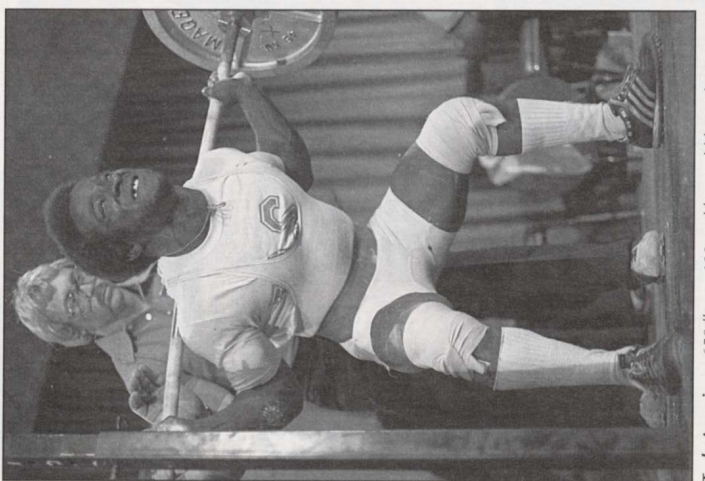
Joe squatting at the inaugural World Games powerlifting competition



Joe receives his IPF gold medal from IPF President Vic Mercer



The Joe Bradley of today with his long-time girlfriend Lora Ellen



Truly Amazing — 650 lbs. at 132 and he could have done more!

Mighty Joe Bradley with Fred Hatfield at the World Series of DL

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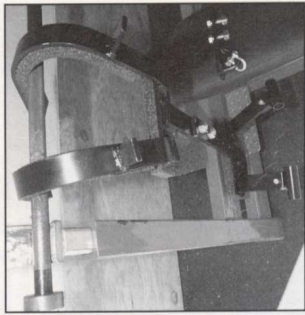
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(Above and to the right) **Crepinsek Strength Equipment's** new features added to the Louie Simmons' design Zercher Squat Harness



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(continued from page 39)

tion to win the 275 class with a 325 press. Super heavy weight Martin Szymanski took first place honors with his successful 365 Niagara Powerlifting Club member, Matt House keeps on improving as shown with his 455 press to win the 198 open class. Next to Travis Rogers raw 605 bench press, the unlimited 220 open was just as exciting as Gary Larson's 720 bench press squeezed out a win over Kris Herbert's 705 press. Another NPC member, Dan Zahno took third with a great personal record of 405 pounds. David Epitolo is improving year after year through the guidance of Tom Schimidt as shown with his 525 press to win the unlimited 242 open class. Jeff Miller had an unusual off day not making any of his attempts of 600 in the SHW class. He looked light this year but there's always next year. Little buddy, Master 60-69 powerlifter, Robert Doll did a very easy 185 press to win the 198 class. In the police/fire unlimited, Robert Johnson won with a 425 press for in the 181 open class. Joe Moore improved big time over last years Red Brick with a 405 bench press to win the submaster 220 police title. Congratulations to our many outstanding bench press award winners, teen assist Kelli McCaslin, teen raw Jessica Mysliwiec, women assist Britt West, women master raw Jillian Steinhart, women overall raw masters Collin Theibko, women police/Aleene Wilcox, teen male raw Adam Ferchen, teen assist Travis Banks, outstanding overall raw Larson, master raw Enzo Jekow, master assist Shawn Brown, military raw Richard Ball, sheriff's raw Gary May, police raw Jay Reynolds, and police assist Robert Johnson. As always, team competition is close and competitive. In the year open the Lockport Powerlifters won this year's Patriot Cup to edge out the Tonawanda Barbenders, close by in third was the Grand Island High School Powerlifting team. In the police team stand-off, the Buffalo Law Dawgs, which have members from several different area law agencies edged out the previously undefeated Niagara County Sheriffs Correctional Law Dawgs with the 220 masters 500-599 class.



The Three Stooges — Travis Rogers, Kris Herbert, and Dave Epitolo bench press team and the Andy Hoelzl Memorial trophy. As always I have to thank director of the N.Y.S. USPF came up with a great idea of using a web cam over the internet of this years Red Brick. An unexpected glitch prevented our event from being shown but am sure next year will be different. We had almost 1000 hits on our web site that day, sorry to all who had hoped to watch it live. Thanks Mike for your idea, and contribution. Special thanks to the new volunteers whose help did not go unnoticed. Mrs Matt Schimpf, Chris Sciolio, Peter Olson, Airman Rick Ball, and Dominick's twin sister Jeanie and her husband Mark Watson are also a part of the success. Zely were a big help in supporting helping and also bringing their son Ricky and daughter Katie to help. Big Thomas Dalmerie is another guy who has never hesitated when asked. Tommy is responsible for all five Red Brick banners that have made it to Fran. Tom has also served as side and head judge at all six competitions. He sticks around to help clean up afterwards and has important part of our event is the opening ceremony. Victoria Spanbauer has shown her devoted patriotism by singing the National Anthem at all five past Red Bricks for we never actually need him but this year was slightly busier for him than in the past. Many other volunteers who give up their day to ensure its success. My teammates of the Niagara Powerlifting Club are a big reason for our continued growth and success. Teammates Pat Dick, Matt Schimpf, Dan Zaimo, Matt House, Sean Healey, Matt Rydick, and Craig Hoptlight have contributed from seeking sponsors, judging, spotting, setting up or cleaning after the event. Thank you guys for being there. Mark Becht has graciously loaned us his judges tree every year. Dave Fiori not only donated, with their help of his wife Melissa, baskets for our Chinese auction but also competed and assisted judging at this years event. Sarah and Zane McCaslin along with bench press phenom Joe Cleopky took over judging on the last couple of nights for the big men. Dan Connor Gregory and help judged because they are there for us. Thank you also. My wife Cathy as always is my back and hope to see you all on February 20, at this event. What I can't do, she does 2010 at Red Brick.



148 lb. class Rheta West after her 300 pound SSA bench press record

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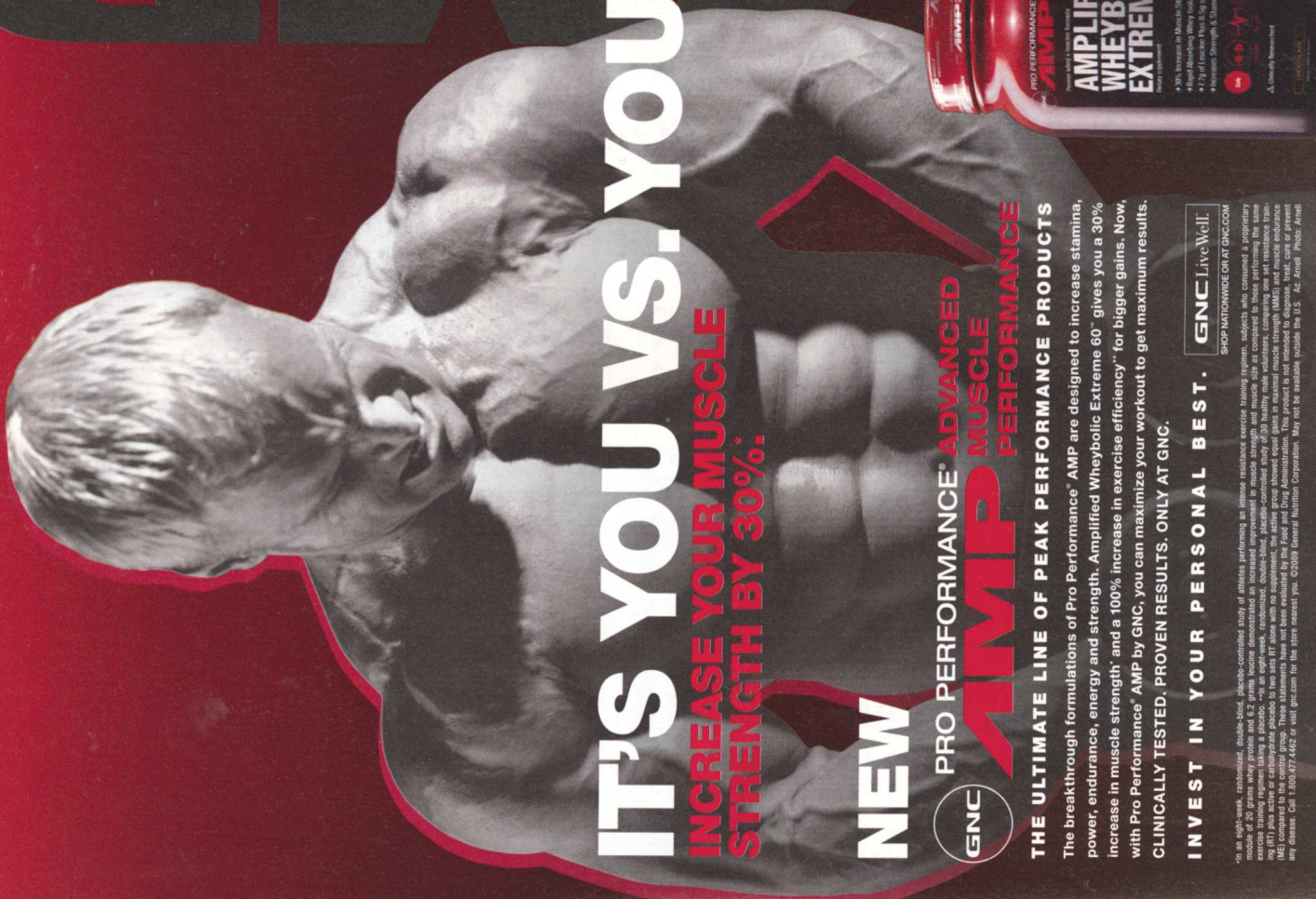
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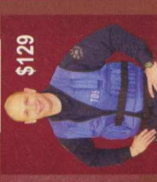
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10-11 JUL, **IBSA World BP & PL Championships for Blind Athletes** (Miami, FL) Robert Keller, 954-790-2249, rkh@verizon.net, www.usaplnationals.com/ibsa
11 JUL, **USAPL Lone Star Open w/ NPC Branch Warren event** (Comroe, TX) Tony Cardella, 832-326-6179
11 JUL, **2nd YNCA Army Strong Meet PL/BP** (Lancaster, PA) Charles Brough, 877-275-6828
11 JUL, **ADAPF National Powerlifting Championships** (Columbia, MO) Eli Burks, 575-298-0727 (cell) emby5@missouri.edu, Bill Duncan, 410-474-1071 (cell) mopowrlfr@yahoo.com, Mike Stagg, 812-624-0031 (home) stagg@insightbb.com
11 JUL, **APA 22nd Nurtimg Open PP, BP, DL, SP, OP, SC** (Wallingford, CT) Scott Taylor, 941-626-4247, scott@apa-wpa.com, www.apa-wpa.com

11 JUL, **ANPPC World Cup PL** (Tuscola, IL) Dr. Darrell Latch, Son Light Power, 122 West Sale St., Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com, sonlightgym@verizon.net
11 JUL, **UPA Pro-Am Bench Bash** for Cash, Bill Carpenter, 145 State St., Dubuque, IA 52003, 563-599-1390, BCarpenter@UPAPower.com
11-12 JUL, **ADAU Raw Power Single Lift Nationals & Powerlifting Nationals** (Clearfield, PA), Siegel Engraving, 814-765-3214, ale@nikitup.com
12 JUL, **USAPL Open Bench Press & Deadlift/PP Nationals** (Miami, FL) Robert Keller, Box 291571, Davie, FL 33329, 954-790-2249, rkh@verizon.net, www.usaplnationals.com/2009-uso-pen-benchpress-deadlift-miami/index.shtml
16-18 JUL, **Allentown Sportfest BP/ DL** (Allentown, PA) Jamie Cruz, Bonnie Bener, 610-434-9333
18 JUL, **6th Maine Iron Bash Open** (PL, PP, BP, DL, SP, OP, SC, Freepost, ME) Scott Taylor, 941-626-4247, scott@apa-wpa.com, www.apa-wpa.com

18 JUL, **WNPFL Lifetime Florida States** (Kissimmee, FL) Troy Ford, 770.668.4841, wrpf@aol.com, WNPFL@POBOX.142347.Fayetteville, GA 30214, www.wnpfl.net
18 JUL, **California State Games** (San Diego) Lance Slaughter, 74-401 Hoolley Ln, E #2028, Palm Desert, CA 92260, 310-995-0047
18 JUL, **SLP Northwest Arkansas Open** (Bryant, AR) Dr. Darrell Latch, Son Light Power, 122 West Sale St., Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com, sonlightgym@verizon.net

18 JUL, **USAPL Raw National-als** (Charlottesville, VA) John Shifflett, 186 Happy Hollow Rd., Ruckersville, VA 22968, valifir@comcast.net, www.virginiapowerlifting.blogspot.com
25 JUL, **5th Raw Vermont State Open** (Burlington, VT) 05403, 802-865-3065, www.allamericanfitnessvt.com
25 JUL, **SLP Northwest Arkansas Open** (Bryant, AR) Dr. Darrell Latch, Son Light Power, 122 West Sale St., Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com, sonlightgym@verizon.net

COMING EVENTS

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25 JUL, **SSA Nationals (full power, Ironman, single lift - Tribes Hill, NY) Sandi McCaslin** (518) 829-7990, www.ironasylungum.com
18 JUL, **WABDL Great Lakes Regional BP/DL** (Holiday Inn, South, Lansing, MI) Gus Balthusich, 763-945-8654 or 503-901-1622
18 JUL, **NASA South Texas Open** (Arlin, TX) Rick Peters, P.O. Box 753, Noble, OK 73068, 405-527-8513, SQBPDL@aol.com
18 JUL, **NASA New Mexico StateR-ich Kahle**, 1912 Bromolow St., Las Cruces, NM 88001, 575-644-5415, liftheights@hotmail.com
19 JUL, **SLP Ultimate Fitness Open, BP/DL/Curl** (Kermet, MO), Dr. Darrell Latch, Son Light Power, 122 West Sale St., Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com, sonlightgym@verizon.net

19 JUL, **NASA Youth Nationals & WV Open BP, PP & Power Sports**, (Ravenswood, WV), Greg Van Hoese, Route 1 Box 166, Ravenswood, WV 26164, 304-273-3110, greg@vhpower.com, www.vhpower.com
19 JUL, **WNPF USA Championships & WNPF Lifetime USA Championships** (Atlanta, GA) Troy Ford, 770.668.4841, wrpf@aol.com, WNPF@POBOX.142347.Fayetteville, VA 30214, www.wnpfl.net
19 JUL, **APF Texas Fire Olympics Powerlifting Meet** (San Angelo, TX), Rick Brewer, 972-727-8600
19 JUL, **IPA Lexextreme - Summer Slim** (Hilliard, OH) Dan Deque, 614-544-8824, lexextreme@aol.com, www.lexextreme.com
19 JUL, **WNPF Drug Free National Powerlifting Championship & WNPF Lifetime All-American Championships** (Youngstown, OH) Ron Deamicis, 330-792-6670, powerit103@aol.com
24-25 JUL, **Vermont State Open Raw BP** (S. Burlington, VT) All American Fitness Center (802) 999-7845

24-26 JUL, **USAPL Raw National-als** (Charlottesville, VA) John Shifflett, 186 Happy Hollow Rd., Ruckersville, VA 22968, valifir@comcast.net, www.virginiapowerlifting.blogspot.com
25 JUL, **5th Raw Vermont State Open** (Burlington, VT) 05403, 802-865-3065, www.allamericanfitnessvt.com
25 JUL, **SLP Northwest Arkansas Open** (Bryant, AR) Dr. Darrell Latch, Son Light Power, 122 West Sale St., Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com, sonlightgym@verizon.net

25 JUL, **USAPL Summer Power Feet** (Spring, TX) Tony Cardella, 832-326-6179
1 AUG, **SLP Vince Soto Memorial & Ohio State Fair BP/DL** (Columbus, OH) Dr. Darrell Latch, Son Light Power, 122 West Sale St., Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com, sonlightgym@verizon.net
1 AUG, **USAPL Summer Power Feet** (Spring, TX) Tony Cardella, 832-326-6179
1 AUG, **USAPL Summer Power Feet** (Spring, TX) Tony Cardella, 832-326-6179

APF/AAPF/WPO Schedule

- 19 JUL, APF Texas Fire Olympics Powerlifting
- 31 JUL - 2 AUG, AWPC World PL/BP
- 1 AUG, APF/AAPF High Country PP & Raw
- 8 AUG, APF Maine State
- 22 AUG, APF/AAPF Summer Challenge
- 22 AUG, APF California State
- AUG, APF Georgia State
- 12 SEP, APF/AAPF Summer Heat V
- 12 SEP, APF/AAPF Wisconsin State
- 19 SEP, APF Indiana State
- SEP, APF Louisiana State
- SEP, APF/AAPF Snake River Powerlifting
- 3 OCT, Halloween Monster Bench Bash
- 17 OCT, AAPF Supreme Fitness Challenge III
- OCT, APF/AAPF 2nd Annual Rise of the DL Beast of the BP
- 7 NOV, APF Texas Cup
- 8 NOV, AAPF Old School Iron Wars
- 14-15 NOV, APF Pine Tree Open
- 5-6 DEC, APF Southern States PL/BP
- DEC, APF/AAPF Illinois Raw Power Challenge

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WORLD NATURAL POWERLIFTING FEDERATION
 18 JUL, WNPF U.S. Open Championships & WNPF Lifetime
 Florida States (Kissimmee, FL)
 19 JUL, WNPF Drug Free National PL Championships & WNPF Lifetime All-American Championships (Youngstown, OH)
 19 JUL, WNPF USA Championships (Atlanta, GA)
 9 AUG, WNPF International Ironman, B/D/PC Championships/
 WNPF Lifetime Single Nationals (Bordentown, NJ)

Contact Info: Troy Ford, 770.668.4841 or wnfp@aol.com
 www.wnfp.net

24 OCT, ANPPC National PL (Tuscola, IL) Dr. Darrell Latch, Son Light Power, 122 West Sale St., Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com, sonlightgym@verizon.net
 24 OCT, USPF 4th Regional PL & Single Lift (Parkersburg, WV) Matt McCassee, 304-376-7538, mccassee@yahoo.com
 24-25 OCT, USAFL Northeastern USA Regional BP/PL (Ft. Washington, PA) Robert Keller, 954-790-2249, rtk@aol.com
 25 OCT, IPA Lexenxtreme Fall Classic Dan Dague, 614-544-8824, lexenextreme@aol.com, www.lexenextreme.com
 27 OCT - 1 NOV, WABDI World BP/DL (Pepperell, MA) Reno, NV) Gas Redhawk, 763-545-8654 or 503-901-1622
 31 OCT, (NEW DATE) SLP Fall National BP/DL (Baraboo, WI) Dr. Darrell Latch, Son Light Power, 122 West Sale St., Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com, sonlightgym@verizon.net
 31 OCT, NAPA Ohio Regional, Equipped & Unequipped PL & BP Power Sports, Push Pull, Power Press (Springfield, OH) Rich Peters, P.O. Box 735, Noble, OH, 405-527-8513, sepdl@aol.com, www.napa-sports.com
 31 OCT, 27th ADAU Raw Power Central PA Open (Bigler, PA) Siegel Engaving, 814-765-3214, al@pktp.com
 31 OCT, USAFL New Hampshire State & New England States BP DL Power Sports, Push Pull, Equipped & Unequipped BP only, Power Press (Love-land, CO), www.napa-sports.com
 31 OCT, SLP Kentucky State BP/DL (Louisville, KY) Dr. Darrell Latch, Son Light Power, 122 West Sale St., Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com, sonlightgym@verizon.net
 31 OCT, NAPA Wisconsin State (9:30 AM), Monster-Bench-Bash-4 Cash (6 PM), (Sheboygan), Wisconsin Powerlifting, Box 565, Sheboygan, WI 53082, statechairman@wisconsinpowerlifting.com, 1-888-502-4087
 OCT, 100% Raw Worlds (Las Vegas, NV) Paul Bossi, 252-339-5025, rawlifting@aol.com, www.rawpowerlifting.com
 OCT, APF/AAPF Rise of the DL Best of the BP (Willowbrook, IL) Amy Jackson, 630-896-7309, amyjackson@aol.com
 6-7 NOV, 100% Raw World Single Lift (Norfolk, VA) Meet Director Paul Bossi, 252-339-5025, rawlifting@aol.com, www.rawpowerlifting.com
 7 NOV, APTA Bay State Open BP, DL, PP (Northampton, MA) APA, 5738 Dayton St., Zephyrhills, FL 33542, 941-626-4247, scott@apa-wpa.com, www.apa-wpa.com
 7 NOV, APTA TX Cup (Dallas, TX) Gregg & Heather Tillinghast, aptcusa@yahoo.com
 7 NOV, USAPL Virginia State (BP, DL, PL, Ironman, Raw, Assisted - Shardsville, VA) John Shifflett, 186 Happy Hollow Rd., Ruckersville, VA 22968, 540-229-6288

valifting@aol.com, www.virginia-powerlifting.blogspot.com
 7 NOV, USAPL 7th Tom Foley BP/DSL Classic (Nanuet, NY) Premier Fitness, 845-920-0501, www.premierfitnessny.com
 7 NOV, SLP Ohio State BP/DL (Hamilton, OH) Dr. Darrell Latch, Son Light Power, 122 West Sale St., Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com, sonlightgym@verizon.net
 7-8 NOV, (Tentative) NAPA Masters/Sub Masters Nationals, Equipped & Unequipped Powerlifting, Power Sports, Push Pull, Equipped & Unequipped BP only, Power Press, (Mesa, AZ), www.napa-sports.com
 7-8 NOV, (Tentative) NAPA Arizona Regional, Equipped & Unequipped Powerlifting, Power Sports, Push Pull, Equipped & Unequipped BP only, Power Press, (Mesa, AZ), Rich Peters, P.O. Box 735, Noble, OK, 73068, 405-527-8513, sepdl@aol.com
 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 Denton, 661-333-9800, WPF@stevenson.com
 13-15 NOV, RAW United North American Open (Greenacres, FL) Sperto Tshontidz, 401 Highway A1A, Unit 122, Satellite Beach, FL 32937, 321-505-1194, rawunited@cf1.net
 14 NOV, NAPA Colorado Regional, Equipped & Unequipped Powerlifting, Power Sports, Push Pull, Equipped & Unequipped BP only, Power Press (Love-land, CO), www.napa-sports.com
 14 NOV, SLP Kentucky State BP/DL (Louisville, KY) Dr. Darrell Latch, Son Light Power, 122 West Sale St., Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com, sonlightgym@verizon.net
 14 NOV, WFL Regional PL, BP & Power Sports, Greg Van Hoese, Route 1 Box 166, Roverswood, WV 26164, 304-273-3110, greg@wfpower.com
 14 NOV, Northern Virginia Raw, John James, 703-475-9885, www.northernvirginia-rwpower.com
 14 NOV, USAPL Southeastern USA Regional BP/PL (Ft. Lauderdale, FL) Robert Keller, 954-790-2249, rtk@aol.com, www.napa-sports.com
 14 NOV, Monstar of the Midwest PL/WP (Winchester, IN) Sunny Runyon, 3421 W. Armitage Rd., Muncie, IN 47302, 765-271-6257
 14-15 NOV, APF Pine Tree Open (Westbrook, ME), Matt Israelson, 207-415-2075, dynamaxlife1@aol.com
 14-15 NOV, WNPF Lifetime Drug Free International Powerlifting, SQ, BP, DL, PC Championship (Orlando, FL) Troy Ford, 770.668.4841, wnfp@aol.com, WNPF POBOX 142347, Fayetteville, GA 30214, www.wnfp.net
 14-16 NOV, WDFPF Powerlifting World Championships (England) JM-Gedney@viiu.edu
 21 NOV, (NEW DATE) USA RAW

Bench Press Federation World (Tuscola, IL) Dr. Darrell Latch, Son Light Power, 122 West Sale St., Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com, sonlightgym@verizon.net
 21 NOV, APA Michael Francis Orlando Open Raw Classic (Orlando, FL - PL, PP, BP, DL) APA, 5738 Dayton St., Zephyrhills, FL 33542, 941-626-4247, scott@apa-wpa.com, www.apa-wpa.com
 21 NOV, Grand Slam II Bench Contest (Coca Cola, Buffalo, NY) Mark J. Becht, 716-549-3952, pagetbecht@wildblue.net
 21 NOV, USAPL Stars & Stripes BP/DL (Clarks Summit, PA) Steve@purepowerlifting.com, www.purepowerlifting.com
 21 NOV, NAPA Southeastern States Regional Powerlifting, BP, PP & Power Sports Championships (Hickory, NC) Greg Van Hoese, Route 1 Box 166, Roverswood, WV 26164, 304-273-3110, greg@wfpower.com
 21 NOV, Kansas Regional, Equipped & Unequipped Powerlifting, BP, Power Sports and Push Pull, (Salina, KS) 21-22 NOV, IPA Senior National Powerlifting & Bench Press Championships (York, Barbelt Co., 3300 Board Rd., York, PA) Mark Chaillet, 717-495-9024, chaillet@yahoo.com, or Ellen Chaillet, e.chaillet@aol.com, www.ipaopen.com
 4-6 DEC, RAW United National Championships (Must Qualify), Sperto Tshontidz, 401 Highway A1A, Unit 122, Satellite Beach, FL 32937, 321-505-1194, rawunited@cf1.net
 5 DEC, NAPA Missouri Regional, Equipped & Unequipped Powerlifting, Power Sports, Push Pull, Equipped & Unequipped BP only, Power Press (Joplin, MO), www.napa-sports.com
 5 DEC, 9th Pocket Samson's Christmas BP/DL (Pine Bluff, AR) Steve Denton, MD) Glen or Chaz, 410-851-1232
 5 DEC, IPA Christmas Carriage/Cene Rychlak YMCA Bench Classic, Gene Rychlak, 143 Second Ave., Roversford, PA 19468, bench_a_grand@aol.com, www.nchklapowersystems.com
 5 DEC, USAPL Florida Senior/Master States Games 40+ Championships (BP, DL, PP - Ft. Myers, FL) Robert Keller, 954-790-2249, rtk@verizon.net, www.geocities.com/floridausapl
 5 DEC, WNPF Ironman Nationals & 12th Sarge McCray BP, DL (Bordentown, NJ) Troy Ford, 770.668.4841, wnfp@aol.com, WNPF POBOX 142347, Fayetteville, GA 30214, www.wnfp.net
 5 DEC, Arkansas Christmas Classic (Russellville, TN) Jesse Rodgers, 423-255-3672, www.southarkpowerlifting.com
 12 DEC, SLP Tennessee Christmas For Kids BP/DL/Cut (Rogers, AR) Dr. Darrell Latch, Son Light Power, 122 West Sale St., Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com, sonlightgym@verizon.net
 12 DEC, 100% Raw Christmas Classic (BP, SC - Standardsville, VA) John Shifflett, 186 Happy Hollow Rd., Ruckersville, VA 22968, shifflett@aol.com, www.standardsvillepowerlifting.blogspot.com
 5-6 DEC, AAU World PL (all divi- sions, raw equipped - Laughlin,

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deadlifting option, Bull Stewart, 206-725-7894, bullstewart@hotmail.com, Richard Schuller, 206-280-8122, rtk@aol.com
 APR 2010, USAPL 29th Collegiate National Championships (Scranton, PA) Steve@purepowerlifting.com, www.purepowerlifting.com
 18-20 JUN 2010, USAPL Men's Open & Teen/Junior Nationals (California site, TBA) Lance Slaughtera, 4437 S. Centinella Ave., Los Angeles, CA 90066, 310-995-0047
 2-7 NOV 2010, World PL, BP & DL (University of Bath, Somerset, GB) Entry to BPO no later than September 23rd, Meet Director Greg Ashford, 01373-859997, www.wfpowerlifting.com
 31 JAN 2010, USAPL 8th High School & Collegiate North East USA Regional (Scranton, PA) Steve@purepowerlifting.com, www.purepowerlifting.com
 30-31 JAN 2010, Raw Unity Meet (Tampa, FL) Eric Talmant, erictalmant@yahoo.com, www.rawunitymeet.com
 6-7 FEB 2010, WNPF Pan-American Championships (Antigua, Guatemala), wnfp@aol.com, www.usapl.net
 28 FEB 2010, WNPF 8th annual Northeastern Open BP, DL, P (Manchester, NH) Dave Hollansbee, APF President, 603-626-5489, NHBodybuilding@yahoo.com, www.AmericanPowerlifting.com
 MAR 2010, USAPL 28th Pennsylvania State (Scranton, PA) Steve@purepowerlifting.com, www.purepowerlifting.com
 MAR 6-7 2010, USAPL Washington State Powerlifting Championships (Pumwater, WA), Valley Athletic Club, full powerlifting with bench and/or

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RD, Aldershot, Hampshire, GB) Entry to BPO no later than November 22nd, Meet Director David Carter, 07770-757921, www.wfpowerlifting.com
 APR 2010, NAPA Illinois Christmas Regional, Equipped & Unequipped Powerlifting, Power Sports, Push Pull, Equipped & Unequipped BP only, Power Press (Flora, IL), www.napa-sports.com
 26 DEC, SLP The Last One! BP/DL (Tuscola, IL) Dr. Darrell Latch, Son Light Power, 122 West Sale St., Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com, sonlightgym@verizon.net
 DEC, APF/AAPF Illinois Raw Power Challenge (Willowbrook, IL) Eric Stone, 630-794-0594, thestone@chicago-powerlifting.com
 30 JAN 2010, USAPL High School & Collegiate RAW (Summit, PA) Steve@purepowerlifting.com, www.purepowerlifting.com
 31 JAN 2010, USAPL 8th High School & Collegiate North East USA Regional (Scranton, PA) Steve@purepowerlifting.com, www.purepowerlifting.com
 Meet (Tampa, FL) Eric Talmant, erictalmant@yahoo.com, www.rawunitymeet.com
 6-7 FEB 2010, WNPF Pan-American Championships (Antigua, Guatemala), wnfp@aol.com, www.usapl.net
 28 FEB 2010, WNPF 8th annual Northeastern Open BP, DL, P (Manchester, NH) Dave Hollansbee, APF President, 603-626-5489, NHBodybuilding@yahoo.com, www.AmericanPowerlifting.com
 MAR 2010, USAPL 28th Pennsylvania State (Scranton, PA) Steve@purepowerlifting.com, www.purepowerlifting.com
 MAR 6-7 2010, USAPL Washington State Powerlifting Championships (Pumwater, WA), Valley Athletic Club, full powerlifting with bench and/or

WNPF Western PA/Lifetime

Table listing WNPF Western PA/Lifetime events, including BENCH, FEMALE, and MALE categories with names and scores.

SLATER'S HARDWARE STORE MOLDS advertisement featuring a stone mold image, list of mold sizes and weights, and contact information for Slater's Hardware.

Table listing Slater's Hardware products with columns for name, weight, and price.

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28 MAR 09 - Evansville, IN

Table listing 28 MAR 09 - Evansville, IN events, including APDFP, BENCH, FEMALE, and MALE categories with names and scores.

28 APR 09 - Evansville, IN

Table listing 28 APR 09 - Evansville, IN events, including APDFP, BENCH, FEMALE, and MALE categories with names and scores.

28 APR 09 - Chicago, IL

Table listing 28 APR 09 - Chicago, IL events, including APDFP, BENCH, FEMALE, and MALE categories with names and scores.

28 APR 09 - Evansville, IN

Table listing 28 APR 09 - Evansville, IN events, including APDFP, BENCH, FEMALE, and MALE categories with names and scores.

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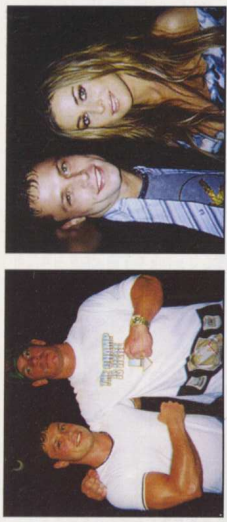
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Are you a previous member of AAPFF/AAPFF?	<input type="checkbox"/> YES <input type="checkbox"/> NO	U.S. Citizen
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(continued from page 28)



With the fit beauty Carmen Electra
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 will support him. For William, being solid and strong has been him a great tool to conquer all obstacles and challenges. For him, life is about winning by carrying all the weight, meeting all the challenges, and breaking all the barriers you can.

could ripple on the big screen soon.
 William has worked with some great celebrities, from Louise Lomma to Lorenzo Lamas. Last year he was chosen to represent the new image of the muscular and sexy Frankenstein's Monster, for a new musical theatrical version of Mary Shelley's original work presented in New York. Posters of William were seen all over the city.
 William will be at the next Arnold Show and is currently touring the country, meeting new people and introducing men and women to the benefits of Corolla.

Thump/Universal Records are featuring William's vocal talent on DJ Tony/BROC's dance set. Set album the Power UP-Lifting "BLISS".
 William spends five days a week in the gym, and divides his schedule between traveling, auditioning, and dealing with the problems that arise sometimes brings. Working out provides a great release and com-

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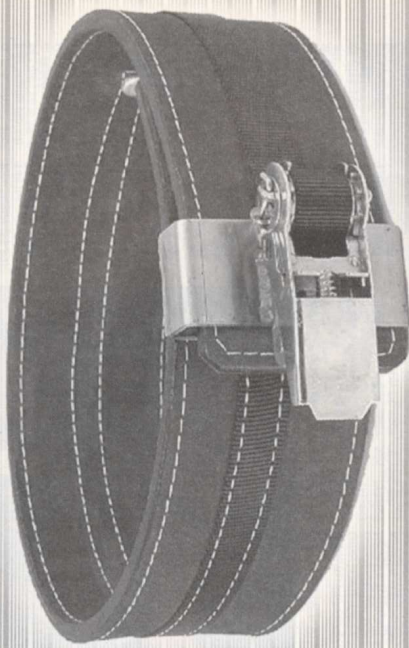
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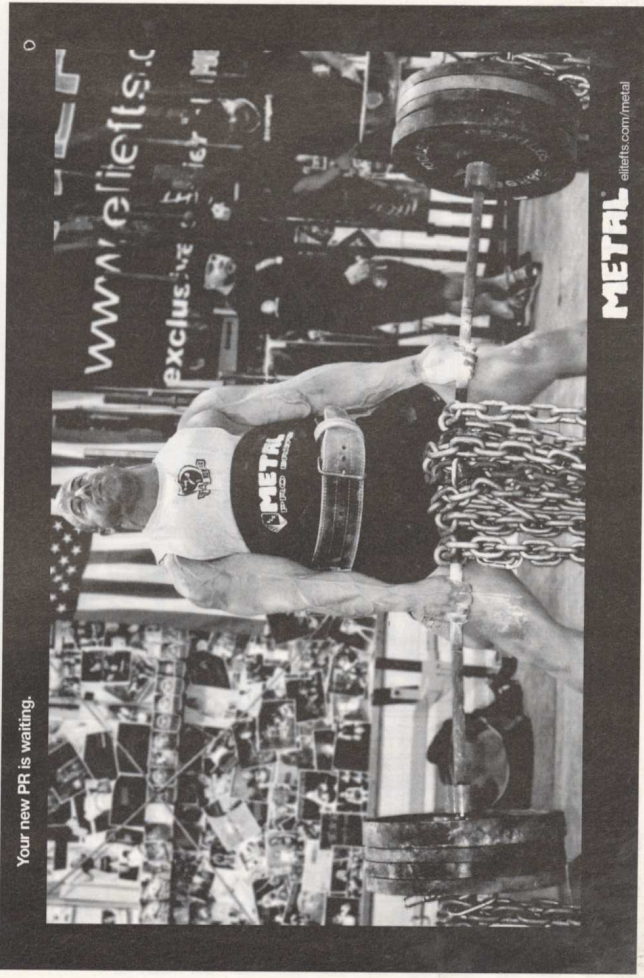
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BENCH	28 MAR 09 - Talladega, AL	H. Parker	137	77	198	413	J. Randall Partner	540	402	540	1402	220 lbs.	R. Sims	507	330	407	1245	
165 lbs.	J. Randall	148 lbs.	137	88	203	429	L. Alexander	540	402	540	1402	242 lbs.	L. Thompson	540	253	529	1322	
181 lbs.	T. Franklin	MALE	440	242	462	1146	Master II Raw	485	341	485	1311	275 lbs.	C. Hughes	529	369	562	1460	
220 lbs.	J. Holt	Master I	540	446	540	1526	R. Lynn	501	341	485	1328	220 lbs.	R. Sims	507	330	407	1245	
242 lbs.	J. Miller	220 lbs.	529	429	578	1537	Master II Raw	485	341	485	1311	242 lbs.	K. Brown	540	253	529	1322	
T. Womack	BP DL	T. Womack	314	253	358	925	Master III Raw	259	203	319	782	275 lbs.	L. Thompson	540	253	529	1322	
181 lbs.	D. Waid	Master II	462	270	451	1184	Open Raw	336	275	435	1047	220 lbs.	R. Dean	363	259	451	1074	
220 lbs.	Master I	198 lbs.	275	203	303	782	D. Blackburn	451	303	501	1256	242 lbs.	R. Dean	363	259	451	1074	
242 lbs.	P. Jones	Master III	231	132	325	688	198 lbs.	B. Rosa	225	225	639	1091	275 lbs.	W. Welch	451	270	424	1146
MALE	D. Haskew	Open	292	264	352	909	D. McLaren	225	297	451	749	220 lbs.	C. Hughes	529	369	562	1460	
165 lbs.	J. Gray	132 lbs.	578	374	562	1515	T. Starks	225	225	639	1091	242 lbs.	R. Sims	507	330	407	1245	
181 lbs.	M. Cochran	198 lbs.	292	264	352	909	J. Randall	540	451	501	1493	275 lbs.	M. Durham	413	214	440	1069	
220 lbs.	J. Gray	132 lbs.	578	374	562	1515	Special Olympic	540	451	501	1493	242 lbs.	W. Welch	451	270	424	1146	
242 lbs.	J. Gray	132 lbs.	292	264	352	909	123 lbs.	L. Moon	231	132	325	688	275 lbs.	J. Wallace	451	270	424	1146
Powerlifting	BP DL	TOT	578	374	562	1515	L. Moon	231	132	325	688	275 lbs.	R. Sims	507	330	407	1245	
MALE	BP DL	TOT	578	374	562	1515	148 lbs.	A. Hall	93	115	209	418	275 lbs.	R. Sims	507	330	407	1245
123 lbs.	S. Thompson-Rhea	110	518	352	518	1388	R. Ryan	292	170	358	821	275 lbs.	R. Sims	507	330	407	1245	
132 lbs.	132	88	319	242	435	997	M. Clime	154	126	259	540	275 lbs.	R. Sims	507	330	407	1245	
148 lbs.	132	88	319	242	435	997	M. Clime	154	126	259	540	275 lbs.	R. Sims	507	330	407	1245	
Partner	121	121	292	534	518	374	540	1432	319	242	435	997	275 lbs.	R. Sims	507	330	407	1245
181 lbs.	143	115	242	501	672	473	655	1802	132	143	192	468	275 lbs.	R. Sims	507	330	407	1245
198 lbs.	121	121	292	534	518	374	540	1432	319	242	435	997	275 lbs.	R. Sims	507	330	407	1245
Special Olympic	137	88	203	429	540	253	529	1322	114	143	192	468	275 lbs.	R. Sims	507	330	407	1245
A. Foster	137	88	203	429	540	253	529	1322	114	143	192	468	275 lbs.	R. Sims	507	330	407	1245

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(continued from page 6)
MC: Since you live so far away from Big Iron, how often do you go up there to train?

AC: I have a funny story about that. Actually, I have been traveling to Omaha for work for quite some time now, and almost every month for about six months I would consider going to BIG to train, but I didn't know a single guy there yet. One day I decided to pack my Rage X and just show up. I walked into the gym on a Monday evening. About 30 people were in shirts, it was loud, and Rick was yelling instructions. I remember just starting for a while, then Becca came up from behind me and asked me if I needed help. I simply shook my head "no" and walked out. But now I go there for one week, once a month. Omaha is part of my territory for work, which makes it convenient to come by and get Rick to work with me and help me. You know, you depend on someone like Rick. He does so much for you when you don't expect it. It's hard to not want to be there when he's there.

MC: Tell me about your gym, Society of Strength.

AC: S.O.S. started with just me and the guy who originally introduced me to the sport, Brad Johnson. We simply wanted to have our own identity. We were not creating a gym or a team, but as we did meet in Kansas City, people asked to join and we grew from that. We have 12 members now; it's great. It's a great supportive group and we are all very tight and helpful towards each other.

MC: I don't necessarily have "goals," per se, but there are certain things I need to do and want to do for myself. For one, I need to get out of the 165-pound class. In my eyes, legends are made by knocking down doors, and I've been knocking on the 165-pound door for three years now. I don't want to be that guy who has to drop weight, stay "small" and/or live in one class because that's the only way I'll be competitive. I'm coming to the 181's here soon in 2010 and hopefully will start knocking and banging with 198-pound guys here soon, too. I'll work my butt off to get there and be there. That's really my goal—to work as hard as I can and walk down bigger guys, and rise to the heavier classes and do what I do.

MC: You did seven meets last year with no down time at all. What motivated you to keep training for meet after meet?

AC: It's really just to get out there and compete. I love the thoughts and feelings behind competitions. It's awesome. If I could, I would compete monthly...but that's not likely at all. I'm also motivated by not being number one. Who doesn't want to be at the top, right? If I'm not there, then I'm huffing and puffing to be number one. I'm just very competitive by nature. But if I am there then I've got to stay there—sort of like the circle of trust; you have to keep honest to remain.

MC: Since you are on the platform so often, do you still get nervous at meets?

AC: Yes, I always get very nervous, but right before a lift I have a lot of energy that comes across me. It's a great feeling. I have no superstitions except for cereal. I like to eat cereal post-weight-in's. If I don't, I always feel it throws my eating pattern off. Other than that, right before a lift I'm really just all ears. Usually I am listening to Rick and Shaun. They always have some things for me to think about and DO. And trust me, they are never short of words.

MC: There are a lot of interesting things about you that many people may not know, for example, your nickname, Al Fachino.

AC: Good ol' Rick and his nicknames. He said I had movie star looks like Al Fachino. He meant Al Pacino, but he has a speech impediment and cannot pronounce Pacino correctly! Haha!

MC: Are there any powerlifting moments that stand out to you? Favorites watching my teammates get lifts they are chasing. I like that a lot. I loved it when Mick Mon-



He's no slouch at the Bench (photos courtesy Michele Cogger)

time highest squat at 165 pounds, with my 887-pound squat, which was done at the APF Spring Open in March of 2009.

MC: It just came out that the squats at that meet were all actually 5 kilos higher than anyone thought, due to an error in loading chart software. How does it feel to know you thought you broke a record by 5 lbs only to learn that you actually blew it out of the water?

AC: To be honest with you, it's of-fer the fact, so it really doesn't do much psychologically or emotionally for me. I haven't even thought about the confusion issue, really. I squatted 887 instead of 876, and that's the first thing and only thing I really thought of was how close I am to being to the first 165-pound lifter to squat 900.

MC: Now that you have the squat record that you were chasing, what are your goals from this point forward?

AC: I don't necessarily have "goals," per se, but there are certain things I need to do and want to do for myself. For one, I need to get out of the 165-pound class. In my eyes, legends are made by knocking down doors, and I've been knocking on the 165-pound door for three years now. I don't want to be that guy who has to drop weight, stay "small" and/or live in one class because that's the only way I'll be competitive. I'm coming to the 181's here soon in 2010 and hopefully will start knocking and banging with 198-pound guys here soon, too. I'll work my butt off to get there and be there. That's really my goal—to work as hard as I can and walk down bigger guys, and rise to the heavier classes and do what I do.

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look awkward, but get strong fast. At S.O.S., we have two guys over 40 right now who get strong quickly. It's amazing to watch them continually improve at the rates they do.

MC: At the top level of the sport, do you feel there is more camaraderie or competition among the lifters?

AC: Some people will actually not like this answer, but at the top I think there are some great individuals who love to compete and are very professional and humble about it. But there is also a lot of separation. Some guys sometimes just expect a lot for themselves and also think too much of themselves. I think some of these guys forget the purpose of sport.

MC: What are your thoughts on the current state of powerlifting?

AC: It's definitely alive, but certainly not ideal. There is not enough loyalty to the sport. AC: It has now become a convenience sport for most. Athletes basically compete when it is convenient for them and when it benefits them only—but the sport has allowed them to do it like this.

MC: There is minimal requirement now to advance and compete on the "big" stage. What I mean is, we don't have an annual system, and it has come to be in multi-ply lifting that national-level competitors are just "out-of-town meets" now; too inconvenient and too expensive for people to care. The world competition was here in the United States, and the amount of support from the top level of competitors was minimal. At first I saw this as a shame for people to not care to represent their country at an event like this, but it's not entirely their fault.

MC: It has become hard to support someone or a federation who has stabbed the athletes in the back. It has made it very hard to see a lot of these competitions as genuine events instead of simple profit-generating shows for certain individuals. People don't forget and they certainly have drive to represent what they feel is legitimate. And right now, because of the separation, it's hard to realize what is legitimate and what is not. And I won't even go into the judging aspects of this sport—because judges are not solely to blame. Lifters need to have pride and integrity for what they do. I think it's hilarious to see what some guys are content with.

MC: Do you have any advice for people who want to get started in powerlifting?

AC: Absolutely. Before getting involved, know that as you start you will need help, and therefore take it serious and ACQUIRE the help. And please, return the favor.

MC: Is there anyone you would like to thank?

AC: Without overdoing this, my wife and God are my first thanks for everything they do, have done, and will do. I have to thank my S.O.S. team for their support, friendship, and contribution. And thank you to Rick Hussey, who helped me achieve my numbers and gave me the hope and confidence to do what I have done; and for his continued friendship and contributions.

MC: Complete without a few words from two people who know Al very well. First I spoke with Shawn Frank and asked him to tell me a little bit about how he and Al became friends.

Shawn Frank: The first time I met Al was at Senior Nationals in 2006. He was warming up when I saw him dump a weight in the warm-up room and I just thought to myself, "I would hate to be that guy right now." He seemed really serious about the sport and I hate seeing people fail, so I went and gave him some pointers, and he listened and did exactly those things. The next thing I knew I saw him celebrating as he walked off the platform, I thought to myself, "Wow this kid must have broken a record or something." Then I found out he got his opener! I was happy the guy made it in the meet, but that was hilarious!

MC: Coach Rick Hussey had a few words to add as well.

Rick Hussey: I guess that by embarrassing him back at Seniors, that little bit of insult went a long way. It turned him into one of the best squatters out there. Another funny thing I remember about Al was one of his first bench workouts at Big Iron. On a bad set, the bar was headed toward his face and Al cried out like a woman! And we don't do that at Big Iron...since then he hasn't cried out again, but we still don't let him forget it.

A lot of Big Iron guys hate it when Al comes to train with us because he is so good-looking. He's a good athlete and an all-around good guy. He is very determined. I like to call him Al Capone when he is being a tough guy and Al Fachino the rest of the time.

Ever since then, I have gotten the privilege to get to know Al and now I consider him to be one of my best and closest friends. Al is a man of integrity. If he tells you he's going to do something, he will do it. He doesn't ask for any freebies or anything in return. He has his priorities in the right place and he really cares for people and how he can help make a difference in everything he does, and gives 100 percent to be the best at whatever he is doing. I like training with Al because he is a motivating guy who brings intensity to the table, and has a positive attitude that drives you to bring out the best in yourself. Plus, I really like giving him crap! He's a feisty, husky little guy! Al hasn't come close to doing the things he is capable of doing in this sport and, to be honest, I think I am as anxious for him. Al is the real FREAKIN' deal on and off the platform!

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Al Caslow with his source of "inspiration," Rick Hussey (c. Cogger)

(continued from page 10)

upper back 3 or 4 times per week. (Seated Rows, or the killer—I arm dumbbell rows.)

This program is designed for a 3 lift competition. If you don't squat I would suggest an every 5th day deadlift program.

Training Program:
4 Days Per Week

Tuesday: Bench Press, arms, back
Wednesday: Light legs (leg press and light squats, hamstring, calves and back.
Friday: Heavy bench press, arms, back
Sunday: Heavy squats and heavy deadlifts, hamstring and calves.
 Also, cardio and abs should be done at least 6 days per week.

*Note: You can do your heavy squats on Wednesday and your deadlifts on Sunday. I prefer to do both on the same day.

Deadlift Program

In the late 70s Rick Gaugler popularized a wave training program. Pete Alaniz of Titan recently told me Rick patterned this after John Kuc's program. The difference was John trained on feel and adjusted week to week based on that. Rick's was more structured—up, back off, up again. I think the structured program works best for most lifters.

The following program is a long range wave program. This can go on and on. It requires no additional work for weak points because it addresses the start and the finish.

There are really four programs. The weight on the bar does not increase, and will probably decrease. This overcomes the mental dread of continually adding weight to the bar.

Mental Aspect

Of the three lifts I feel the deadlift is mentally the most draining. Someone once said that is because the weight has no prior movement. You don't take it off uprights or

doing that. Even if you have been deadlifting on a regular basis, I would start with Phase 1.

For the first 4 weeks do your warmups and then 3 sets of 3. Start with a weight you feel you can do x3 without too much trouble. Add 10 or 15 lbs. per week for week 2, 3, and 4. For example, Week 1: 500 x3 x3; Week 2: 515 x3; Week 3: 530 x3; Week 4: 540 x3 x3.

The key to this program is building tremendous back strength over time. The 5's are work sets, enough to tax you and let you know you have worked, but not to failure. Be honest with yourself and work hard, but make sure you can complete the workout.

Week 5: 515 x3 x3; Week 6: 530 x3 x3; Week 7: 545 x3 x3; Week 8: 560 x3 x3. This can be an 8 or 12 week cycle. If 12, start week 9 with 525 or 530 x3 x3.

For the next cycle we will be doing deficit deadlifting (standing on blocks). Use 2 1/2" or 3" blocks. Perform a wave just like the previous program, but start lighter. For example: 450 x3 x3; 460 x3 x3; 470 x3 x3; 480 x3 x3. This will really improve your start and your

overall pull because you will be pulling 3 inches further. You can use this for a 4 or 8 week program.

We have now trained for between 12 and 20 weeks, and probably had a contest. The program should have the contest at the end of the 4th, 8th or 12th week, etc.

By now, some tremendous back strength is starting to be developed. The next 2 phases are the toughest. This will separate the men from the boys.

We go back to the floor, but we add bands. We use the 1/2" bands (Red or purple), and make our own attachment. The platforms (2) are 12x2x24" long with eye hooks at each end. Run the bar through the eye hooks and attach each end to the bar. Follow the same recipe here 3 x3 for 4 weeks and then a pull of a single in week 5 with bands.

The final stage is deficits with bands, again. I would only do these for 4 or 5 weeks. For this phase you might want to do just singles.

What have we done? We have trained for 6 or 8 months and should be much stronger. What we have not done is burn out by actually dropping back as we go into a new phase. We work harder, but have less weight on the bar. I think many lifters burn out by having to continually add weight, especially in the deadlift.

Think about this, we all get mentally stale on a routine. This routine is constantly evolving, the weight is constantly changing. It can be used over and over again, and continue to make progress. Remember an advanced lifter is not going to improve 100 lbs. in a year, but you can make steady progress.

I follow this program. I train the deadlift once per week. I am 63 years old, 198 lbs, and hope to pull close to 700 by the end of 2009.

Questions or comments, contact me at: bobgymor@comcast.net.

from a rack, it just sits there.

John Kuc used to almost go into a trance (Gus R. describes this very well in one of his Hawaiian write ups) before a heavy deadlift.

This is a quote from Vince Anel-lo: "The common denominator for deadlifting is the mind. A bull dog mindset. If you only hope or wish to achieve or excel you have a greater chance of failure. When approaching the bar in training as well as competition, think only of completing the lift."

I can't overstate the mental aspect of deadlifting. I am not talking about putting on a show. Your mind should think of nothing but completing the pull. Those of you who have ever seen Rickey Crain (over 700 @ 165) come out for a heavy pull know what I mean.

When my deadlifting is going well, someone could stand right in front of me and I would not know it.

You must train yourself to succeed. Everyone misses on occasion, but this should be rare. If you miss too often, your mind will expect failure and shut down when you need it most because it is accustomed to week to week based on that. Rick's was more structured—up, back off, up again. I think the structured program works best for most lifters.

The following program is a long range wave program. This can go on and on. It requires no additional work for weak points because it addresses the start and the finish.

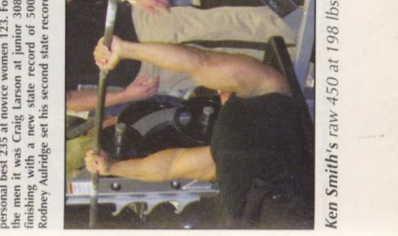
There are really four programs. The weight on the bar does not increase, and will probably decrease. This overcomes the mental dread of continually adding weight to the bar.

SLP Tennessee Open
28 Feb 09 - Bartlett, TN

BENCH	450*
CURL	Open
Master (40-44)	Open
308 lbs.	275 lbs.
R. Gardner	R. Henfling
Master (45-49)	185*
275 lbs.	275 lbs.
40-200*	
Open	FEMALE
308 lbs.	Novice
C. Stinson	560 123 lbs.
Raw	H. Bell
148 lbs.	400*
40-235*	400*
300* 308 lbs.	400*
Teen (13-15)	C. Larson
148 lbs.	Master (40-44)
R. Clark, Jr.	185* 132 lbs.
40-190*	R. Aufridge
220* 188 lbs.	400*
220 lbs.	188 lbs.
1. Crenshaw	225 198 lbs.
Junior	S. Grubb
220 lbs.	198 lbs.
C. Franklin	300
Master (40-44)	400*
172 lbs.	300
R. Aufridge	220* A. Gipson
Master (50-54)	Open
220 lbs.	275 lbs.
J. Coll	350
Open	308 lbs.
198 lbs.	R. Henfling

198 lbs. C. Stinson
 Best Lifter Powerlifting: R. Henfling
 Best Lifter Bench: Chris Stinson
 Tennessee Open Bench Press & Deadlift Championship was held at Premier Fitness to owner Ryan Snieheberger for hosting the event and to Joe Coll who helped promoting the event and to Jim Lane who helped promoting the event.

time lifter Jimmy Lane won the novice 148 with his 225. State record-holder at 13-1/2, 148, upped his record with 196. Jeremiah Crenshaw won at 16-1/2 with 225 while at junior 220 it was set at 210. Aufridge set the state record at 40-44/132 with 220. Joe Coll won at 50-54/220 with 350. This was also a state record for Kenneth Smith with the most impressive lift of the day, 450 at 40-44/220. He had some problems with his new shirt and was unable to get in his opener of 570. But with each new attempt Brian's shirt was beginning to work, and I'm sure with a little more use it will give him between 630 and 640 for his state record. This was a 300 lb. bench was won by Anthony, who at 45-49/275 suffered an injury on his way to recovery. Our final lifter, and best lifter of the day, was open 308 winner, Chris Stinson. Chris only got in his opener of 275, though he came close twice with a new state record of 560 at 40-44/275. This was a 560. It was lone competitor Randy Henfling with a new state record 200 for the open 275 class. For the deadlift event, first-time competitor Heather Bell set a new Tennessee state and personal best 235 at novice women 123, for finishing with a new state record of 500. Rodney Aufridge set his second state record



Ken Smith's raw 450 at 198 lbs.

of the day at 40-44/132 with his great 355 pull. Donnie Benbrook won at 40-44/198 with a strong 185 at 50-54/198 while his partner Andy Gipson broke the state record at 55-59/181 with his 400 final attempt. The real battle came in the open classes, with Randy Henfling winning the best lifter trophy over Chris Stinson with strong competitors, Randy Aufridge and Heather Bell. Chris Stinson with 605 at 275 while Chris finished with 545 at 308. Thanks to the staff at Premier Fitness for doing a great job loading and spotting and to Liz Henfling for taking some great pictures at the meet. A thanks also to Britany Bryant for her help with the trophies. Serving as our trophy lift. See you all again at the SLP for the annual SLP Tennessee Christmas For Kids Bench Press & Deadlift Championship. (courtesy Dr. Darrell Latch)

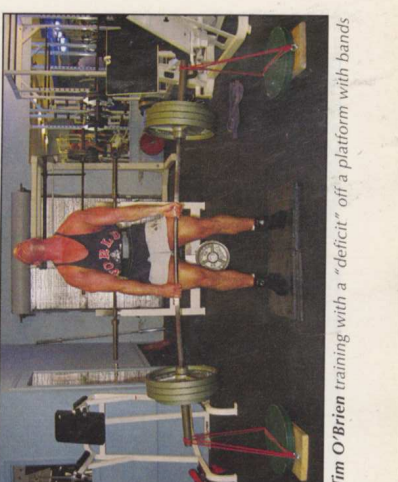
Best Lifters Chris Stinson and Randy Henfling (Darrell Latch photo)

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manipulating lean body mass and body fat. And it does this by affecting metabolic changes and altering the body's anabolic and the catabolic hormones and growth factors. But, the Anabolic Solution is more than just the best natural way to reach your powerlifting goals. By duplicating much of what people get from the use of ergogenic and body composition changing drugs, the Anabolic Solution is a safe, effective, and natural alternative to the use of these drugs.



Tim O'Brien training with a "deficit" off a platform with bands



J.D. Gaylor training without a "deficit" (photos are courtesy of J.D.)

(continued from page 12)

port for the military, the loyalty of our members and the positive comments they make concerning our meets, and the quality of lifters we are bringing to the platform for example, the April edition of the federation's magazine, "Powerlifting in the Blood," features Zack Spidel's 1915 RAW total at 308. Michael Francis' 1185 IRONMAN total at 275, and Taylor Stallings' 1160 RAW total at 181.

BF: Are you looking for meet directors?
ST: Any and all meet directors that believe in what the federation stands for and are interested in sanctioning a meet with us, can contact me at: rawunited@cfl.ir.com or 321-505-1194.

BF: What do you see as the future of Powerlifting?
ST: Powerlifting, like all sports, has changed in many ways since I first started running meets in the early 1980s, and in other ways has stayed the same. Many folks are frustrated with the number of federations in the sport, and the divisiveness it can cause. On the other hand, federation leaders like Jesse Rogers and Paul Bossi, and contest directors like Eric Tainton and Bill Beekley, put in enormous amounts of time, energy, and their own money to make the sport accessible to everyone. And, quite frankly, some of the dissent comes from those who do little for the sport. It's amazing how many 'anonymous' lifters post negative comments on Powerlifting Watch while doing nothing to initiate positive change in the sport. In the end, I believe

helps me both in the gym and at our meets.
BF: You were activated after 9/11. How old were you then?
ST: I was forty years old on September 11, 2001. Immediately following the terrorist attacks, I served in an Infantry Training Battalion. I returned to the Special Forces community once I felt comfortable with weapons and tactics (I had been out of Special Forces since 1985). When our battalion deployed to Afghanistan, I was forty-five years old.

BF: I know you can't tell us what you did in Afghanistan; in detail, how about some general info.
ST: My primary role in Operation Enduring Freedom was to serve as a Special Forces bodysuiter. Our Battalion Chaplain, "Father Jim," and I traveled to Special Forces firebases throughout Afghanistan. I was honored to serve with some of the best our country has to of-

fer, and humbled to call many of these heroes "friends."
BF: What were the conditions there?
ST: Unlike Iraq, Afghanistan has a much more rugged terrain and seasonal climate. While the summers get up to 110 degrees or so, the winters are extremely cold. **BF:** What does the future hold for Spero?
ST: My old friend and loading partner, Graham Bartholomew would always say, "When it stops being fun, we'll quit doing it." And while I'm sorer these days after running a meet, it's still a lot of fun. The friendships that I have made and the doors God has opened for our soldiers returning in the Middle East since I returned home from the war has made R.A.W. United very special.

I've also become active in the Breward Veteran's Council, and speak about my experiences in schools.
BF: Any final comments?
ST: Special thanks to Mike Lambert and Bob Gaylor for publishing this interview, to the lifters of R.A.W. United for their support and friendship, to our service men and women for their service and sacrifice, and to God for making this all possible!

BF: Spero, thank you for sharing this with us and good luck to you and your organization.



Spero coaches teenage lifters like Samantha Shores. She squatted a record lift at the 2009 Beau Moore Classic in the 12-13, 132s.

WPE World Championships
12-16 NOV 08
Wien, AUT

Table with columns for gender, name, weight, and score. Includes entries for men and women in various weight classes.

Darren Matsumoto 148 Champ

Table with columns for name, weight, and score. Lists various lifters and their performance metrics.

Leonetta Richardson - double
Best lifter winner for the USA

Table with columns for name, weight, and score. Lists lifters and their performance metrics.



Leonetta Richardson - double Best lifter winner for the USA



Sigfus Fosdall - ISI - 2300+ total

Table with columns for name, weight, and score. Lists lifters and their performance metrics.

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Advertisement for R.A.W. UNITED HOSTS FREE CONTEST. Text: 'FOR OUR MILITARY HEROES!' 'The 2009 Armed Forces Championships (fittingly scheduled for the weekend of September 11th) will be a FREE contest open to all active duty soldiers, reservists, guardsmen, and veterans (lifters must enclose a copy of their current military ID card or DD214 with their entry). The meet is dedicated to the memory of Medal of Honor recipients Gary Gordon and Randy Shughart, and will be held in Melbourne, Florida. Interested lifters can contact Spero Tshontikidis at 321-505-1194 or via email at rawunited@cfl.ir.com.'



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(continued from page 15)

their personal doctor can pick up at least some of the meds. In some circumstances, I become the sole physician and that is okay too. AR: Now we are both realistic when it comes to performance enhancement in sports and know that the large majority of professional athletes do not use them. What is your take on them? Should they be legalized for professional athletes and monitored?

AD: I will take a humble bow on this question, thank you. In the USA, there is so much controversy on this now and so much money involved, and it is obvious that Anabolic Steroids are playing a role. Who am I to say what is right and what is wrong. I just want to treat these men when they need help. One thing is for sure we are American and we like our things Supersized!!! This doesn't make us bad people, just the strongest.

AR: What are the most common performance enhancing drugs you see strength athletes using?

AD: The usual host of goodies that has been used over the last few decades in Powerlifting is still most common. This always includes a base of different types of Testosterone such as Enanthate, Cypionate, Sustanon, Proionate and the Powerlifting favorite, Sustanon. Then you have your usual additions of Deca, Anadrol, Equipoise, Trenbolone, Winstrol, Primobolan, Dianabol and others. Amazing how things have not changed much over last 20 years. The scary things I see are the mega doses that are much higher than in years past. What is also becoming more prevalent in Powerlifting is the use of Human Growth Hormone (HGH), Insulin and Clenbuterol.

AR: With some of the athletes you work with, how long have some of your veteran users been taking steroids?

AD: This is a really good question. I have some men who have been on Anabolic Steroids for over 20 straight years! Believe it or not, some of them are in good health. Now that they have me in their corner I will keep them healthy as well.

AR: What are some of the most common side effects that you see among steroid users and Powerlifters?

AD: This is another great question. We are talking about big men and big weights. This translates into dangerous levels of increased

blood pressure and dangerous metabolic states of lipids such as cholesterol. Let's not forget pre and Type II Diabetes that is also common with Powerlifters. Not to mention obstructive sleep apnea. In the end, I see enlarged hearts and congestive heart failure due to the combination of many of the above conditions that are not looked after. Not the systolic type, but early diastolic heart failure. That happens after years of use—these men are in their 30s plus and start to feel tired. When they come to me at this point then there is a lot that I do. I understand these medical conditions because of my many years of treating regular people with these cardiac conditions. I initiate a whole blood vesel protection program. And yes, I keep them on Testosterone if that is what we agree on together.

AR: What methods do you use to help keep the side effects minimized?

AD: This will depend on the specific medical issue we are dealing with. I can do anything. I usually use medications and or adjust doses and I use natural supplements. But there are times that I recommend seeing other doctors and I will call that doctor on your behalf and tell him what the medical issue is for you. The bottom line is to get you healthier and protect you. It keeps me very busy working with all these lifters, but this is what I love to do. I have even set up phlebotomy for a patient in a far away state.

AR: Now because steroid use is illegal even for personal use in the United States, many athletes resort to the black market. What is your take on this?

AD: This is not good because there is no quality control! You do not know what you are injecting into your body. I have seen horror stories that would make you cringe with fear. That is why I immediately switch a patient to real Testosterone from New Jersey. Some men have come to me for just that very reason. And their insurance actually will pay for it because we bill it as hypogonadism. That is what I do as a Doctor for all of my patients. I am in a network with most insurance companies. So labs and meds may be covered, but not my annual re-tainer. That is a one-time per year fee with me.

AR: Now with the black market comes the reality of underground product. Can you explain to the readers what underground steroids



The Anabolic Doc, Dr. O'Connor

Making Testosterone a C3 drug is really harsh. Has it helped? No, I may sound like a liberal (I'm not!), but we need more education, and a real understanding on this Anabolic Steroid issue. Maybe that's, in part, my mission as the Anabolic Doc.

AR: What is your take on more lax laws in Western countries like Canada and England where steroid use is legal for personal use compared to the U.S. where it is a felony?

AD: I did not know that was the case. You tell me, how is it going? How many men are using Anabolic Steroids and suffering with side effects of their use in your country and does anyone actually have any data on this issue? Are there drug rings in Canada like in the USA? What are we going to do with all this?

AR: I personally don't believe the hype pushed by the Bush administration on many fronts...but all the hype and propaganda showed down our throats about steroids in sports seemed to make me want to gag. What is your take on all the propaganda that is heavily pushed in the American media?

AD: I will have to take another bow, please. C'mon Anthony, I thought you liked me. Are you trying to get my ass thrown in Jail? I have to live here! Just kidding. I don't know. I'm too busy treating these men who are using Anabolic Steroids and the Feds better appreciate me. This is because I am keeping our policemen, firemen—our hero's—healthy! You know we are a crazy country with all the media b.s. What sells is great.

AR: We all know that the drug issue in America is a major problem. With crack houses on every other corner and meth labs being set up faster than Seven Eleven's, why do you think law enforcement spends their valuable time chasing professional athletes who use steroids, but otherwise are good law abiding citizens, and don't put this manpower into stopping the much crasier, is destroying society?

AD: This is a good question and I can see you are hell bent on this issue. And I don't blame you; it certainly is a waste of our resources. Remember what I said, money rules all, and our drug problem is deeply tied to the economy and our political parties. That is true. Talk to my cop in our country. At least it creates a lot of jobs! Maybe that is the answer. As for Anabolic Steroid users, I don't have the answer.

AR: I know the former administration liked to advocate that steroid users are dangerous and crazy individuals, but from the people I have known in professional sports and Powerlifting, to be more specific, I don't seem to buy this. Why do you think the government pushes this angle so hard? When we look at countries like Thailand, Egypt, Pakistan, India and other places where steroids are completely legal, and in some places you don't even need a prescription and can get them over the counter, there are none of the social problems associated with them occurring that should be happening according to the Bush propaganda. Why is this? When the last time you heard a steroid using athlete robbed an old lady for her purse to get his next fix of Testosterone or Deca? Or when

around the world, steroid use isn't even looked down upon—1% of what is occurring in the US. Personally know of athletes in countries like Egypt, Iran, Thailand and India where getting pharmaceutical grade anabolics is offered to them by the owner of the gym when they buy their gym membership. This is also done legally and without any of the

have you seen a pharmaceutical enhanced athlete of any sport hold up a liquor store so that he can buy more Growth Hormone for his next stack?

AD: Well, this is the USA. Who else has the NBA, NFL and MLB? That is your answer and a lot of people are tuned in. Other countries do not have the focus and the history that we do. Our government is trying to give people the propaganda about Anabolic Steroid use because that is what they think they want to hear. What should be happening is that we should make sure that the kids never ever do Anabolic Steroids. That is a huge problem. No one will disagree with this. And maybe we should institute Anabolic Steroid controls on our pro athletes. I mean, please do not tell me that pro body building is checking for steroids. That would piss me off.

AR: I know that in many countries around the world, steroid use isn't even looked down upon—1% of what is occurring in the US. Personally know of athletes in countries like Egypt, Iran, Thailand and India where getting pharmaceutical grade anabolics is offered to them by the owner of the gym when they buy their gym membership. This is also done legally and without any of the

social stigma that is known in the U.S. Why do you think the Bush administration loves to push that America has the most freedom of any country in the world yet a country like Iran has legalized steroid use and the U.S. doesn't? Iranian athletes can use performance enhancing drugs and get them legally without any worries and pharmaceutical grade, not underground bath tub brew, while American athletes are made to feel like criminals and then would be arrested and thrown in the pen with murderers and rapists? Does this make any sense whatsoever?

AD: This does not make sense. But again, Iran does not have the NFL or MLB and associated economies. And maybe one day we will see that there are a bunch of infertile Iranian boy's running around. At least that would be good news for my Jewish and Israeli friends!

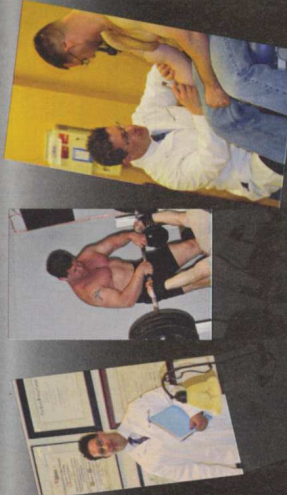
Conclusion Here we go folks. This concludes the first part of this interview with Dr. Tom O'Connor. I wanted to help you understand what the Anabolic Doc does in his care of lifters that are using performance enhancing drugs in their quest for that bigger total. As you can see, the Anabolic Doc is truly a lifter at heart, and just like me, wants the best scenario for your health and quality of life.

If you have any questions or comments feel free to reach me at: Aticcuto@NutritionXP3.com. Or check out my website at www.NutritionXP3.com.

For more information about Dr. O'Connor check out his website at: www.AnabolicDoc.com.

Thomas O'Connor, M.D.

Board Certified Internal Medicine Physician Current Connecticut APA Masters I Recordholder at 198 & 220 lbs.



... a physician specializing in the medical care of weightlifters and testosterone replacement for men

www.AnabolicDoc.com 860-523-8278

WARDL California State
21 MAR 09 - CHICO, CA

Table with columns: BENCH, Junior, Law/Fire, and DEADLIFT (MALE, FEMALE). Lists athletes like P. Presley, D. Garcia, M. Perera, and their respective weights and records.



Accomplished lifter, Leticia Rosales-Buric, set a California State and WABDL World record in the 123 pound Law/Fire 48-55 category

Rosalies-Buric set a world record 159.7 weighing only 120 lb. She has set numerous world records in the past including... Mike Womack has blasted himself up into the ranks of the 900 BP club...



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SLP Mississippi State Open

1 MAR 09 - Corinth, MS

BENCH

MALE

Ken (16-17) 350*

K. Gibson 275*

Master (40-44) 181 lbs.

T. Gray 155*

Raw (16-17) 132 lbs.

D. Parks 199*

Junior 132 lbs.

J. Jones 365*

Submaster 240-365*

S. Barnes 345*

Master (40-44) 181 lbs.

4th-350* 410*

Master (40-44) 275 lbs.

T. Gray 450*

R. Gibson 340*

Best 1st Bench: Tony Gray, The Son Light

Power Mississippi State Open Bench Press

Deadlift Curl Championship was held at Gym

24:20. Thanks to owner Phillip King for hosting

this event. This was the first Son Light Power

competition to be held in the state of Mississippi

and the first to be held in the state of Mississippi

records in their individual classes. In the raw

bench press competition it was Dustin Parks for

the win at 16-17/132, finishing with a strong

190. Joseph Jones won at junior 242 with our

biggest lift of the day, 365. This was Joseph's

first, and he finished with a 240-365.

Rob Gibson took the 40-44/275 class with 340. Our final raw lifter

matched the biggest lift of the day with his 365

final attempt at 55-59/308. Kevin Thomas, our

oldest competitor was doing well in the 350-450

class, but he was unable to lift. Kirk Gibson for

the win at 16-17/220. Kirk finished with 275,

matching his personal best. Our only other

assisted lifter, Tony Gray, won at 40-44/181

with a solid 340. Tony was awarded the best

lifter for the benchers. In the curl competition,

the 16-17/132 class was won by Phillip King

at 160. In the 40-44/181 finishing with 160. For the deadlift

event Dustin Parks showed lots of back strength

with his 365 pull at 16-17/132. Kirk Gibson won

again at 40-44/275 with a personal best 410.

Our final deadlifter was Tony Gray, who won

again at 181 lbs. In the 350-450 class, Memphis,

Tennessee, and Southern Tennessee, Northern Mississippi

area got up to sixteen inches of snow the day

before but we still have a good time. Hope to

be back again soon. Thanks to Phillip and the

other Gym 24:20 members who helped with



Best Lifter at the SLP Mississippi State competition was Tony Gray



Kirk Gibson with his state record 275 at 16-17/220 at the SLP meet in Corinth, MS (courtesy D. Latch)

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**PROMERA HEALTH ANNOUNCES
REVOLUTIONARY RESULTS IN CREATINE STUDY**

New Plasma Uptake Study at Two Major Universities Shows CON-CRET™ is Superior to All Other Creatine Products

Boston, MA, June 1, 2009 – Promera health has unveiled major findings from two leading research centers at the University of Nebraska and the University of Manitoba, demonstrating that CON-CRET, the world's first and only pure concentrated creatine, has better oral absorption, solubility and uptake into the bloodstream and muscles than any other existing creatine forms. On June 16, Dr. Donald Miller, a leading researcher on creatine supplement performance, will be presenting these remarkable findings at the World Conference of the International Society of Sports Nutritionists (ISSN) in New Orleans. This announcement is a major breakthrough in the sports nutrition industry, which has traditionally been dominated by creatine monohydrate products. Creatine monohydrate products, if dosed properly, have shown to be effective in performance enhancement (increased strength and muscle recovery), however creatines vary in performance largely based on solubility and most have undesirable side effects, such as gastrointestinal distress, bloating and dehydration, that this new form avoids. Scientists attest if the creatine isn't soluble, it won't make it into the bloodstream and therefore will not be as effective. In the past 20 years of credible scientific studies, this is the first to prove a product actually has superior plasma up-take when compared to creatine monohydrate.

"In an industry that is not regulated by the FDA, some supplement companies have been involved in shallow or 'creative' science in order to back-up product claims," said Mark Faulkner, of Vireo Systems, Inc., a company specializing in nutraceutical research and development. "Typically when such claims and 're-claims' are subjected to real scientific methods, rigorous data interpretation, and peer review, little or no evidence of improvement or efficacy is found. Contrary to that industry norm, this study reveals the legitimacy of this CON-CRET molecule and its claims."

The analysis and data compilation done by this Nebraska/Manitoba scientific study showed convincing evidence of a significant improvement in plasma uptake of a creatine product as compared to creatine monohydrate (CM). Test results revealed peak creatine plasma concentrations and area under the curve (AUC) values were significantly greater in subjects during the CON-CRET treatment phase. These assessments, done using the FDA method for determining relative bio-availability, for the CON-CRET formulation was over 60% greater than that of creatine monohydrate.

"We are thrilled with the results of this creatine study," said John Lewis, co-founder of Promera health. "It validates what we already knew—that CON-CRET is the safest, purest and most concentrated creatine on the market. We can offer world-class professional and amateur athletes a safe, legal, and highly effective alternative to steroids that provides the same results in strength, endurance and muscle recovery that they are looking for."

Promera health engaged The University of Nebraska and The University of Manitoba to conduct a full double blind, placebo-controlled, balanced cross-over plasma uptake study in order to expand the understanding of, and scientifically document the comparative performance of CON-CRET vs. creatine monohydrate (and other top selling creatines). Human volunteer subjects were specifically dosed with different forms of creatine and then tested and evaluated to measure absorption in the bloodstream. The results were clear—due to its high aqueous solubility, CON-CRET is the most readily absorbed creatine form available. This allows for significantly lower doses compared to CM. Uniquely, CON-CRET is administered through micro dosing (1/4 teaspoon per 100 lbs of body weight), much like prescription medication dosing. This allows CON-CRET to provide dramatic performance improvements (strength, endurance, and recovery) without the negative side-effects of other creatines—no blood, no stomach issues, and no water retention—just lean, strong muscle. Available in powder and capsule forms, each serving of CON-CRET is equivalent to the potency of 5-10 grams of monohydrate, and can be used every day without the need to load or cycle.

Wellness Markets, Promera health derives its name from the Latin word 'promerere,' which means 'to develop or deliver the finest products available in the sports nutrition and athletic markets. Promera health strives to develop products that positively impact the performance and wellness of its customers. That every day deserves a healthy life; as such Promera health strives to develop products that positively impact the performance and wellness of its customers. CON-CRET, the world's first and only pure concentrated creatine, is processed according to cGMP (current good manufacturing processes) as if it were regulated by the Food & Drug Administration. While such guidelines are not currently required, CON-CRET is achieving these high standards as a normal business practice. Learn more about how CON-CRET works at <http://www.con-creat.com/howitworks.asp>.

For additional information, contact: Colleen Irish, colleen@promerahealth.com, 761-8978-6817

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(continued from page 26)

he. The funniest has to be when my son Landon—who is two—had one of Chad's shirts on that says, "Some day I am going to be huge."

It was too big for him and he was running around entertaining everyone in the building. The most powerful moment would have to be my first push pull meet that I entered and won. It was the first time doing both. I didn't hit the numbers I wanted, but I still won.

CB: Do you ever scare yourself with the weights you put up?
JB: The bigger weights used to bother me a little—like when I would get up into the 800's in the gym it would scare me a little. Now that I am used to handling it, nothing really scares me anymore. I actually look forward to getting way up there and pushing myself.

JB: I train with that spot me, so if I ever need help, I know they will keep it from smashing me—they always do.

CB: What is the best advice you were ever told?
JB: The best advice came from the crew that I have now and that is to not over train. I am way better off doing less, than too much.

CB: What are your 10 biggest do's for a bigger bench?
JB: Do's for a bigger bench? First, like I said earlier, pick a shirt and stick with it—learn how to get as much out of it as possible.

Second, train lats, lats, and more lats. They are vital for several parts of the lift.

Third, hammer your triceps—lift heavy and push them. Use board presses to be able to handle more weight and get your tris able to lock out what you want to bench.

Fourth, your upper back needs to be strong—you need to be able to get set and be able to stay set under maximum weight.

Fifth, learn how to setup properly. Get as big of an arch that you can and train and learn how to stay that way through a full heavy lift. If you set up wrong and start from the wrong spot, it's that much harder to finish in the right



Visualizing success is an important part of benching successfully

Sixth, get a group, or even a guy or two to train with. Make sure they know what you should look like while benching properly and make sure they tell you if you do something wrong. If you don't know you are doing something wrong, you won't ever be able to correct it. A good group of guys around you is key.

Seventh, if you are a bench only guy, don't neglect your back and leg work. You need both of them—especially as you get higher and higher in weight. Learn how to use leg drive. You legs should be used for stability and to help drive the weight up after touching.

Most guys don't use near enough leg drive because it's not easy. It takes a while to get the feel for it and get the timing down, but it pays off huge in the end.

Ninth, don't just train the same way every week—switch it up, weekly. Mix it up from full range to using 2 and 3 board work.

And lastly, if you train often in a shirt, don't totally forget about your raw bench. You want to keep your raw strength up there and work the top end of your bench for when you get in your shirt. Don't be afraid to load that bar up and try more weight than you know you can bench. It will help get your body and CNS used to handling the heavy weights. You have to handle heavy weight if you plan on being able to bench that weight some day. Even if you can't press it back up, make sure you lower the weight and take it to the right place on the way down.

If you are in the right place on the

way down that puts you in a good spot to be able to press it back up when you are ready and able.

CB: What are your 5 biggest don't's for a bigger bench?
JB: Probably the biggest thing is just because you are benching don't forget other parts of your body—they are what help you get to a big bench. Don't neglect your legs. They are needed for stability and the all important leg drive. Don't forget your back and rear delts either. If your pecs are a lot stronger than your rear delts, that can lead to shoulder problems. And your back and lats too are some of the most important things for getting up high in your bench.

CB: What do you enjoy doing away from powerlifting?
JB: I love spending time with my family. They help relieve stress and always put me in a good mood. I like to gamble. I have gotten really good at it and it helps pay the bills with the economy in the toilet. I also love to drive either of my two cars. One is a really fast car and the other has a huge stereo system. I am always on the go and busy almost every day so it's nice to just kick back on a Sunday and me, pushing me and supporting me through everything.

CB: In closing, who would you like to thank?
JB: I would like to thank my fiancée, Holly, for helping and putting up with me in the gym a lot. I would like to thank my crew at the gym too—Chad, Scott, Ethan, and Larry—whom without I wouldn't be near as far as I am and wouldn't have the chance I do to keep putting up big numbers.

And my parents too—I got great genes from them. I was strong when I was young, even though I had no clue how to lift properly. They have always been there for me, pushing me and supporting me through everything.



Jared spending quality time with his two year old son, Landon

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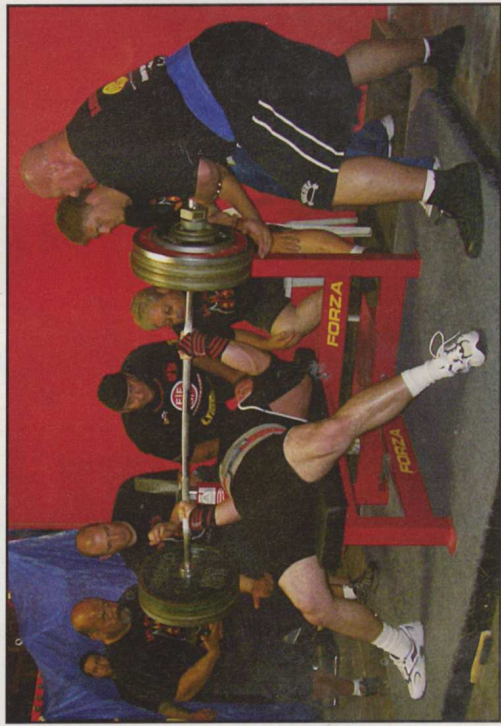
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Jared has a lot of help and support when he tries a heavy bench (photographs courtesy of Westerdal)



A SNAP IN THE FACE...might be what it takes for some lifters

can be done via mental pictures, sounds and feelings. Your performance can be analyzed via what you see, the sounds you hear (auditory) and the sensations you feel (kinesthetic). When you go through your program mentally, you create neural patterns in your brain. Since your mind can't distinguish between a visualized and actual experience, the neural patterns you create improve your physical performance. The best way to visualize would be to watch a tape of you during a performance. Use a diary at your next meet to write down all pertinent information. Keep track of your thoughts also. You need to record everything from when you arrive to when you finish lifting. What do you do prior to weight-in? What does your stretching routine and warm-up consist of? Who do you talk to? I have found visualization non-productive on the day of competition. You need to be relaxed and in a zen-like state the day of competition. Visualization is best done the weeks prior to the meet at night while you are relaxed and alone. I will discuss relaxation techniques later on which will help improve your ability to visualize. An example of me going through my bench routine might include the following: just prior to my opening attempt, I am chalking up, I tighten my wrist wraps and I remove the thumb loop. I rest my hands over my coach's shoulders. I walk to the bench staring at the bar. I lie down, tighten my belt and center myself on the bench. I set my hands on the bar, bring my forehead up to the bar, bring my head back down and set my feet. I tighten up my legs so as to drive my shoulders into the bench. I take two breaths and then on the third deep breath, the bar is handed to me. I wait for the start signal and bring the bar straight down on my chest. My body is tight and when I hear the press signal, I drive the bar straight up and wait for the rack signal.

FOCUSING: The two most essential keys to the success of an athlete are commitment and focus. Concentration is the ability to pay attention and focus on the task at hand. The goal is to keep your mind from wandering and to keep negative thoughts out. Relaxation is key to being able to focus effectively. Deep breathing through the nose is an effective and quick way to relax. When you are focused during your lifts, you are totally connected to the event while eliminating all distractions. In other words, you are "in the zone." You should practice your ability to focus throughout

the day. Simply listen to someone speaking to you. Clear your mind and concentrate on every word that is said. See for what length of time you are able to do so without your mind wandering. Attempt to focus on different sensations from different body parts. Do some body parts feel heavy while others feel relaxed? Do some feel cold while others feel warm?

Some focusing strategies include: stick with your game plan. Before you lift, you should have a well thought out game plan. You should know your opening attempts and stay with it. Don't get too far ahead of yourself. Focus on the present and don't worry about the past lift or what is ahead of you. Stay in the moment. Recall some of your previous best performances and attempt to replicate those feelings. After the competition is over, take some time to write down a post-performance analysis. Record those feelings of good and bad. Write down what you

Start with your weight-in and then have some breakfast. Return to the gym, do your warm-ups and then get ready for your lifts. Set the clock so you are simulating the real meet conditions. Have some friends judge your lifts fairly. Give yourself time between attempts and continue as best you can by duplicating meet conditions. Let's say two of your three judges give you red lights. What do you do? Do you repeat the weight or do you add weight? Do you switch suits, shirts or wraps? Make sure you record your thoughts on paper immediately following your simulated meet. How were you feeling prior to a successful lift versus a bad lift. Did you lose your focus and were you able to re-focus. It's not a bad idea to videotape the meet. This way it will be easier to go back and understand what you were doing prior to the good lift versus the bad lift.

RELAXATION: Like most athletes, lifters who are tense, anxious and stressed don't tend to perform well. Relaxation can reduce stress levels prior to competition. Any time you can reduce stresses in your life you will live a healthier life. Relaxation will lower your blood pressure and help you sleep better. There are numerous methods to help you relax. Some people like to read while others prefer to listen to music. Effective relaxation will result in a decrease in oxygen consumption, your heart rate will slow down, and your breathing will slow down and your muscles will become less tense.

Progressive relaxation is the art of progressively tensing muscles and then relaxing them. You begin at the feet and move up the body including the calves, quads, abdomen, lower back, upper back, neck, arms, shoulder and face. Autogenic relaxation is the ability to use verbal cues to relax your muscles. You again focus on specific muscle groups and indicating that the particular muscle group feels warm and heavy. Once you feel the desired sensation, you go to the next muscle group.

Imagery can also be used by having the athlete create a previous scene or memory such as being out on the beach. The athlete can bring in such things as smells, and sounds.

Relaxation should be practiced in quiet setting and should be done on a regular basis.

INNER DRIVE, MOTIVATION AND GOAL SETTING: I know from my own personal experience, although I still have the drive to get my workouts in at the gym, it is dif-

be "I" statements.

I recently read an article in the sports section of the "Cleveland Plain Dealer." It was about a local high school baseball team. The team had just won the state championship game and the 5 seniors on the team addressed their teammates. The one senior was quoted (and I will have to re-phrase) as saying "With such a young team, there is no reason you should not be back next year. You need to begin training for next year tomorrow. Remember, while some of you may be taking time off, the players on the team that finished second will be busting their butt to beat you next year." In my own fit,ness center, I see some athletes that possess the drive to excel, but not from a majority of athletes. So what do you need to do on the day of the competition. Well, you should have done your visualization the week leading up to the competition. This should help you relax prior to your lifts. Make sure that any negative thoughts are immediately dismissed by using your key word or phrase. The more you think the worse you will do. Ideally you want to be "in the zone." You want your mind to watch your body operate and basically sit back and relax. Talk, tell jokes, read, listen to music. Whatever you do, make sure you keep out any negative thoughts.

Commit to performing in practice with intensity and focus. It is important to find the appropriate intensity level whereby you perform optimally. The sport of Powerlifting is unique. The total amount of time we actually spend lifting is minimal. It is important to have a healthy mental approach, not only during competition, but also during your workouts. Remember the mind is a powerful tool.

My sports psychologist had recommended that the minute before my lifting, I should imagine that I feel energy entering my body starting at my feet and working my way up. I was to feel a coolness and tingling sensation as the energy increased. By the time I was called to the platform, I had totally re-energized.

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"KYA"...the Martial Arts technique is not always applicable to Powerlifting

(continued from page 34)

depends on private and corporate donations raised from events throughout the state. To find out more, visit www.ironmind.com. You can also get a hold of Courtney Crawford at (866) 588-1632 or e-mail her at ccrawford@ironmind.com. We want to say a special thank you to Legend Fitness for donating a bench press machine to us and then to be auctioned off at the end. Also the use of AP1 Wheel Wraps. (Wayne Stover)



Shawn Nichols won the lift for life event with 49 reps with 235 lbs in the bench press (W. Stover)

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BENCH 370
A. Kitch 370

FEMALE
Open Raw 275
Submaster (33-39) 275
R. Schoffer (40-49) 275

Open Raw 375
R. Hensler 375

165 lbs. 220 lbs.
Submaster (33-39) 235
Masters (50-59) Raw 235

MALE
K. Trausch
132 lbs. 315
K. Barber 315

135 335
M. Gagnon 350
Fresh-Soph 350

Open Raw 350
Junior-Senior 385
J. Kelly 385
J. Kell 385

123 lbs. 275
M. Alexander 275
M. Masters (50-59) 275

Open Raw 365
C. Bartolf 225

180 21 24
D. Alexander 285
T. Menser 225

185 23
Fresh-Soph Raw 450

195 40
D. Stuck 450

200 37
165 lbs. Raw 405

205 29
M. Hill 405

220 34
M. Hendel 265

225 49
R. Sincropi 455

240 24
D. Federico 205

240 24
Military Raw 535

M. Hendel 265
R. De 280

150 308 lbs.
Z. Parsons 265

C. Thomas 425

B. Howell 405

435 225
D. Bosler 435
Submaster (33-39) 435

M. Miller (40-49) 435
Masters (40-49) 435

K. Wentworth 450

Open Raw 425
Military Raw 425

Open Raw 425
J. Hentel 225

410 660
J. Pfeiffer/Milita 660

R. Gibson 965
P. Pfeiffer 660

Submaster (33-39) 745
A. Hutchison 745

Masters (40-49) 800
Masters (60+) Raw 660

R. Cumbest 675
242 lbs. 675

Open 1050
Pfeifferberger 1050

Masters (50-59) 800
D. Volaw 800

259 lbs. 500
Submaster (33-39) 1055
J. Denton 1055

Masters (40-49) 810
D. Soeder 720

IFBB Lift for Life

All Lifters Reps
B. Anderson 160 4
A. Hart 170 21
A. McPherson 180 24
W. Stover 180 24

J. Born 185 23
S. Dog 195 40
J. Wheeler 200 37
M. McCallister 205 29
M. McCallister 220 34

S. Nichols 225 49
D. Reed 240 24
S. Braden 240 24

We had a great event for the Lift for Life. It was patronized by IFBB Pro Bill Stover and his wife, IFBB Pro Athlete, Jessica Putnam. The event was held at the Rush Fitness Center in Knoxville, TN. We had some special guest there for the fun raiser for MDA (Muscular Dystrophy Association). Before the meet we had a special event for the fun raiser for MDA (Muscular Dystrophy Association) and FLEX Bikini Model Diva, IFBB Pro, and IFBB Pro, Devin James. IFBB Figure Pro and IFBB Pro Devra Jones, IFBB Figure Pro and IFBB Pro Derrius Jackson, IFBB Figure Pro and IFBB Pro, and IFBB Pro, Devin James, were there. Also we had another guest there for the fun raiser, Jen Wildstrom, who stars as Phoenix on Televisions American Gladiators. We had 14 lifters seeing how many times they could put up their body weight for reps. We weren't really sure so we were there just to have fun and bring in money for the little kids there. Shawn Nichols won the best lifter with 49 reps at 235. We really hope to have more people show up at the next meet and raise more money. It is always good to donate money to a good cause. We received no government grants and therefore

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IBP Tar Heel State Powerlifting
11 APR 09 - Winston-Salem, NC

BENCH 114 lbs. 305
J. Whilaker 85 75 145

123 lbs. 525
K. Drum 175 130 220

Open 650
K. Nason 385 200 150

MALE 148 lbs. 315
M. Rabon 315

Open 420
R. Weiss (40-44) 450 285 470

188 lbs. 430
R. Weiss (45-49) 450 285 470

Open 1205
M. Rabon 315 235 405

116c17 315 235 405

165 lbs. DEADLIFT
T. Smith 245 370 940

245 370 940

220 lbs. 48 lbs.
Intermediate (24-34) Raw 48 lbs. 315 255 370

48 lbs. 315 255 370
48b-DL-390 315 255 370

N. Nantambu 315 255 370
N. Nantambu 315 255 370

Open Raw 940
N. Nantambu 315 255 370

940 420
T. Shue 330 240 420

Teen (14-15) Raw 900 970

198 lbs. 345
B. Allison 90 100 155

100 155 345
Youth/Teen (12-13) Raw 345
Z. Carr 245 540

44b-SQ-190 245 540

FEMALE
181 lbs. 900
Novice Raw 900
D. Johnson 475 320 405

Open Raw 1295
T. Smith 475 320 405

Open Raw 1000
J. Quick 345 265 390

198+ lbs. 1000
Masters (45-49) Raw 1000

195 115 270 580
J. Woosten 210 135 310

48b-DL-315 655
Youth/Teen (12-13) Raw 48b-DL-315

M. Shagnaw 60 198 lbs. 230 470

130 110 230 470

Open Raw 1110
C. Smitley 420 260 430

175 105 235 515
Master (55-59) Raw 1110

J. Delgado 175 105 235 515

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Wolf – 'The work and research... had to be incredible.'
Crain – 'really neat.' Cardella – 'Looks great!'

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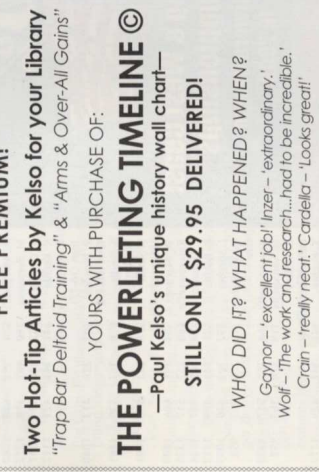
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D. Manus 275 265 365 905
Open 905
B. Hill 615 425 585 1625
Police/Fire/Military Raw 1625
B. Burke 450 315 535 1300
275 lbs. 1300
Intermediate (24-34) Raw
M. Hill 135 95 190 420
S. Metcalf 535 310 600 1445
Master (50-54) Raw 1445
J. Gauntz 325 380 455 1160
R. McMillan 605 330 550 1485
M. Brown 435 250 500 1185
C. Rabon 620 430 610 1660
C. Kabac 620 430 610 1660
308+ lbs. 1660

Open 630
J. Davis 200 140 290 630
44b-SQ-210 630

242 lbs. 2015
C. Martin 815 550 650 2015
C. Martin 815 550 650 2015
R. Hill 815 550 650 2015
Outstanding Lifter Female Master Karen White
Outstanding Lifter Male Master Chip Martin
Outstanding Lifter Men Master Rob Weiss
Outstanding Lifter Men Teen: Ben Eriinger
1st Place Team: ARMS Powerlifting Team.
2009-10. (Info from this contest provided to PL USA by Keith Payne)



Chip Martin squatting 815 on his way to an IBP Elite Total of 2015 at the Tar Heel State Powerlifting Championships (Courtesy Keith Payne)

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665 275 lbs. 680
K. Hamilton 680

R. McConnell 650
D. Pfeiffer 455
Military Raw 270
M. Noebe 165 lbs. 270

Open 640
R. Sincropi 500
Masters (40-49) 500

M. McSweeney 230
R. Sincropi 505
Masters (40-49) 470

220 lbs. 610
D. Amburgey 610
D. Parsons 890

Junior-Senior 560
Masters (40-49) 345

Open Raw 530
C. Bartolf 880
Masters (40-49) 760
T. Nugent 655
Masters (40-49) 410

410 660
J. Pfeiffer/Milita 660

R. Gibson 965
P. Pfeiffer 660

Submaster (33-39) 745
A. Hutchison 745

Masters (40-49) 800
Masters (60+) Raw 660

R. Cumbest 675
242 lbs. 675

Open 1050
Pfeifferberger 1050

Masters (50-59) 800
D. Volaw 800

259 lbs. 500
Submaster (33-39) 1055
J. Denton 1055

Masters (40-49) 810
D. Soeder 720



Tom "Duke" Rannytz @ J.C.G.

The TOP 100 Photo Page

Will you make the upcoming TOP 100 list for the SHW class? Last time we ranked the class the minimum lifts to make the ranking were 749 lbs. in the squat, 628 lbs. in the bench press, 670 lbs. in the deadlift, and 1855 lbs. in the total. Each year the minimum amounts to make the list varies a bit, often upwards, but not always. The time period for the next ranking of the SHW class will be competitions held July 2008 through June 2009 and will appear in our September 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 lift (or something off the wall, like your high school graduation photo) to PowerliftingUSA.Box467-Camarillo,CA.93011@com (we recommend a JPEG at least 200 kb in size). If you haven't seen your best lifts in results published in PL USA so 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.



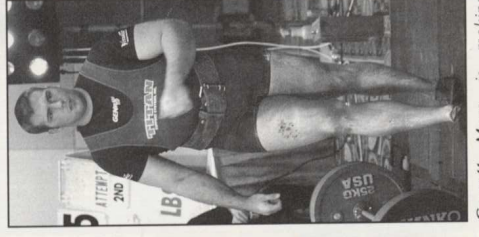
Greg Panora - King of Kings; at 242



Tom Bowman is a stalwart American Powerlifting Committee competitor



Brian Carroll - great at every movement in powerlifting



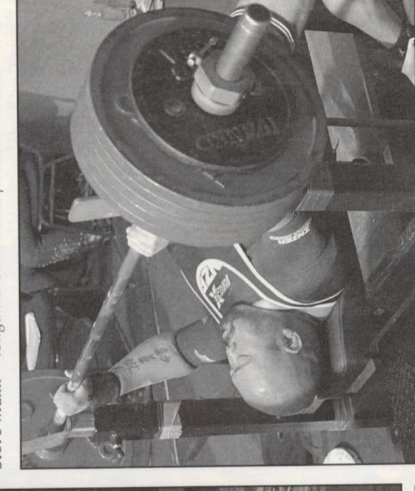
Garrett Muoro is making bounds up the deadlift ranks



Tony Acome - one of the big Iron Boys from Omaha, Nebraska



Steve Mann - longtime USAPL competitor and meet director



Frank Wakuwa is from a long line of great Hawaiian bench pressers

TOP 100

For standard 242 lb./110 kg. USA lifters in results received from APR/08 through APR/09

SQUAT	BENCH PRESS	DEADLIFT	TOTAL
1 1055 Panora, G. 8/24/08	805 Grandtack, J. 8/24/08	815 Panora, G. 12/6/08	2630 Panora, G. 12/6/08
2 1050 Carroll, C. 8/24/08	804 Heim, B. 6/1/08	810 Krocakowski, M. 8/24/08	2579 Frey, J. 1/31/09
3 1048 Heib, T. 5/4/08	803 Frey, J. 1/31/09	808 Heib, T. 5/4/08	2570 Carroll, C. 8/24/08
4 1003 Frey, J. 1/31/09	777 Prunak, J. 4/19/08	793 Harris, T. 5/26/09	2526 Frey, J. 1/31/09
5 777 Prunak, J. 4/19/08	775 Prunak, J. 4/19/08	774 Carroll, B. 6/7/08	2482 Heib, T. 5/4/08
6 775 Prunak, J. 4/19/08	774 Carroll, B. 6/7/08	773 Carroll, B. 6/7/08	2420 Hoff, D. 1/17/09
7 774 Carroll, B. 6/7/08	770 Hoff, D. 1/17/09	760 Ender, B. 9/20/08	2385 Jordan, J. 8/24/08
8 770 Hoff, D. 1/17/09	750 Kelley, B. 5/17/08	755 Grandtack, J. 6/1/08	2285 Taylor, C. 8/24/08
9 750 Kelley, B. 5/17/08	750 Taylor, C. 8/24/08	750 Harris, M. 6/7/08	2250 Redding, J. 6/15/08
10 878 Hanson, K. 4/19/08	738 Dexter, C. 6/1/08	738 Dexter, C. 6/1/08	2250 Cook, V. 6/29/08
11 875 Cook, V. 6/29/08	738 Hanson, K. 4/19/08	738 Hanson, K. 4/19/08	2210 Hahola, P. 6/26/08
12 738 Hanson, K. 4/19/08	705 Hanson, M. 4/19/08	719 Mastrom, M. 11/9/08	2200 Mastrom, M. 11/9/08
13 719 Mastrom, M. 11/9/08	705 Hanson, M. 4/19/08	705 Mastrom, M. 11/9/08	2165 Harrison, M. 4/19/08
14 705 Hanson, M. 4/19/08	705 Hanson, M. 4/19/08	705 Hanson, M. 4/19/08	2150 Duffin, C. 4/12/08
15 705 Hanson, M. 4/19/08	705 Hanson, M. 4/19/08	705 Hanson, M. 4/19/08	2150 Duffin, C. 4/12/08
16 860 Hahola, P. 6/26/08	694 Cook, V. 6/29/08	705 Hanson, M. 4/19/08	2140 Riddle, J. 6/27/08
17 860 Hahola, P. 6/26/08	683 Hunter, J. 1/15/08	722 Felt, T. 5/4/08	2135 Sprunak, J. 5/3/08
18 859 Trandy, R. 3/3/08	683 Hunter, J. 1/15/08	722 Felt, T. 5/4/08	2135 Sprunak, J. 5/3/08
19 859 Trandy, R. 3/3/08	683 Hunter, J. 1/15/08	722 Felt, T. 5/4/08	2116 Grogan, N. 6/1/08
20 855 Nutter, S. 4/27/08	683 Hunter, J. 1/15/08	722 Felt, T. 5/4/08	2116 Grogan, N. 6/1/08
21 855 Nutter, S. 4/27/08	683 Hunter, J. 1/15/08	722 Felt, T. 5/4/08	2116 Grogan, N. 6/1/08
22 854 Grogan, N. 6/1/08	672 Taylor, C. 8/24/08	722 Felt, T. 5/4/08	2116 Grogan, N. 6/1/08
23 854 Grogan, N. 6/1/08	672 Taylor, C. 8/24/08	722 Felt, T. 5/4/08	2116 Grogan, N. 6/1/08
24 854 Grogan, N. 6/1/08	672 Taylor, C. 8/24/08	722 Felt, T. 5/4/08	2116 Grogan, N. 6/1/08
25 854 Grogan, N. 6/1/08	672 Taylor, C. 8/24/08	722 Felt, T. 5/4/08	2116 Grogan, N. 6/1/08
26 848 Harris, T. 5/26/09	662 Schmitt, R. 3/28/09	710 Nutter, S. 4/27/08	2095 Neumann, A. 4/27/08
27 848 Harris, T. 5/26/09	662 Schmitt, R. 3/28/09	710 Nutter, S. 4/27/08	2095 Neumann, A. 4/27/08
28 848 Harris, T. 5/26/09	662 Schmitt, R. 3/28/09	710 Nutter, S. 4/27/08	2095 Neumann, A. 4/27/08
29 848 Harris, T. 5/26/09	662 Schmitt, R. 3/28/09	710 Nutter, S. 4/27/08	2095 Neumann, A. 4/27/08
30 848 Harris, T. 5/26/09	662 Schmitt, R. 3/28/09	710 Nutter, S. 4/27/08	2095 Neumann, A. 4/27/08
31 825 Riddle, J. 6/22/08	650 Duffin, C. 4/12/08	705 Grogan, J. 3/28/09	2050 Krocakowski, K. 8/24/08
32 825 Riddle, J. 6/22/08	650 Duffin, C. 4/12/08	705 Grogan, J. 3/28/09	2050 Krocakowski, K. 8/24/08
33 825 Riddle, J. 6/22/08	650 Duffin, C. 4/12/08	705 Grogan, J. 3/28/09	2050 Krocakowski, K. 8/24/08
34 825 Riddle, J. 6/22/08	650 Duffin, C. 4/12/08	705 Grogan, J. 3/28/09	2050 Krocakowski, K. 8/24/08
35 825 Riddle, J. 6/22/08	650 Duffin, C. 4/12/08	705 Grogan, J. 3/28/09	2050 Krocakowski, K. 8/24/08
36 810 Schmitt, R. 3/21/09	650 Duffin, C. 4/12/08	705 Grogan, J. 3/28/09	2050 Krocakowski, K. 8/24/08
37 810 Schmitt, R. 3/21/09	650 Duffin, C. 4/12/08	705 Grogan, J. 3/28/09	2050 Krocakowski, K. 8/24/08
38 810 Schmitt, R. 3/21/09	650 Duffin, C. 4/12/08	705 Grogan, J. 3/28/09	2050 Krocakowski, K. 8/24/08
39 805 Nabelian, J. 10/4/08	650 Duffin, C. 4/12/08	705 Grogan, J. 3/28/09	2050 Krocakowski, K. 8/24/08
40 804 Douglas, G. 6/15/08	650 Duffin, C. 4/12/08	705 Grogan, J. 3/28/09	2050 Krocakowski, K. 8/24/08
41 804 Douglas, G. 6/15/08	650 Duffin, C. 4/12/08	705 Grogan, J. 3/28/09	2050 Krocakowski, K. 8/24/08
42 804 Douglas, G. 6/15/08	650 Duffin, C. 4/12/08	705 Grogan, J. 3/28/09	2050 Krocakowski, K. 8/24/08
43 804 Douglas, G. 6/15/08	650 Duffin, C. 4/12/08	705 Grogan, J. 3/28/09	2050 Krocakowski, K. 8/24/08
44 804 Douglas, G. 6/15/08	650 Duffin, C. 4/12/08	705 Grogan, J. 3/28/09	2050 Krocakowski, K. 8/24/08
45 800 Hynes, M. 6/28/08	650 Duffin, C. 4/12/08	705 Grogan, J. 3/28/09	2050 Krocakowski, K. 8/24/08
46 800 Hynes, M. 6/28/08	650 Duffin, C. 4/12/08	705 Grogan, J. 3/28/09	2050 Krocakowski, K. 8/24/08
47 800 Hynes, M. 6/28/08	650 Duffin, C. 4/12/08	705 Grogan, J. 3/28/09	2050 Krocakowski, K. 8/24/08
48 800 Hynes, M. 6/28/08	650 Duffin, C. 4/12/08	705 Grogan, J. 3/28/09	2050 Krocakowski, K. 8/24/08
49 800 Hynes, M. 6/28/08	650 Duffin, C. 4/12/08	705 Grogan, J. 3/28/09	2050 Krocakowski, K. 8/24/08
50 800 Hynes, M. 6/28/08	650 Duffin, C. 4/12/08	705 Grogan, J. 3/28/09	2050 Krocakowski, K. 8/24/08

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Joe Pastore, Strength Coach, Team Citron (2005)

Kermit "Killer" Citron, 30-1-2 (27KO)

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