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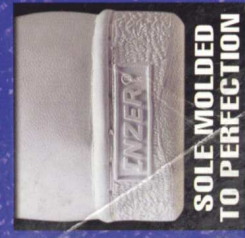
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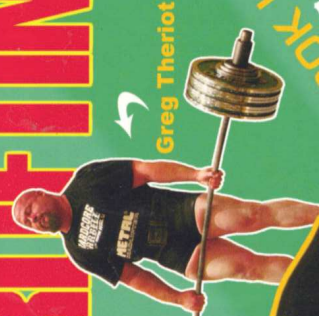
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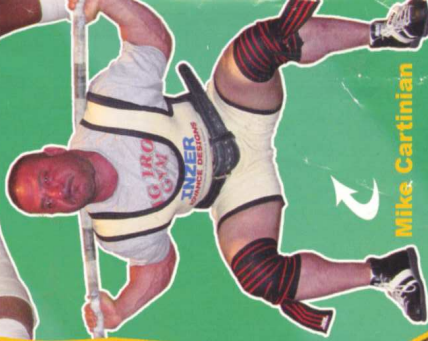
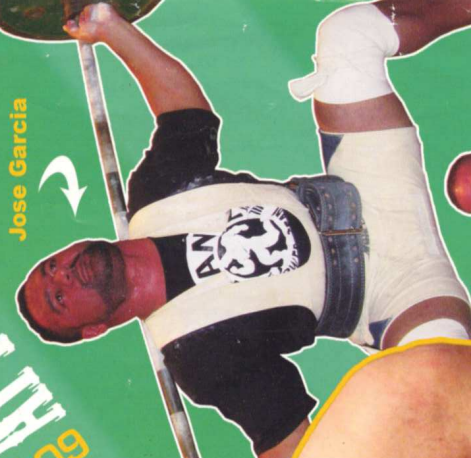


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CREATINE STUDY AT TWO MAJOR UNIVERSITIES REVEALS DRAMATIC NEW DATA IN PLASMA UP-TAKE!

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".

When the **CON-CRËT** molecule was introduced in the later part of 2007, it was a breakthrough in creatine science. For the first time, a creatine molecule was developed that was so bio-available, it allowed users to dose on body weight like a pharmaceutical compound does (no other creatine product does this) and to catalyze dramatic performance enhancement. It simply is remarkably soluble in liquids, very pure, all natural, and highly concentrated.

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).

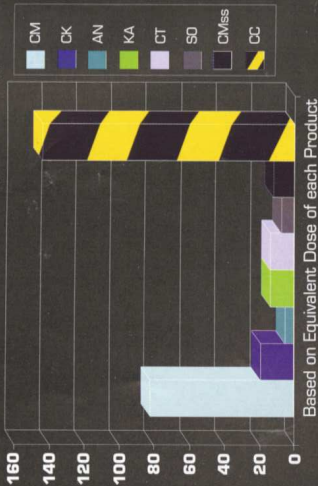
Prior to the uptake study, data from the University of Nebraska Medical Center and Vanderbilt University had already confirmed that not all creatines have the same solubility / potency.

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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 demonstrates 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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"...the most important people in the production of this publication are the many hundreds of lifters, fans, meet directors, advertisers, and administrators who have made enormous contributions to its success... through their own love for the sport...this is their magazine."

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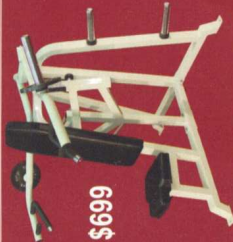
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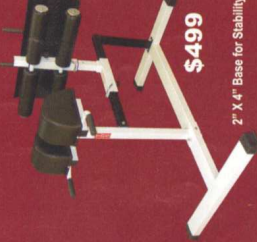
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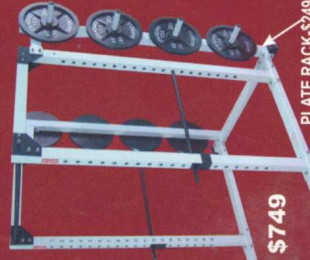
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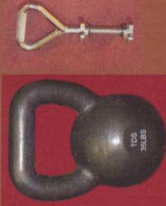


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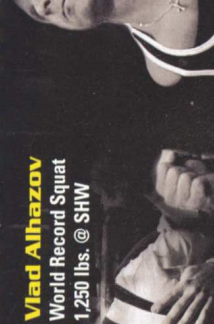
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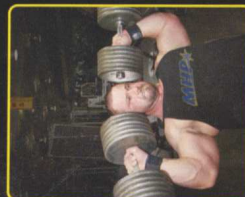
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IPF World Record Bench
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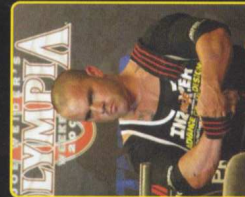
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INTERVIEW

AJ ROBERTS

interviewed by Mike Westerdal of Critical Bench



Critical Bench: AJ, when did you move to the US and what brought you over from England?

AJ Roberts: I was always into basketball growing up and dreamed of coming to the US to play in college and then hopefully the NBA. I know most of you reading this are probably like WTF, but I ended up to be a skinny little runt. I used to come over as a foreign exchange student and landed in a football town though and found out I much rather preferred hitting people than running around bouncing a ball. This is when I began lifting weights seriously and competed in my first powerlifting meet my senior year.

CB: What weight class and feeds do you compete in?
AR: I think in my first competition I lifted in the 198 class, but that was many fat rolls ago. Right now I compete as a light 308 weighing in usually between 290 and 300. I know most people would probably cut to the 275 class, but I freaking hate cutting weight with a passion.

As for federations I have tried just about every fed there is, but now compete mainly in the IPA & SPF. I don't really have a preference though. As long as it is a well run meet that is for the lifters I am happy to step on the platform.

CB: Cutting does suck. What are your best competition lifts?
AR: Right now my best competition lifts are a 1008 squat, 750 bench and a 755 deadlift. I haven't been able to put all three together in the same meet so my best total is 2430. Obviously I'd like to change that and put all my best together, but if there is one thing I have learned with this sport it is to be patient.

CB: I'm sure we'll see the tri-lecta soon. When did your lifts really take off or when did you make the most improvement? Was there one thing that you can remember that really took you to the next level or was it little by little, pound by pound the entire way?

AR: I can't really say there was a time when my lifts really took off. I was very fortunate to train with Brent Mikesell pretty much from the get-go and was lucky enough to make huge improvements year after year. Once Brent stopped training, things became much harder for me to make improvements. I went from adding 50 lbs. to my squat every meet to almost 2 years without a PR. I think this was mainly a mental thing though, as my training lifts constantly im-

helps you with powerlifting today?
AR: During my 4 years at Idaho I was fortunate enough to work with nearly every sport. I saw a lot of people waste the talent they had by thinking that alone would get them to the next level, but then you'd have the one kid who was 100% committed to doing whatever it took.

They'd be the kid who stayed late after practice, came back for extra sessions in the weight room, didn't drink, didn't party, kept their grades up, etc. These were the people who were always on the winners' platform and made it to the next level.

Unfortunately, for the amount of athletes there were, these people were few and far between. What it did teach me was that if you want something bad enough, it is there for the taking—you just have to do what no one else is willing to do.

CB: That's a great statement, "What are you willing to do?" Moving along, why would most people never make it training at Westside?

AR: I don't think most people could handle it mentally. The pressure to be the best is at its highest. Everyone in there is gunning for the number one spot and if you're not willing to give it everything you've got, then you better stay the hell away. No one gives a crap about what you got going on in your personal life or if you don't feel good that day. You're there to do one thing and one thing only, and that is to get stronger.

CB: Awesome! Check your problems at the door and train! What are the top 3 missing components of a strength program?

AR: Technique—you can have the best, freaking program out there, but if you have no clue how to perform a lift correctly then you might as well not bother showing up. I have seen people instantly add a ridiculous amount of weight to their lift just by correcting the movement pattern.

Someone to call BS on those who are slacking—Look I couldn't care less if you had a hot date that kept you out all night—when you step in the gym, you better bring your A-game. Sitting there thinking about getting strong is not going to get you anywhere.

Mind Control—This is one of the most neglected areas of any program, be it strength or anything else. If you learn to control your mind, visualize your success,

(continued on page 92)



Vlad Alhazov - Team MHP Member
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There are countless ways of achieving greatness, but any road to achieving one's maximum potential must be built on a bedrock of respect for the individual, a commitment to excellence, and a rejection of mediocrity.
— Buck Rodgers

DR. JUDD

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

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.

James Hollywood Henderson

I have been around world class athletes my entire life, and I can tell unequivocally that James Hollywood Henderson is one of the greatest all around athletes I ever met. The guy could play just about any sport at an elite level...football, baseball, basketball, wrestling, powerlifting, Olympic lifting, tennis, golf, even volleyball. He seemed to possess general motor ability. Believe it or not, he would peddle around town on a unicycle. He was just totally gifted as an athlete.

I was James's strength coach when he played football at Albany State University. I'm not exaggerating when I tell you the guy was absolutely awesome. At 6'5", 347 pounds, he could run like the wind. He wasn't just fast either; he was lightning fast...like a big cat. And boy could he hit. You talk about pure brute strength...there was no one like him. I'm telling you if he hit you on the top of your head, you would be eating through your fly for a month.

It wasn't just his physical size though that made him great. He had a real nasty attitude when it came to football. I mean that in a positive way. He was an emotional predator whose attitude suggested carnage and savage brutality on the field. He looked and acted as if he owned the world and was about to remove the entire population from the premises. He had a presence that suggested he belonged anywhere he wanted to belong, even if it was in somebody else's living room with their girlfriend. The impression he gave was "this is my world I'm just letting you reside in for the time being." That's ATTITUDE!

More importantly, though, he was totally committed to excellence. I don't know of anyone who worked harder or who was more committed to a single purpose than James was. He demanded maximum effort from himself and his teammates. When you went up against James, it was to the death...he would never quit...never



James Henderson demonstrating his massive strength

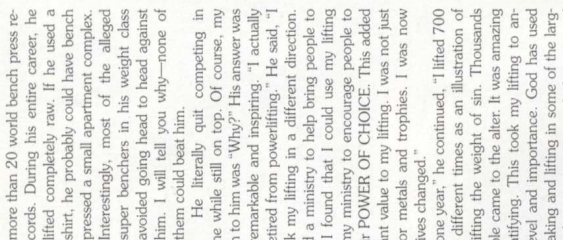
more than 20 world bench press records. During his entire career, he lifted completely raw. If he used a shirt, he probably could have bench pressed a small apartment complex. Interestingly, most of the alleged super benchers in his weight class avoided going head to head against him. I will tell you why—none of them could beat him.

He literally quit competing in his prime while still on top. Of course, my question to him was "Why?" His answer was rather remarkable and inspiring. "I actually never retired from powerlifting." He said, "I just took my lifting in a different direction. I started a ministry to help bring people to Christ. I found that I could use my lifting within my ministry to encourage people to use their POWER OF CHOICE. This added significant value to my lifting. I was not just lifting for metals and trophies. I was now seeing lives changed."

"In one year," he continued, "I lifted 700 lbs. 46 different times as an illustration of Christ lifting the weight of sin. Thousands of people came to the altar. It was amazing and gratifying. This took my lifting to another level and importance. God has used my speaking and lifting in some of the largest churches, prisons, juvenile homes, and in corporate America. High school, college, and professional athletes have all been a part of my audiences. I have discovered that being a man of God, the first man in history to lift over 700 lbs. without the aid of drugs or special equipment and being a five time world champion can give a person a solid foundation to speak from. So you see, powerlifting is something that I could never retire from because it is way of life for me."

Eventually, he joined the Power Team—a group of world-class athletes who use their talents to spread the gospel and inspire people around the world to make positive changes in their lives. While on the Power Team, he was one of the leading characters on a television show called The Power Connection, which aired for six years on TBN. He even made a guest appearance on Texas Walker Ranger with Chuck Norris. Today, he has a weekly radio program on AM WMCU 1080 called "More Than Just Winning." He currently travels about 40 weeks out of a year encouraging people to use their POWER OF CHOICE! You can contact his ministry by going to www.bigjimhenderson.com.

One thing is for sure, he has not lost any confidence since his departure from competitive lifting. "If you or any one else would ask me, 'How much can you lift now?'" I would say whatever it takes to win. I don't mean that in a condescending way. In powerlifting, I learned how to be a champion. I learned how to win. In the IPF, I had to follow precise rules to win. I believe that every one has the ability to be a champion in their own field...a champion father, a champion mother or field...a champion person. God made us all to win. All we have to do is apply ourselves. However, as for me, I will do whatever it takes to win!" That is why he is JAMES "HOLLYWOOD" HENDERSON!



Joe Mazza
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There are three methods of strength training:

- **Maximal effort method:** lifting a maximal load against a maximal resistance.
- **Repetition method:** lifting a non-maximal load to failure; during the final repetitions, the muscles develop a maximum force possible in a fatigued state.
- **Dynamic effort:** lifting a non-maximal load with maximal speed. (See: Science and Practice of Strength Training, V. Zatsiorsky.)

The max effort method is superior to the other common methods. It improves intramuscular and intramuscular coordination because the body will adapt to only the stimulus placed upon it. The max effort method will produce the greatest strength gains. While it is not uncommon to suffer fatigue, high blood pressure at rest, anxiety, and depression from using this method, it is the most popular among top athletes and lifters. It should not be used for small exercises, but for the clean, snatch, squat, bench, and deadlift.

The old Soviet Union used it and Westside uses it for special exercises such as good mornings, box squats, rack pulls, and many forms of squatting. Because the body muscular system and the CNS adapt quickly, we do a new exercise each week to avoid accommodation. The core exercises must be close in biochemical parameters to the classical lifts, power or Olympic.

Doctor Squat said it best, "If light weights make you strong, why not lift just light weights?" Of course, we know he was right, and that's why the max effort method works best.

Hill determined that the speed of movement is dependent on maximum muscular strength. Did you hear that, football strength coaches? Physics states that maximum force is attained when velocity is small. Consequently, maximum velocity is attained when external resistance is near zero (Theory and Practice of Physical Culture). Why do I bring this up? Do you want to be faster and stronger?

A study in Strength and Power in Sport by P. Komi showed the greatest weightlifters in the world lifted the heaviest weights the slowest. This simply shows it is better to have a high level of strength over speed. I have been using this system at Westside since 1983. I started talking about the books I was learn-

leading to different body types and ethnic groups to choose from. This means they used a lot of exercises to develop their lifters' shortcomings. Sounds just like Westside.

In the book Strength and Power in Sport by P. Komi, A. Vorobyev states that the Soviet team would do 20,000 lifts, classical and special combined, per year. Of those, 600 were maximal lifts (new records). The lifters were chosen after a three-year preparatory phase of base work was performed to ensure they were suited to handle the work loads, physical and psychologically. This is known as the "rule of three." The Soviet weightlifters were more diversified than their Bulgarian counterparts.

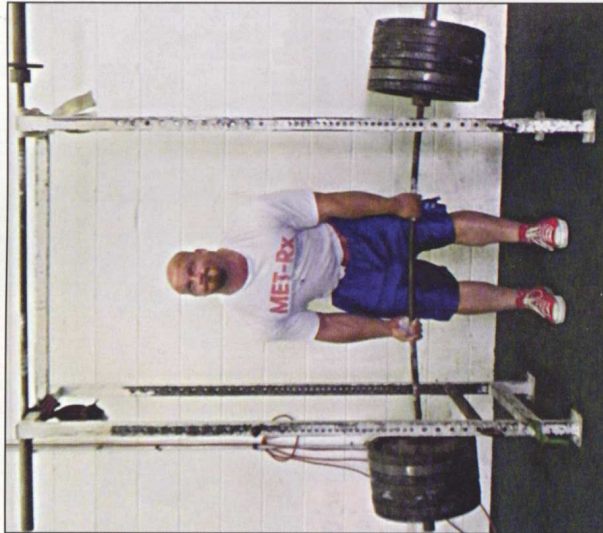
While the Soviet team was tremendous, the Bulgarian team was amazing, under coach Ivan Abadjiev. The Bulgarian team would choose only model weightlifters, meaning they fit the height and weight index. Bulgaria is about the size of Ohio. Both the junior and senior national teams trained together under a few coaches led tightly by Abadjiev. It was his way or no way. If a lifter could not handle the stress of constantly using max or near-max lifts, they were replaced, whereas the Soviet team did two workouts a day, which were composed of pulls, good mornings, and squats.

Westside also trains two times a day; the difference is the second workout, which is directed toward a specific body part and abs or triceps, traps, and ham-mer curls. The Bulgarian coach, Abadjiev, chose to limit the training to six lifts: power snatch, snatch, power clean, clean and jerk, and front and back squat. After warming up they would do 6 max singles in the power snatch or snatch. This was done in 45 minutes to keep testosterone levels as high as possible. Then, they took a 30-minute rest and then did power clean and jerks, clean and jerks, or front or back squats. This amounts to 18 near-max lifts that are done every day, one in the morning session, again in the afternoon, and the third one in the evening. This added up to 18 near-max lifts in one day. The pulls and squats were trained this way all the time. Remember, they were very select in choosing the lifters who could handle the stress of training like this 6 days a week plus

(continued on page 108)

WESTSIDE TRAINING

MAX EFFORT METHOD as told to PL USA by Louie Simmons



Luke Edwards trains according to Westside principles (courtesy Doris Simmons)

- 49.5% of the lifts are from 75% to 85%

Remember, this is based on Olympic lifts, which are much faster than powerlifts. While max force production occurs at 4 tenths of a second, you must maintain it until the lift is complete. As mentioned, 85% of a one-rep max is used the most, so we try to wave from 75% to 85% in three-week waves. Only 23.4% of the lifts are performed at 70% or below of a one-rep max.

These statistics were based on 780 highly qualified weightlifters. The study was done by A. D. Ermakov and N. S. Atanasov in 1975. The Westside max effort method is a combination of the Bulgarian system, the former Soviet Union system, and my 43 years of powerlifting with over 85 Elite powerlifters. There are all body types in powerlifting, as you well know. The Soviet Union was very vast geographically,

ing from by Bkd Charniga, who had translated them from Russian. Many have read some of the books, but have not considered the number of lifts, or the percentages that are determined with the Olympic lifts. This will not work with the power lifts.

Olympic lifts have a bar speed of 1.2 to 1.4 meters per second (m/s) in the first pull. A second pull of 2.2 m/s can be attained. Top powerlifters are 0.5 to 0.7 m/s. Olympic lifting is primarily a speed strength sport. The time under tension is brief. The powerlifts are quite a different story. It is a strength speed or slow strength sport. This means the training percentages would be somewhat higher. Even Olympic lifts are seldom less than 70% of a one-rep max.

Statistics that showed the breakdown of Olympic lifts by percents of a one-rep max showed the distributions of loads as follows:

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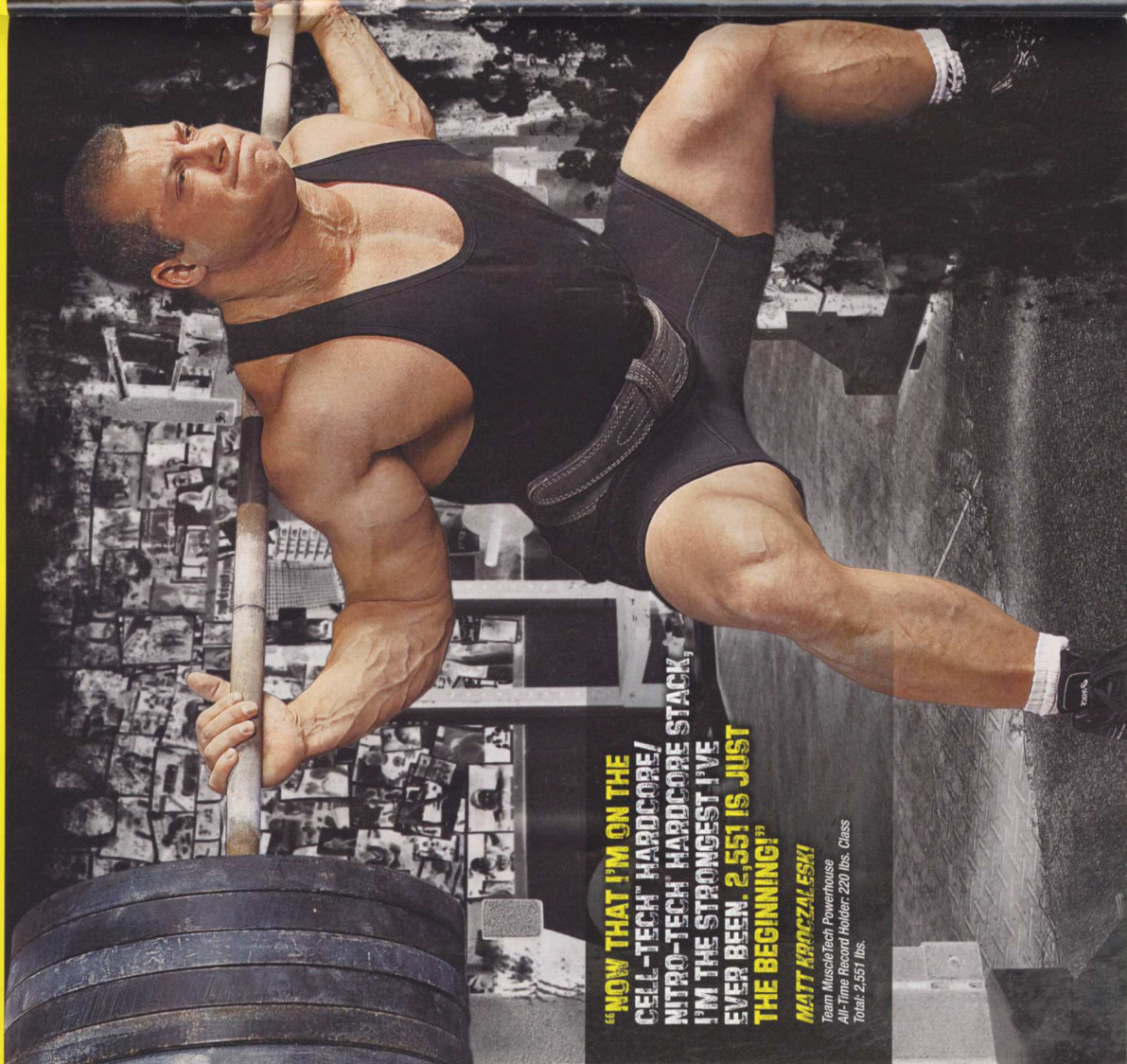
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-  BOSS

Read the label before use. In an 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. © 2005.

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.



Dr. Tom O'Connor and patient with the May 2009 issue of PI USA

Part II
Hey Power Nutrition fans, do I have some interesting info for you this month or what? You better believe it because I am back with another installment of the Anabolic Doc. Last month, I introduced you to Dr. Tom O'Connor who is a physician and a fellow powerlifter. His practice is based around preserving the health and well-being of all our brothers in iron, but more specifically those athletes that decided to use performance enhancing drugs to improve their total. I know this is a very controversial topic right now, especially in the United States with all the top pro athletes admitting to anabolic steroid use in the media. But hey, I like to not only entertain you, but inform you as well. The Anabolic Doc is going to answer several different questions in this issue especially pertaining to the powerlifter's health. I hate to say this, but powerlifters as a group are some of the unhealthiest athletes of any sport. That is why I am dedicated to my column and my athletes to make this change. This is also the same reason why the Anabolic Doc has now dedicated himself to working with strength athletes and making sure that they are in tip top health. If you are ready for me to ask some truly no holds barred interview questions that will shock you, then keep reading for an exciting and informative issue.

Anthony Ricciuto: Insulin resistance is a major problem with powerlifters. I have worked with hundreds of powerlifters over the last decade and a half and I can say without a doubt that the large majority do suffer from this condition. Can you expand on what this condition entails and what it can lead to?

Anabolic Doc: You are right! This is one of the "big three" metabolic issues that I deal with among my "big" men. Insulin resistance is the mechanism behind Diabetes Mellitus Type 2. This is when a person's own insulin production is failing to keep glucose levels within normal limits. It is a very complicated concept relating to fat tissue in one's abdomen and genes and is beyond the scope of this interview. The bad news is that when a patient is in the pre-diabetic or already suffers from the disease, the risk of suffering a heart attack or a stroke is significantly elevated! The other two metabolic issues I deal with every day in my special powerlifting patient population are hypertension and abnormalities in cholesterol.

AR: Well Doc, you really hit the

rod. Although I will not say any names, some of the greatest lifters don't really abuse steroids at all. Of course, they use some drugs, but I am amazed at the variation of drug use and dose. Obviously, the least amount of drugs a man can use the better off he is. The reason for this is because I see less cardiovascular issues in these men compared to other more "abusive" patient/lifters. One thing I will say is that compared to bodybuilders, I do not see powerlifters using HGH and Insulin. This is a good thing, because HGH really does not make you strong, unless you take huge doses and you will pay in many ways for that. And the Insulin use thing is probably the most stupid thing I have seen over the past 20 years! I mean, a little Test is okay, but Insulin? Are you a diabetic or what? Some of the things I have seen people do are simply unreal.

AR: You know what, Doc, I do have to agree with you on that as well. Powerlifters do tend to stick with the basic testosterone derivatives and other harder androgens like Anadrol, D-bol and Halotestin to increase their strength. I also have not seen much GH use or Insulin. I think this is so popular with bodybuilders instead of powerlifters because they are more after Hyperplasia than the simpler Hypertrophy. The amounts of Insulin and GH that some pro bodybuilders use at the top level would truly blow your mind! Hypertension is another problem seen with many lifters as well. Can you explain to the readers why monitoring this is so important for long term health?

AD: Of all the medical issues I deal with day-to-day, hypertension is, without a doubt, the most serious! It is not uncommon for a new patient of mine to walk into my clinic with a reading of 180/110. If these lifters understood how dangerous this is for their health they would know how crazy it really is. This one issue alone will place a man at a very high risk for stroke and congestive heart failure for sure. Not to mention heart attack, erectile dysfunction and peripheral vascular disease. I will immediately start a man on a blood pressure medication that day! And he will feel better right off the bat. For all the powerlifters that are worried that it will bring down their strength, don't fret. NO, IT WILL, NOT MAKE YOU WEAK! The high blood pressure will bring you to your knees. That is 100% for sure. Whatever

you guys do, please do to your doctor and check your blood pressure. And if it is not less than 130/85 please do something about it! A good internist who is up to date will know one of several medications that will bring the blood pressure down. Plus, if they know what they are doing it will not leave you tired and with erectile dysfunction. Knowing how to do this is probably my best quality as a doctor, caring for lifters who use drugs.

AR: Do you think the fact that to-day's powerlifting gear is so tight and a total different caliber than that used a decade or more ago may be contributing to this problem?

AD: Boy, can you imagine the systolic blood pressure (SBP) at the bottom of a 1000 lb. squat! Before medical school, when I was working on my Masters in Exercise Physiology, I read literature that stated that heavy lifting was associated with SBP's of over 300mm/hg, which is unreal, but it does show you how durable the body can be. On that note, one very real risk for all lifters is the rupture of a cerebral aneurysm, also known as AV malformation. You may think this is not common, but this does happen. Some sports medicine physicians feel that any man/woman, who would all be screened for this issue and I agree. Listen to me on this please, if you have symptoms of headaches and dizzy spells during lifting, do see a doctor. It could just be something benign, but you may be either a neurosurgeon or a vascular surgeon. Please be careful!

AR: I see many lifters getting nose bleeds and even a few bleeding from their eyes. What is going on here with this?

AD: Oh my goodness, are you for real?! I have not seen this and even I have had myself at the nose site do not tell the local medical board—they will revoke my MD! Bottom line is again the lifter's blood pressure is way too high. It is not uncommon to see nose bleeds, but the eye? Wow, I have never seen this, but it is secondary to the very tight, lifting gear and the high internal pressures that are generated with lifting such heavy weights. I guess if you don't pop out your eye or have a stroke, you are ok. All I can say to this is wow. It makes you wonder where we are headed in our crazy sport, but I do love power and it is sick-me. Someone can you please call me a doctor. LOL.

AR: I know the nose bleeds aren't that scary, but blood spurring out of the eyes is definitely something to worry about for sure. I have seen this a couple times on video clips on the internet so if you look around I am sure you will find them. I guess the gear keeps getting tighter and tighter, the weight being lifted is also getting heavier and heavier as well. Another complaint I have seen with lifters is that they get edema in their lower legs. Can you expand on what is causing this and what can be done to help reverse this?

AD: Another hemodynamic issue. See Anthony, I told you it's all about the heart! Lower extremity edema is a good work up medically and it starts with the heart. The first thing you want to rule out is congestive heart failure as this is the most important. Next it would be important to check vascular flow as well. You know big men are big and tall, so what this equates to is that the venous pressure at the ankle can be quite high. What this is can be referred to as "dependent edema" and in most cases this is most likely what is taking place. This is not pathological and simply means that the lifter should elevate his legs throughout the day, and wear compression stockings (good luck having your big man wear an old lady stocking, but it does help). If all the medical issues have been ruled out by your doctor then don't worry about it. For most of these active young lifters they are at high risk for developing heart disease with their untreated hypertension without a doubt. Let's not forget the pre and frank diabetes as well as the cholesterol problems too. They will not manifest with actual congestive heart failure when I see them and that

is the good news! The most important thing is to get to a doctor that knows what he is doing and treats lifters. There is time to treat the underlying issues and derail the train of suffering and disease. A proper diet and sodium intake can also play a major role so don't ignore these important aspects. In some cases, the venous pressure is elevated too high and for too long and the lifter will develop "chronic venous insufficiency." When varicose veins that very characteristically leave brown staining around the ankles. At this point, more studies are needed, but when I see this in one lower limb only, DVT or in layman's terms blood clot needs to be considered! Remember, studies have linked anabolic steroid use to DVT. I have diagnosed many lifters with this and have saved their lives by starting anticoagulation (Coumadin or Lovenox—blood thinning agents) right away to help fix this problem. The mechanism behind this may relate to elevated estrogen levels, believe it or not! We do see this problem with anabolic steroid use in many lifters. That is why I manage all of my patients on testosterone therapy, with routine estrogen labs checks. Now I do this for lifters and middle aged executives that I have on testosterone replacement. And so far I have not reported DVT in 4 years of private practice!

AR: Metabolic syndrome is something that you talked about earlier about a woman who used anabolic steroids to cause a change in her sex. She grew a beard, looked like a guy, built some muscles, and basically lived the life of a man. The only thing is that he or she—whatever you want to classify him as—looked the part as a full male, but had female genitalia. The interesting thing about this was that she decided with her lesbian partner to have a child. So she got artificially inseminated and got pregnant. The really freaky thing about this was that it looked like a man with a full beard and everything, but was pregnant. Now the thing that I wanted to touch on was that her doctor legally—yes, I repeat, legally—gave her testosterone—yes, anabolic steroids—to help make this half male transformation. So my question to you is how is it fair that a woman can legally get prescribed testosterone to cause a half so called gender transformation, but a lifter wanting to get the same drug testosterone can-



The Anabolic Doc is a dedicated powerlifter who loves to lift big

person. And if this syndrome is not treated as I stated before, it is a great risk for heart attack, stroke, and congestive heart failure. For all the men out there and the wives and girlfriends that love them, it can also lead to erectile dysfunction. I will talk about this much more in depth later on. Look around our country and you will see this syndrome on every corner and getting worse by the day. In the big lifter population—220 lb. guys and above—I would imagine the prevalence of this disease is close to 100%! Don't forget the contribution of anabolic steroids to this disease state too. Oh boy!

AR: I recently saw a program on TV that was quite interesting. It was about a woman who used anabolic steroids to cause a change in her sex. She grew a beard, looked like a guy, built some muscles, and basically lived the life of a man. The only thing is that he or she—whatever you want to classify him as—looked the part as a full male, but had female genitalia. The interesting thing about this was that she decided with her lesbian partner to have a child. So she got artificially inseminated and got pregnant. The really freaky thing about this was that it looked like a man with a full beard and everything, but was pregnant. Now the thing that I wanted to touch on was that her doctor legally—yes, I repeat, legally—gave her testosterone—yes, anabolic steroids—to help make this half male transformation. So my question to you is how is it fair that a woman can legally get prescribed testosterone to cause a half so called gender transformation, but a lifter wanting to get the same drug testosterone can-

(continued on page 85)



The Doc with his many degrees

I've always been the first one to admit I was not smart enough to know the best rep scheme for the powerlifter. Sets of 5's, 3's or singles are all good choices, but I feel the lifter can cover all his bases and get best results if he works with varying rep schemes over the training year. This training philosophy does not allow your body to adapt to the stimulus. It keeps your muscles off balance, forcing them constantly to grow to survive. My training philosophy is based on varying your work set reps every 3-4 weeks. For example, perform 12 rep work sets for 3-4 weeks, then drop to 10's for 3-4 weeks, then to 8's, 5's, 3's, then finally singles to prepare for the contest.

However, most suggested rep schemes have focused on the 3 powerlifts themselves, but what about assistance work like presses, curls, rows, etc.? Do you follow the same scheme on your assistance work as you are using for the 3 powerlifts? That is if you are doing 5's in the bench, do you do 5's on overhead presses? If you're doing singles in the deadlift, do you do singles on curls? Or do we follow a completely different rep scheme?

STARTIN' OUT

ASSISTANCE EXERCISE REPS as told to Powerlifting USA by Doug Daniels

Notice the assistance reps were given in ranges. This gives a lifter flexibility to closely mimic the same rep scheme for all your lifts with the reps on assistance a tad higher. You can also vary the reps per 3-4 week period by using 10s one week and 12s the next while you are doing 10 reps on the powerlifts and so on. I do not think you should go to less than 5 reps in assistance exercise on assistance. As before, vary your work set reps every 3-4 weeks. See the chart below for guidelines.

Work Reps:	Work Reps:
Powerlifts	Assistance
12	12-15
10	10-12
8	8-12
5	5-10
3	5-8
1	No assistance work

of the assistance as you do on the powerlifts, especially if you are exercising a body part or muscle group that you have just already worked. For example, if you had just finished benching, you do not need to do more than a 1-2 warm-up sets on tricep work such as close grips or tricep pressdowns. Back work is a little different as the lats and biceps are not directly worked or warmed up by the deadlift work preceding it. Perform just enough warm-up work to get accustomed to the feel and range of movement of the assistance exercise.

I cannot stress enough that the purpose of assistance exercise is to improve your powerlifts. They are not an end unto themselves. At the contest no one cares how much you can curl or upright row. Your strength is measured on the platform. In summary, I believe there is no best rep scheme (or at least I'm not smart enough to know of one). Cover all your bases and add variety to your routine by varying reps on both your powerlifts and assistance work during your training cycle.

(Below) Mike MacDonald doing assistance work for his BP



Mr. Dutta was in the upper berth sleeper on the all night train to Delhi. He is familiar with the sleeper berth where he spends countless nights on his way to numerous Indian Powerlifting competitions. Mr. Dutta's train arrived in Delhi in the early AM. As usual, a delegation is there to meet him. He is greeted by the traditional garlands of flowers and then a waiting car whisks him away to Gurgaon, again. There he is busy putting the final touches on India's Open Men and Women's National Bench Press Championships.

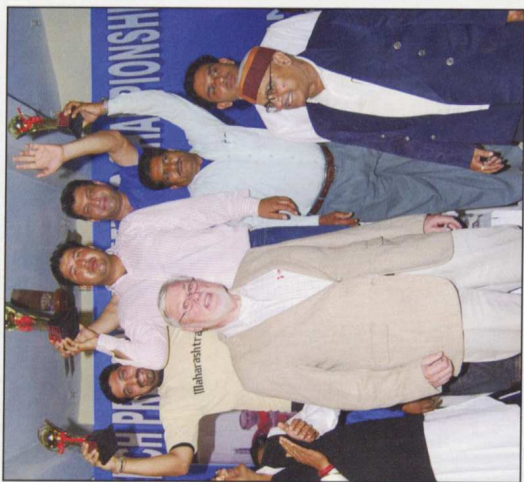
Each hour gets busier as the meet draws closer. Mr. Dutta is meeting Indian Bench Press athletes, ensuring that they all have their rooms ready. He has FREE rooms. As always Mr. Dutta created an onsite kitchen that will serve meals from early AM until late into the night so all the 300 plus participants will eat as much and as often as they like. Again, Mr. Dutta arranged these meals Free of Charge for all the participants. Leading up to all the championships, large press conferences are held. Reporters of the many local papers and TV stations are on hand for these Press conferences. The night before the championships the papers have banners reading "Indian Bench Press athletes vie for place on Luxembourg World team!"

It seems Mr. Dutta never rests for the days leading up to the championships. By early in the morning of the event Mr. Dutta has made sure all is in place. By the time we arrive everything is ready and on time! The competition is held in a theatre style building. Outside, covering the front of the building is a huge colorful banner proclaiming the "INDIAN NATIONAL OPEN BENCH PRESS CHAMPIONSHIPS." Excitement surrounds the building. In the courtyard on the side of the building drums are beating and music is playing as native dancers execute traditional dances. Inside the building there is comfortable seating for about 600 people. The first two rows of seats are large overstuffed couches and chairs covered in white. This is the VIP section for Government Officials, industry leaders and sponsors. The Chawalla (for those of you who did not see Slum Dog Millionaire, Chawalla is the tea server) is



Male Best Lifter Raju Khan

India's 2009 Men's and Women's Open Bench Press Championships - Gurgaon, India - told to PL USA by Peter Thorne



Peter Thorne (bottom left) with Subrata Dutta (bottom right)

busy ensuring that the VIP guests have hot tea as they like. The stage is well decorated with huge colorful competition banner. Flowers, trophies and end-less stacks of gifts and prizes decorate the stage. To the right of the stage is 1,000 trophies. When the meet is completed, the time came to select the Champion of Champions. Three, two, then one were called to the stage. They received wonderful gifts, prizes, medals and trophies.

The Champion of Champions: a silk sash was placed over the shoulder of the women's winner, Sudha Metha. Then the Champion's final gift was rolled out. It was a Brand New Honda Motor scooter! The press, TV, and friends sargard onto the stage for pictures and interviews. It was a wonderful and wild scene. Next it was the men's turn. Again there were flowers, gifts and trophies for the three places. The Champion's sash was placed over the winner's shoulders. The Men's Champion of Champions was handed a key. As the crowd roared, a brand new Honda Motorcycle was wheeled onto the platform. The flashing of media cameras on stage went on and live TV was holding interviews with the winner on the bustling platform.

Off to the side there was one quiet man with a smile in his eyes. This man works to create a sport that is friendly for and encouraging to young lifters. He understands the athletes and works on their behalf. That person is Mr. Subrata Dutta. His care for the young sportsmen comes from his own long personal

sports journey. For him there are only a few moments to enjoy and take in his handwork that night. He watched the Bench Press athletes of India frothing a job was well done. Later that night the excitement has quieted and all the lights are out. Almost everyone is sleeping. Mr. Dutta is back in his familiar upper bunk again as his train heads through the night for the next competition. This time it is the Federation Cup. Teams from 35 of the 36 state Federations come to compete for the Federation Championships. Like most all the competitions in India, Mr. Dutta will be there a couple days early to ensure all the many hundreds of participants get their free rooms. He will make sure the kitchen is up and running so they can all eat free food. When the Federation Cup ends he will be on the move again. Besides a series of Indian Championships, Mr. Dutta has four international powerlifting events to be hosted in India on his present calendar. Mr. Subrata Dutta, a Steel Company Executive, devotes long days and nights working for the sport he loves. Most importantly, for him he works for the very best interest of all the young lifters. If the often heard words "for the lifter" has any meaning, that meaning is supplied by India's Mr. Subrata Dutta. Every powerlifting day for Mr. Subrata Dutta is another day "for the lifter."

Gurgaon, India, is a bustling and a growing city of almost 200,000 people. Gurgaon is a short drive from Delhi. The Indra Gandhi International Airport is located in Gurgaon. Now in a boom time, the city is rapidly growing. Clustered buildings, hotels and malls are rising everywhere. Yet this busy city, with modern shopping malls and hotels is a city with an ancient Hindu past. Today's new world stands together mixed with the past. The two worlds of India, the modern technology of today and the mysterious magic of the past, like together in Gurgaon. The City of Gurgaon knows powerlifting and is friendly to powerlifting. Gurgaon hosted some 300 participants in the successful 2009 Indian National Bench Press Championships. Today Gurgaon, this satellite city of Delhi looks forward to welcoming athletes from the world over for the 2009 IFF Men and World Men and Women's World Championships.



Female Best Lifter Sudha Kumari

"This stack delivers real results
— and I trust it to help me power
through every crazy-ass lift!"

— MATT KROCZALESKI
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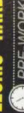
- Potent multivitamin with over 100 micronutrients, antioxidants, amino acids, coenzymes, trace elements and vitamins and minerals
- Rapidly drives muscle growth and strength
- Engineered specifically for athletes like you

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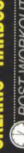
- Contains powerful strength amplifying agents
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LEADERS IN SCIENTIFIC INNOVATION. At Team MuscleTech™, a portion of every dollar spent on MuscleTech® supplements goes toward research to discover novel ways to help you increase muscle mass, improve athletic performance and burn fat!



In a clinical study, a key complex in GANIK® Hardcore increased the total muscle work performed during intense sets of resistance training by an average of 10.5%. Test subjects who trained and took a key compound in LEUKIC® Hardcore trained 350% more anabolic signal activation of the muscle fiber level than when taking a placebo in a 12-week clinical study. Test subjects consuming a key ingredient in CREAKIC® Hardcore increased muscle fiber protein content by 58%. Read the labels before use. © 2009.

Hard Core Gym #88

Training Dutch Lifters since 1920

SSS ALKMAAR

as told to Powerlifting USA by Rick Brewer

Facebook is a great tool for keeping in touch with big weightlifters and MMA fighters from all over the world, while playing Mafia Wars or other important games. You can talk to old friends from high school, and new friends from Holland—simultaneously—even if your shoulders hurt so bad from training that you can't lift your arms. Although there is no written dress code, I personally think it's a little strange if you sit totally naked with a bag of chips while emailing someone of the same sex. Particularly if you are naked on a wireless connection, while sitting by your apartment pool. But other than that, pretty much anything goes!

While talking with lifter Jim Green, I stumbled onto a big group of strong powerlifters in Holland. I asked him where these lifters trained, and he sent me a list of 23 big powerlifting gyms in Holland. All of the gyms sounded cool. I asked him where most of the top lifters trained, and he narrowed it down to two gyms. (Is this guy a goldmine of Dutch info, or what?) These two Holland gyms were Spartacus (where top lifter Henk Keizer trains) and SSS Alkmaar (where Dutch Heavyweight Powerlifting Champ Wim Wamsteeker trains). No, those are not typos—that's really how they spell their names.

I had a little bit of trouble communicating with Henk Keizer, due to email problems and a language barrier, so I can't tell you as much about the Spartacus gym. But Wim Wamsteeker filled me in on SSS Alkmaar, so let's go take a look at this gym full of Dutch strength athletes! We had to keep this simple because we do not speak the same language. I've put his info and comments below, only changing the wording when it was necessary to

World & European Champion of Powerlifting & Benchpress.

Current lifters at SSS: Brendan Meulen (former European Benchpress Champion and medalist at European & World Championships Powerlifting & Benchpress), Pardeep Kallej, upcoming national champion in competing at European & World level. The same with powerlifter Judith Meerding, John Slooten (international Master lifter), Mijself, current heavyweight Dutch Powerlifting Champion—this year I'll make my debut as a Masters Lifter at the European & World Championships of Powerlifting.

RB: If you have four powerlifting platforms, there must be quite a few serious lifters there! Do a lot of guys train together, or does everyone train separately—on their own?

WW: Some lifters train together on Monday, Wednesday & Friday evening. Some train separately. I train 3 times in the morning (alone) and on Friday afternoon I train Brenda, Judith & Pardeep. I train also, so we get coach support (helping put on the suits, wraps, shirt and say up & press) from Ferry du Meulen, and for a few months now also get help from Pieter Baltus.

RB: I appreciate your help in contacting a few random lifters, and get enough info about the Spartacus gym to feature it. Can you tell us anything about Spartacus gym?

WW: Henk was a former member of SSS, and the Spartacus gym is only 10-15km away from SSS. They are much smaller than SSS, but very serious—with three powerlifting platforms. Spartacus is also a very good gym to train powerlifting.

RB: Explain basics of training styles and equipment.

30km from nearby Amsterdam (peace, coffee, brownies, and drugs). See address at end of article if you happen to visit Holland.

RB: Who owns it now?

WW: The gym is an association and it has a board—president, treasurer, vice-president, secretary (me), general board member and one gym manager.

RB: What does the name "SSS Alkmaar" roughly translate to (what does it mean)?

WW: Sport - Strength - Muscles, or in Dutch language Sport - Staal - Spieren.

RB: What makes the SSS gym different from other gyms in Holland?

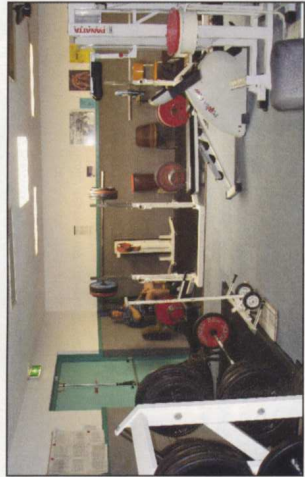
WW: Because it's an association we aren't driven by money, but an association mind. The club has about 700 members, and most of us are very strong.

RB: Who trains there? (Give info or stats on a few random lifters, and please include yourself.)

WW: The following lifters have trained here in the past: Joke & Ferry du Meulen (former World & European Champion Master Powerlifter), Jos Verhaagen (also same results as Joke & Ferry), and Gerard du Prie (former Dutch Strongest Man). Gerard is one of the Strongest Dutch men ever! Pieter Baltus, Dutch Strongest Man 2003 and National Powerlifting Champion, Jelle Strik (current



The SSS Alkmaar Gym has FOUR POWERLIFTING PLATFORMS and is one of the biggest and best powerlifting gyms in Holland



the man!

One last question for Jim Green: do they really wear wooden shoes in Holland? Ha ha, no we don't wear wooden shoes anymore, Rick. Well, maybe some older people, but certainly not the younger ones. My grandfathers wore them. I can tell you, Rick, that they are not very comfortable. LOL. You work their plans precisely. Plan your work, and work your plan. RB)

RB: What is the status of Powerlifting, and/or Olympic Weightlifting in Holland?

WW: The sport of powerlifting is very small, and as a trainer/coach of the national team it is a pity to see. With workshops about powerlifting, we hope to get new lifters onto the platform. (Good luck! RB)

Here is the address, in case lifters traveling in Holland want to come train:

SSS Alkmaar
Tesselschadestraat 81
1814EN Alkmaar
Telefoon: 072 - 5 151411
www.sssalkmaar.nl

Thanks to Wim for all of the above info! The gym info had to be fairly simple because of the language barrier. But my TX hat is off to Wim Wamsteeker for going to the extra trouble to speak with someone who speaks only English! Wim, you are how many gallons you can lift in a

55-gallon barrel. Don't use a smaller barrel, that is too easy—even when it weighs more. Of course, if you are injured or killed, it's not our fault! Email your results to: rick@houseofpain.com

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Wim Wamsteeker squatting at a Powerlifting Competition in 2008



One of the Dutch powerlifting teams from the SSS Alkmaar Gym

POWER RESEARCH

dedicated to bringing Science to the sport of Powerlifting

University Research Uncovers Science for Strength-Boosting Protein Formula as told to PL USA by Team MuscleTech

The goal of any powerlifter is to make consistent improvements. Increasing your power potential, building more muscle and improving bar speed are all things that powerlifters work hard to achieve. But powerlifting is about more than simply just lifting some insanely heavy weight. It's about winning meets and smashing your PB. Achieving gravity-defying lifts is directly related to how much quality time you put into training, how hard you train and, of course, nutrition.

Now, it's no secret that a solid diet plan is a mandatory requirement of any true lifter, but the supplements you choose could give you the extra edge over the competition. Supplements play a key role in maximizing your training sessions and unlocking your body's true power potential. One of the most effective supplements that powerlifters rely on to maximize muscle recovery and strength is protein. You're probably rolling your eyes, thinking that this isn't anything new. Although whey protein is a staple in every lifter's supplement arsenal, the notorious question always arises no matter how experienced you are — which protein supplement is best designed to meet your specific needs?

Not All Proteins Are Created Equal

Protein is arguably the most important nutrient for your body and is found literally everywhere in your system. From your muscle tissues to the enzymes that digest your food to your skin cells. Even within your blood, protein is there helping you become bigger and stronger, and it's absolutely critical to every single lift.

There are a boat-load of different protein supplements out there, but the truth is, many of them just don't cut it when it comes to the ingredients used, their overall formulations and the science supporting their effectiveness. You need a protein supplement with clinically proven key ingredients that meet the muscle- and strength-building needs of a powerlifter like you. You need Six Star Muscle Professional Strength Whey Protein!

First things first — protein quality is measured by Biological Value (BV). BV is a value that measures how well the body can absorb and utilize protein based on nitrogen retention. The higher the Biological Value of the protein, the more protein your body can absorb, use and retain. As a result, proteins with the highest BV promote the most lean muscle gains. Of all the different proteins, whey protein, as found in Six Star Professional Strength Whey Protein, has one of the highest biological values and is considered to be one of the best in class.

Superior to Your Typical 100% Premium Whey Protein

What makes Six Star Muscle Professional Strength Whey Protein far superior to regular whey protein is that this advanced formula has been engineered through countless hours of scientific research and has university

clinical studies on trained subjects supporting its key ingredients. The Professional Strength Whey Protein formula is mega-dosed with a powerful 52 grams of high-quality protein with each maximum serving and 10,642 milligrams of scientifically selected amino acids and other anabolically charged compounds. This cutting-edge blend is designed to help powerlifters maximize both their explosive power and strength gains starting from day one!

Packed with scientifically researched musclebuilding accelerators, Professional Strength Whey Protein quickly spikes your blood amino acid levels and is engineered to shuttle protein directly into your muscles. The result of this accelerated amino acid transport and uptake is rapid gains in muscle size and strength — fast! On top of that, its key ingredients have been proven in university, gold-standard human clinical studies to be truly superior to regular whey protein for building muscle and increasing strength. That's right, Six Star Muscle Professional Strength Whey Protein is scientifically superior to the 100% premium whey protein you'll find on store shelves.

105 lb. Increase in 1-Rep Max Bench

When it comes to powerlifting, you need to be at the top end of your weight class to put yourself in the best possible position to win. Test subjects taking the key ingredients in Six Star Muscle Professional Strength Whey Protein were able to pack on an average of 340 percent more jaw-dropping muscle versus the placebo in just six weeks (8.8 vs. 2.0 lbs.). So not only will you look strong, you'll feel strong, which will help you lift more weight.

But we know that you're focused on maximizing your PB. That's why a key ingredient in Six Star Muscle Professional Strength Whey Protein was also clinically proven to add an average of 105 pounds to subjects' max bench in just 10 weeks! Has your protein supplement ever made you stronger?

High-Quality Fuel for Maximum Power

Powerlifters just like you push themselves to their physical limits every time they wage war on the iron. Relying on any regular or so-called premium whey protein formula just doesn't cut it. Just remember one thing, mediocre nutrition results in mediocre performance. Now that you know the facts, make sure you make the right decision and buy a whey protein formula that has clinical evidence supporting its strength-amplifying and musclebuilding potential. With Six Star Muscle Professional Strength Whey Protein coursing through your system, you'll have the high-quality fuel you need to lock-out every time!

REFERENCES

Burke, et al. (2001). International Journal of Sport Nutrition and Exercise Metabolism, 11, 349-364.
Cribb, et al. (2006). International Journal of Sport Nutrition and Exercise Metabolism, 16, 494-509. © 2009.

TEST SUBJECTS JACKED UP THEIR BENCH BY 105 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!

UNIVERSITY TEST RESULTS:

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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.

APF Sub/Master/Teen/Jr Nationals
2-3 MAY 09 - Baton Rouge, LA

BENCH	E. Cooper	528
MALE	Master (50-54)	
148 lbs.	T. Judge	363
165 lbs.	J. Cunningham	440
220 lbs.	T. Frein	413
275 lbs.	T. Frein	413
Open	K. Jones	517
MALE	Master (55-59)	
181 lbs.	B. Kline	402
220 lbs.	Master (60-64)	468
275 lbs.	Master (65-69)	468
Open	E. Fitzpatrick	479
MALE	Master (70-74)	
308 lbs.	R. Edwards	314
SHW	BP	DL
MALE (20-23)	SQ	TOT
165 lbs.	B. Bell	581
181 lbs.	J. Sepe	451
220 lbs.	220 lbs.	1223
C. Clayton	820	573
D. Hayes	710	2105
B. Buckley	672	418
242 lbs.	606	1097
C. Allen	644	418
528	1592	
589	385	562
W. Slaton	589	562
275 lbs.	589	562
M. Smith	677	501
308 lbs.	650	1829
SHW	677	501
308 lbs.	650	1829
D. Stired	903	633
810	705	600
165 lbs.	810	2116
181 lbs.	810	2116
220 lbs.	810	2116
242 lbs.	810	2116
275 lbs.	810	2116
308 lbs.	810	2116
352	581	1223
402	451	1223
451	451	1223
501	451	1223
551	451	1223
601	451	1223
651	451	1223
701	451	1223
751	451	1223
801	451	1223
851	451	1223
901	451	1223
951	451	1223
1001	451	1223
1051	451	1223
1101	451	1223
1151	451	1223
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1951	451	1223
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9601	451	1223
9651	451	1223
9701	451	1223
9751	451	1223
9801	451	1223
9851	451	1223
9901	451	1223
9951	451	1223
10001	451	1223

Jordan Dunn continues to break unheard of barriers, now with a 501 pound bench press (photograph courtesy of Butch Dunn)

R. Bauer	567	462	479	1510
T. Buckley	242	314	502	1317
J. Ladnier	705	407	744	1857
123 lbs.	176	148	253	578
181 lbs.	176	148	253	578
242 lbs.	661	518	567	1747
308 lbs.	743	551	606	1901
363 lbs.	903	622	705	2232
424 lbs.	1062	705	683	2452
485 lbs.	1003	705	683	2452
546 lbs.	1003	705	683	2452
607 lbs.	1003	705	683	2452
668 lbs.	1003	705	683	2452
729 lbs.	1003	705	683	2452
790 lbs.	1003	705	683	2452
851 lbs.	1003	705	683	2452
912 lbs.	1003	705	683	2452
973 lbs.	1003	705	683	2452
1034 lbs.	1003	705	683	2452
1095 lbs.	1003	705	683	2452
1156 lbs.	1003	705	683	2452
1217 lbs.	1003	705	683	2452
1278 lbs.	1003	705	683	2452
1339 lbs.	1003	705	683	2452
1400 lbs.	1003	705	683	2452
1461 lbs.	1003	705	683	2452
1522 lbs.	1003	705	683	2452
1583 lbs.	1003	705	683	2452
1644 lbs.	1003	705	683	2452
1705 lbs.	1003	705	683	2452
1766 lbs.	1003	705	683	2452
1827 lbs.	1003	705	683	2452
1888 lbs.	1003	705	683	2452
1949 lbs.	1003	705	683	2452
2010 lbs.	1003	705	683	2452
2071 lbs.	1003	705	683	2452
2132 lbs.	1003	705	683	2452
2193 lbs.	1003	705	683	2452
2254 lbs.	1003	705	683	2452
2315 lbs.	1003	705	683	2452
2376 lbs.	1003	705	683	2452
2437 lbs.	1003	705	683	2452
2498 lbs.	1003	705	683	2452
2559 lbs.	1003	705	683	2452
2620 lbs.	1003	705	683	2452
2681 lbs.	1003	705	683	2452
2742 lbs.	1003	705	683	2452
2803 lbs.	1003	705	683	2452
2864 lbs.	1003	705	683	2452
2925 lbs.	1003	705	683	2452
2986 lbs.	1003	705	683	2452
3047 lbs.	1003	705	683	2452
3108 lbs.	1003	705	683	2452
3169 lbs.	1003	705	683	2452
3230 lbs.	1003	705	683	2452
3291 lbs.	1003	705	683	2452
3352 lbs.	1003	705	683	2452
3413 lbs.	1003	705	683	2452
3474 lbs.	1003	705	683	2452
3535 lbs.	1003	705	683	2452
3596 lbs.	1003	705	683	2452
3657 lbs.	1003	705	683	2452
3718 lbs.	1003	705	683	2452
3779 lbs.	1003	705	683	2452
3840 lbs.	1003	705	683	2452
3901 lbs.	1003	705	683	2452
3962 lbs.	1003	705	683	2452
4023 lbs.	1003	705	683	2452
4084 lbs.	1003	705	683	2452

TRAINING

BENCH TRAINING FOR GEAR & RAW
as told to PL USA by Matt Wenning M.S.

Most training articles and templates today are dedicated to shirt training. Since most of us compete in a bench shirt it only makes logical sense that there are many gains to be made through training correctly for both the shirt and raw maxes. Here at Lexen, we train raw for much of our upper body development, but by using both environments (the shirt and raw training) you can actually make personal records in each.

By designing our training in this fashion (using gear and raw maxes to develop our bench), we have hit some impressive numbers in both our elite and amateur lifters.

Chuck Fought went from a 490 to a 535 raw and a 655 to a 715 in a shirt in 15 weeks. Personally, I went from a 570 to a 605 raw and 800 to an 815. Now, our newer lifters Nate Strong went from 335 to 365 raw and a shirted max went from 460 to 520. Melissa Henry went from 300 to 369 in a shirt, and veteran Danny Dague who is 49 years of age went from 405 to 440 raw and 515 to 565 in a shirt. Substantial progress for 3 months of work, wouldn't you agree?

So how do you get both your raw and shirted bench to come up? Well, for the main work you must rotate your training. We try to do shirt work every third week, sometimes more, depending on when the competition is. The real key is that we also rotate what portion of the lift gets concentrated on that work day. Usually, what we do is an exercise that hits the bottom portion of the lift, then an exercise that focuses on the middle of the lift, then an exercise that builds the top of the lift and rotate them in this fashion in a three week wave. We change bars, band tensions, chains, weight releasers, anything at our disposal.

For example:
-Week 1 (lower) Cambered bar bench real weight 1-RM
-Week 2 (middle) Double purple bench with lat bar (roughly 200 lb. of band)
-Week 3 (top) 3 board shirt work with normal bar narrow grip (work

choose from following this format. Now, when meets are far away, it is good to have a little extra volume on dumbbells and failure sets on your pressing exercises to promote hypertrophy and GPP. But 10-12 weeks out from a meet the training will become more severe, especially for the other lifts (squats and deadlifts), so that must come down (but not be ignored). This is where bench only guys will differ because of less overall body work. Remember the key is the total of the three lifts, so training must be a little more planned out for excess stress.

Assistance exercises must promote good form (which specific pressing reps will not do) and build up lagging muscle groups. I focus most of my energy on arms and lats for bench pressing, and only do enough pectoral work to keep them healthy especially close to meets. It is also a great idea to have exercises built in your cycle to promote joint integrity and stability. I do a ton of external rotator work at home before bed (mini workouts). As well as flexibility work to keep soreness and pulled muscles at bay.

In a 3-4 month period, there should be slight changes in your training. This variation will allow a longer term of growth. I usually go through phases where I will work on strength, then speed, then size, and most importantly health. By making a 5-10% change in my training periodically, my body always comes back stronger. I try to never ignore any one area, but just make one a little more important than another for a short time. This is a huge factor in consistent and long term progress.

This layout has allowed my bench to go from 700 to 815 shirted and 570 to 600 raw in less than 18 months and has also worked for many of the developing lifters. I also hold a great deal of value being able to do things raw and know that I can walk into any environment and hold my own with or without the equipment.

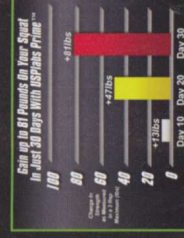


Matt Wenning has been increasing both his raw and shirted bench press (c. Dave Tate)

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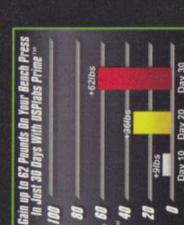
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Jerry Capello

August 28, 1956 – June 14, 2009



(Above) Jerry with amazing pulling power. (Upper Right) Gus Redwisch (R) congratulating Jerry Capello (L). (Courtesy Brian Baerlein)



With Sadness & Respect for Fallen Brother in Iron
I was truly saddened to hear that Jerry Capello died in Canbyville, Oregon, on June 14th, from a massive heart attack. Jerry was a man's man. He was a logger until age 40. His father was killed logging. He was one of the best master deadlifters in the world if not the best. Until Jerry died, there was talk of a WAARDL Hall of Fame. It's a reality now and the first inductee will be Jerry Capello.

I talked to Jerry about a month ago and he said his doctor told him to quit eating so much meat. Jerry told me "I need it for the deadlift power." He was taking cholesterol medicine and two older brothers died in their forties due to complications from cholesterol. Jerry knew the risks. He probably had a couple of soul searching talks with himself and decided that the risk was worth it.

Jerry Capello was a deadlifter first, personal trainer second. Deadlifting identified his essence, his very being. He wasn't going to give it up for anything or anybody. He had the highest deadlift of any lifter over 50–806.7 lbs., a world record to ever deadlift 800 at 242 lbs. or less.

Some of you may think his death is tragic, but he died in his prime, which I personally think is better than dying in a rocking chair or being somebody like me who tells people he used to be one of the best, but now is barely able to deadlift 300 lbs. following heart surgery, when I had done 665.

Less than 16 hours before he died Jerry deadlifted 733 and literally pulled his heart out on 771. Based on what Jerry's symptoms were while warming up, he was having a heart attack while pulling 733 and 771. Nobody could do that except Jerry Capello. He thought his pain and discomfort was from a pec tear that he suffered on his first attempt or maybe he even knew he was having a heart problem and did not want to alarm his wife Pam. He was tough. He'd wait until he got back to Medford and have it checked out.

I always wanted to deadlift 900 lbs. and die on the platform. Jerry Capello basically did just that. He died doing what he lived for—deadlifting. — Gus Redwisch

POWERLIFTING PASSINGS

Michael passed away at age 47, due to heart failure. In the recent past he was on dialysis due to kidney problems. In his prime, Michael was the most popular lifter in Germany. His way to lift those really heavy weights and his impressive physique really fascinated the crowd. He had several appearances on German TV in the early 90s. In 1991, his bench press performance of 277.5 kilos at the Malibu Classic in California was broadcast live via satellite to Germany. Michael won the IFF Junior World Championships in 1984 at 110 kg in Perth, Australia, with a fine 850 kg. total. In 1986, he shattered the 900 kg. total barrier at a team match within the German league in Dortmund-Mengede via 350-240-350. In 1987, he made a short trip to the bodybuilding stage and won the IFBB State Championships against later IFBB pro Achim Albrecht and NABBA Universe contender Andreas Fabischak. In 1989, he fulfilled his long time goal when he became the first German to break the 1000 kg. limit via 370 squat, 257.5 bench press (no shirt) and a 372.5 kg. deadlift. This was done in the national league competition, in Babenhäusen for his team – AC Soest. In the same year he captured the WPC World title at 125 kg. in England with a 950 kg. total in a very tough field of competitors. In 1990, Michael won the German Bench Press title with 265 kg. at around 260 lbs. without a shirt. He pulled a great 388 kg. in 1994 at a team match in Keitfeld. This eclipsed the existing IFF 275 lb. world record. He was part of the very successful FIBO Expo almost every year and set a highlight when he pulled a huge 400 kg. with straps in 1994. He was also doing his double deadlifts on the FIBO main stage with his close friend Ralf Gierz for many years and traveled to Columbus, OH, with Detlev Glomann to do a double-deadlift match against US top lifters Gary Helsey and Scott Warmann.

I witnessed him do many amazing things over 2 decades—both in training and competition. He once, without a warm-up, made 8 perfect reps on the bench with 220 kg. (no shirt) in 1990 at the NRW state bench championships. A few weeks later he did 5 easy reps with 240 kg. and a fine double with 260 kg. as a guest lifter at the German National Powerlifting Championships in Murnau/Bavaria. Michael started as an Olympic lifter, at 17, and could snatch 100 kg. and curl 137.5 kg. in a very short time. M. Szatmari introduced him to Powerlifting where Michael found his passion.



Michael Brugger

November 27, 1961 – June 29, 2009

(Below) Brugger at the 1984 IFF Junior Worlds in Australia



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INTERVIEW

SINGAPORE'S BEHEMOTHS interviewed by Wendell Minnick in Singapore

WM: What is the Red Rhino Pull and the Rice Sack Race?

SL: The Red Rhino (Light Fire Attack Vehicle) is the flagship vehicle of the Civil Defence, used to respond to fires and other emergencies. The Rice Sack Race is an event we had in the finals in 2008 where we had to transport an awkward weight for 196 ft. in the fastest time. Think running with Atlas Stones!

WM: The Behemoths meet outdoors at the Hong Lim Park every Saturday. How does outside training, rather than a gym, help and/or hinder your training?

SL: The outdoor training facility at the park is perfect for Strongman where usually the disciplines involve carrying (and dropping) heavy implements across a distance of 65 ft. We wouldn't have that luxury indoors. For our powerlifting club, we find that in an unthickened space, our members are less self-conscious than in a cramped gym. A lot of them have hit personal records in the big three lifts while screaming their lungs out in the park. We are proud that we bring together like-minded individuals. Ironclad friendships are fostered and they do arrange to meet each other and take their weekday training to gyms near their homes.

WM: Tell us about the makeup of the group?

SL: Our members come from all walks of life. From students to schoolteachers, soldiers to sales-assistants. Some come to learn. Some come to share. All get to lift and are stronger

I met Samuel Lim, co-founder and manager of Team Iron Behemoths Powerlifting Club, at the Hog's Breath Cafe in Singapore for a sit down chat about the new club.

Sam has a very positive and outgoing attitude about powerlifting and it is clear the Behemoths encourage everyone, young and old, male or female, to get involved in strength training.

The Behemoths are Singapore's most prominent powerlifting and strongman club and meet at Hong Lim Park every Saturday in preparation for the annual HomeTeamNS Strongman Challenge held in March.

Wendell Minnick: Tell us about the Behemoths?

Samuel Lim: As you would have noticed, there are a lot of these fancy air-conditioned 'Globo Gym' chairs around Singapore packed with machines and treadmills, but none that really cater to Strongman and Powerlifting.

So a group of us came together and produced strongman implements to train for the annual HomeTeamNS Strongman Challenge. As interest in the sport picked up locally, we discovered we weren't the only crazy ones who love to lift heavy stuff. And they're not your typical gym rats! Many are just regular people off the street who wanted a different challenge. Not just to work out in a gym, but to actually train for something. As more people became interested in training with us, my good friend and co-founder, Ben Ho, and myself decided to



Team Iron Behemoths showing off their strength at the HomeTeamNS Strongman Challenge

I held records for shot put and discus in my school days and my journey in strength has not stopped since. Took to Powerlifting because it's always "How much can you bench?" even in local tongues. I have a 661 squat, 485 bench, and 661 deadlift (Total: 1807 lbs.). In Strongman, I hope to win the local competition having placed 3rd and 4th in 2008 and 2009 respectively. 2010 will be different. I promise.

WM: How do you balance being both a coach and competitor to other members?

SL: We are one big family over here and we support each other as a team. Come competition time, we drive each other on. We have a lot of young members and I hope to continue to serve as an inspiration to them by continuing to place well at competitions. My job as coach is to try to get what's in-between my ears into them. Seeing them do well and get stronger is rewarding for me. Their time to shine will come as will my time to kick up the boots. But until then we lift like there's no tomorrow.

WM: Do you follow a specialized diet and what supplements do you take?

SL: I am natural athlete and I want to show the kids it's possible to achieve a good level of strength without using drugs. So diet and supplementation play a pivotal role for me. I'm going to need all the help I can get from supplements.

WM: A lot of readers are interested in Chinese traditional medicine. Do you use it?

SL: Some of us go for Traditional Chinese Medicine styled massages called Tui Na. No bitter herb potions to swallow here, it's just a Chinese form of a rubdown to help circulate the blood flow. Great to recover from muscle soreness.

WM: It appears you are sort of a United Nations of strongmen.

SL: We have guys from the USA, Japan, the Philippines, Australia, China, Indonesia and the even Czech Republic! And the locals we have are from all races too. Chinese, Indians, Malays and Eurasians.

WM: Tell us about your own accomplishments, competitions and training? What made you first pick up a dumbbell?

SL: I'm 26 and weigh in at 294 lbs. at 5 ft 9 in. I would cite years of watching professional wrestling on TV as a child as the reason for starting weight training, but I shall spare myself the embarrassment. Is being a collector of every Hulk comic since 1962 a better answer?

WM: What kind of funny reactions do you get from the local community?

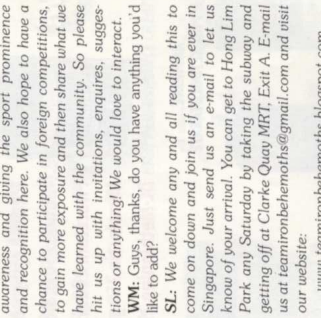
SL: Read somewhere the 'typical' Asian male weighs around 149 lbs. I'm almost double at 284 lbs. So they call me "The Hulk" in the gym community here. Of course if you appear strong on the outside you get all the cliched reactions. Nick, my fellow teammate and good friend calls me "Singapore Hulk" though. I'm sure he has seen much bigger beasts from his native Czech Republic. We do share the park with a Tai Chi group of mainly elderly folks some days. I guess being respectful and wearing a smile always helps us avoid being the recipient of a Street Fighter-like Chi Fireball projectile attack from them. No clashes here, just mutual respect.

WM: What are your plans for Behemoth in the future?

SL: We hope to grow the sport of Strongman and Powerlifting in Singapore and Asia at large by continuing to do what we do, placing well in our local competition and thereby creating awareness and giving the sport prominence and recognition here. We also hope to have a chance to participate in foreign competitions, to gain more exposure and then share what we have learned with the community. So please hit us up with invitations, enquires, suggestions or anything! We would love to interact.

WM: Guys, thanks, do you have anything you'd like to add?

SL: We welcome any and all reading this to come on down and join us if you are ever in Singapore. Just send us an e-mail to let us know of your arrival. You can get to Hong Lim Park any Saturday by taking the subway and getting off at Clarke Quay MRT. Exit A. E-mail us at teamironbehemoths@gmail.com and visit our website: www.teamironbehemoths.blogspot.com.



Samuel Lim with (l-r) Esther Leong, & Jeshri Lulla



Team Behemoths hold their Structured Strength Training Sessions every Saturday at Hong Lim Park. From left to right, (front row) Ben Ho, Samuel Lim, Ryan Fong, (back row) Zhan Wei, Van Sternberg, Spencer, Ted, Glen, Bryan, Yoshida, Nick, and (standing on tire) Angelina Tan

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To alter a quote by Nietzsche, "Whatever does not hurt you makes you stronger." This is the foundation of weight training success. We live by this theorem of strength throughout our lifting careers.

I have been considering writing this article for quite some time. It has been a number of years now that I have been using my special bench. Reading Donnie Thomason's article in Powerlifting USA "The New Bench," gave me the idea to share my experiment now with my fellow powerlifters. Donnie's "New Bench" is wider and has more padding to give greater support. Today's giants, doing huge assisted poundages, require that extra support for safety. The big bench applies less shearing force, because of wider support for the entire shoulder girdle.

My "Narrow Board Dumbbell Bench" is effective and safe because the force can be controlled and is progressive. My theory is that doing these dumbbell benches on a narrow board gives less support and a longer range of motion for the delt, pec and lat muscles. The stress this creates across the transverse arch of the shoulder girdle causes the muscles and supportive structure of the chest, shoulders and upper back to adapt. This adaptation process increases strength and explosiveness. This could be a great asset for row/benchers who require greater shoulder girdle support. The use of the bench shirt does give artificial shoulder support.

The narrow board allows the shoulders to drop transversely, or laterally, allowing the scapula to retract. This puts the load on the shoulder structure, not on the bench, thus forcing greater adaptation. These dumbbell benches should be done without a bench shirt, with a sub-maximum weight and a couple reps short of failure. They should be done this way at least initially until some adaptation and supportive strength has occurred. An athlete should never compromise control or safety to add a few pounds or reps to an assistance exercise, especially without having a history of training that exercise. You can do these "Narrow Board Dumbbell Benches" on your dynamic lifting day with 3-5 sets of 8-10 reps using 50% of your estimated one rep max, or 8-12 sets of 3 reps at 50%. You may also do these as a pump down set after a max effort day, with 50% of an estimated one rep max to 50

presses are no exception. Stop them 24 weeks out from the meet.

I have always believed that the more variety of exercises you do and the more pieces of equipment you have at your disposal, the greater the gains you can make. Intensity and continuity have the greatest influence on improvement. Defeating monotony is a giant step to achieve intensity and maintain continuity in a training cycle.

There are certain benefits that dumbbell bench pressing in general provides. There is increased effort required to use dumbbells. This narrow board dumbbell bench magnifies that degree of difficulty thereby magnifying the benefits. Extra stabilizing muscles are required throughout the entire movement and especially at the bottom. Using dumbbells requires each arm to lift the exact same amount of weight, not allowing you to shift weight to your strong side. Since increased control and balance are required you will not be able to use as much weight as with a barbell. Start off light until you get accustomed to the exercise then increase gradually.

I built my narrow board dumbbell bench closer to the ground so that setting down the dumbbells is safer for the shoulders, the dumbbells, and the floor. A couple of rubber mats makes the drop very minimal. I made the bench 12 inches high, 8 inches wide, and 48 inches long. The main board is a 2x8 inch board with a 1x6 inch board on top of that, both 48 inches long. This stacking of boards forces the lateral arch to increase with support. The edges are routed or ground round. The sides are also made of 2x8 boards also 48 inches long. The stabilizing feet are 2x8 pieces 18 inches long screwed crosswise under the sides. It can be lightly padded with thin foam and vinyl covered or carpeted. The light padding creates less stability which increases the body's attempt to adapt. Adaptation is the key to this building strength, I don't think this statement can be overstated. The narrow width makes these presses uncomfortable and difficult. The narrow board dumbbell bench press introduces benefits of improved stabilizer muscles, increased range of motion, single-limb strength balancing, and variety of exercise. The gains you can make are well worth the effort of building your narrow board dumbbell bench. Here is my ending quote, "If it is difficult, it may do you some good." I think you will enjoy the change of pace, the challenge, and the gains you can make from your narrow board dumbbell bench.

Good Luck & Good Lifting.

TRAINING

NARROW BOARD DUMBBELL BENCH

as told to Powerlifting USA by Jim Douglas of Powerbuilders Gym - Jackson, Michigan



The Narrow Board Dumbbell Bench gives less support and longer range of motion (front view & side view) (photos courtesy, Douglas)



heavy enough, do your narrow board dumbbell benches super strict or on your light training day. You can also pre-fatigue your shoulders and chest, then do your dumbbells as a follow up set. Assistance exercises should always be diminished as you near a competition, and these dumbbell

almost failure (approximately 10 or more reps). After you have completed months of basic narrow board dumbbell benches, you may work up to doing a max effort workout of 5 sets of 5 reps. Extra care using dumbbells is required for safety, use a good spotter. If your dumbbells don't go

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Joe Ceklovsky,
All-Time World Record
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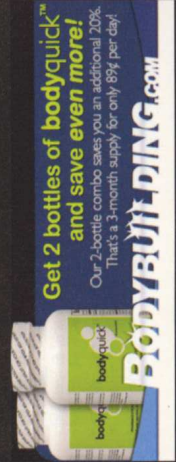
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INTERVIEW

RYAN CELLI

interviewed for Powerlifting USA by Bob Gaynor



Ryan Celli is one of the premier squatters in the 198 pound class

Ryan Celli is one of the best raw/single ply lifters in the world today. At the 2009 raw unity meet he set an all-time raw total record at 198.

Ryan was born and raised in Pittsburgh, PA, and still resides there. He is 35 years of age and is a gym owner and personal trainer.

Dana for 10 years and they have a son, Noah, who will be six this year. (This interview was done with Ryan in late March & early April of this year)

Bob Gaynor: Ryan how did you start weight training?

RC: I only weighed 100 lbs. at 5'6" as a freshman in high school. I was always one of the smallest kids all through grade school up until high school. I started lifting weights around age 15. Shortly after, when I got started in powerlifting. My stepfather had a decent set up in our garage. It originally consisted of a DP bench/incline/squat/leg extension/leg curl combo rack with a hollow bar and sand filled plates. It later evolved into a commercial power rack, adjustable bench, and a 300 lb. Olympic barbell set.

BG: When was your first competition?
RC: My first powerlifting meet took place September of 1989, at an Arnold Classic in Conansburg, PA. I bench pressed 175 lbs. @ 110 lbs. in just my t-shirt and singlet. This was good enough to place first in the Open Division, at one of the largest meets in the Pittsburgh area. From 1998 to 1991, I did a series of local bench/deadlift meets. My highest bench was a 114 pounder. My deadlift struggled at 275 and my squat was horrible. For some reason my bench press was very good, even at the light body weight. My squat and deadlift, on the other hand suffered from being so thin.

To this day, I still hold the Teenage 16-17, 132 bench press WPC world record at 275. This is hard to believe, as that record was done in the single-ply era. All my other WPC teenage records have been wiped out due to the multi-ply gear. At one time, I had held all the 18-19, 148 lb. records. Squat 500, bench 355, deadlift 500, total 1355. These were set with only the most basic single-ply gear, a blast shirt, and champion suit, with old knee wraps.

BG: After your teenage years did you continue to compete?
RC: I continued to compete in full meets all the way up to 1996. I had done the '95 & '96 APF Senior Nationals, placing third both years in the 165 lb. class. Placing third to

when training raw us, single-ply, I take a closer grip raw to take the stress off the pecs and shoulders, and have to widen it up when using a bench press shirt in order to make it easier to touch a weight. I also have to take a closer squat and deadlift stance to take the pressure off my hips while raw. With a suit on, I can widen it up since the suit will give me support and keep my hips tight.

Raw lifting requires a tremendous amount of bottom end power. I tend to use a lot of lunges, one-legged leg presses, pause squats, and light-reverse band work to help my strength out of the hole.

In the bench it's off the chest. I like to do dumbbell work, pectoral work and shoulder work along with some occasional paused bench presses to help with my power off the chest. In the past, I've done most of my deadlifts off the floor while training for a raw meet.

Single-ply lifting requires a lot of top end power. The single-ply gear supports and assists you out of the hole, and requires you to be strong at the top end of a lift. In this case, I use a lot of reverse band work, board presses, floor presses, and rack pulls often with added band tension or chains on all of these to overload the top of each lift.

BG: How about some detailed info on your training?

RC: I often get asked how I train, and what my training routine looks like. Please understand, the following is what I do, at the moment. This is what works for me, right now. There is no magic workout. You need to read and try everything you come across. The key is to find what works for you. My routine is always changing. I have trained for every meet I've ever done slightly different every time.

Right now, my max deadlifts have been getting stuck knee level, so I've switched my deadlift from Friday to Monday following squats and rarely pull from the floor. I pull from the pins one week and do wide sumo stiff legs the next week. I train with weights 3 days a week. This has not changed for some time. When I'm in training for a competition I may add one or two days of recovery work, such as, light cardio, sled dragging, band work, stretching, and foam rolling. Along with the heavy intense training come many aches and pains. So, even though I may only be training with weights 3 days a week, I may also be doing a lot of recovery work, getting a deep tissue massage, doing recovery work, getting treatments of ultrasound on my other

off days.
I use many Westside barbell movements when I do my sub-routine these for the main lifts or sometimes use them as assistance work. Lifts like box squats, safety squat, chambered bar squat, buffer bench press, chain suspension, bar presses, board presses, fat bar presses, fat bar bench presses, kneeling squats, and zercher squats. I will use all of these in combination with bands or chains and sometimes both. I also do reverse band bench presses, squats, deadlifts.

A typical week leading up to a competition may look something like this. The assistance work will be between the 5-12 rep range.

Monday

Squats
Rack pulls one week / wide sumo stiff leg deadlift the following week

Tuesday

1 Hamstring movement
1 Call movement
Abdominal work
Band squats/stretches
Foam roller

Wednesday

Sled dragging
Bench press
1 Incline movement
1 Pectoral isolation exercise

Thursday

1 Shoulder movement
2 Tricep movements
Abdominals

Friday

Chiroproactor
Speed squats
2-3 Back movements
Abdominals

Saturday

Once a month deep tissue massage or
Sled dragging
Band squats
Stretching

Sunday

Foam rolling
BG: Do you believe in good nutrition or are you a McDonalds guy?

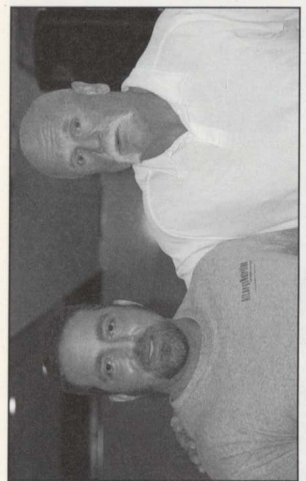
RC: Nutrition is a huge component to a lifter's success. This is one area I feel I fall short on sometimes. I try to get 300+ grams of protein per day and as many calories as I can get in. I've done much better recently since I am working with AtLargeNutrition. I use their meal replacements and protein to keep my protein and calories high. I also use a multi-vitamin, fish oil, flax oil, coconut oil, and ETS. AtLarge's recovery product. Without adequate protein, our bodies cannot repair the muscle and CNS damage done by the intense workouts.

BG: How about recuperation?
RC: How about recuperation? I know the APF used to have Teenage and Master Nationals by itself. And why do we have Sub Master Divisions starting at 35? Again, no disrespect, but I'm 35 now, and am the strongest I've ever been. Most lifters don't reach their peak until well into their 40s. We need to unite. The sport seems to be growing, with more and more interest, but according to the meet results we are all doing different meets. No matter what, direction, the sport takes, I'm in it for the long haul.

BG: Has the internet been good or bad for Powerlifting?
RC: The internet has been good and bad for the sport of powerlifting. On one hand, it can be great for training videos, competition videos, training information, meet results and finding upcoming meets. On the other hand, training videos are bashed for not being up to meet standards, competition videos are bashed for not hitting depth on the squats, and the amount of training information is overwhelming.

I have personally video taped many squats, while at the same time watching it with my own eyes. I've seen them hit depth, only to watch the video immediately afterwards and have it look high. My point is, video definitely changes the way a lift looked in real life in real time. The actual bar speed also seems to appear different on video as well.

BG: Ryan, thank you for sharing this info with us.



The interviewee, Ryan Celli, with the interviewer, Bob Gaynor

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Ryan psyching up for an attempt (photos courtesy of Ryan Celli)

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Ryan psyching up for an attempt (photos courtesy of Ryan Celli)

Powerlifter Jo Jordan
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NEW PRODUCT
—The WheelFarrow—

Here at Strength Beyond we are constantly tinkering, inventing, and discovering new training methods and tools. Some of these have been very successful, such as the Chaos method, the 300's, and the Mark Roman drills, all mentioned in previous articles. There have also been some dismal failures such as, joint timent, Squats on a Slip-and-Slide, Donkey Pull ups (which for legal reasons I can no longer give a description of), and of course Mark Roman the human being. We have always been very keen on upper back work, and conditioning work, and a new tool of ours, affectionately named the WheelFarrow as it is the illegitimate birth child of a Wheelbarrow, and Tom Farrow (the creator and designer). It is interesting what spending the night in a bed next to a wheelbarrow, drinking moonshine, and getting caught up in the romantic moment of a full moon caused to transpire that night out in Tom's barn, but I digress. The WheelFarrow has significantly brought up our conditioning, and added muscle mass (places we had never even seen before). It is by far the most available to us at the moment. Although upper back work (Squats and Rows) seems to be the most popular both here and at Westside Barbell, there is an array of other exercises we have been incorporating lately. Here is a list of what we have discovered so far.

- 1) Strugs: These can be performed facing in either direction. If you face the machine you will activate the traps more, if you face away you will get more upper back development.
- 2) Bent Over Rows: Again, these can be done in either direction. Louie Simmons has noticed this exercise will improve a deadlift lockout.
- 3) Overhead Presses: This exercise can be performed standing or kneeling. It seems to light up the rear delts more than a conventional overhead.
- 4) Pushing: Basically just like pushing a Wheelbarrow only with a frame strong enough to hold any amount of weight you want. This kind of work is also widely used in knee rehab.
- 5) Pulling: This is similar to pulling a Rickshaw and works different muscles.
- 6) Bench Presses: By sliding a bench behind it and loading it by the handles you can simulate a press, this has a very unique feel to it.
- 7) Grip/Static work: This is much more convenient than performing these exercises in a rack with a barbell.
- 8) Front Squats: These work well in higher rep ranges.
- 9) And my favorite: Banging the WheelFarrow repeatedly against Mark Roman's pickup truck in his driveway while intoxicated at 4 A.M. and when he comes outside to see what all the ruckus is, setting him on fire.

The unique feature to the WheelFarrow is the extendable handles, these allow for the various forms of presses, and the Rickshaw type exercises. The WheelFarrow can be ordered by calling 1-269-501-1676 and can also be found on the Westside Barbell site at www.westside-barbell.com where there are links to videos demonstrating the device.

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DEAR MAURO: I will be having a blood panel done in a couple of weeks. Can you tell me exactly what I need to have the doctor focus on?
Bruce

BRUCE: I've copied the ideal screening panel of tests below. However, these are set up for high level athletes with the funds to get them all done. To be practical I've put in bold type the really important tests.

- ACTH
- Albumin
- Apolipoprotein (b)
- Blood group and Rh Factor
- **Complete Blood Count**
- Cortisol: serum (AM and PM)
- C-reactive Protein
- Creatine Kinase
- DHEA and DHEAS
- Electrolytes/minerals etc.: Calcium, CO₂, Chloride, Magnesium, Phosphorus, Potassium, Sodium, Zinc
- Estradiol
- Fibrinogen
- Free, bioavailable, and Total Testosterone
- **Glucose: Fasting**
- Glycosylated Hemoglobin (Hb A1C)
- HDL/LDL, Total Cholesterol
- Heavy Metal Profile (mercury, nickel, lead, arsenic and cadmium)
- Homocysteine
- Insulin-like growth factor-I (IGF-I)
- Lipoprotein (a)

- Liver Function Tests (serum total bilirubin, alkaline phosphatase, aminotransferase (AST and ALT), GGT)
- Luteinizing Hormone (LH)
- Melatonin
- Prolactin
- RBC Folate
- Renal Function Tests: Creatinine, Bun, Bun/Creatinine Ratio
- Serum Hormone Binding Protein (SHBG)
- Thyroid Profile: TSH, T₄, T₃, rT₃
- **Triglycerides**
- Uric Acid
- Vitamin B12
- **Vitamin D (25-hydroxyvitamin D)**

I'd consult with your doctor to see if any of the others are relevant and/or practical for you. As well, he'll advise you on what other tests may be needed if any of the screening tests show up as abnormal, including of course a repeat of any of the abnormal tests to rule out reasons for the abnormal values including lab error, improper in-

ASK THE DOCTOR

THE RIGHT TESTING

Questions answered by Mauro Di Pasquale MD

terpretation, and poor preparation for specific tests.

DEAR MAURO: How accurate are the saliva tests for checking GH/Test or other levels? Is it worth the money?
Eric

ERIC: Don't waste your money on saliva tests for testosterone or any other sex steroids. They're grossly inaccurate except for some specific applications. They do provide some accuracy only as far as any hormone that has a stable circadian rhythm. A stable circadian process exhibits a smooth, sinusoidal cycle that starts at a mean level, rises to a peak (maximum) level, falls back through the mean level, down to a trough (minimum) level, and rises back to the mean within approximately 24 hours. Very few hormones exhibit this stable process and the one that comes closest is se-

more at -20 degrees C. When as-

mauro

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Salivary concentrations of unconjugated steroids reflect those for free steroids in serum although concentrations may differ because of salivary gland metabolism. Samples for salivary steroid analysis are stable for up to 7 days at room temperature, one month or more at 4 degrees C, and three months or more at -20 degrees C. When as-

essed against strict criteria, the evidence shows that salivary cortisol in evening samples or following dex-amethasone suppression provides a reliable and effective screen for Cushing's syndrome. Sequential salivary cortisol measurements are also extremely helpful for the investigation of suspected cyclical Cushing's syndrome. There is potential for the identification of adrenal insufficiency when used with Synacthen stimulation. Salivary 17-hydroxyprogesterone and androstenedione assays are valued as non-invasive tests for the home-monitoring of hydrocortisone replacement therapy in patients with congenital adrenal hyperplasia due to 21-hydroxylase deficiency. The diagnostic value of salivary oestradiol, progesterone, testosterone, dehydroepiandrosterone and aldosterone testing is compromised by rapid fluctuations in salivary concentrations of these steroids. Multiple samples are required to obtain reliable information, and at present the introduction of these assays into routine laboratory testing is not justified. This article was prepared at the invitation of the Clinical Sciences Review Committee of the Association for Clinical Biochemistry.

—Ann Clin Biochem. 2009 Jan 28; Wood P. Department of Chemical Pathology, Southampton University Hospitals Trust, Southampton General Hospital, Tremona Road, Southampton SO16 6YD, UK.

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

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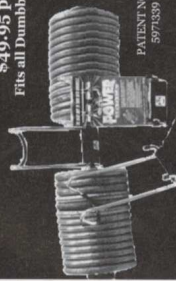
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CBPP-.5KG	2	Black		0.5 Kg
CBPP-1.25KG	2	Black		1.25 Kg
CBPP-2.5KG	2	Black		2.5 Kg
CBPP-5KG	2	Black		5 Kg
CBPP-10KG	2	Black		10 Kg
CBPP-15KG	2	Yellow		15 Kg
CBPP-20KG	2	Blue		20 Kg
CBPP-25KG*	4	Red		25 Kg
CO-2.5KG	2	Competition Forged Pressure Ring Collars		
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25 JAN 09 - Carteret, NJ

BENCH	475	315	555	1345
MALE	460	305	575	1340
Amateur	315	430	550	1630
Teen	650	430	550	1630
Open	500	420	570	1490
Submaster	220	245	330	795
Junior	320	400	440	1095
Novice	320	420	450	1115
Open	375	255	475	1105
MALE	440	275	520	1235
Amateur	440	290	505	1235
Teen	420	275	450	1145
Submaster	440	290	505	1235
Junior	140	80	155	375
Novice	675			
Open	700			
MALE	470	315	525	1310
Amateur	650	430	550	1630
Teen	470	315	525	1310
Submaster	470	315	525	1310
Junior	470	315	525	1310
Novice	470	315	525	1310
Open	470	315	525	1310
MALE	470	315	525	1310
Amateur	470	315	525	1310
Teen	470	315	525	1310
Submaster	470	315	525	1310
Junior	470	315	525	1310
Novice	470	315	525	1310
Open	470	315	525	1310

NASA Iowa State
11 APR 09 - Des Moines, IA

BENCH	430	550	980
MALE	265	315	580
Amateur	265	315	580
Teen	265	315	580
Submaster	265	315	580
Junior	265	315	580
Novice	265	315	580
Open	265	315	580
MALE	265	315	580
Amateur	265	315	580
Teen	265	315	580
Submaster	265	315	580
Junior	265	315	580
Novice	265	315	580
Open	265	315	580

BENCH	475	315	555	1345
MALE	460	305	575	1340
Amateur	315	430	550	1630
Teen	650	430	550	1630
Open	500	420	570	1490
Submaster	220	245	330	795
Junior	320	400	440	1095
Novice	320	420	450	1115
Open	375	255	475	1105
MALE	440	275	520	1235
Amateur	440	290	505	1235
Teen	420	275	450	1145
Submaster	440	290	505	1235
Junior	140	80	155	375
Novice	675			
Open	700			

Application for Registration

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D. Jones	408	303	491	1202
High School				
C. Lydic	121	265	402	788
Int	132	254	402	788
B. Bowen	160	353	568	1080
Novice	154	336	435	926
Open	331	270	424	1025
MALE	375	276	452	1102
Amateur	375	276	452	1102
Teen	375	276	452	1102
Submaster	375	276	452	1102
Junior	375	276	452	1102
Novice	375	276	452	1102
Open	375	276	452	1102

BENCH	474	342	573	1389
MALE	474	342	573	1389
Amateur	474	342	573	1389
Teen	474	342	573	1389
Submaster	474	342	573	1389
Junior	474	342	573	1389
Novice	474	342	573	1389
Open	474	342	573	1389

BENCH	474	342	573	1389
MALE	474	342	573	1389
Amateur	474	342	573	1389
Teen	474	342	573	1389
Submaster	474	342	573	1389
Junior	474	342	573	1389
Novice	474	342	573	1389
Open	474	342	573	1389

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H. Harris	Open			
181 lbs.				
T. Potts	420*			
181 lbs.				
R. Mayer	353	226*	308	887
150 lbs.				
S. McCallion	273*	112*	239*	624*
150 lbs.				
Team (16-17) Raw				
C. Carter	480*	335*	531*	1346*
165 lbs.				
G. Sapor	225*	372		
181 lbs.				
Master (45-49)				
Special Olympian				
500*	439*	250	1189	
275 lbs.				
P. Burgess	530*	286*		
48-BP-300*				
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Pump up your workout with Amplified Maxertion N.O.[™] It's the first and only nitric oxide product clinically shown to delay muscle fatigue and boost intensity, to give you the power to push through the wall. In fact, it's been shown to improve physical performance by 20%.²



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¹In an eight-week, randomized, double-blind, placebo-controlled study of healthy male volunteers, 18 subjects completed three sets of resistance training (RT) daily with the control group and completed five sets RT per day. In a randomized, double-blind, placebo-controlled study, 50 healthy, untrained male volunteers were given Amplified Maxertion N.O.[™] or a placebo. After eight weeks, subjects who took Amplified Maxertion N.O.[™] had a 20% increase in PWVCF (physical working capacity at the fatigue threshold) after four weeks compared to the placebo group. In a randomized, double-blind, placebo-controlled study, 18 subjects completed three sets of resistance training (RT) daily with the control group and completed five sets RT per day. In a randomized, double-blind, placebo-controlled study of healthy male volunteers, 18 subjects completed three sets of resistance training (RT) daily with the control group and completed five sets RT per day. In a randomized, double-blind, placebo-controlled study of healthy male volunteers, 18 subjects completed three sets of resistance training (RT) daily with the control group and completed five sets RT per day. These statements have not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure or prevent any disease. Call 1.800.477.4662 or visit gnc.com for the store nearest you. ©2009 General Nutrition Corporation. May not be available outside the U.S. All other trademarks are the property of their respective owners.

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- 15 AUG, APA Lion Heart Western Florida Raw BP (Clearwater, FL)
- 15 AUG, APF Colorado State Push/Pull (Pueblo, CO), Eddie Bustillos, 719.948.9648, ebustillo@comp.gov, www.worldpowerliftingcongress.com
- 15 AUG, 6th Drug Free Southern Ohio PL/BP (Coffman YMCA, Springboro, OH) David Ricks, Meet Director, (937) 435-2127, ricks181@hotmail.com, Darlene Reid, Sr. Health & Wellness Director, YMCA, (937) 886-2845, dreid@daytonymca.org
- 15 AUG, Wisconsin State Fair BP/DL (Milwaukee, WI), Sherry Ellis, (414) 645-4624
- 15 AUG, NASA Colorado Grand, Equipped & Unequipped Powerlifting, Power Sports, Push Pull, Equipped & Unequipped BP only, Power Press (Loveland, CO), www.nasa-sports.com
- 15 AUG, Maximum Metal V/Outdoor Push Pull Motivations Fitness Center, 112 Prospect St., Dunmore, PA 15012, Jason Richardson & Allan Miller, www.PurePowerlifting.com or www.MotivationsFitnessCenter.com
- 15 AUG, USAPL 13th Alki Beach Bull Steward Classic (Seattle, WA), Bull Stewart, 206-725-7894, bullstewart@hotmail.com, Richard Schuller, 206-280-8122, r@bullr.com
- 15 AUG, Carolina Border Duel (PL, BP, DL, SP, OP, SC, Repts - SC) Scott Taylor, 941-626-4247, scott@apa-wpa.com, www.apa-wpa.com
- 15 AUG, WABDL West Coast Open BP/DL (Marriott Hotel, Rancho Cordova (Sacramento), CA) Jody Woods, 916-524-0914
- 15 AUG, 2nd ADFF Battle on the Beach (BP, DL, and/or Ironman, State Park, Holland, MI) John Jachim, JM_Gedney@vnu.edu
- 15 AUG, Team Weber PP (Camarillo, CA) Bob Weber, 563-259-8695, (6) 563-219-2644
- 15-16 AUG, RAW United Powerlifting Extravaganza (Fort Myers, FL) Spero Tshonitkidis, 401 Highway A1A, Unit 122, Satellite Beach, FL 32937, 321-505-1194, rawunited@dlrr.com
- 16 AUG, SLP Missouri State Fair BP/DL (Sedalia, MO), Dr. Darrel Latch, Son Light Power, 122 West Sale St., Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com, sonlightgym@verizon.net
- 21-23 AUG, SPP Powerstation Pro-Am, Mike Ferguson, 1821 S. University Blvd., Middletown, OH
- 15 AUG, USPF 3rd Ohio Open PL & Single Lift (Cincinnati, OH) Matt McCase, 304-376-7538, mcase@vahoo.com, www.uspf.com
- 29 AUG, WABDL Hawaii State BP/DL (Kamiloiki Elementary, Waimanalo, HI) Keith Ward, 808-375-8700
- AUG, Georgia State Championships, Jon Grove, kornesaw@fitnessre-source.com
- 5 SEP, Monster Bench Press Contest (Cash Prize Division & Open), (Sheboygan, WI), wandeweghe@att.net, 920.458.9977
- 410-265-8264, brian@usfl.net
- 29 AUG, USPF Doubly-Ply Championships (Countryside Marriott, Columbus, OH) Power Promotions, Matt McCase, 304-376-7538, mcase@yahoo.com, www.powerpromotionsusa.com, www.uspf.com
- 29 AUG, SLP Kentucky State Fair BP/DL (Louisville, KY) Dr. Darrel Latch, Son Light Power, 122 West Sale St., Tuscola, IL 61953, 217-253-5429, www.worldpowerliftingcongress.com
- 22 AUG, 25th annual Drug Free Iowa State Fair BP/DL, Jeff Baird, 515-953-6833, Bairdz@aol.com
- 22 AUG, APF AAFP Summer Power Challenge Northwest (Oregon City, OR) Chris Duffin, 503-780-8890
- 22 AUG, 100%, Raw Eastern USA Open (BP, DL, SC - Standardsville, VA) John Shifflett, 186 Happy Hollow Rd., Ruckersville, VA 22968, valting@aol.com, www.virginiapowerlifting.blogspot.com
- 22 AUG, SLP Indiana State Fair BP/DL (Beech Grove, IN) Dr. Darrell Latch, Son Light Power, 122 West Sale St., Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com, sonlightgym@verizon.net
- 22 AUG, WABDL Iron Gladiators Great Northern (BP/DL (Red Lion Hotel, Olympia, WA) Gus Rethwisch, 763-545-8654 or 503-901-1622
- 23 AUG, SLP Illinois State Fair BP/DL (Springfield, IL) Dr. Darrell Latch, Son Light Power, 122 West Sale St., Tuscola, IL 61953, 217-253-5429, www.worldpowerliftingcongress.com, sonlightgym@verizon.net
- 29 AUG, APF AAFP Monster Garage "Old School Raw" Bench Meet (Waukegan, IL) Eric Stone, 630.677.4358, the_stone@chicago-powerlifting.com, www.worldpowerliftingcongress.com
- 29 AUG, USAPL South Jersey Sports Extravaganza and Deadlift Championships (Atlantic City, NJ) Robert Keller, 954-790-2249, rtk@verizon.net, sports_expo_info@www.southjerseyexpo.com, entry form at www.njpowerlifting.com
- 29 AUG, 100% Raw Maryland BP, DL, SC (Dumbarton Middle School, Towson, MD) Brian Washington,

COMING EVENTS

253-5429, www.sonlightpower.com, sonlightgym@verizon.net

29 AUG, SPP Temple Gym, PP Classic (AL) Jesse Rodgers, 423-255-3672, www.southernpowerlifting.com

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

29 AUG, WABDL Hawaii State BP/DL (Kamiloiki Elementary, Waimanalo, HI) Keith Ward, 808-375-8700

AUG, Georgia State Championships, Jon Grove, kornesaw@fitnessre-source.com

5 SEP, Monster Bench Press Contest (Cash Prize Division & Open), (Sheboygan, WI), wandeweghe@att.net, 920.458.9977

APF/AAPF/WPO Schedule

- 22 AUG, APF/AAPF Summer Challenge
- 22 AUG, APF California State
- 22 AUG, APF Colorado State
- 29 AUG, APF/AAPF Texas Challenge
- 29 AUG, APF/AAPF Old School Raw Bench Meet 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, AAFP Supreme Fitness Challenge III
- 17 OCT, APF/AAPF Rise of the DL, Beast of the BP
- 24 OCT, APF Orlando Barbell Meet
- 7 NOV, APF Texas Cup
- 8 NOV, AAFP 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
- 8-9 MAY 2010, APF Master, Teen & Jr. Nationals

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als & KY Regional PL, BP, PP & Power Sports (Morehead, KY) Greg Van Hooser, Route 1 Box 166, Ravenswood, WV 26164, 304-273-3110, greg@whpower.com

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

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

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

31 OCT, 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, sonlightpower.net

31 OCT, NASA Ohio Regional, Equipped & Unequipped PL & BP, Power Sports, Push, Pull, Power Press (Springfield, OH), Rich Peters, P.O. Box 735, Noble, OK, 405-527-8513, sbpddl@aol.com, www.nasa-sports.com

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

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

31 OCT, NASA Wisconsin State (9-30 AM), Monster-Bench-Bash-4 Cash (6 PM), (Sheboygan), Wisconsin Powerlifting, Box 565, Sheboygan, WI 53082, statechampion@wisconsinpowerlifting.com, 1-888-502-4087

OCT, 100% Raw Worlds (Las Vegas, NV) Paul Bossi, 252-339-5025, rawlifting@aol.com, www.rawpowerlifting.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, APFA 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, APF TX Cup (Dallas, TX), Greg & Heather Tillinghast, aptexas@yahoo.com

7 NOV, USAPL Virginia State BP, DL, PL, Ironman, Raw, Assisted - Standardsville, VA) John Shifflet, 186 Happy Hollow Rd., Ruckersville, VA 22968, valifting@aol.com, www.virginiapowerlifting.blogspot.com

7 NOV, USAPL 7th Tom Foley BP/DL Classic (Nanuet, NY) Premier Fitness, 845-920-0501, www.premier-

als & KY Regional PL, BP, PP & Power Sports (Morehead, KY) Greg Van Hooser, Route 1 Box 166, Ravenswood, WV 26164, 304-273-3110, greg@whpower.com

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31 OCT, NASA Ohio Regional, Equipped & Unequipped PL & BP, Power Sports, Push, Pull, Power Press (Springfield, OH), Rich Peters, P.O. Box 735, Noble, OK, 405-527-8513, sbpddl@aol.com, www.nasa-sports.com

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

31 OCT, NASA Wisconsin State (9-30 AM), Monster-Bench-Bash-4 Cash (6 PM), (Sheboygan), Wisconsin Powerlifting, Box 565, Sheboygan, WI 53082, statechampion@wisconsinpowerlifting.com, 1-888-502-4087

OCT, 100% Raw Worlds (Las Vegas, NV) Paul Bossi, 252-339-5025, rawlifting@aol.com, www.rawpowerlifting.com

6-7 NOV, 100% Raw World Single Lift (Norfolk, VA) Meet Director Paul Bossi, 252-339-5025, rawlifting@aol.com, www.rawpowerlifting.com

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7 NOV, APF TX Cup (Dallas, TX), Greg & Heather Tillinghast, aptexas@yahoo.com

7 NOV, USAPL Virginia State BP, DL, PL, Ironman, Raw, Assisted - Standardsville, VA) John Shifflet, 186 Happy Hollow Rd., Ruckersville, VA 22968, valifting@aol.com, www.virginiapowerlifting.blogspot.com

7 NOV, USAPL 7th Tom Foley BP/DL Classic (Nanuet, NY) Premier Fitness, 845-920-0501, www.premier-

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UPCOMING SLP COMPETITIONS

16 AUG, SLP Missouri State Fair BP/DL (Sedalia, MO)

22 AUG, SLP Indiana State Fair BP/DL (Beech Grove, IN)

23 AUG, SLP Illinois State Fair BP/DL (Springfield, IL)

29 AUG, SLP Kentucky State Fair BP/DL (Louisville, KY)

5 SEP, SLP Florida State Open (Kissimmee, FL)

12 SEP, SLP Tennessee State Fair BP/DL (Nashville, TN)

Son Light Power
122 W. Sale, Tuscola, IL 61953
www.sonlightpower.com sonlightgym@verizon.net

www.usapowerlifting.com/

IPF-North-America

10 OCT, APA Gulf of Mexico (Corpus Christi, TX - PL, PP, BP, DL, SS, OP, SCI, APA, 5738 Dayton St., Zephyrhills, FL 33542, 941-626-4247, scott@apa-wpa.com, www.apa-wpa.com)

10 OCT, WNPFF Palmetto Championships (Greenville, SC) Troy Ford, 770.668.4841, wnpp@aol.com

10 OCT, USAPL South Florida BP/DL (Ft. Lauderdale, FL) Robert Keller, wnpp@pobox.com, 142347, Fayetteville, GA 30214, www.wnpp.net

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

11 OCT, 7th Big Dog Classic John Blackstone, 1200 W. Main St., W. Lafayette, OH 43845, 740-502-4964

11 OCT, (NEW DATE) APF/AAPF Rise of the DL Beast of the BP (Willoughby, IL), Amy Jackson, 630-896-7309, amy@jackson@aol.com

17 OCT, USPF Div. II Only Bay Area Open (San Mateo, CA), John Ford, 650.303.7518

17 OCT, UPAL Ironman on the Mississippi, Bill Carpenter, 563.599.1390, bicarpenter@upaper.com, entry form at www.upa-towa.com

17 OCT, NASA Unequipped Nationals (OKC, OK) Rich Peters, Box 735, Noble, OK 405-527-8513, SQB-PDL@aol.com

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

17 OCT, USAPL 2nd Annual Columbia City Powerlifting Classic (Seattle, WA), Bull Stewart 206-725-7894, bullstewart@hotmail.com, Richard Schuller, 206-280-8122, r@bull.com

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

17 OCT, 100% Tested National-

als & KY Regional PL, BP, PP & Power Sports (Morehead, KY) Greg Van Hooser, Route 1 Box 166, Ravenswood, WV 26164, 304-273-3110, greg@whpower.com

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Single Event (Bradford, England) JM-Gedney@wlu.edu

11-13 SEP, RAW United Armed Forces Championships (Free Contest), Spero Tshonnikis, 401 Highway A1A, Unit 122, Satellite Beach, FL 32937, rawunit@cfi.com

19 SEP, APF Indiana State PL & Bench Press Open (Princeton, IN) Larry Hoover, (812) 385-9932, quadhd@peoplepc.com

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

20 SEP, WNPFF Cam-Am Championships (Rochester, NY), Ron DeAmicis, 330 792-6670 or 330 519-3078

24-27 SEP, WUAP World PL/BP, Saint-Avoid, France, Dominique Seminaire, v.seminatore@mairie-saint-avoid.fr, for information call L.B. Baker, 770-713-3080, www.americanpowerlifting-committee.com

26 SEP, USAPL West Virginia State/Open PL Championship (at the Avash Sports Complex, 2400 Kanawha Terrace)(St. Albans, WV), Doug Curran, 304.550.5064, wcurran@sep.com

26 SEP, NASA Tennessee Regional (Pickwick Park, TN) Rich Peters, Box 735, Noble, OK 73068, 405-527-8513, SQB-PDL@aol.com

26 SEP, 2nd Tom Eldridge Top Gun USPF AZ State (PL, BF, DL) Cold Iron Gym, Tombstone, AZ, 520-457-3955, www.coldirongym.com

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

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

19 SEP, New Mexico Regional, Equipped & Unequipped PL & BP, Power Sports & PP (Gaultip, NM), www.nasa-sports.com

19 SEP, USAPL Night of the Living Dead: Glory (an Arnold qualifier), (Elizabethton, TN), Alex Campbell, 423.725.2415, abcampbell69@hotmail.com

19 SEP, NASA Indiana Regional, Equipped & Unequipped PL & BP, Power Sports & PP (Kokomo, IN), Job-Hou-sey, aarzd.insurance@sbcglobal.net, www.nasa-sports.com

19 SEP, APA Indiana PowerFest

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WORLD NATURAL POWERLIFTING FEDERATION

5 or 12 SEP. WNPF Jake the Hammer Classic/ WNPF Lifetime BP/DL/FC Nationals (Warner Robins, GA)

6 SEP. WNPF Western Ohio Championships (Findlay, OH)

20 SEP. WNPF Can-Am Championships (Rochester, NY)

27 SEP. WNPF All-American PL/ WNPF Lifetime Pan-American Championships (Pl. St. Lucie, FL)

3 OCT. WNPF Fall Power Outage Championships (Ambridge, PA)

Contact info: Troy Ford, 770.668.4841 or wmpf@aol.com
www.wmpf.net

770.668.4841. wmpf@aol.com, WNPF POBOX 142347, Fayetteville, GA 30214, www.wmpf.net

14-16 NOV. WDPF Powerlifting World Championships (England) JM-Geedney@vnu.edu

21 NOV. 5th Annual Nasa/YMCA Great Lakes Regional Championship (at the Learning Tower YMCA, 6300 W. Touhy Ave.) (Niles, IL) David Oyler, 847.828.8964, david.oyler@comcast.net, & Josh May, 847.410.5141, josh_may@ymcachicago.org, www.nasa-sports.com

21 NOV. USARAW Bench Press Federation World (Tuscola, IL) Dr. Darrell Latch, Son Light Power, 122 West Sale St., Tuscola, IL 61953, 217-253-5429, wmpf@aol.com, soulhighgym@verizon.net

21 NOV. APA Michael Frandis 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 (IL) Bench Contest (Coca Cola, Buffalo, IL) Mark J. Becht, 716-549-3952, pagebecht@wildblue.net

21 NOV. USAPL Stars & Stripes BP/DL (Charls Summit, PA) steve@purepowerlifting.com, www.purepowerlifting.com

21 NOV. Nasa Southeastern States Regional Powerlifting, BP & Power Sports Championships (Hickory, NC) Greg Van Hoese, Route 1 Box 166, Ravenswood, WV 26164, 304-273-3110, greg@wvpower.com

21 NOV. Kansas Regional, Equipped & Unequipped Powerlifting, BP, Sports and Push Pull (Salina, KS) Northern Virginia Raw Powerlifting & Bench Press Championships (York Barbell Co., 3300 Board Rd., York, PA) Mark Chaillet, or Ellen Chaillet, echaillet@aol.com, www.yorkpower.com

4-6 DEC. RAW United National Championships (Must Qualify), Sperto Tshontikidias, 401 Highway A1A, Unit 122, Satellite Beach, FL 32937, 321-505-1194, rawunited@cfi.rr.com

5 DEC. Penn Elkhart Bench Press Classic, Jon Smoker, jirmsmoker@hotmail.com

5 DEC. 9th Pocket Samson's Christmas BP/DL (one toy from each lifter for Toys for Tots - All wt. classes/divisions/age groups), (Westminster, MD), Chaz Riddle's Powerhouse Gym, 410.857.1232

5 DEC. 56th Annual USPF Div. II Iron Man PL (GFC Rules), (Fresno,

14 NOV. Nasa Colorado Regional Equipped & Unequipped Powerlifting, Power Sports, Push Pull, Son Light Power, 122 West Sale St., Tuscola, IL 61953, 217-253-5429, wmpf@aol.com, soulhighgym@verizon.net

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, wmpf@aol.com, soulhighgym@verizon.net

14 NOV. WV Regional PL, BP, PP & Power Sports, Greg Van Hoese, Route 1 Box 166, Ravenswood, WV 26164, 304-273-3110, greg@wvpower.com

14 NOV. Northern Virginia Raw BP only, Power Press, (Mesa, AZ) Northern Virginia Raw Powerlifting & Bench Press Championships (York Barbell Co., 3300 Board Rd., York, PA) Mark Chaillet, or Ellen Chaillet, echaillet@aol.com, www.yorkpower.com

14 NOV. USAPL Southeastern USA Regional BP/PL (F. Lauderdale, FL) Robert Kaller, 954-790-2249, rhk@verizon.net

14 NOV. Monster of the Midwest PL/BP (Winchester, IN) Sonny Rucione, 3421 W. Afton Rd., Murfreesboro, TN 37132, 615-258-7166

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

14 NOV. (NEW DATE) WNPF Lifetime Drug Free International Powerlifting, SQ, BP, DL, PC Championships (Orlando, FL) Troy Ford, cfi.rr.com

14 NOV. RAW United, North American Open (Greencastle, PA) Sperto Tshontikidias, 401 Highway A1A, Unit 122, Satellite Beach, FL 32937, 321-505-1194, rawunited@cfi.rr.com

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Taylor, 941-626-4247, scott@apa-wpa.com, www.apa-wpa.com

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

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

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

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

19 DEC. Nasa Illinois Christmas Regional, Equipped & Unequipped Powerlifting, Power Sports, Push Pull, Equipped & Unequipped BP only, Power Press (Flora, IL), www.nasa-sports.com

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

DEC. AAFP Illinois Raw Power Challenge (Wilkebrook, IL), Eric Stone, 630-794-0594, thestone@chicago-powerlifting.com

30 JAN 2010. USAPL High School & Collegiate RAW (Summit, PA) steve@purepowerlifting.com

31 JAN 2010. USAPL USAPL 8th High School & Collegiate North East USA Regional (Scranton, PA) steve@purepowerlifting.com, wmpf@aol.com

30-31 JAN 2010. Raw Unity Meet (Lampa, FL) Eric Tainanti, erictainanti@yahoo.com, rawunitymeet.com

6-7 FEB 2010. WNPF Pan-American Championships (Antigua, Guatemala), wmpf@aol.com, wmpf.net

28 FEB 2010. APL 8th annual Northeastern Open BP, DL, P-P (Manchester, NH) Dave Follanshee, APL President, 603-626-5489, NHbodybuilding@yahoo.com, www.AmericanPowerlifting.com

MAR 2010. USAPL 28th Pennsylvania State (Scranton, PA) steve@purepowerlifting.com, wmpf@aol.com

MAR 6-7 2010. USAPL Washington State Powerlifting Championships (Tumwater, WA), Valley

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9-11 APR 2010. APF Master, Teen & Junior Nationals (West Palm Beach, FL), Ki-eran Kilder/Amy Jackson, 866-389.4744, amyjackson@worldpowerlifting-aol.com, www.worldpowerlifting-aol.com, www.worldpowerlifting-aol.com

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Lightweight (less than 165) 165 105 231 501
T. Ge'ny
MALE
Lightweight (less than 198) 198
R. Spencer 573 353 650 1576
J. Jara 607 475 800 1427
B. Borgs 507 474 524 1505
J. Turney 551 452 573 1576
J. McDonald 568 446 590 1604
A. Zavala 606 502 639 1747
D. Hernandez 684 529 611 1835
M. Hill 684 529 611 1835
M. McCre 705 656 656 1813
J. King 711 457 645 1813
Heavyweight (275+) 275+
Baumgarten 623 408 513 1543
T. Shall 871 656 711 2238
Labourade 876 573 755 2205
L. B. 876 573 755 2205
-Lifted Raw. Congratulations to our winners!
Lightweight Men: Ryan Spencer, Middleweight
Men: Marshall Wilder, Heavyweight Men: Treston
Shull. Best Lifter: Ricky Labourade. Thanks to
Mark Bell for hosting the APF Open at Super
Training Gym. Thanks to our sponsors for mak-
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APL, McRx, and Bulky Boy. Thanks to Iron
Bug Clothing for attending. Thanks to all our
Referees who gave of their time. Special thanks
to our hard working spotters and loaders.
Heavyweight Battle at Super Trainings APF
Open and sold well on the platform. The
last to fall to defeat are congratulations for
the APF Open at Super Trainings Gym. Treston
Shull, one of Super Trainings' own, pulled out
the win against Seattle's Ricky Labourade. Both
lifters squared big, with Treston getting his
second attempt at 393.5 kilos and Ricky getting
by making all three bench attempts, finishing
big 322.5 pull. In other Middleweight action,
Super Trainings' Andy Zavala squatted 275k,
with a PR of 297.5. Labourade made his
lifters made their first two pulls, Treston with
307.5 and Ricky with 342.5. The game both

APF Super Training Open
24 MAY 09 - Sacramento, CA
BENCH 198-274
E. Arumetadi 424
Powerlifting SQ BP DL TOT
Lightweight (less than 165) 165 105 231 501
T. Ge'ny
MALE
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(continued from page 6)

Day 1 started off with the Women & Men's Open up to 181 and our first ever APF raw division at Seniors. We saw a solid turnout of lady lifters. Florida lifter Margaret Kirkland of Bradenton had a solid day breaking many records as usual totaling 1173.5 lbs. Jen (Pup) Roisinger from St. Pete area looked real strong. Mandy Bennett from Omaha's Big Iron lifted awesome for a 16 year old, hanging with the open ladies. She looked like she was having fun because she had always smile from World's for a better showing. Michelle came in third.

Our Raw lifters did awesome too. In Texas Top Raw dog was Shaee Jones 181.3 total, who smoked a 650 squat, 501 bench and a 661 DL at 242. He was the Raw BL Armando Barajas from Washington started out

wise, but Jason Coker sure handles



Jim Hoskinson PSYCHES UP!

Brian really could have stood to stick 1 more squat and deadlift to win, but it wasn't his day. The day did belong to Al Caslow from Kansas.

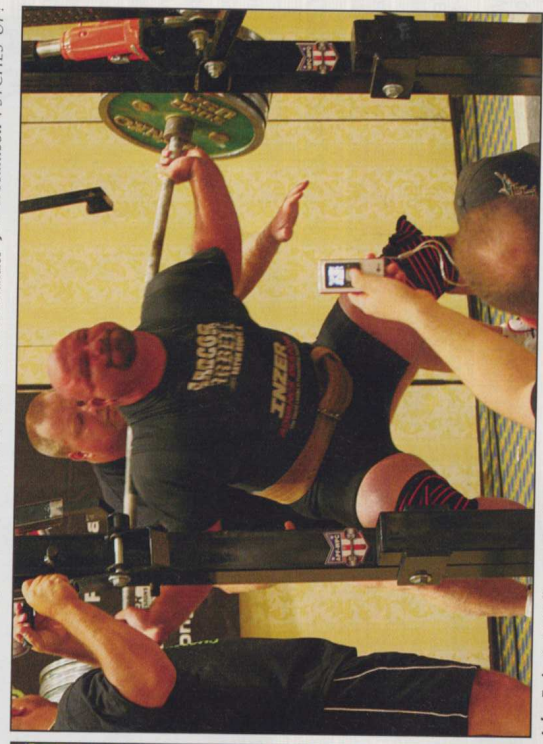
What a balanced lifter this guy is, in all 3 phases of his lifting. He totaled around 2100 at 165! He obviously was best lifter. I was blown away on how this guy manhandled the weight, for his size. Mick Manly, owner of a great powerlifting last name, captured 3rd at 181. Daniel Tinajero has come a long way in a short period of time to nail second place at Seniors as a 21 year old junior lifter. The World's greatest 181-lb. Mike Car-

linian, recently referenced in PLUSA, hit a huge 920 4th attempt WR with ease, and a easy 683 bench winning the class hands down.

On to the big boys, not that a 198 lb is super big body, weight-wise, but Jason Coker sure handles



The Amazing Al Caslow at 165



John Ewing's 1102 lb. squat! (photographs are courtesy of Amy Jackson/Mike Westerdal/Teresa Frank)

a little rough in the squat but got it together for his bench & deadlift. Massive 200 lbs. He squatted a huge 959 then destroyed an 826 bench (mind boggling!) These BIG iron boys sure can bench. Very impressive!! He won his class easily. Chris Page lifted well securing second place and Tom Watkins from Orlando Barbell got third.

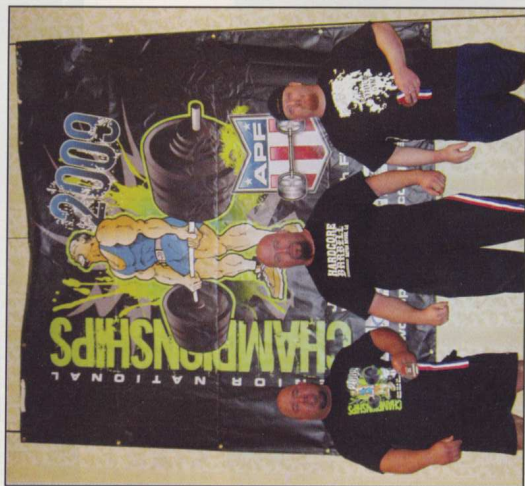
At 220, Stephen Wagner took third. Master lifter Henry Fletcher out of Orange, Texas had a great day!! The lifter who gave the open a go was mighty 45 year old Master took second competing against lifters who were all in their 20's. Clint Smith from Jacksonville, FL stole the 220 Anthony Carquist took second. Jose Danyl Boyington looked solid securing show/BL with authority. He was very balanced in all 3 lifts, and has my vote the home of the APF (Aurora), had

another one of his well balanced, well coached, solid performances to win the 275 class handily. Jose's form is flawless. Next the baby SHWs (308) top 3 were really strong, and - in my opinion - haven't even scratched the surface as far as their future potential. SHW, both Garry and John will get

to go to England for Worlds. Bad Attitude's Gym Henry Thomason came in third. Craig Stutes of Lafayette, Louisiana (who I never heard of until Masters this past May) the 3-belt & bench only. A few names snagged second. This guy is a freaky strong—solid as a rock!! He didn't

have a great day, getting called on and depth for the first 2 attempts of ing back to back on Sat & Sun. An-1063, but got it on his third. All 3 other mighty Master also from Texas bar was empty, and his bench/dead- was Bob Bassman from Dallas. At lifts were the same way. First place 71 years young Bob did a sweet a went to Hardcore Barbells Greg The-402 as a very light 242-lb. Great not, whom I would describe job Bob!! Normally a 3-lift guy Jim as 'potential unlimited'. He's only 25, Hoskinson did the bench only to sal-

but due to a successful H.S. lifting ca- vage some of his training, because he



The 308s... (L-R) Craig Stutes, Greg Theriot, and Henry Thomason

rear he's very seasoned. Garry Frank told me he pulled in the high 600s Seniors. Jim hit a nice 738.

I would like to personally thank all those who helped make this Seniors go off without a hitch. Everything ran super smooth because I have some of the most loyal dedicated profession-

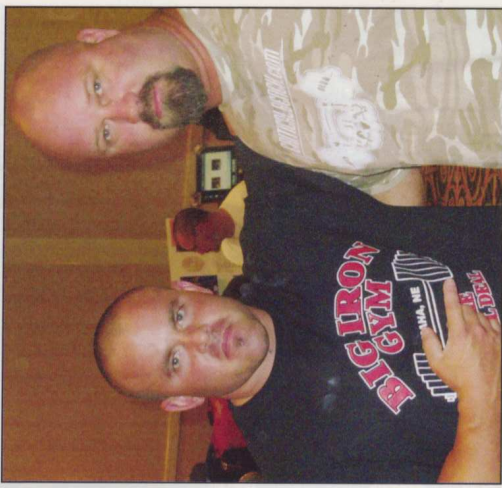
able to get a bench in. Our beloved APF President/Diplomat of the sport Mike McDaniel, and his lovely wife Beverly did a phenomenal job. They are spot on consistent and as fair as took a bad fall with a 1080 squat off the day is long. The spotters worked my elevated platform at Seniors in very hard making some great saves, Daytona, and fractured a vertebrae and making sure nobody got seri-ously hurt. Then I went saw a heart- great deal of pain even just to walk, felt thank you to you the APF lifter, a



Clint Smith of Jacksonville, FL, sets up to bench at 270 pounds

federation of lifters keeping the APF strong. Funny how many thought the APF/WPC would fold up after we were released from the Arnold Classic. But here we are, strong as ever, with all the minor league federations about what happened in Russia. I still trying to be us. Sparking another slogan, "APF often initiated, never duplicated." Last but not least, here's to the one who makes it all happen, my loyal assistant/APF Office Manager Amy Jackson. An enormous thank you from me & all the lifters for all you do running & organizing the APF.

I can't be more emphatic about going to England for this year WPC Worlds for lifters who qualified. When to miss this contest.



Superfreak Shawn Frank posing with his buddy Frank Bodenbender

APC Georgia State
4 APR 09 - Bogart, GA



BENCH	402
FEMALE	
123 lbs.	P. Hammond (50-54)
148 lbs.	C. Hatfield (50-54)
Open	
94	
M. Rubio (40-44)	551
A. Williamson (40-44)	451
242 lbs.	
200-231	
341	
215	
165 lbs.	
Open Raw	
206	
181-191	
204	
325	
314	
314	
314	
347	

The Georgia Irondags were the Team Champions at the APC Georgia State Championships (L.B. Baker)

G. McCarty (55-59) Raw	160	176	231	567	484	242	440	1167
148 lbs.								
C. Walker (45-49)	182	83	220	484	281	259	380	919
181 lbs.								
R. Baker (50-54)	589	341	363	1294	655	551	451	1657
48b-SQ-600								
Open								
182	105	193	479					
114 lbs.								
303	143	303	749					
154	94	248	495					

(continued from page 17)

not get it to improve his physique? I say this because this woman did not have a health condition that she needed to take testosterone for, but used it for specific physical appearance reasons. Yet for a man to take testosterone to improve his physical appearance is not only considered wrong in this country, but it is illegal and considered a crime? Why is it that the media praises those people that want to use anabolic steroids to change their physical appearances to another gender like turning these women into the appearance of a fully fledged man, but if you as an athlete do it to build some pecks you are an outcast in society and a criminal?

AD: Wow! That sounds pretty freaky...and you have a good point. In the medico-legal world, in the US, it does appear that this kind of thing is acceptable. And I can tell you why. I'm no psychiatrist, but the tenant is that if someone has an ego-dystonic (means poor image of themselves from some thought process) condition, we doctors must do whatever we can to help them find peace. In these transgender cases, it means giving them hormones and in some cases even having the tax-

time, just like the first time I saw the movie Pumping Iron. At the end, I felt a true inner glow, knowing that I am part of this under culture that so many people know little about. All the scenes from the Mom and Dad, the family issues and the unrelenting drive to be strong was awesome! There is so much more to this movie and I recommend all of you to see it. All I can say is wow! Any "real" lifter can identify with this movie. Apart from the MLB and top-end sports figures, the beauty of this documentary is the average guy (if you can call a 700 lb. bench presser average) just out there doing his thing. Not sure why, not getting rich, just yearning to be the strongest M%*A%, F%*A%, \$ he can be. Wow, this is such a powerful movie! And there is no BS twist, just the clear facts. At the end of the movie, when my wife gave me a kiss and left me on the couch as she went to bed, I sat there frozen thinking, "Trying to find reason and conclusion to why I have to lift big and why my whole life has revolved around weights since age 13. What have I done? Do I really have a problem? Finally, with no answer, I stood up in the usual way, which is in pain, and hobbled off to bed. My only

resolve, "I am the Anabolic Doc, and I have lifters to take care of in the morning." Goodnight, fellow brothers of iron.

Well, here you have it folks, just as I promised. Yet another very informative and controversial, if I do say so myself, installment of the Anabolic Doc series. The reason why I asked the Doc so many questions about specific conditions and diseases is because these are ones that plague the powerlifting community on a large scale basis. I am sure many of you reading this can actually relate to what we have discussed earlier. I also wanted to poke at the good old Doc as well with some of the single-sided hypocritical laws that are now in place in the United States when it comes to physicians prescribing testosterone and other such hormones to athletes. Like I said before, it was going to be interesting and uncensored, just the way you like it! So stay tuned until next month as I will have another very exciting segment with the Anabolic Doc that you won't want to miss!

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

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USAPI Raw HS/Collegiate
31 JAN - 1 FEB 09 - Scranton, PA

Powerlifting	SQ	BP	DL	TOT
FEMALE				
High School Raw				
E. Moon	171	83	265	518
114 lbs.				
J. High	193	88	259	540
123 lbs.	116	77	198	391
K. Cressman	110	66	176	353
132 lbs.	209	105	314	628
148 lbs.	215	132	347	694
N. Meyer	165	88	254	507
165 lbs.				
J. Frederick	204	94	270	568
198 lbs.	182	99	281	562
C. Sweeney				
165 lbs. Collegiate Raw				
C. Rehman	265	138	276	678
High School NE Regional				
132 lbs.				
G. Gibson	182	105	226	514
148 lbs.	187	99	204	490
148 lbs.				
K. Roberts	308	138	331	777
NE Regional				
123 lbs.	254	105	254	612
A. Torci				
148 lbs.	281	143	347	772
165 lbs. Home				
165 lbs.	204	88	231	524
C. Motley				
181 lbs.	209	105	276	590
High School Raw				
148 lbs.				
M. Marzales	182	127	259	568
123 lbs.				
D. Walker	226	143	342	711
Z. Swanger	204	127	292	623
R. Onderdonk	127	75	254	456
132 lbs.	160	143	254	557
V. Capozzo				
204	116	265	584	
148 lbs.				
M. Stencler	276	254	391	920
D. McVey	325	187	397	909
B. James	237	138	342	716
M. Vavosa	336	198	364	898
F. Cangoz	276	243	336	854
D. Steeley	226	187	391	805
181 lbs.				
N. Apesold	320	303	413	1036
R. Ramirez	422	354	375	1151
S. Ramirez	328	298	388	1014
D. Volez	276	138	358	772
198 lbs.				
J. Mayes	480	265	540	1284
J. Rehman	397	248	441	1086
J. Krause	314	154	358	827
U. Krause	287	226	314	827
Laudermitch	474	259	502	1235
M. Williams	254	331	380	965
M. Pensak	331	226	402	959
N. Beidel	276	176	309	761
B. Ziegler	430	276	502	1207
275 lbs.				
B. Boulden	529	353	540	1422
W. Ramirez	441	386	468	1295
S. Laguerre	413	243	430	1086
NE Regional				
U. Ramirez	309	259	474	1042
Collegiate Raw				
148 lbs.				
J. Adair	380	220	452	1053
J. Rount	248	209	391	849
J. Bass	248	209	386	843
M. Chmick	165	105	259	529
165 lbs.				
D. Adler	402	336	507	1246
C. Adler	364	303	496	1163
J. Heenan	309	249	441	999
A. Sandberg	243	226	347	816
181 lbs.				
T. Navarro	435	314	529	1279
T. Navarro	198	185	453	736
198 lbs.				
S. Brindle	397	331	507	1235



Pennsylvania State Team Champions (photo courtesy of Steve Mann)

J. Messinger	513	331	623	1466
242 lbs.				
B. Blaidell	452	281	472	1205
R. Macchiusi	413	243	424	1080
220 lbs.				
N. Miharado	551	380	546	1477
J. Jurgelwitz	402	248	496	1146
242 lbs.				
C. Thomas	645	435	402	1483
UNL				
J. Cappellino	750	507	667	1924
At this year's annual High School & Collegiate Championships, 139 regional champions from the top Regional and HS & Collegiate Raw Championships in USA Powerlifting. Even with a mistaken Super Bowl schedule, our team in USA Pennsylvania came out in force to support our athletes. Last year we hosted over 30 lifters at our meet. This year we hosted over 30 lifters at our meet. We expect next year to grow even more. Our competition setup had two competition QR racks, with Iwako plates and Q-Bars going at one time, along with six warm-up stations equipped with over 3,000 lbs. of weights. We put closed circuit TVs with video tape on the racks for heavy weight warm-up area. Along with being able to see the competition, we had side by side bar load and scoring programs running, so the coaches and lifters didn't miss anything. Saturday's lifting kicked off with HS lifters competing in the morning, followed by Collegiate lifters. Raw High Powerlifting Championships were being one of my first pure raw lifting sessions with the quality and the depth of lifting. The high school lifters numbers and performance were outstanding and I believe that the lifters numbers, Saturday PM session, had the top lifters from the North East USA compete for the top team and individual trophies at the High School level. Geared lifters used to tune-up and take an early look at the lifters from the top Regional, High School Nationals. With over 80 lifters from these two sessions, we were completely out of our prior to 5:30 PM. Sunday we kicked off of Collegiate portion of the weekend, where had equipped and un-equipped lifters compete, for this year's custom medals made just for the event. The lifters that competed included Penn State University of Pennsylvania, Akron, Ashland and many more. We had a solid turnout considering it was Super Bowl Sunday, thanks to a great staff in USAIP Pennsylvania, who were instrumental in the lifting day by 2:30. Highlights included the lifting day by Pennsylvania's Evan Munsing who flew all the way from England, where he is going to school this semester, to compete at this Annual RAW Collegiate Championships event, totaling 347 lbs. in the 220 lb. weight class. The lifters wearing gear. Super Heavyweight Joseph Cappellino was successful winning the best lifter trophy with a 1923 pound total. Joseph is really starting something great up at North East University, creating a team from				



Justin Davis benched 350 raw in the 148s at the Battle of the BP

Matt Kroczaleski
Team Muscletech™
Powerhouse

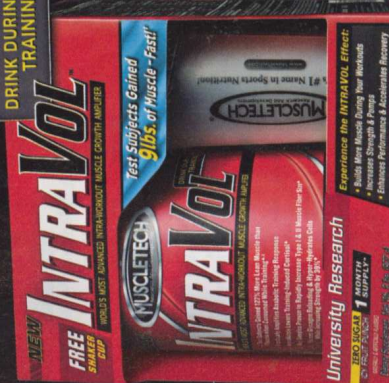
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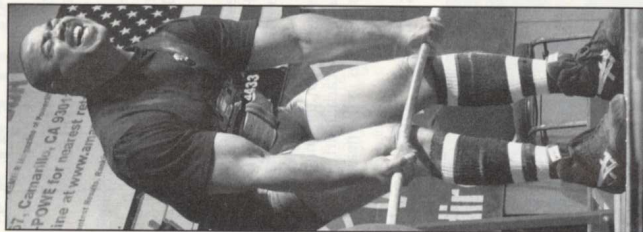
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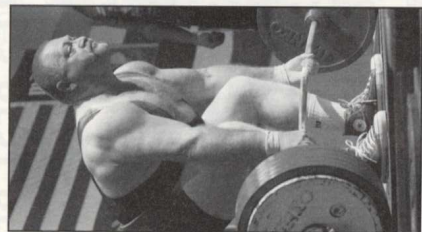
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The TOP 100 Photo Page



Eric Poitven - WABDI DL Champ



Bobbie Driscoll - stand-out puller

Anthony Carlquist - ND power



Robert Duran - world class Dler



Eric Douthlin - outstanding BPR



Patrick Parnell - Bench Presses well over the 700 pound mark



Rick Kahle - NASAs Strongman

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NEXT MONTH... TOP SHWS

CORRECTIONS...Jane Stabile should be credited with her 385 lb. squat on the TOP 20 Masters lifts for 2008. Rheta West's 1125 lb. total was not counted on the All Time Top 50 list for 148 lb. Women-James Shaughnessy's lifts of 750 570 530 1830 were not considered for the TOP 100 for the 220 lb. class and the Masters TOP 20 rankings. Sam Stewart's class was not included on the TOP 20 rankings for Masters in 2008. Jasmine Todd's 402 deadlift in the 195 lb. class was not registered on the Women's Tony Diccoco's 710 DL was not included in the TOP 100 for the 220 lb. class. If you find errors in our articles, TOP 100/20 weight class rankings or in the competition results that we publish, let us know at PL USA Errors Department, Post Office Box 467, Camarillo, California 93011 for a proper analysis of the manner (which can take a variable length of time, depending on the specific situation) and an appropriate correction in a following issue.

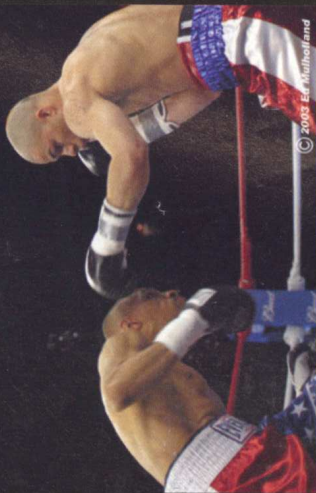
TOP 100

For standard 275 lb./110 Kg. USA lifters in re-suits received from JUN/08 through MAY/09

	SQUAT	BENCH PRESS	DEADLIFT	TOTAL
1	1074 Griffin, M. 6/1/08	948 Luquendo, R. 7/12/08	877 Garcia, J. 11/20/08	2656 Foy, J. 3/21/09
2	1058 Grandick, J. 9/6/08	865 Briggs, R. 9/6/08	825 Patrick, J. 11/8/08	2612 Grandick, J. 9/6/08
3	1041 Garcia, J. 11/20/08	852 Stewart, S. 8/9/08	822 Efferding, S. 11/8/08	2523 Garcia, J. 11/20/08
4	1025 Foy, C. 12/6/08	804 Grandick, J. 9/6/08	810 Buchberger, J. 9/3/09	2506 Foy, C. 12/6/08
5	1008 Carroll, B. 12/6/08	788 Harris, S. 7/12/08	804 Brown, M. 6/1/08	2479 Griffin, M. 6/1/08
6	1003 Carlquist, A. 6/1/08	771 McMillan, J. 11/1/08	800 Hoff, D. 8/24/08	2450 Edwards, L. 8/24/08
7	1000 Edwards, L. 8/24/08	750 Tims, H. 10/4/08	782 Harris, A. 10/4/08	2419 Carlquist, A. 3/21/09
8	970 Redding, J. 3/21/09	749 Carril, B. 12/6/08	777 McMillan, J. 11/1/08	2392 Telesco, C. 4/26/09
9	970 Telesco, C. 4/26/09	740 Bell, T. 12/6/08	777 Jurkowski, G. 12/6/08	2392 Telesco, C. 4/26/09
10	959 Hammock, S. 9/13/08	730 Harris, P. 4/18/09	771 Carlquist, A. 11/20/08	2380 Foy, C. 12/6/08
11	957 Hammock, S. 9/13/08	725 Parram, R. 11/6/08	771 Krogman, J. 5/24/09	2331 Hammock, S. 9/13/08
12	930 Hoff, D. 8/24/08	725 Parram, R. 11/6/08	771 Krogman, J. 5/24/09	2331 Hammock, S. 9/13/08
13	930 Hoff, D. 8/24/08	725 Parram, R. 11/6/08	771 Krogman, J. 5/24/09	2331 Hammock, S. 9/13/08
14	930 Hoff, D. 8/24/08	725 Parram, R. 11/6/08	771 Krogman, J. 5/24/09	2331 Hammock, S. 9/13/08
15	930 Hoff, D. 8/24/08	725 Parram, R. 11/6/08	771 Krogman, J. 5/24/09	2331 Hammock, S. 9/13/08
16	930 Hoff, D. 8/24/08	725 Parram, R. 11/6/08	771 Krogman, J. 5/24/09	2331 Hammock, S. 9/13/08
17	925 Patrick, J. 3/14/09	720 Vickers, R. 8/2/08	770 Vespolepi, C. 8/24/08	2289 McMillan, J. 8/24/08
18	904 Wood, 2/7/09	710 Gillespie, B. 11/14/08	766 Lillibridge, E. 1/31/09	2232 Estevez, L. 5/3/09
19	904 Wood, 2/7/09	710 Gillespie, B. 11/14/08	766 Lillibridge, E. 1/31/09	2232 Estevez, L. 5/3/09
20	904 Wood, 2/7/09	710 Gillespie, B. 11/14/08	766 Lillibridge, E. 1/31/09	2232 Estevez, L. 5/3/09
21	903 Estevez, L. 5/3/09	705 Gibson, N. 9/14/08	760 Griffin, M. 6/1/08	2230 Leaning, N. 10/19/08
22	903 Estevez, L. 5/3/09	705 Gibson, N. 9/14/08	760 Griffin, M. 6/1/08	2230 Leaning, N. 10/19/08
23	900 Castellano, N. 2/28/09	705 Adams, B. 7/12/08	760 Jacobs, M. 10/7/08	2193 Cardella, 6/15/08
24	900 Castellano, N. 2/28/09	705 Adams, B. 7/12/08	760 Jacobs, M. 10/7/08	2193 Cardella, 6/15/08
25	887 Matrone, M. 3/7/09	701 Amunátegui, S. 8/2/08	755 Damminga, G. 11/20/08	2160 Burrows, N. 8/24/08
26	887 Matrone, M. 3/7/09	700 Marras, R. 4/17/08	750 Meyer, J. 8/24/08	2160 Burrows, N. 8/24/08
27	887 Matrone, M. 3/7/09	700 Marras, R. 4/17/08	750 Meyer, J. 8/24/08	2160 Burrows, N. 8/24/08
28	881 Galt, N. 3/14/09	699 Lincoln, Jr., R. 11/13/08	749 Cardella, 6/15/08	2154 Masterson, M. 3/7/09
29	881 Galt, N. 3/14/09	699 Lincoln, Jr., R. 11/13/08	749 Cardella, 6/15/08	2154 Masterson, M. 3/7/09
30	880 Carter, J. 9/27/08	688 Telesco, C. 4/26/09	749 Cardella, 6/15/08	2154 Masterson, M. 3/7/09
31	870 Smith, S. 6/29/08	680 Edwards, L. 8/24/08	744 Hammock, S. 9/13/08	2148 Jones, A. 10/25/08
32	870 Smith, S. 6/29/08	677 Lada, S. 6/28/08	744 Hammock, S. 9/13/08	2148 Jones, A. 10/25/08
33	860 Adams, B. 7/12/08	677 Douthlin, E. 11/15/08	735 Goffish, J. 8/16/08	2121 Harris, A. 5/3/09
34	860 Adams, B. 7/12/08	677 Douthlin, E. 11/15/08	735 Goffish, J. 8/16/08	2121 Harris, A. 5/3/09
35	850 McLinn, J. 4/26/09	675 Lenora, N. 1/1/09	733 Telesco, C. 4/26/09	2116 Kahle, R. 8/3/08
36	850 McLinn, J. 4/26/09	675 Lenora, N. 1/1/09	733 Telesco, C. 4/26/09	2116 Kahle, R. 8/3/08
37	850 Fair, E. 2/28/09	672 Zhang, M. 9/14/08	725 Carter, J. 10/25/08	2110 Baggett, G. 12/6/08
38	843 Bousher, R. 6/7/08	672 Hudson, C. 1/17/08	725 Carter, J. 10/25/08	2110 Baggett, G. 12/6/08
39	843 Bousher, R. 6/7/08	672 Hudson, C. 1/17/08	725 Carter, J. 10/25/08	2110 Baggett, G. 12/6/08
40	840 Mullins, B. 12/6/08	670 Meyer, J. 8/24/08	722 Hedrick, 6/15/08	2110 Castellano, N. 2/28/09
41	837 Nash, T. 10/11/08	670 Leaning, N. 10/19/08	722 Best, A. 3/28/09	2105 Poulton, C. 3/14/09
42	837 Nash, T. 10/11/08	670 Leaning, N. 10/19/08	722 Best, A. 3/28/09	2105 Poulton, C. 3/14/09
43	837 Nash, T. 10/11/08	670 Leaning, N. 10/19/08	722 Best, A. 3/28/09	2105 Poulton, C. 3/14/09
44	832 Ortiz, D. 3/21/09	666 Hammock, S. 12/6/08	716 Pritchett, J. 6/7/08	2100 Fair, E. 2/28/09
45	826 McMillan, J. 4/26/09	660 Weaver, S. 2/7/09	716 Cooper, D. 8/30/08	2100 Young, C. 3/21/09
46	826 McMillan, J. 4/26/09	660 Weaver, S. 2/7/09	716 Cooper, D. 8/30/08	2100 Young, C. 3/21/09
47	821 Hallikainen, J. 4/26/09	655 Bailey, C. 5/24/09	715 Robinson, J. 6/7/08	2070 Efferding, S. 11/8/08
48	820 Byers, T. 3/7/08	650 Hoekstra, S. 6/7/08	710 Kahle, R. 8/3/08	2066 Hallikainen, J. 4/26/09
49	815 Brown, M. 6/1/08	650 Lewis, D. 8/3/08	705 Gehr, 6/15/08	2066 Hallikainen, J. 4/26/09
50	815 Brown, M. 6/1/08	650 Lewis, D. 8/3/08	705 Gehr, 6/15/08	2066 Hallikainen, J. 4/26/09
51	815 Theile, J. 3/21/09	650 Hill, J.B. 12/6/08	705 Eschever, L. 10/18/08	2025 Douglas, R. 8/24/08
52	815 Theile, J. 3/21/09	650 Hill, J.B. 12/6/08	705 Eschever, L. 10/18/08	2025 Douglas, R. 8/24/08
53	805 Halls, D. 11/23/08	644 Griffin, M. 6/1/08	705 Fair, E. 2/28/09	2025 Theile, J. 3/21/09
54	805 Halls, D. 11/23/08	644 Griffin, M. 6/1/08	705 Fair, E. 2/28/09	2025 Theile, J. 3/21/09
55	804 Kahle, R. 8/3/08	644 Griffin, M. 6/1/08	705 Fair, E. 2/28/09	2006 Dague, D. 3/21/09
56	804 Kahle, R. 8/3/08	644 Griffin, M. 6/1/08	705 Fair, E. 2/28/09	2006 Dague, D. 3/21/09
57	804 Kahle, R. 8/3/08	644 Griffin, M. 6/1/08	705 Fair, E. 2/28/09	2006 Dague, D. 3/21/09
58	804 Kahle, R. 8/3/08	644 Griffin, M. 6/1/08	705 Fair, E. 2/28/09	2006 Dague, D. 3/21/09
59	800 Spatz, J. 10/19/08	630 Swanson, L. 3/28/09	700 Patterson, E. 11/4/08	2000 Spatz, J. 10/19/08
60	800 Spatz, J. 10/19/08	630 Swanson, L. 3/28/09	700 Patterson, E. 11/4/08	2000 Spatz, J. 10/19/08
61	800 Spatz, J. 10/19/08	630 Swanson, L. 3/28/09	700 Patterson, E. 11/4/08	2000 Spatz, J. 10/19/08
62	800 Spatz, J. 10/19/08	630 Swanson, L. 3/28/09	700 Patterson, E. 11/4/08	2000 Spatz, J. 10/19/08
63	800 Spatz, J. 10/19/08	630 Swanson, L. 3/28/09	700 Patterson, E. 11/4/08	2000 Spatz, J. 10/19/08
64	800 Spatz, J. 10/19/08	630 Swanson, L. 3/28/09	700 Patterson, E. 11/4/08	2000 Spatz, J. 10/19/08
65	800 Spatz, J. 10/19/08	630 Swanson, L. 3/28/09	700 Patterson, E. 11/4/08	2000 Spatz, J. 10/19/08
66	800 Spatz, J. 10/19/08	630 Swanson, L. 3/28/09	700 Patterson, E. 11/4/08	2000 Spatz, J. 10/19/08
67	788 Wagner, 6/15/08	630 Maldonado, C. 4/18/09	699 Dunn, J. 2/21/09	1946 Anderson, 6/15/08
68	788 Wagner, 6/15/08	630 Maldonado, C. 4/18/09	699 Dunn, J. 2/21/09	1946 Anderson, 6/15/08
69	775 Fells, B. 4/1/09	625 Young, C. 9/20/08	690 Chung, J. 8/2/08	1940 Foy, J. 11/23/08
70	775 Fells, B. 4/1/09	625 Young, C. 9/20/08	690 Chung, J. 8/2/08	1940 Foy, J. 11/23/08
71	771 Krogman, 6/15/08	625 Fagnano, A. 1/25/09	688 Haigh, C. 3/14/09	1940 Foy, J. 11/23/08
72	766 Anderson, 6/15/08	625 Fagnano, A. 1/25/09	688 Haigh, C. 3/14/09	1940 Foy, J. 11/23/08
73	766 Anderson, 6/15/08	625 Fagnano, A. 1/25/09	688 Haigh, C. 3/14/09	1940 Foy, J. 11/23/08
74	766 Anderson, 6/15/08	625 Fagnano, A. 1/25/09	688 Haigh, C. 3/14/09	1940 Foy, J. 11/23/08
75	755 Efferding, S. 2/28/09	625 Tronam, E. 5/16/09	685 Hamilton, M. 1/17/09	1935 Lucas, T. 5/24/09
76	755 Efferding, S. 2/28/09	625 Tronam, E. 5/16/09	685 Hamilton, M. 1/17/09	1935 Lucas, T. 5/24/09
77	755 Efferding, S. 2/28/09	625 Tronam, E. 5/16/09	685 Hamilton, M. 1/17/09	1935 Lucas, T. 5/24/09
78	750 Struchiner, B. 12/13/08	622 Estevez, L. 5/3/09	680 Johnson, 8/2/08	1929 Thompson, H. 8/3/08
79	750 Struchiner, B. 12/13/08	622 Estevez, L. 5/3/09	680 Johnson, 8/2/08	1929 Thompson, H. 8/3/08
80	750 Struchiner, B. 12/13/08	622 Estevez, L. 5/3/09	680 Johnson, 8/2/08	1929 Thompson, H. 8/3/08
81	750 Newman, L. 2/7/09	617 Wood, W. 3/14/09	677 Tschick, M. 7/12/08	1929 Thompson, H. 8/3/08
82	749 Page, C. 8/25/08	617 Chan, S. 7/14/09	677 Tschick, M. 7/12/08	1929 Thompson, H. 8/3/08
83	745 Trevino, J. 3/28/09	612 Demson, S. 6/29/08	675 Ludowski, M. 12/12/08	1929 Thompson, H. 8/3/08
84	745 Trevino, J. 3/28/09	612 Demson, S. 6/29/08	675 Ludowski, M. 12/12/08	1929 Thompson, H. 8/3/08
85	745 Trevino, J. 3/28/09	612 Demson, S. 6/29/08	675 Ludowski, M. 12/12/08	1929 Thompson, H. 8/3/08
86	745 Trevino, J. 3/28/09	612 Demson, S. 6/29/08	675 Ludowski, M. 12/12/08	1929 Thompson, H. 8/3/08
87	740 Jacobs, J. 10/26/08	611 Hillman, K. 11/20/08	675 Chula, C. 10/19/08	1884 Bourgeois, J. 1/31/09
88	738 Hunter, A. 6/8/08	611 Hillman, K. 11/20/08	675 Chula, C. 10/19/08	1884 Bourgeois, J. 1/31/09
89	738 Hunter, A. 6/8/08	611 Hillman, K. 11/20/08	675 Chula, C. 10/19/08	1884 Bourgeois, J. 1/31/09
90	733 Spens, R. 9/14/08	606 McKinnis, S. 10/19/08	675 Kestman, N. 2/7/09	1855 Phillips, P. 5/24/09
91	733 Spens, R. 9/14/08	606 McKinnis, S. 10/19/08	675 Kestman, N. 2/7/09	1855 Phillips, P. 5/24/09
92	733 Spens, R. 9/14/08	606 McKinnis, S. 10/19/08	675 Kestman, N. 2/7/09	1855 Phillips, P. 5/24/09
93	729 Che, J. 9/6/08	606 Duran, S. 3/14/09	675 Fleming, S. 3/14/09	1840 Lee, W. 6/7/06
94	727 Baggett, M. 3/21/09	605 Phillips, C. 6/29/08	672 Demson, S. 6/29/08	1840 Lee, W. 6/7/06
95	725 Phillips, P. 5/24/09	600 Schurr, R. 8/2/08	672 Ryder, K. 7/28/08	1835 Thomas, B. 10/18/08
96	725 Phillips, P. 5/24/09	600 Schurr, R. 8/2/08	672 Ryder, K. 7/28/08	1835 Thomas, B. 10/18/08
97	725 Ibb, W. 5/24/09	600 McDowell, R. 8/10/08	672 Bodi, J. 10/18/08	1835 Thomas, B. 10/18/08
98	722 Robinson, N. 3/21/09	600 Vespolepi, C. 8/24/08	672 Driskill, B. 11/14/08	1830 Ibb, W. 5/24/09
99	722 Robinson, N. 3/21/09	600 Vespolepi, C. 8/24/08	672 Driskill, B. 11/14/08	1830 Ibb, W. 5/24/09
100	722 Flores, J. 3/21/09	600 Galsbath, G. 11/15/08	670 Weyrough, K. 8/9/08	1818 Page, G. 8/3/08

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