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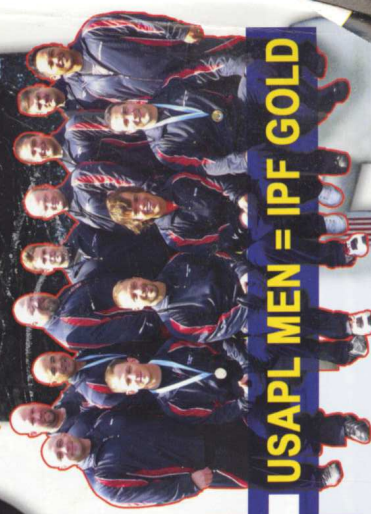
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POWERLIFTING USA the USPF NATIONALS

Scott Smith

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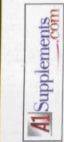
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Rob Luyando
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 905 lbs. @ 242 lbs.
 947 lbs. @ 247 lbs.

Brian Siders
 IPF World Record Total
 2,601 lbs. @ SHV

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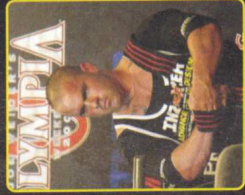
Dennis Cieri
 IPF World Record Bench
 634 lbs. @ 198 lbs.



Jeremy Hoernstra
 World Record "Raw" Bench
 615 lbs. @ 242 lbs.



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



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



Joe Cektorsky
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 600 lbs. @ 147.6 lbs.

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David Muro gave a DL seminar

Many of the top lifters in the country traveled to Anaheim this Fourth of July weekend to compete for a National Title and a spot on the U.S. Team. Meet Director and California Chair, Steve Denton, selected the spacious Holiday Inn La Mirada as the venue, which was able to comfortably house two lifting platforms, many spectators and vendors. The large number of lifters were able to take their warm ups on the four platforms set up in the large warm up room. There were a total of 232 lifters. This was the largest USPF meet in many years.

Many Powerlifting legends were in attendance at this meet and stirred up a lot

USPF NATIONALS IN ANAHEIM ATTRACTS TOP LIFTERS as told to PL USA by Bob Gaynor and Cara Westin



Ed Koo totaled out, even after the bar "knurled" the back of his head!

of excitement. Ed Coan, who both judged and assisted lifters, was all over both platforms offering support and advice to everyone who needed it. Meet attendees were thrilled to see the great Larry Kénoy. Lifter award: Becky Rich, 132 pound lifter Louis Hernandez, Bob Cortes, Bill Ernits and Jim Molino among others.

Friday lifters included all women and men through 198+ in six large flights, which progressed through the lifts on both platforms like clockwork. There were several outstanding winning performances amongst the women lifters. Newcomer



Bob Gaynor bombed in the squat at 198, with a hinky back, then came back to lift at 220 the next day and pull an amazing 672 lbs.

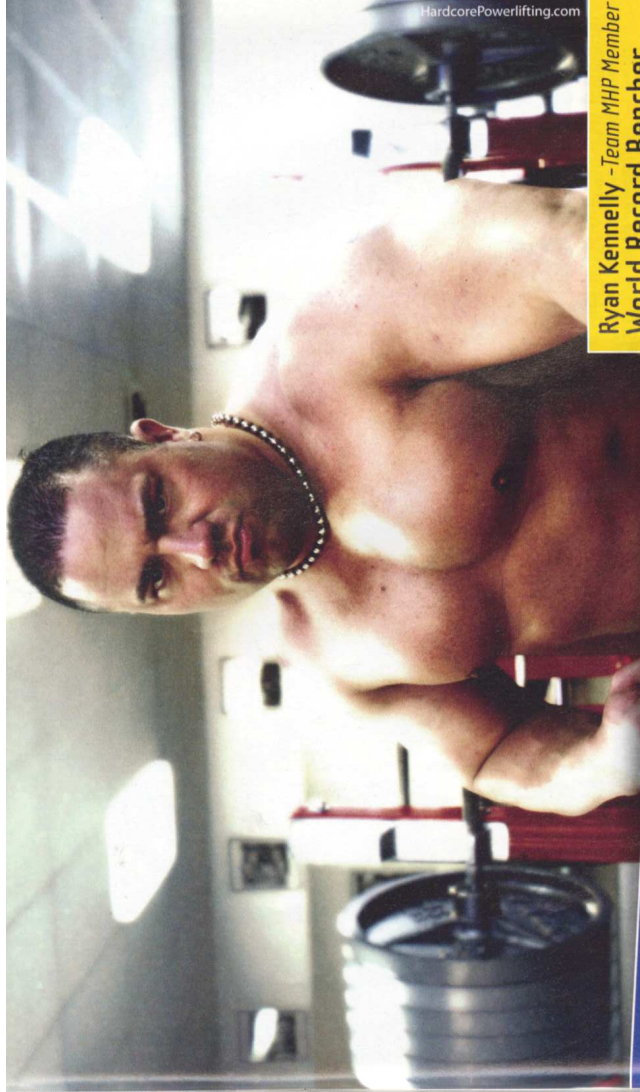


Mark Bell - magnificent intensity

been tearing up the platform this year, dominated the field with a 479 squat, 330 bench and 479 pull to grab the biggest total of the day and the Best Lifter Prize for both Open and Master Women. Other standouts among the Master Women included 123 lb. Suzanne Heidman, with a solid 749 performance, and 181 lb. Tan-ya Reed with a 380 squat, 314 bench and 418 pull. Master 123 lb. Lifter, Bonnie Aerts, pulled a record 251 deadlift, which represented the best pull by formula of all the master women. Mary Rubic-Tawzer, a 198+ Master whose son and husband also compete, had a very consistent meet and set a master deadlift record.

Sunday was set aside for the bench and deadlift specialist. Among the standouts was bench great Matt Asp, record holder in multiple weight classes, who lit a huge 264 weighing only 123. In the 165+,

(continued on page 79)



Ryan Kennelly - Team MHP Member World Record Bench 1075 lbs.

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INTERVIEW

SCOTT CARTWRIGHT interviewed for PL USA by Bruce Citerman



(Above) Scott Cartwright with his single-ply 1025 pound squat!
(Below) Scott (2nd from the right) played rugby for the Hong Kong team!

Bruce Citerman: Scott, give us some personal background on yourself.

Scott Cartwright: I'm 39 years old and was mainly raised in Modesto, California, although I have lived in many places. In 1993, I graduated from Cal Poly San Luis Obispo with a degree in Agricultural Business. My wife and I have been married for 11 years. We have three kids, Jonah (11) born in Vancouver, Canada, Jack (8) born in Seattle, WA, and Karly (6) born in Sacramento, CA. I met my wife Alice while living in Hong Kong in 1997. Alice is Canadian and was in Hong Kong working for a real estate investment company. I work for a large technology company focused on State and local government. I train with the greatest group of people on the planet at Supertraining Gym!

BC: What is your athletic background?

SC: The first organized sports I played was soccer at age 8. In 6th grade I started playing football. In 7th and 8th grade I boxed. The boxing coach didn't want me to gain weight, yet I still wanted to box for football. In 9th grade I stopped boxing to focus on football. After the football season I tried out for the 9th grade basketball team and got cut. The varsity football coach was the 9th grade basketball coach. Coach Chip told me "get in the weight room — you're a football player." I played football only for the rest of high school, with the exception of a brief attempt at joining the wrestling team. I got kicked off the wrestling team for fighting in a tournament. I went to San Diego State my freshman year of university. The coach Denny Stolz was fired before the end of the season and the new coach Al Lugenbil didn't like that I was so short and slow. I transferred to Cal Poly San Luis Obispo for a solid education and a great three years of football. I took up rugby after university and played in Hong Kong for two club teams. In addition to club rugby I played for the Hong Kong national team. I ended up playing against teams like Canada, Fiji, Japan and the USA while in Hong Kong. Once I returned to the United States, I didn't have the time to dedicate to playing rugby at a high level. I started running daily and in 1999 I ran the Portland Marathon. Yes, I said "marathon."

BC: How did you get into weightlifting and competing?

SC: When I got cut from the high school basketball team by the varsity football coach, it kick-started me into lifting. In 7th grade I had a cement filled weight set I bought at a yard sale that I lifted with daily. My 9th grade year after football, the strength coach was Karl Finch,

training partners ever since.

BC: What contest did you enter and what were the results including best lifts?

SC: I have competed in USAPL, WABDL, APF, UPA, AAU and USPF. Today my best lifts single ply are squat 1025 lbs., bench 705 lbs., deadlift 744 lbs. and total 2469 lbs. My best lifts multi-ply are squat 1102 lbs., bench 705 lbs., deadlift 771 lbs. and total 2438. I haven't really put together a solid day in a multi-ply meet yet, but I will very soon.

BC: What is your lifting program?

SC: At Supertraining we use a 7 day Westside training model. Tuesdays are max effort SQ/DL/GM. I will rotate in 3 week waves a variation of SQ week 1, a DL week 2 and GM week 3 for a 1 rep max. Then incorporate raw sets of what ever is planned for the next week after the max effort movement. An example of this would be in week 2 (of 3 week wave) I'll do a variation of the deadlift for single rep max. After pulling I will do 3 to 4 sets of 3 to 5 reps of Good Mornings raw. The same is true when I do GM max in week 3. I will then do 3 to 4 sets of 5 reps of raw squats afterwards.

These waves then repeat.

Thursdays are max effort bench days. I have been using Rob Luyando to set up my program weekly. So far it's working great. The guy is one of the best benchers in the world, so he knows what he's talking about.

Saturday dynamic squats/dead. This day is all speed work. I will usually do 8 to 10 sets of 2 reps of squats incorporating bands and chains in 3 week waves. Then it's 10-12 sets of speed pulls against tension (bands, chains or both). My focus is 100% speed and technique.

Sunday dynamic bench, high board work with chains for sets 3 reps, and then 8 to 10 sets of 3 reps for speed off chest. Luyando's program has made me much more explosive in the bench.

BC: What kind of vitamins or supplements do you take?

SC: I've been working with Anthony Ricituto from Nutrition XP3 for about eight months and have seen a huge difference in energy levels. He has me taking plenty of organic stuff more than I should!

BC: What are your comments and plans in Powerlifting?

SC: Powerlifting is the only sport on the planet where you see such a dynamic cross section of the society. There are people from all walks of life and socioeconomic backgrounds. This makes the sport what it is. Obviously, it's so sad there are so many feds and so many people trying to make money off lifters. The sport can not and will not take off until non-powerlifters are the source of revenue for the sport.

Like most, I have lofty goals for myself in the sport. In a single-ply I squat 1050, bench 750 and deadlift 800 for a 2600 total. I don't think these are too far out as I need 25 lbs. in the squat, 45 lbs. in the bench and 66 lbs. in the deadlift (I pulled 771 in a multi-ply meet).

In multi-ply, my goals are squat 1200, bench 800 and deadlift 800 for a 2800 total. Again, these are not too crazy as I squatted 1102 lbs. more than a year ago. My bench is going to take some work, but Rob Luyando is helping, and my deadlift is off by 29 lbs. now!

I want to thank my wife Alice for putting up with powerlifting, and my kids for always thinking Daddy is the strongest, and I clearly love much to Supertraining Gym — "The Strongest Gym in the West." Supertraining Gym started with Mark Bell, Jim McDonald and me in a garage. Now Mark has built a gym with more than 30 lifters and an environment that has allowed myself and others to exceed our goals.

Scott "Hoss" Courtwright



Joe Mazza
- Team MHP Member
- All-Time World Record Bench
- 685 lbs. @ 165 lbs.

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General physical preparedness is often talked about, but not practiced to a great extent. You won't need GPP if you don't intend to reach your potential or are not competing for a long period of time. But if your goal is to throw everything into your training, you must follow certain guidelines above the normal three or four workouts each week. You must work on flexibility, mobility, coordination, endurance, general strength, and psychological training, not to mention general nutrition and restoration. This is a lot to think about and know when to do what's important. To be able to perform the three lifts properly, you must be able to break parallel in the squat and maintain proper squatting position, reach the deadlift bar, and place a bench bar on your chest where you want and with what grip you want. The GPP or extra workouts must coincide with the three training periods, which are accumulation, intensification, and

WESTSIDE TRAINING

GPP: General Physical Preparedness

as told to Powerlifting USA by Louie Simmons

transformation. I have watched people pull large weight sleds throughout the weeks and make seemingly no progress. Why? They do it all the time. Trying to rehab injuries with heavy sled pulls will not work for rehab. I watch people alter the amounts of weight they pull and make fabulous progress. How? It is based on the three phases of periodization mentioned above. In the accumulation phase there are large amounts of training done. A large load of high-

intensity and high-volume work on the bench, squat, and deadlift exercises is done plus special exercises. During this phase, lots of heavy sled pulling for the upper body and lower body is employed. Of course, chiropractic, massage, and stretching are utilized. At this time, high calories and a high-protein diet are a must for recovery. Remember to avoid an adrenaline rush during max effort work. You must learn to relax the mind while training to prevent mental

(continued on page 92)

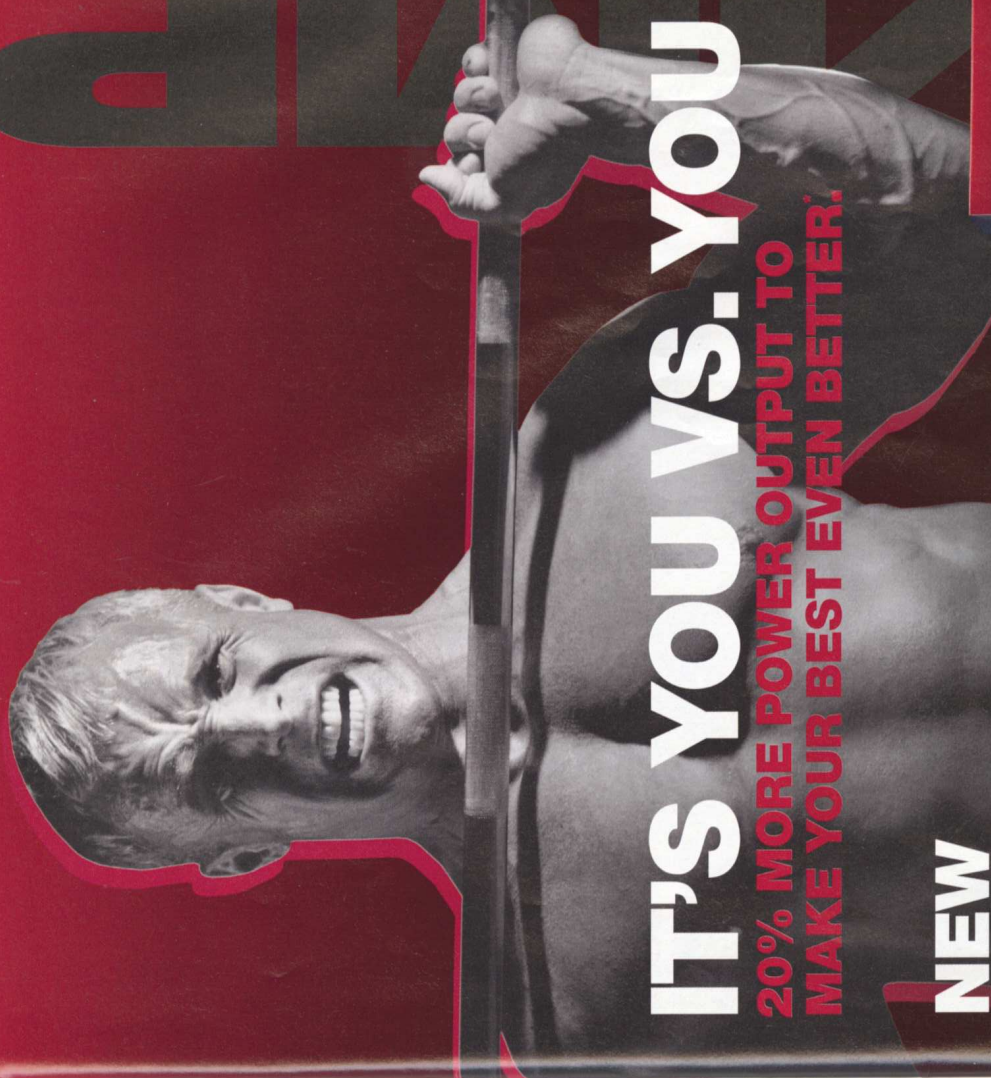


Westside Trainees achieve a high degree of GENERAL PHYSICAL PREPAREDNESS (GPP) (photograph courtesy of Wayne Stover)

and emotional stress. Save high emotional states for contests, not training.

During the accumulation phase, which occurs many weeks from the contest, an extra amount of proven core lifts are done. The intensity is very high due to the fact you are not at your top form. What was easy may now be difficult, but you must lift as much as possible for adaptation. Remember, your body will form its memories from its own training experiences.

In 1967, the Meerson theory, concerning high-level training, stated that the physiological changes brought about by responses to external factors bring about short-term adaptation. However, repeated external stimuli bring about new changes and play a role in the future adaptable response to training (Science of Sports Training). Hidden, another Bulgarian sports scientist,



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120 TABLETS


A hardcore training session is never over until I pound back my Cell-Tech Hardcore/Nitro-Tech Hardcore Stack. It's made me so much stronger, I'll never train without it!

— Matt Kroczaleski,
All-Time 220 lb. Total Record

Matt Kroczaleski PBs

 Pull 810 lbs.

 Squat 1,014 lbs.

 Push 738 lbs.

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Why use an advanced stack like this post-workout? Because it's just as important what you do AFTER a grueling training session as it is what you do during. In fact, test subjects using the Cell-Tech Hardcore/Nitro-Tech Hardcore Stack in an eight-week clinical study packed on 660 percent (11.4 vs. 1.5 lbs.) more raw mass than subjects using a placebo! And even more shocking is the fact that these same test subjects added

an AVERAGE of 86.4 pounds to their max push and one extraordinary subject added a strength-declining 110 pounds in just six weeks!

If you're prepared to do whatever it takes to jack up your total to new personal bests, you simply can't train without having the powerful Cell-Tech Hardcore/Nitro-Tech Hardcore Stack as a mainstay in your musclebuilding arsenal. If you're looking to truly shock the crowd and judges at your next meet, get on this advanced stack today and experience the power of the world's most advanced musclebuilding stack!



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Pack On 660% More Pure Mass!

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Read the label before use. In one 8-week study, subjects using the Cell-Tech Hardcore/Nitro-Tech Hardcore Stack gained, on average, 660 percent more mass (11.4 vs. 1.5 lbs.) and amplified their max leg press by 256 percent (123.2 vs. 34.6 lbs.) more than subjects using a placebo. Cell-Tech Hardcore/Nitro-Tech Hardcore Stack test subjects also gained 86.4 lbs. on their max bench while subjects using a placebo only gained 14.2 lbs. © 2009.

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 performing a thorough check-up on his patient

public thinks. And I love caring for lifters. I find most of my lifters are the pinnacle of evil. And yes, we give these people better medical attention than we do our lifters which I find totally ludicrous if you ask me. With me now taking on the Anabolic and Strength Athlete communities, one thing you can be sure of is that times are changing! And I am hell-bent to protect our brother lifters and make sure that they are as healthy as possible, despite what the general (ignorant and pencil-necked) and every year and then the media goes out and blames steroids like they are the plague of evil. And yes, we give these people better medical attention than we do our lifters which I find totally ludicrous if you ask me. With me now taking on the Anabolic and Strength Athlete communities, one thing you can be sure of is that times are changing! And I am hell-bent to protect our brother lifters and make sure that they are as healthy as possible, despite what the general (ignorant and pencil-necked)

going back to the sport and I know that both you and I are putting our hearts into this for the betterment of the sport as well as the long term health and lives of those who love powerlifting. Let's be realistic: here for a minute. I know the politicians feel like if they demonize steroid users so badly by defaming them and ruining their name beyond recognition then they will get steroids out of sports. They also believe that by making steroid users fully fledged criminals in the eyes of the public and making them do hard time in the penitentiary with those that steal, rape and kill will somehow stop them to stop using these performance enhancing drugs. But as we know in American society, even though the jail time for hard drugs like cocaine, heroin and meth are very high—sometimes decades for large quantities—this still does not stop these people from partaking in these crimes. In Canada, for example, the sentences handed out to those that use or sell hard drugs get much less time in the slammer than those caught in the United States. But the drug problem in Canada is not a fraction of what it is in the US even though the penalties are much harder. Is this just the American way I am not seeing here?

AD: I don't know. In the US, we have the highest incarceration percentage of any population in the world I'm not sure I am proud of that stat, but it speaks loud. We are obviously doing something wrong. As I have stated before, I am no criminal justice major, but our incarceration numbers have created a whole society and economy for us here. And breaking away from this will be hard. So with the Anabolic Steroid Control Act I am sure it will be moving more towards the "hard drugs" scenario despite the reality that there is no evidence for this. Wrong place, wrong time scenario, I guess.

AR: I want to talk about cardiovascular health for a minute. We all know that powerlifters suffer from this condition quite often. They usually have high bad cholesterol and low good cholesterol levels. Plus they have triglyceride levels that are off the charts as well. Can you explain to the readers why this is so important not only for their performance, but also their health? Can you discuss some case studies you have seen yourself?

AD: Great question again. Many people researched this well before contacting me. It all comes back to Metabolic Syndrome. When any one grows a large abdomen, he or she is at risk for adverse events. In the cholesterol department, it is mediated through

things called Cytokines. These bad boys are small molecules that come from the diseased abdominal fat and travel (in this case) to the liver and distort one's cholesterol profile. Typically, it causes the total cholesterol to go up as does the LDL (bad cholesterol) and triglycerides. And at the same time they cause the HDL (good cholesterol) to go down. This is a very dangerous condition for any one, let alone the lifter. Now throw in a big man, lifting big weights and having hypertension. The end result as I stated earlier is big trouble with the heart and its ability to function optimally. Again, it is so simple, and I keep repeating myself, but I keep repeating myself from occurring in the first place. This is so important for your long term lifting career and health that it should be done and monitored at any cost. Anabolic Steroids in large doses and specific types will worsen this condition on top of it. It is not uncommon for me to see a new lifter with an LDL level of over 200 and this is scary. Now what is even worse than this is when this same person also has an HDL of less than 30 which really scores the lifting hell right out of me. Now don't freak out because there is good news. I know how to reverse this even at a level as bad as I mentioned above. And I have done this numerous times for lifters. It takes ten work and special medications, but we can change this picture and turn things around. And only an experienced internist, can do this—not just your regular MD. You really have to know your Internal Medicine to do this because—believe me—it is not easy, that is for sure.

AR: I have heard many lifters complaining of bad circulation problems even in their younger years. Can you expand on what is causing this and how it can be prevented?

AD: If a young lifter really has poor circulation which is rare and if true, very scary. Young people should not have any issues with their circulatory system! If they do, it will be related to one of the disease states that I have discussed above. I find most lifters do not have this issue and after a detailed medical history and physical exam, it turns out to be something else.

AR: You mentioned that more and more lifters are using Insulin and Human Growth Hormone in their stacks. Can you expand more about some of their side effects and what needs to be watched out for?

AD: HGH is a hormone that comes from the anterior pituitary gland and stimulates the liver to produce IGF-1. This molecule has at least two fundamental properties. One, it is anabolic on skeletal/cardiac tissue. Second it blocks the effects of insulin and enhances effects of catabolic hormones in adipose tissue. Therefore when someone uses HGH it is basically setting up a paradox of anabolic pathways and at the same time preventing catabolism from occurring. This is good for the adipose tissue in the abdomen, but not as good for blocking insulin. Now with that said, I do not have a PhD in molecular physiology, but I can tell you as an MD with a lot of clinical experience with people who use these agents, I do not recommend using them. First of all, there is recent medical literature that states all the good and bad about HGH, and to me, it is not worth it. If you want to do a small "anti-aging" dose for it, but you could develop a cancer down the road. No one knows now what the future will be for HGH and health. But big doses will cause edema in hand/wrists and elevated blood pressure. This is not to mention an enlarged heart and diabetes. You do the math. This is not what being big and strong is all about. It is about being as strong as you can be, for as long as you can be!

AR: We need to talk about a sensitive topic here for a minute. Erectile dysfunction (ED) can be a side effect for those that use Anabolic Steroids. Can you elaborate on what you do with those that suffer from this condition and why they are getting it in the first place. Is it simply their HPTA axis out of whack or is there something else underlying that needs to be watched out for?

AD: ED in the lifter population of men is mainly from disruptions in the HPTA. Although mainstream

ED is usually more of a vascular event in the large majority of men that come and see me. Years of elevated blood pressure, high cholesterol and diabetes will cause most ED in the average man. Not to mention heart disease as well. That is why Viagra/PDE-5 antagonists (which works on nitric oxide in blood vessels) works for most men. I have a forum on Steroidology.com (do check it out) and recently I went head-to-head with a very bright guy from the UK on this HPTA/PCT topic. We discussed fertility, ED and relations to Anabolic Steroid history and what can be done about it. Let me tell you, this PCT thing is really the only non-studied medical topic that I have ever seen. I mean, this topic is virtually unknown in the medical world, even among Endocrine physicians! This is a very complicated medical topic and my hat tips to all of you guys who know so much about this topic (much more than the average doctor) and secondly, for teaching me all that you do in the real world! And the bottom line is that when you monkey with mother nature in the use of Anabolic Steroids, getting things like the testes dysfunctional again is not always so easy. And I have a lot of experience in this department as well as the cardiovascular department. I first address fertility. If a man has used AS and wants to be fertile, we have to take a different path versus the man who simply wants to maintain his testosterone level and be healthy. And I will try various agents like Clomid, HCG, Arimidex, and Nolvadex (SERM). The use of these agents is widespread in the bodybuilding community. Interestingly, I find that powerlifters are really not concerned or use much of these agents! I guess they are more hardcore than our bodybuilding brothers. Some people use other words to describe these guys! Of course, I will try to have a man use the least amount of Anabolic Steroids as possible and in most cases I try one of the PDE-5 medications like Viagra, Levitra or Cialis. They can work well despite having overt vascular disease.

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The Doc, taking care of business (photos courtesy Sarah Majidi)

serious or stroke! So I take this very seriously in all of my male patients and I treat these 3 medical conditions very aggressively! As I have said now many times, this is my most important characteristic! My trademark is treating vascular risk factors simply because they are so very crucial for overall health and training longevity. That is how I save lives and for lifters it translates in to longer lifting careers for sure. What is broken is broken guys, so get these 3 medical issues treated!

AR: Let's talk about another topic that needs to be discussed that relates to lifters. I know without a doubt there are plenty of lifters that like to drink their beer. I recently wrote a few months back how those that drink more than 2 beers daily increase their chances for Pancreatic Cancer. Can you discuss what other markers this will effect? What about the relation to drinking more than you should and the use of Anabolic Steroids?

AD: Now wait a minute Anthony! I am a beer drinker and I will hell raiser back in the day! Maybe another story, some other day I could tell some of my "wild day" stories. Now I am a happily married, boring doctor! Anyway, the bottom line is that ethanol is actually cardio-protective in limited doses. And you are right, the dose is the trick. For men, no more than 2 drinks per day and it will benefit in 30% reduction for heart attack and stroke! This is now a basic medical fact. If he goes over the 2 a day limit, he will be setup for many disease states. Not limited to the heart, but also cancer.

AR: I recommend red wine, for the enhanced cardio-protection offered by the Polyphenols. So enjoy a little booze and take it easy with dose.

AR: Let's now talk about liver health and the lifter. I know that powerlifters like to eat a meat with

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thought it would be? How did you celebrate?

RL: I won the Mendy Classic Senior State level Bench Bash for Cash meets WPO Bench Bash for Cash, WPO Ukraine Pro meet. My first world record was cool and each one after that was just something I expected of myself. Each time I broke an all-time record it was an awesome high. I celebrated by pretty much hanging out with my good friends after the meets.

CB: What has been your favorite moment in powerlifting and what has been your least favorite?

RL: My favorite moments would have to be the kick ass people you meet in and around the sport. My least favorite moments would have to be all the jealousy and internet B.S. you have to deal with all the time.

CB: Do you think the net has been mostly a positive thing for powerlifting or a negative thing?

RL: It can be a great tool for acquiring knowledge and promoting the sport, but unfortunately a lot of the forum trash brings it down.

CB: Before you benched 948 lbs. what was going on through your head?

RL: 1000 lbs. The meet I hit the 948 I went through hell for three weeks prior and it really messed up my training and nutrition for that meet. 948 was my opener. I was on track for something big that meet, but sometimes life gets in the way.

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INTERVIEW

ROB LUYANDO interviewed by Ben Tatar of Critical Bench

I do deadlift and back assistance work. Thursdays it's shoulders and traps. On Fridays I do biceps, forearm and wrist work. On Saturday it's heavy benching and chest assistance work. Sunday is strictly throwing in cardio at least 30 minutes 3 times a week.

CB: What do you think are the 10 most important things when it comes to building a bigger bench?

1. Mental toughness
2. Training environment
3. Loyal training partners
4. Dedication
5. Lining in a shirt
6. Heavy raw lockout work
7. Speed work
8. Proper nutrition and sleep
9. Coaching
10. Finding the best equipment that will suit your style

CB: Everyone, write these tips down, apply them, and you will be on the path for a super-human like

Rob Luyando has been a record holder in three different weight classes. He has benched 832 at 220, 905 at 242 and 948 at 275! Let's meet the man who has dominated three different weight divisions in modern day bench pressing. Rob Luyando!
Critical Bench: Rob, welcome to Powerlifting USA. Tell us about yourself.

Rob Luyando: I'm 38 years old married with 3 children and I reside in Illinois. I have been playing with weights ever since high school.

CB: Rob, what is your height and weight? What is the most you have benched in different weight classes? What feels do you compete in?

RL: I am 58-59 on a good day. My weight currently is 270ish, but I fluctuate depending on what my goals are. My best bench at 220 is 832, 242 is 905, 275 is 947, and 308 is 914. I have competed in several federations over the years. I will go where the competition and money can be found—mostly UPA & APF. I usually pick my meets based on who the meet director is, not the federation.

CB: You are dominant in every weight division you compete in. Give us your training routine!

RL: Monday I do legs. Tuesday I do Lockout. Speed Bench and tricep assistance work. Wednesday

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Strong like Daddy – Rob Luyando with his four year old son, Hunter

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POWERLIFTING SPORT PSYCHOLOGY TRAINING as told to PL USA by Josh Bryant MFS, CSCS, PES, SSE ISSA-CFT, SSC, SPN

Have you ever been to a powerlifting meet and heard someone boast about colossal training lifts? These claims are commonly made backstage or in the warm-up area. Very frequently these comments follow a poor meet performance. Why would a competitive lifter brag about training numbers after a pitiable performance? It is because these lifters, once on the platform, are overrun with feelings of anxiety, rather than the performance enhancing feelings of adrenaline. These men may be physical giants, but when coupled with their mental dwarfism, they will never achieve their maximum potential. In the pages that follow I will lay out a simple plan to help you, the competitor, achieve success not only on the lifting platform, but on the platform of life as well.

"Ideal physical preparation in sport will never compensate for deficiencies produced by psychological weakness which arise during competition." —Nel Siff, PhD (2 P. 13) Russian sport scientists and athletes realized early it is vital to recognize a training maximum, or TF max. (2 P. 2) Since optimal motivation occurs under competitive circumstances, an athlete's TF max will be significantly less than an athlete's competition maximum, or CF max. On average, an experienced weight lifter will experience a 10% increase during competition lifts when compared to their TF Max (with an average variance of 2.5% either way). (3)

The importance of nervous system training must not be ignored. The development of strength is related to the number of muscle fibers firing simultaneously, which is entirely a function of the nervous system. (2 P. 60) The rate and number of fibers firing depends on voluntary and involuntary processes. The voluntary ones are closely related to PERSONAL MOTIVATION and biofeedback techniques. (2 P. 60) Guided mental imagery or self-talk, to produce more rapid efforts can recruit a great number of muscle fibers at a faster rate of firing. (2 P. 60) The result being a greater production of force, and an increase in the amount of weight lifted.

Mental preparation is often overlooked in the sport of powerlifting, but in a sport that requires maximum one repetition strength to be performed while adhering to stringent rules, mental preparation can prove to be invaluable. If you beat the squat command, guess what happens? A missed lift and a missed opportunity to showcase your strength. Training is for building strength and the meet is for demonstrating that strength. Without proper transcendence between building and demonstrating strength, a lifter will never be the best that he can be.

Your conscious mind deals with things at face value: reasoning, logic, communications and things of that nature. Most people attempt to only operate in this part of their mind. This part of your mind, however, represents only a small percentage of your total mental capacity. The subconscious mind directly influences your concept of self. The power to achieve and do great things is in your subconscious mind. You must believe it in order to achieve. Powerlifting legend Anthony Clark once said, "We are not born winners or losers, we are born choosers."

A person's self image is the key to their behavior and will set the boundaries to their individual accomplishments. It will define what you can or cannot do. If you are able to expand your self-image, you will, in turn, expand

the possibilities of your accomplishments. (1 P. 30) In the 1950's, clinical and experimental psychologists proved that the human nervous system is unable to differentiate between a real experience and a vividly imagined detailed experience. (1 P. 30) This does not mean that you can repeat ten times a day, "I will bench 600," and it will happen. That would be a passive experience. For the nervous system to believe it is doing what you are imagining, you must create a vivid mental movie complete with the feelings, sights, sounds and smells that would accompany the experience in real life. You need active experiences to positively affect your subconscious mind.

The discovery of self can not only help an athlete's training, but more importantly, it can aid in the athlete's meet day performance. T.F. James, was quoted fifty years ago in Cosmopolitan magazine as saying, "understanding the psychology of the self can mean the difference between success and failure, love and hate, bitterness and happiness. Our triumphs and failures and other people's reactions to these triumphs and failures, form our concept of self. (1 P. 2) In other words, our experiences shape our self-image. It is not so much the actual experiences, but the way we perceive these events. The good news is the human nervous system cannot tell the difference between real and imagined experiences, which means you can train mentally with weights you are not yet physically able to lift. Here is an example; Johnny is a state level lifter who squats 600 pounds. If Johnny believes he is a state level lifter who squats 600 pounds, then he is precisely that. But if Johnny believes he is a rapidly progressing lifter on his way to a world championship, the odds of him becoming good are greatly increased. A good example of this is when a lifter makes excuses and blames his genetics for his poor performance. Genetics are one piece of the equation, but how many lifters have reached their genetic potential? I would be confident in saying that very few lifters, if any, have ever reached their genetic potential. To be successful in the sports arena, or in life, you have to have a positive self-image.

Most efforts to change one's self-image are directed at the superficial level, with bogus self-esteem programs. In order to achieve positive gains we must transform at the core of our being. Once we alter our self-image; it is easier to accomplish things within the realm of this new self-image. Prescott Lesky, who is considered one of the founding fathers of self-image psychology, conceived personality as a system of ideas all of which seem to maintain consistency with one another. Thoughts and goals that are inconsistent with this system of ideas are not acted upon. While ideas aligned with this system are acted upon. At the nucleus of this system of ideas is an individual's concept of self. (1 P. 4)

The creative mechanism within every individual is impersonal. It can work automatically to achieve success or failure. This depends on the goals you set for yourself. (1 P. 13) Present it with positive goals and the "success mechanism" will set in. Present it with negative goals, "the failure mechanism" will set in. Our goals are mental images developed in the conscious mind. The key is a realistic, positive self-image. Every living thing has a goal

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Josh Bryant visualizes his lifts before each meet

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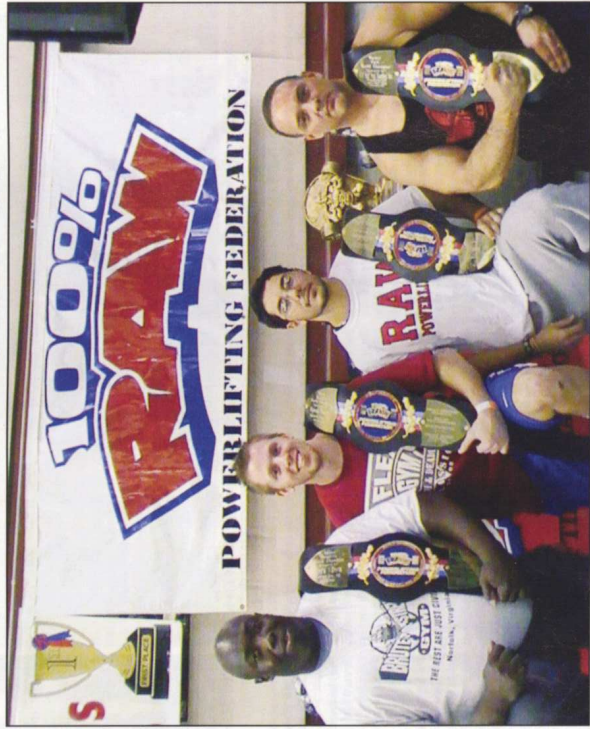


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SEX	WEIGHT	NAME	WEIGHT		
FEMALE	Open	T. Dillard	468		
		K. Westcott	435		
		L. Walker	387		
		D. Sutton	362		
		D. Swisher	325		
		MALE	Open	J. Pineda	182
				A. Zehr	105 lbs.
				J. Llama	105 lbs.
				J. Trippi	105 lbs.
				P. Gillott	105 lbs.
L. Whistone	138				
T. Dwiggins	138				
K. Herh	138				
P. Didario	171				
N. Gomboni	171				
FEMALE	Open	R. Hanners	562		
		R. Lesinski	516		
		Rj Stacher	441		
		J. Young	402		
		R. Cortez	402		
		MALE	Open	T. Walker	562
				R. Lesinski	516
				Rj Stacher	441
				J. Young	402
				R. Cortez	402
FEMALE	Open			A. Zehr	105 lbs.
				J. Llama	105 lbs.
				J. Trippi	105 lbs.
				P. Gillott	105 lbs.
				L. Whistone	138
		T. Dwiggins	138		
		K. Herh	138		
		P. Didario	171		
		N. Gomboni	171		
		M. Gubbis	181 lbs.		
MALE	Open	T. Walker	562		
		R. Lesinski	516		
		Rj Stacher	441		
		J. Young	402		
		R. Cortez	402		

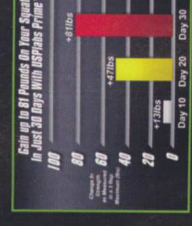
Championship Bells of the 100% RAW World Bench Press Championships (photos c. of Paul Bossi)

SEX	WEIGHT	NAME	WEIGHT		
FEMALE	Open	B. Harrison	160		
		L. Thompson	220		
		B. Hughes	66		
		E. Zancher	66		
		E. Zancher	452		
		MALE	Open	B. Harrison	160
				L. Thompson	220
				B. Hughes	66
				E. Zancher	66
				E. Zancher	452
FEMALE	Open			B. Harrison	160
				L. Thompson	220
				B. Hughes	66
				E. Zancher	66
				E. Zancher	452
		MALE	Open	B. Harrison	160
				L. Thompson	220
				B. Hughes	66
				E. Zancher	66
				E. Zancher	452

(continued on page 98)

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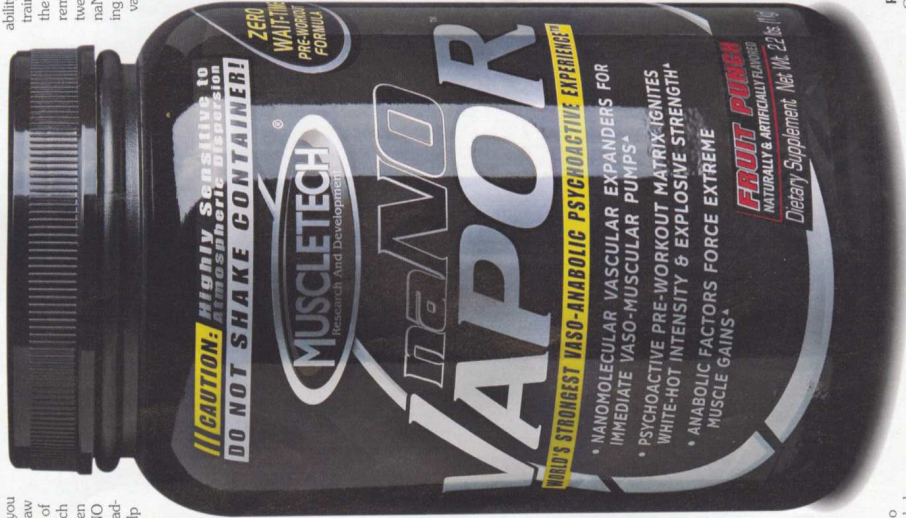
INCREASE MAX LIFT POWER naNO Vapor – A Powerlifter's Most Valuable Weapon as told to PL USA by Team Muscletech

If you're a real powerlifter, you don't care about how big you are. It's all about how much weight you can put up in the gym. Because raw strength isn't measured by the size of your muscles—it's based on how much force your muscles can produce when you're face to face with the iron, naNO Vapor is formulated with multiple advanced forms of creatine and will help increase your explosive strength in the gym.

Research has shown that creatine supplementation enhances your ability to produce higher muscular force and power output. This is critical for the powerlifter because this is the type of strength you need to perform your lifts. Even more specific for the powerlifter is creatine's ability to increase your one-rep max strength. In one study, test subjects supplementing with creatine increased their one-rep bench press strength as well as their 70 percent max strength. Think about that the next time you're about to lay under a bench press. Wouldn't you want this type of advantage on your side? Another key factor to consider when you're looking to get the most out of your workouts is increasing nutrient-rich blood delivery to muscles.

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2009 MHP Liberty Strongman Classic

as told to Powerlifting USA by Al Thompson

Call it the ultimate strongman version of the film Rocky. In a case of the underdog dominating the champ(s), 6'4", 390 lb. John Conner—a beast of just 24 years old—out of Wichita, Kansas, was able to pull off one of the biggest upsets of the year...winning the MHP Liberty Strongman Classic, presented by the U.S. Army.

Pittsburgh's Steve MacDonald, a former American champion, placed second overall, followed in third by Ireland's Glenn Ross.

The contest, held in and around Philadelphia over the July 4th weekend, consisted of six disciplines held in three stages over two days. The event started off with a bang Friday night, July 3rd, at Daniel S. Frawley Stadium in Wilmington, Delaware, (home of the Wilmington Blue Rocks minor league baseball team).

This was the sixth time in seven years the MHP Liberty Strongman Classic has held an event all in a game and before fireworks. A loud and energized crowd of 7,268 watched the Atlas Stones Challenge. It was the largest Blue Rocks baseball crowd of 2009, and the 8th highest attendance figure in the squad's history. Arnold Classic bodybuilding champion Victor Martinez, representing MHP, threw out the first pitch for the Blue Rocks game.

Each MHP Liberty Strongman Classic competitor had to load five stones, ranging from 255 lbs. to 380 lbs., on single platforms situated around the base path. Longtime pro strongman Karl Gillingham won the event in 38.87 seconds, followed by MacDonald (47:54) and Conner (57:28).

"Not playing college sports, it was the biggest audience I had ever performed in front of," Conner said afterward. "The feeling was nothing short of amazing! With every stone I loaded, the crowd cheered louder and louder, and when I was the first person to load all five stones they went nuts. Just the support of the crowd alone will be a great memory."

It was Mark Philipp's first appearance at the event and the seven-time "World's Strongest Man" competitor was impressed. "I thought the Philly stone loading event was great; I thoroughly enjoyed it," said Philipp, the first pro strongman ever sponsored by supplement powerhouse MHP. "Great crowd, great atmosphere."

Stage two took place Saturday, July 4th, at the Sunoco Welcome America! Festival on Benjamin Franklin Parkway just a few blocks from the iconic Philadelphia Museum of Art—the permanent home of the famed "Rocky" statue. Police on hand estimated that some

5,000 fans watched the MHP Liberty Strongman Classic during the afternoon.

Three events were held on the Parkway. The ABF Truck Pull centered around a 33,000 lb., 26 ft. straight truck loaded with equipment. Each competitor had to pull the truck with a harness over 60 feet, for time. Former American Champion MacDonald won the event with a quad-busting time of 30.5 seconds. Second place went to Gillingham (32.72), who finished fourth overall, followed by the mammoth 5'11", 365 lb. Gerard Benderoth (33.91).

The next event was the Army Humvee arm-over-arm pull. The vehicle wasn't heavy enough by itself, so five 300 lb. helpers packed themselves into the vehicle to provide a real challenge. Conner won this event with a red-hot time of 16.57 seconds. The rookie barely edged MacDonald, who carded a time of 16.6. Third place went to Cleveland big man Don Pope (16.63).

The third event of stage two was the Bergy's Construction Tire Flip/Sled Drag Medley. This discipline required each athlete to flip a 1,000 lb. tire five times, then pull a 350 lb. sled with a 900 lb. Philadelphia Police Highway Patrol motorcycle loaded on it 60 feet, all for time. The toughest event of weekend was won by Houston's Josh Thigpen with a time of 22.96 seconds. He was followed by Conner (27.03) and veteran Chad Coy (30.16) of Indianapolis.

Stage three of the Strongman Classic was held at the Deck Nightclub and Entertainment complex in suburban Philadelphia. By now, fatigue was setting in. A few guys like Philipp, Thigpen and Minnesota's Sam McMahon were also dealing with injuries. Philipp had to pass on the Mustang Expediting Tire Deadlift (last man standing format) and Thigpen and McMahon passed on the Marine's Overhead Log Press for reps (305 lbs.).

The Irish in Ross would not let him leave without putting his personal signature on the competition. The 400 lb. "World's Strongest Man" veteran won both events at the Deck. Ross hit seven reps in the Log Press and pulled 950 lbs. on the Tire Dead Lift to lift him to the third place finish.

Conner and Benderoth each hit six reps in the Log Press. Benderoth completed his strong finish and fifth place overall by hitting 935 lbs. in the deadlift. Conner clinched the overall title with a 905 deadlift; good for third place in the event.

Conner said it took some time to realize what he had accomplished in Philadelphia. "It definitely took a while to hit me that I won," Conner



(Above) Steve MacDonald won second place overall. (Below) The 2009 MHP Liberty Strongman Classic featured events such as loading stones, pulling vehicles filled with equipment, tire flipping, dragging a sled with a police motorcycle (as seen with Don Pope), overhead log pressing, and more! (c. J. Conner)



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said. "Every time I look back I have a hard time believing I pulled off a victory amongst such a great group of strongman. It was an amazing competition."

Philippi said it was an honor to be in front of such an audience on the nation's birthday. "I have been all over the world and thoroughly enjoyed many places, but when you cross over the line at the airport that lets you know that you are back in the USA, you want to kiss the ground because we live in the best place in the world," Philipp said. "Competing on the Fourth of July in front of a large crowd in Philly reminded me of how lucky we are to be living where we are."

Editor's Note: For more information on MHP events, log onto MHPStrong.com. Al Thompson can be reached at althompson@footballstories.com.

POWER PHOTO

OF THE MONTH



The deadlift that tore Jens Grau's bicep (photos c. M. Lambert)

Jens Grau preparing for the lift

Jens is feeling the pain of the tear

Jens Grau, formerly of Denmark, tore his left bicep at the USPF Nationals in California this July

To be politically correct, if asked, most people would say they are open to, and even like, change. In reality, we as a species are very apprehensive and resistant to change. We are very comfortable with business as usual even though existing conditions may be far from optimal. Powerlifters, however, are much more open to change than the normal person, at least when it comes to powerlifting. The average PL USA reader sifts through every last paragraph to find the latest tip, exercise or supplement that can lead to better results. Many times, trying new methods and products can result in better progress. However, if we are going to try implementing change in our powerlifting efforts, it's best to have some ground rules to follow. Change for the sake of change is not always the answer.

To start, approach any change on contest day with the greatest care. One mistake or misjudgment can wipe out months of training in the blink of an eye. Any change in food consumed on meet day or the day before could be a gastrointestinal disaster. Wheat grass waffles ala mode may be the pre-contest choice of the top lifter you just met at the pancake house down the street, but that doesn't mean they will work for you. If you have never had wheat grass spiked food before, you don't know what its effects can be on your stomach. The result could be stomach cramps and diarrhea. Another lifter may drink a gallon of some hip energy drink throughout meet day to keep his energy level up to party animal standards. This same amount may bloat you and kill your meet performance. For these reasons, I suggest taking any meet day or pre-meet dietary suggestion back home with you after the meet and give it a try on a day when you have no contest to deal with. For the meet in question, play it safe, consume the same food and beverages as you have before. Also, do not change their quantity or frequency of intake. You may want to consider what you take in the night before the same way. Overall for contest day, business as usual is best.

On the other hand, contests are one of the best places to learn about new lifting gear such as squat suits, bench shirts, and knee wraps. Often the information and opinions you may hear can be valuable, but as with diet, don't try any new lifting gear on contest day. Changing lifting gear on contest day can spell disaster. A lifter, like any other athlete, needs time and numerous training sessions to become accustomed to new equipment and the leverage changes they may cause. Trying new gear on meet day with maximum weights can change your

STARTIN' OUT

CHANGE FOR THE BETTER as told to Powerlifting USA by Doug Daniels



Brent Howard, AKA Sgt. ROCK - just after he completed a deadlift at the 2003 WABDL Worlds in Reno and it was announced that Saddam Hussein had been captured in Iraq. He wasn't too mad about that situation, and he was actually pretty even tempered when we goofed recently and didn't get his 755 pound deadlift on the most recent 242 pound class TOP 100. Brent has had a long run of deadlift excellence, and you won't find him changing pulling styles on the day of the competition! P.S. since we wrote this caption, Brent has been hit with some really terrible news. He was going back to Freeport, ME, to lift (perhaps for the last time!) in front of his very seriously ill father, who was in a wheelchair to watch his son perform. In an unexpected tragedy, his mother (with no previous health problems) literally dropped dead during his visit. Brent wants everyone to know that his training for the WABDL Worlds and the Animal Cage at the 2010 Arnold Classic will be dedicated to his mother. May God rest her soul.

and give it a try during your training sessions to see if they have merit or not. If they don't deliver, then you have at least given them a try and eliminated them from future consideration. If they turn out to be as advertised, then use them in your next cycle and in competition after becoming accustomed to their effects and feel.

Changing lifting technique is another factor to consider. This can range from grip and width changes to using different style of execution such as regular deadlift style to sumo. At one meet I was at, a lifter could not get a successful lift in with his sumo style deadlift, so as a last ditch effort, he attempted and luckily made his third deadlift using conventional style to finish the meet out. He was trying out a new deadlift style, but he found out it was not working so he reverted back to his old style and saved the day. If you do decide to change styles or techniques, a contest is the last place where you want to make changes.

The off season is the best time to try out a new lifting style, which I define as more than 8 weeks prior to a contest. This allows plenty of time to get used to the new style, make any necessary training adjustments and evaluate if it works for you. For example, if you want to switch from conventional deadlift to sumo style, start with light sumo deadlifts in training far in advance of your contest training period. Changing styles may require increasing flexibility for best execution. Hamstring stretches are highly recommended for this effort. This also would be true with switching to a wider stance squat. Increasing the width of your bench press grip also requires more flexibility in the shoulder area, especially at the pec/delt tie-in. Narrowing your stance or grip also requires some extra flexibility. Flexibility is always a valuable trait.

Change can be a good thing. Albert Einstein once said, "Insanity is trying the same methods time and time again and expecting a different result." As athletes we should always be evaluating the effectiveness of our training methods, diet and lifting gear. Something that may have worked for a long time may not be effective anymore. New and better products and methods become available that can improve results. You may find that you are on an effective regime and you should stay the course. Common sense should be used when deciding to make a change. An unplanned or abrupt change at a contest is asking for trouble. Try new ideas during your off season to allow adequate time for you to evaluate their merit. Change should occur for the better, not just for the sake of change.

DR. JUDD

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



"I believe greatness is when average or even below average human beings do extraordinary and marvelous things with their lives. When men and women push their hearts and souls to the farthest reaches of which they are capable. When they go beyond what other people think is their breaking point and they succeed... that is GREATNESS!"
— Leo Foster

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 sport's 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.

Curtis Leslie

Without question, Curtis Leslie is one of the greatest powerlifters of all-time—more importantly though he is a wonderful human being. People who talk about Curtis use words like awesome, loving, caring and compassionate to describe him. I have known Curtis for most of my life and I can attest to his magnificent character. He is so kind and so giving and so full of magnificent things to share—his entire life is one of sharing with others, as I would like my entire life to be and as I would hope you would want your entire life to be. For these reasons alone, I am excited about featuring Curtis in this series. Don't take that the wrong way. Curtis and I have been friends for years, and I respect and admire him immensely, but it is his powerlifting credentials alone that warrant his recognition here.

As I mentioned, he is one of the greatest powerlifters of all time. That is not just a good friend talking either—it is simply a matter of record. From 1988 to 1995, Curtis won the APF Senior Nationals seven times and the WPC World Championships six times. He also won the Junior National Championships in 1988. He didn't just win those championships—he totally dominated in his weight class with

me, "but when I was competing in powerlifting I had trouble finding time to go because I was always in the gym training, now I only train three sometimes four days a week, so it leaves plenty of time for me to hit the lakes."

Not surprisingly, he has won a number of major bass tournaments over the last couple of years, but powerlifting is his first love. Even though he only trains three or four times a week, he still trains heavy on the three power lifts. In training, he has squatted over 950, benched 740 pounds, and deadlifts 1000 pounds. He also squatted 1000 pounds with chains recently—not bad for a part time lifter. "I think if I competed," he said, "I could total between 2400 - 2500 lbs. I have a group of guys I train with—Tom Bowman, Bob Lovelace, Marcus Brandon, Wayne Watts, and Sonja "Shorty" Baldwin. They're all great lifters and have won world titles. They motivate the heck out of me. Maybe some day very soon I will compete again, but as a master."

Besides Curtis switch from powerlifting to bass fishing, not much else has changed in his life. He still works for the City of Atlanta Water Dept. in the Engineering Section, a job he has held for close to two and a half decades. He still trains out of Coffee's Gym & North Georgia Barbell (NGBB), and he is still madly in love with his girlfriend Jean Wojcik who has been the love of his life for close to two decades.

"I love the sport of powerlifting," he said. "It has been a part of my life for over 30 years and will continue to be a part of my life. I owe a great deal to Mike Lambert and Powerlifting USA for not only featuring me during my career but for promoting the sport in a very positive way. If it was not for Mike Lambert, powerlifting most likely would have fallen along the way side."

In brief, Curtis is healthy, happy and is still reaching out to others with loving care—one of the true legends in our sport.

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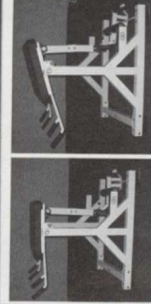
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VIDEO REVIEW: A LIFE IN POWER

as told to Powerlifting USA by Anthony Ricciuto

Strongman

This is most likely where many of you first heard of Svend and his crazy strength. This is where he made his big splash in the competitive realm by far. If any of you are fans of ESPN's World's Strongest Man (WSM) then I am sure you have seen Svend in action more than once. His days competing in WSM were full of excitement and intensity. At the age of 28 Svend entered his first World's Strongest Man contest in 1996. In his first World



Competition he was half a point away from making it to the finals. This was something that very few in the history of the sport had ever accomplished as a full fledged rookie. In 1997 Svend returned to WSM and this time he was in top condition. He was in the lead when, unfortunately, he injured himself in the squat event and tore his quad muscle. This was devastating since he was the crowd favorite looking to dethrone the current champion. In 1998, he took the year off as he was infected with a virus that didn't allow him to train properly for months prior to the WSM. This left him worn down, but even the strongest of illnesses would not keep the Viking from the battlefield. In 1999, he returned to the WSM stage to place third. Year by year, Svend was now defeating the veterans in the sport and with his new found stage presence he would be the most talked about competitor in Strongman circles.



Svend Karlsen and his new documentary film

In 2000, he moved up the ranks in WSM to battle some really tough competitors, which earned him the silver. Winning the WSM was so close, but better days were yet to come. The fact that he earned the bronze medal the year before and then the silver medal the following year lit a fire under Svend's training intensity like never before. His workouts took on a new desired focus to dominate all competitors once and for all. In 2001, Svend did not accept anything but complete annihilation of all the competitors who stood in his way. Svend was now on fire and won Europe's Strongest Man to start off the year. Now this year was going to be his year for sure; he could taste it. In the 2001 World's Strongest Man, Svend started off the competition by dominating them right from the start. Event by event he dominated the competition. This is the year that Svend would not let anything—not injury, sickness or his competitors—stand in his way to achieve what he had been training all his life to attain: the title of the World's Strongest Man. By the time the battle was over, his competitors were defeated and Svend was now holding the gold and was awarded the 2001 World's Strongest Man title.

I don't want to spoil it for you so I thought I would just touch on some of the more historic moments in his training and competitive career that spanned close to three decades. There is plenty of training footage in here of him during all phases of his life. You will also get some rare competition and backstage footage of Svend during all his appearances in the World's Strongest Man competitions. Plus there is tons of footage of many of his seminars and training demonstrations that are classic Svend material. The documentary will take you to the underground basements of Norway, to Gold's Gym in Venice, and finally to the warehouse power land, and I know you are, then this video is for you. Watching Svend evolve from teenage powerlifter, to competitive bodybuilder, then to the cream of the crop in Strongman is something that all of you would enjoy watching. There is a lot of commentary included in the film to take you through Svend's historic moments that shook the strength world. Without a doubt this is a must see film that will have you coming back for more to watch it again and again!

To get a copy of this film you can go to: www.ironmind.com or www.jackals-gym.com. For international lifters go to: www.norwegianlifts.com

I know when it comes to sheer power all of you are big fans. If it wasn't your passion in life, then you wouldn't be reading this magazine in the first place. In the past I have done other reviews of books or videos and this time it's no different. If I think there is something that could benefit your training knowledge, a new workout aid, or a motivational video then I will let you in on it. The video I am about to review is just that. It's called "A Life in Power" and it is a biography of one of the strongest men who has ever walked the planet. Svend Karlsen. It was created by Fredrik Barstad and Andre Hansen who are legends in the documentary field in Europe. The commentary is also top notch and was performed by Colin Bryce. I have known Svend for a very long time and I can say that he is as nice a guy as he is strong. Svend has been a long time Nutrition XP3 client of mine dating back close to a decade, so when he told me he was getting out with a new documentary about his life, I couldn't wait to get my hands on it. Svend shipped me out a copy before the release date and after watching it, I can say I am happy he did!

The younger years

The video starts off with him as a youngster in his first days of training. Svend started training at the early age of 14 years old in an underground gym called the Iron Gym. Watching these old home movies of him training in his basement will bring back many memories I am sure of even your youth hitting the weights. What was remarkable was his brute strength even at such a young age. One clip that will stick in your mind is of him doing chestbarbell curls with 220 pounds. There are many world-class powerlifters who are adults who can't curl that much. He did this as well as an amazing deadlift of 682 lbs. at the age of 17 years old. One thing you will notice even though he was training in a primitive underground gym, the burning intensity and desire to be the world's best at what he wanted to attain in the strength sports can be seen right from the start. It is his burning desire to be the best that helped take Svend to become a legend in the strength world that will be talked about for generations to come.

Powerlifting Days

Many of you may think of strongman when you think of Svend, but that is only one piece of the puzzle. Many of you may be unaware that Svend was a world class powerlifter in his teen and junior years. From 1986-1989 Svend broke 30 Norwegian powerlifting records, 3 European records and 1 World record. He won the Norwegian Nationals 3 times and the Nordic Championships as well. He came third at the European and World Championships. At just 21 years old he set a Junior World record in the deadlift at the 1989 Norwegian Championships. Even as a junior lifter Svend was destined for power stardom, no matter what sport he competed in.

Bodybuilding Blitz

Believe it or not, Svend was also a competitive bodybuilder. Even in his strongman days you can see that he carries much more lean muscle mass than many of his competitors. Not to mention that his bodyfat level is well under his competitors as well. In his first year of competitive bodybuilding in 1990 he won the Mr. Norway title at only 22 years old. Here he gained his Pro card and he dreamed of taking on the world's best in just a few short years. This showed that Svend had tremendous potential in the sport of bodybuilding, yet fate would decide a different pathway for his career. Svend moved to California to pursue his professional bodybuilding career in 1994. Svend had a severe muscle tear which caused him to retire from bodybuilding early on. This was a big letdown for Svend, having only been in the sport for a few short years, but brighter days ahead in Strongman would outline anything he accomplished in bodybuilding.



Left - Svend Karlsen with powerlifting legend Ed Coan. Middle - Svend in his teenage years; he could deadlift 682 pounds at 17 yrs. old! Right - Svend with powerlifting pro Bill Kazmaier.

Powerlifter Jo Jordan
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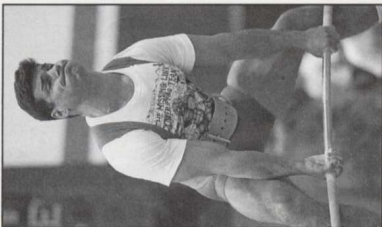
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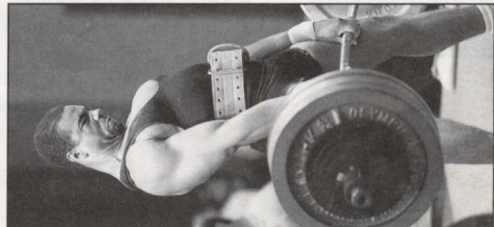
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Ed Coan getting ready to pull a record DL that is still Number One almost 25 years later!!!



Steve Scalpi — an ADFPA Champ

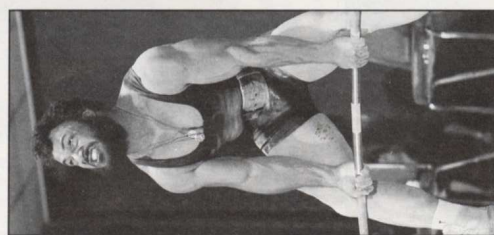


Bill Shannon — another ADFPA Champion with a record deadlift

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

Rank	Name	Weight	Location / Federation
1.	Ed Coan	637.77	887.2 kg (1970.0 lb.) (Chicago, Illinois) (USPF)
2.	Vince Anello	47.2	107.2 kg (236.5 lb.) (Cleveland, Ohio) (USPF)
3.	Chris Duffin	77.3	171.9 kg (378.1 lb.) (Oregon City, Oregon) (AAP)
4.	Steve Gagnier	77.3	171.9 kg (378.1 lb.) (New York) (WNFF)
5.	Jim Cash	69.3	153.7 kg (339.0 lb.) (Memphis, Tennessee) (USPF/IFF)
6.	Buddy Duke	56.7	125.8 kg (277.5 lb.) (Dayton, Ohio) (USPF)
7.	John "Omega Crush" Brookings	10/27/01	790.0 lb. (Graterford, Pennsylvania) (FCI)
8.	Frank Truice	56.7	125.8 kg (277.5 lb.) (Madison, Illinois) (USPF/IFF)
9.	Tommy "The Hammer" Smith	56.7	125.8 kg (277.5 lb.) (Plymouth, Michigan) (USAPU)
10.	Clayton "The Hammer" Smith	56.7	125.8 kg (277.5 lb.) (Plymouth, Michigan) (USAPU)
11.	Tommy "The Hammer" Smith	56.7	125.8 kg (277.5 lb.) (Plymouth, Michigan) (USAPU)
12.	Tommy "The Hammer" Smith	56.7	125.8 kg (277.5 lb.) (Plymouth, Michigan) (USAPU)
13.	Tommy "The Hammer" Smith	56.7	125.8 kg (277.5 lb.) (Plymouth, Michigan) (USAPU)
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16.	Tommy "The Hammer" Smith	56.7	125.8 kg (277.5 lb.) (Plymouth, Michigan) (USAPU)
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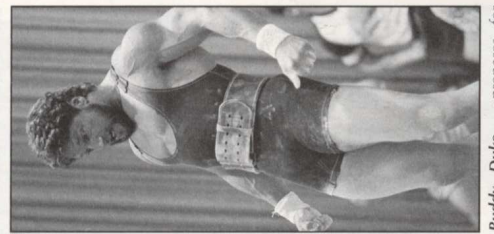
*) indicates exact bodyweight (instead of limit bodyweight) used to derive bodyweight coefficient. Listing compiled by Michael Soong (C) 1998. All names are from the USMC. Knowledge as of 10/30/08.



Mike Feight — pulling out of KS



Kent Bush — with his PR in '83

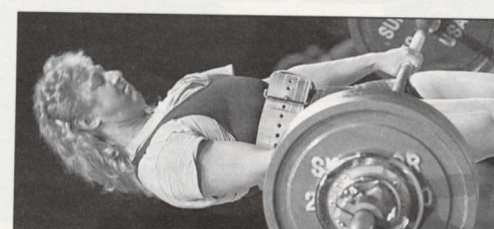


Buddy Duke — prepares for his rugged rip of 788 at the 1984 Dayton Senior Nationals

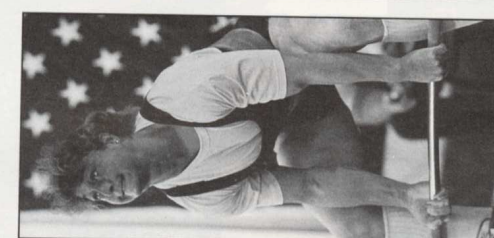
ALL TIME HISTORICAL TOP 50 AMERICAN WOMEN'S 165 Pound (75 Kilogram) Weight Division — DEADLIFT

Rank	Name	Weight	Location / Federation
1.	Laura Phelps-Sweet	80.8	182.3 kg (402.0 lb.) (Sharonville, Ohio) (IPA)
2.	Priscilla Rihmer	72.4	161.2 kg (355.5 lb.) (Guatemala City, Guatemala) (USAPU/IFF)
3.	Sarah Keller	83.5	185.0 kg (408.0 lb.) (Cincinnati, Ohio) (USPF)
4.	Sharon Hartnett	65.5	145.0 kg (320.0 lb.) (Las Vegas, Nevada) (APF/WPC)
5.	Laura Dodd	57.1	125.9 kg (278.0 lb.) (Las Vegas, Nevada) (APF/WPC)
6.	Duliam James	87.3	192.5 kg (425.0 lb.) (Parkersburg, West Virginia) (APF/WPC)
7.	Kimberly Johnson	11/1/06	232.5 kg (512.5 lb.) (Richmond, Virginia) (AAU)
8.	Lyne Boshoven	58.6	130.0 kg (287.0 lb.) (Lake City, Florida) (APF)
9.	Jill Brown-Miller	71.3	157.0 kg (346.0 lb.) (Round Rock, Texas) (APF/USPF)
10.	Rebecca Roberts	77.3	171.9 kg (378.1 lb.) (Lake City, Florida) (APF)
11.	Jackie Pierce-Austin	64.9	144.2 kg (318.0 lb.) (Orlando, Florida) (ADFFA)
12.	Janet Dandridge	61.3	136.0 kg (300.0 lb.) (Abacan, Sierra) (AICCP)
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Eileen Owen — pride of the USMC



Terry Byland-Rohal — once considered the World's Strongest Woman



Laura Phelps — Queen of the Deadlift (and everything else!!)



Sharon Powell — 88 APF Sr. Champ



Terry Plomey — early 80s superstar



Aloma Marquis — another 80s star

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DEAR BONNIE: Thank you Bonnie for getting back with me so soon. I was very impressed. I have a few questions if I may ask you to ask the Doctor and God bless you and I really thank you for doing this for me. I will!

make a list of questions now:

1. Exactly what kind of Doctor is Dr. Di Pasquale?
2. What is the best website to go on to read his articles and get information from him?
3. I am fifty years old and the good LORD has blessed me with good health. I just got my physical and I had to get my colon checked also. I was healthy but the doctor did the procedure said I had three internal hemorrhoids and that I should do light squats and light deadlifts and telling me that is like telling a preacher not to preach anymore and he loves his job. I have not squatted or deadlifted heavy for years so I know this is not the reason for the hemorrhoids. I think that would be more of straining when you go to the bathroom.
4. I know squats, deadlifts, free weight, heavy and low light weight, high and low reps, cardio. I know as long as you do all these exercises correct that you can do these if your 100 years old. I had a picture of a powerlifter doing 600 pound deadlifts and he was 74 years old. You have to have light and heavy workouts 99.9 percent of the time I do not have any blood on my tissue and the worst thing that I feel is a itch sometimes. When I do heavy squats and heavy deadlifts I love them and they do not bother me at all. We should listen to our own bodies over everyone because Doctors have told people that they would never walk again and the person proved them wrong and went against the doctor and listened to there own body and got up and walked again. You cannot give up and like I said when I do heavy squats and heavy deadlifts they do not bother me at all. I wanted Dr. Di Pasquale opinion and advice on this please and thank you?
4. I have been on the internet and they say some kind of cream can cure hemorrhoids without surgery. Do you know of anything like that?

Thank you for your time Bonnie and tell the Doctor thank you for his time also and I am looking

ASK THE DOCTOR

Questions answered by **Mauro Di Pasquale MD**

forward to hearing back from you soon. God bless.
Terry

TERRY: I'm a medical doctor and you can find my information at www.MetabolicDiet.com. Hemorrhoids are a common problem in both men and women but their cause is still not known although aging, constipation and pregnancy increase their incidence.

Exercise, including squats and deadlifts do not cause hemorrhoids. However, I've copied some info from a medical text that describes internal hemorrhoids become symptomatic when their supporting structures become disrupted and the vas-

tures become disrupted and the vas-

Hope this helps,
Mauro



cular anal cushions prolapse, it's my opinion that aging, irritation from various foods and spices, and most importantly chronic constipation (hemorrhoids occur more frequently in people with constipation who have hard, infrequent stools) cause a weakness in the hemorrhoidal tissues to cause symptoms of internal and/or external hemorrhoids.

On the other hand if you suffer severe hemorrhoidal symptoms, then you need to take some measures such as changing your diet

TREATMENT

Treatment is based on the grade. Grade 1 and some early grade 2 internal hemorrhoids usually respond to dietary manipulation, along with avoidance of medications that promote bleeding, such as nonsteroidal anti-inflammatory drugs (NSAIDs). A high-fiber diet with 25 to 30 g of fiber daily should be introduced gradually into the diet and a companion by six to eight glasses of fluid daily. Patients are encouraged to read the package regarding the amount of fi-

ber per serving; for instance, a bowl of bran cereal can have 5 to 7 g of dietary fiber per serving.[15] Fiber supplementation with psyllium or hydrophilic colloid may be added to achieve the optimal amount of daily fiber if the amount of dietary fiber is not sufficient.

Patients often are concerned that fiber supplementation will be "addictive" or that the package label calls the supplement a "laxative"; counseling about the goal of increasing the amount of dietary fiber helps them understand the importance of these agents. Fiber supplements can be started in a dose of 1 tsp daily for a week and then increased to 1 tsp or more daily so as to allow the digestive tract to adjust to the increase in fiber. Patients are urged to avoid straining during defecation, reading while on the toilet, and deferring the urge to defecate for long periods of time. They should be encouraged to wipe the anal area gently after defecation with a moist facial tissue or baby wipes. Excessive scrubbing of the anus when showering or bathing is discouraged. Most over-the-counter agents are not efficacious, even though many patients report some relief of their symptoms with use of these products.

[14] Sometimes docosate sodium or mineral oil can be prescribed if the stool is hard and does not respond to increased intake of fiber and fluid; laxatives and enemas rarely are needed.

[15] Even patients who require more aggressive treatment of their hemorrhoids should be advised to increase their dietary fiber and fluids and to avoid straining during defecation to prevent recurrence after treatment.

When dietary manipulation does not work, more aggressive treatment may be needed. These measures can apply to grades 1, 2, and 3 internal hemorrhoids. Unless the patient has fourth-degree internal hemorrhoids, aggressive nonsurgical treatment usually is tried; most patients with fourth-degree hemorrhoids require surgical intervention. Most treatments are designed to affix the vascular cushion to the underlying sphincter. Options to achieve such fixation include injection with a sclerosing agent, rubber band ligation, cryotherapy, infrared photocoagulation, electrocoagulation, and application of a heater probe. These procedures can be performed in the office, usually after the patient has received an enema to evacuate the rectum of stool.

THE RAGE

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



- The Round-Sleeve™ design is very user-friendly because it accommodates many benching styles.
- **Reinforced thicker neck.** No cheap, flimsy "low profile neck" here. The thicker neck on The Rage creates more support for explosiveness off the chest.
- **Stretchy-Back™** makes The Rage more effective and easier to get into. It allows the lifter to custom-fit on the spot by allowing the neck to be lowered down the body and the sleeves to be lowered down the arms. The fitting adjustments allowed by the Stretchy-Back™ provide the effect of an Open-Back but with a back that is completely enclosed. The Stretchy-Back fabric also breathes easier, creating comfort.

RAGE X

A step above the shirt that's all. The Rage in powerlifting. The RageX is the sensational shirt that's helping powerlifters sweep the earth with massive bench presses. The RageX is a step above all round-sleeve bench shirts in clear Quality and Effectiveness. The RageX is the most amazing poly bench shirt in the history of the game.



- **Extra Reinforced front shoulder seams** add support and security for this radical design. Thicker, Extra Reinforced neck.
- The combination of several new contours built into the pattern complement the already super RageX system.
- **SOLID SEAM™** technology keeps the sleeves where they are supposed to be, working in unison with the body, not jutting or faulting with the bar. You will increase your bench press and keep it safe to boot. Proven in numerous world records.
- **RAGE X IS FOR EXPERIENCED BENCH PRESSERS - ONLY PLEASE!** RageX goes into new territory where unbelievable results from a poly shirt happen. The RageX will continuously amaze you at how much you can bench press. Bench pressers report regularly how much fun the bench press has become for them because of this amazing bench press shirt. The increased weight you will bench press will take practice to become accustomed to. Strength gains will result from handling the increased weight. Confidence will rise from one training session to the next.
- The RageX is the bench shirt for those who want an immediate step up to atmospheres of bench press power because it is a **MORE AGGRESSIVE** design than any other company knows how to make. This is not only about sleeve angle and elementary things such as that.
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- **RageX in DOUBLE LAYER.** Go Double Layer and increase the longevity and comfort of the RageX bench shirt. Or choose Single Layer for single-layer competition restrictions.
- Guaranteed. Absolutely guaranteed you will bench press more than in any other round-sleeve bench shirt.

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The World Leader in Powerlifting Apparel

PHENOM

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- The design provides flexibility for your arm angle preference and bar placement, whether that's elbows in, out or in between; low, high, or mid chest range. Will enhance your bench press form, not limit your form.
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Extreme performance technology makes the Radical Denim the choice of most all the world record breakers who wear a denim shirt. The heaviest construction available for the maximum in benching prowess. The Radical Denim will provide you with the top end denim experience.



- The Radical Denim is the most extreme bench pressing experience for top level benching.
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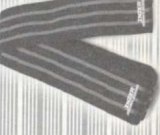
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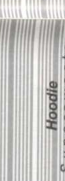


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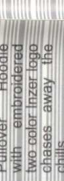


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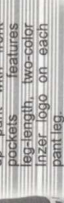
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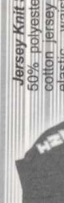
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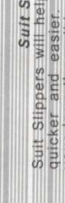
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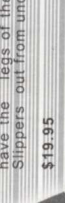
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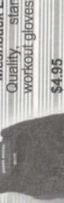
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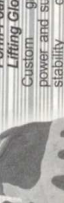
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Hardcore Gym #89

...is NOT a gym!!! Who are you gonna call to your... GUNFIGHT

as told to Powerlifting USA by Rick Brewer

I recently came across the publication "Rules For A Gunfight" which I have always enjoyed reading. Rule number one: forget knives, bats, fists, and broken bottles. Bring a gun, or several guns to any gunfight. Bring all of your friends who have guns, and bring extra ammunition. Long guns are better than pistols.

Rule number two: anything that is worth shooting, is worth shooting twice. Ammunition is always cheaper than burials; funerals are expensive. If you are indoors, buckshot is your friend—walls are cheaper than coffins. (I have paraphrased for your convenience, but the truth is obvious.)

We've seen hardcore gym all over the world, and we appreciate the lifters from every country, but all this common sense talk about gun-fighting made me think of how much I appreciate our US military. I have a lot of US military friends all over the world (hey y'all), and a lot of them are fanatics about their Hardcore Training. There is a reason all those Army and Marine recruits have started showing up at big bodybuilding shows and expos!

I think it is time for y'all to meet one of our Army friends, 2nd Lt. Carl Soderberg, from a platoon we like to call "House of Pain".

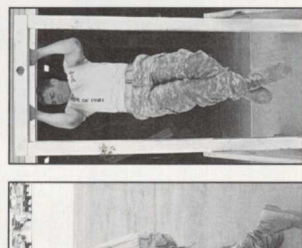
Mr. Brewer:
It's been very busy for us recently on the training schedule, but we took the time this past week to snap some photos of us conducting PT. Attached are 6 of them, the remaining 5 will come in a separate email. Let us know what you think and we'll be sure to put together more as time goes on (including some with the tan shirts).
Once again, thanks for all your help at House of Pain. We might be looking to place another order sometime in August when we get back from our 2 week field problem at the end of this month.
2LT Carl E. Soderberg

Log, Tire, and Sledge
Full Army combat uniform, HETS (heavy equipment transport system) truck tires, medium truck tires, sledge hammers, logs (cut telephone poles)
Log: "Log, Tire, and Sledge", PT's. We appreciate all that you do!

Li. Soderberg: Here are several examples of some of the training we partake in to stay in shape and build tactical proficiency.

We try to get creative as often as possible to keep things both interesting and challenging. Part of our creativity includes draining off into the desert looking for random junk to use for training. This is where we've been able to find random things such as tires, poles for pull-ups and downed telephone poles to cut up. The idea is to ensure that the guys don't fall into any regular groove and get used to a particular regimen of training. This helps build soldiers that are able to adapt to ever-changing situations, both mentally and physically. As a result, the House of Pain Platoon has set the standard within the Brigade for training.

Desert Run
Full Army combat uniform w/ running shoes or boots
North side of HWY 375, run in formation through the sands, maintaining at least a 7:30 to 8:00 minute pace. Distance of no less than 5 miles.



2nd Lt. Carl Soderberg's House of Pain Platoon performing their intense training such as tire flipping, tire sledge hammering, and totem lifting

land evenly so that it does not spin about before coming to rest, which will require equal strength distribution on the throw. Repeat, ensure you do not get lazy and sacrifice your posture.

Tire Drags: 100M sprinting drags of the medium truck tires (usually from HMMWV's) with ropes through the desert sand. Tires may only be emptied of sand when set is complete.

Sledge:
4 sets, 24 swings per set (12 right-handed, 12 left-handed) onto the tires. Rotate around tire with good posture, swing with each step. Keep hands together and towards the bottom of the sledge handle (do not move hand up the handle towards the hammer to assist in raising the sledge).

Swimming
Army PT shorts
Consists of swimming laps utilizing various different stroke techniques and integrating long periods of treading water in between laps. The key is to allow the least amount of rest time as possible.

Sandbag PT
Canvas sand bags filled most of the way up and tied off. Various throws, carries, tosses and lifts with the dead weight of sand bags that constantly change shape create a good workout for multiple muscle groups, especially the "hard to work" muscles.

Mountain Climb
Full Army combat uniform with 40+ lb. ruck sack or interceptor body armor, 20+ lb. assault pack, helmet and rifle
Utilizing various routes throughout the Franklin Mountain Range, execute and complete a route no shorter than 2 miles (one way, 4 miles total) with a vertical climb of at least 1700 feet. Continuous movement is essential to the workout, so no rest periods are permitted. The ascent focuses on leg and back strength while the descent focuses on stabilizer muscles and agility.

Run Regiments

Army PT uniform
Sprints: Execute a variation of wind sprints and suicide runs, mixing up the order of execution to challenge the soldiers mentally when physically drained.

Long Distance Run: 8 Mile minimum distance, incorporating both hard surface and sand along the route.

Canyon Litter Run
Full Army combat uniform with boots or running shoes and collapsible medical litters
Execute the McKelligon Canyon run (5 Mile Route) with one soldier lying on the litter while the others carry (4 maximum carrying per litter, varies based on soldier weight). Continually rotate soldiers through running with the litter/lying on the litter. A consistent running pace must be maintained throughout execution.

Combat Stress Shoot
Full Army combat uniform, interceptor body armor, helmet, MOLLE vest with full combat load, camel-bak, eye protection, ear protection, gloves, M4 rifle, M9 pistol and M500 slug gun.
Conducted at a live shoot range in the desert. This Stress Shoot consists of 8 tables.
Door breach with the shotgun (2 shells) Run to and enter door frames, engage silhouettes (2 controlled pairs into each target). The 8th target will be engaged with 10 rounds from the M9. Engage silhouettes with off handed shots from 3 covered fighting positions (2 controlled pairs into each target). Maneuver through slalom at the high ready with M4 rifle and engage targets with controlled pairs. Upon exiting the slalom, engage the target to your front with a controlled pair while walking towards it, transition to the M9 and engage the same silhouette with controlled pairs (totaling 2 rounds from the M4 & 10 rounds from the M9). Engage various targets at 100M+

from various prepared/covered positions (4 rounds fired in single shots into each target). Engage an RPG team at 600M+ from an M240B mounted onto an M1151 HMMWV with a 25 round belt of ammunition. Properly clear, load, fire, unload and clear the weapon. Drag a casualty from the HMMWV with a SKEDCO to the FLA and administer an IV.

*Note: The best score consisted of a 14 minute, 1 second run with 53 scored hits in the silhouettes. Heavy sand and long distances to run make this a great assessment for both physical fitness and tactical proficiency with multiple weapon systems.

Combatives

Army combat uniform with either running shoes or barefoot
One on one fights based around the Modern Army Combatives system (a mixture of BJJ, wrestling, judo, muay thai, and boxing). While most soldiers are not fully proficient in any of these combatives techniques, proper education and execution give them both confidence and experience in hand to hand combat. Our Platoon Sergeant is a certified MAC instructor and has certified several soldiers through level 1. This is not only good physical training, but builds good technique and mental toughness.

Readers, please keep in mind that all of these odd implements are harder to lift (and work with) than the weights would indicate. Odd shapes are tougher—in much the same way that almost no one can lift the 55-gallon barrels of water at HOUSE OF PAIN—even though plenty of people can deadlift more weight. I asked Carl a few Q's about the tires and logs, so you have a better understanding of what actual weights are involved:

Mr. Brewer:
To answer your questions:
1) The tires we flip come in at



target in site - a soldier participating in the Combat Stress Shoot



A soldier administering an IV into a "casualty" of the shoot out when I think of all these endeavors, I'm very glad that you are in the US Army, and very proud to have your platoon wearing the HOUSE OF PAIN shirts! Thanks for everything!!!

Folks, we all see troops at the airport and bases near our homes. We may not think much about what they do when they aren't overseas getting shot at. Notice that the fun never ends! No matter what your political beliefs may be, please thank the next soldier you see.

We all want to avoid conflict whenever we can, but when we must deploy the military—we want the baddest guys on the planet on our side of the violence. We want guys who have trained hard enough to be ready for anything. I pick Carl and the "House of Pain" platoon!

Next month, we'll go back to a traditional gym, but first I want all of you to think about running in the desert sand while wearing combat boots!
Got a gym story? Email: rick@houseofpain.com

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TRAINING

45 SECONDS

as told to PL USA by Aaron DiPrima

In exercise, the length of time between thirty seconds and a minute seems to be of some physiological relevance. That length of time seems to come up over and over in my observations over the last ten years. Outside of exercise, I have noticed that it takes about 45 seconds to do a lot of things; rob a 7-Eleven, for example.

Among the first times I was exposed to this time frame, I was reading a study from a prominent strength coach that did research for the NFL combine. He explained that no matter what rep range an athlete achieved on the 225 lb. bench press to failure test, they achieved their reps in approximately 45 seconds. I found this an interesting concept and changed the perspective I had as far as setting rep records. Instead of trying to flat out achieve more reps, we would try to do as many as possible in less than a minute, and the outcome of course, was more repetitions.

As I was reading some of the material by conditioning specialists, I noticed that several of them agreed that running 400 meter dashes was amongst the best forms of conditioning to reduce body fat and preserve muscle mass. This is not quite as obvious, but if you look at the length of time a well conditioned athlete will run 400 meters, it is somewhere around 50 seconds, with Michael Johnson's world record clocking in at 43.18. Mr. Johnson has failed to return any of my letters requesting his help knocking over 7-Elevens with me, but I remain hopeful.



Is 45 seconds about the limit for intense exercise? (photo courtesy of Ken Leistner)

This amount of time surfaced again, albeit it more subtly in my own training. As a powerlifter in my early 20s, I rarely ventured over 6 reps on anything, for out of the "Big and Fat...er, I mean Tall" section of the clothing department. Maybe the occasional set of 12-15, but for the most part the reps were singles up to sets of 6-8. And this produced quite a bit of strength. However, after venturing to Westside Barbell in Columbus, Ohio, I observed Louie Simmons, and several of his athletes performing sets of 20, 30, or more, specifically on back exercises. I immediately implemented this in my own training and within a few months had developed a substantial amount of new muscle mass and dropped some body fat. Along with this I learned that women would talk to me without charging me \$2.99 for the first minute and 99 cents for each additional one. I also learned I could build up any muscle group with the combination of frequent volume and high rep sets. I was under the impression that the number of reps was the factor, but looking back I now realize that a typical set of 12-15 would last maybe 20 seconds. These high rep sets however, would fall, low and behold, between 30 seconds and a minute the majority of the time.

And finally an article just surfaced by Strength and Conditioning specialist David Tate from elitefts.com where after a conversation with Dr. Eric Serrano, Tate did an exercise venture of performing everything for 45 seconds, and in his 40s, generated more muscle mass than he ever had after a lifetime of competing in bodybuilding and powerlifting. Here is a link to that article: http://www.tmuscle.com/free_online_article/sports_body_training_performance/my_greatest_gains_ever_dave_tate

If I had to guess, this has something to do with our ancestry. Whether we were fighting something off, hunting something down, or escaping something's fangs, the outcome was probably determined in less than a minute in most cases. This was prior to the invention of hunting implements, mice, and, of course, Chuck Norris.



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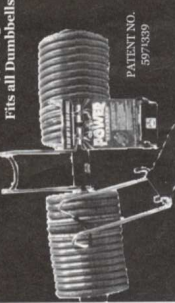
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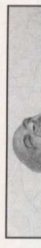
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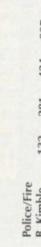
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Male	123 lbs	363	215	374	952
Female	148 lbs	330	215	369	914
Raw	105 lbs	391	242	479	1112
High School	118 lbs	391	242	479	1112
Master I	118 lbs	281	171	352	804
Master II	118 lbs	352	242	374	969
Open	148 lbs	652	237	391	991
PS CURL	105 lbs	332	226	435	1013
Male	118 lbs	259	160	341	760
Female	118 lbs	402	220	457	1079
Raw	105 lbs	402	220	457	1079
High School	118 lbs	551	319	562	1431
Master I	118 lbs	551	319	562	1431
Master II	118 lbs	551	319	562	1431
Open	118 lbs	551	319	562	1431
PS SQUAT	105 lbs	374	253	501	1129
Male	118 lbs	352	237	413	1002
Female	118 lbs	506	341	473	1321
Raw	105 lbs	501	187	451	1140
High School	118 lbs	506	341	473	1321
Master I	118 lbs	528	429	551	1508
Master II	118 lbs	297	226	407	930
Open	118 lbs	484	281	501	1266



Todd Bachman curled 203 lbs.

Male	118 lbs	490	325	528	1343
Female	118 lbs	699	517	600	1817
Raw	105 lbs	721	556	512	1789
High School	118 lbs	600	402	606	1607
Master I	118 lbs	506	270	402	1178
Master II	118 lbs	699	517	600	1817
Open	118 lbs	699	517	600	1817
PS SQUAT	105 lbs	341	209	402	952
Male	118 lbs	330	220	451	1002
Female	118 lbs	385	226	402	1013
Raw	105 lbs	352	275	446	1073
High School	118 lbs	226	242	402	870
Master I	118 lbs	479	319	589	1387
Master II	118 lbs	407	363	473	1244
Open	118 lbs	600	396	650	1646
PS BENCH	105 lbs	600	396	650	1646
Male	118 lbs	407	363	473	1244
Female	118 lbs	374	314	440	1129
Raw	105 lbs	622	363	622	1607
High School	118 lbs	457	352	484	1294
Master I	118 lbs	562	380	424	1365
Master II	118 lbs	121	204	352	677
Open	118 lbs	99	242	330	672



Jimmy Kolb benched 600 lbs. (all photographs courtesy of J.T. Hall)

Male	118 lbs	31	1300*
Female	118 lbs	465	375
Raw	105 lbs	465	375
High School	118 lbs	465	375
Master I	118 lbs	465	375
Master II	118 lbs	465	375
Open	118 lbs	465	375
PS SQUAT	105 lbs	345	245
Male	118 lbs	490	385
Female	118 lbs	490	385
Raw	105 lbs	490	385
High School	118 lbs	490	385
Master I	118 lbs	490	385
Master II	118 lbs	490	385
Open	118 lbs	490	385
PS BENCH	105 lbs	490	385
Male	118 lbs	490	385
Female	118 lbs	490	385
Raw	105 lbs	490	385
High School	118 lbs	490	385
Master I	118 lbs	490	385
Master II	118 lbs	490	385
Open	118 lbs	490	385



IPA Delaware State
21 MAR 09 - New Castle, DE

BENCH	165 lbs	275	525*	800*
Female	165 lbs	275	525*	800*
Raw	165 lbs	275	525*	800*
High School	165 lbs	275	525*	800*
Master I	165 lbs	275	525*	800*
Master II	165 lbs	275	525*	800*
Open	165 lbs	275	525*	800*
PS BENCH	165 lbs	275	525*	800*
Male	165 lbs	275	525*	800*
Female	165 lbs	275	525*	800*
Raw	165 lbs	275	525*	800*
High School	165 lbs	275	525*	800*
Master I	165 lbs	275	525*	800*
Master II	165 lbs	275	525*	800*
Open	165 lbs	275	525*	800*
PS SQUAT	165 lbs	275	525*	800*
Male	165 lbs	275	525*	800*
Female	165 lbs	275	525*	800*
Raw	165 lbs	275	525*	800*
High School	165 lbs	275	525*	800*
Master I	165 lbs	275	525*	800*
Master II	165 lbs	275	525*	800*
Open	165 lbs	275	525*	800*



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Team PowerHouse at the NASA USA Nationals (J.T. Hall at right)

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L-Ornithine 250 grams \$19.99
L-Phenylalanine 250 grams \$11.99
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400 grams \$17.99

WHEY PROTEIN

2 lbs \$9.99
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11 lbs \$37.99
44 lbs \$139.99
SAVINGS: \$30
SAVE 100%!
A lot!

CREATINE ETHYL ESTER HCL

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

BCAA

200 caps \$19.99
500 caps \$34.99
SAVINGS: \$89.99
SAVE 257%!
Fa-Shizzle!

TRIBULUS

90 caps \$18.95
200 caps \$27.99
500 caps \$49.99
SAVINGS: \$29.95
SAVE 152%!
Nice!

WHEY PROTEIN ISOLATE

2 lbs \$14.99
5 lbs \$29.99
44 lbs \$199.99
SAVINGS: \$65.83
SAVE 219%!
Owned!

COMPLEX CARBS

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

RIBOSE

200 gm \$24.99
SAVINGS: \$33.39
SAVE 133%!
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2000 gm \$24.99
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BCAA

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500 caps \$24.99
SAVINGS: \$65
SAVE 185%!
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2 lbs \$46.98
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SAVE 125%!
Sweet!

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100 serv \$59.99
SAVINGS: \$30
SAVE 100%!
Good Deal!

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90 caps \$24.99
SAVINGS: \$65
SAVE 185%!
Shocker!

DHEA

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

DEITROSE

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

WHEY PROTEIN

2 lbs \$9.99
6 lbs \$19.99
11 lbs \$37.99
44 lbs \$139.99
SAVINGS: \$30
SAVE 100%!
A lot!

CREATINE ETHYL ESTER HCL

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

BCAA

200 caps \$19.99
500 caps \$34.99
SAVINGS: \$89.99
SAVE 257%!
Fa-Shizzle!

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90 caps \$18.95
200 caps \$27.99
500 caps \$49.99
SAVINGS: \$29.95
SAVE 152%!
Nice!

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5 lbs \$29.99
44 lbs \$199.99
SAVINGS: \$65.83
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Owned!

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

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SAVINGS: \$33.39
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COMING EVENTS

MEET DIRECTORS—a listing here is a FREE service. Send details, preferably at least 3 months prior to your event, to: Coming Events, Box 467, Camarillo, CA 93011, to obtain proper advance notice.

- 11 SEP.** 100% RAW Military BP & Rep Challenge (Jacksonville, NC) Kevin Dickhut or Paul Bossi. rawlifting@aol.org
- 11 SEP.** 9th IBP Bench Press Classic & Strict Curl (Winston Salem, SC) Keith Payne, keith@ironboypowerlifting.net, 336-251-8704
- 11-13 SEP.** WDFPF World Single Event (Bradford, England) JM-Gedney@wvu.edu
- 11-13 SEP.** RAW United Armed Forces Championships (Free Contest), Sperto Isthmofidels, 401 Highway A1A, Unit 122, Satellite Beach, FL 32937, rawunited@cf1rr.com
- 12 SEP.** Pride Montana State BP & Competition (Billings, MT) www.PridePowerlifting.com, 509-868-2192
- 12 SEP.** 100% Raw Jacksonville Open (Jacksonville, NC) Kevin Dickhut or Paul Bossi. rawlifting@aol.org
- 12 SEP.** APA Keystone State Championships (Lancaster, PA) Scott Taylor, 356 Lakehead Dr. #3, Hot Springs, AR 71913, scott@apa-wpa.com, www.apa-wpa.com, www.apa-wpa.com/entryforms.htm
- 12 SEP.** Milwaukee School of Engineering BP, Power Sports & Push Pull (Milwaukee, WI), Broad Aldag, adagb@mscoe.edu, www.nasa-sports.com
- 12 SEP.** King of the Beach III, BP/DL contest, (at Bamboo Willie's on Pensacola Beach), (Gulf Breeze, FL), Chip Holston, 850.304.9097
- 12 SEP.** APF Louisiana State Open, Gary Frank, 225.241.8154
- 12 SEP.** APF/AAPF Summer Heat V (Rock Hill, SC), Eric Hujbas, 803-366-9895, nettin-fish@msn.com
- 12 SEP.** APF/AAPF Wisconsin State Meet (Sun Prairie, WI), Ed & Joani Taber, 608.445.7409, joanitaber@yahoo.com
- 12 SEP.** IAPA Pennsylvania State (York Barbell in York, PA) Gene Rycklak, 143 Second Ave., Royersford, PA 19468, bench_a_grand@yahoo.com, www.rhyclabpowerlifters.com
- 12 SEP.** IBP Regional Powerlifting (Winston Salem, NC) Keith Payne, keith@ironboypowerlifting.net, 336-251-8704
- 12 SEP.** SLP Tennessee State Fair BP/DL (Nashville, TN) Dr. Darrell Latch, Son Light Power, 122 West Sale St., Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com, sonlightgym@verizon.net
- 20 SEP.** WNPF Can-Am Champion-

- ships (Rochester, NY), Ron DeAmicks, 330.792.6670 or 330.519.3078
- PL, BP, DL (Venice Beach, CA) Steve Denison, 661-333-9800, Pwifitrs@msn.com
- 12-13 SEP.** USAPL Bench Press Nationals, (Cleveland, OH) Gary Kanaga, 591 Central Dr., Broadview Hts., OH 44147, 440-717-9624, www.usaplbenchpress-nationals.com
- 19 SEP.** 3rd WNPF Jake the Hammer Classic/WNPF Lifetime BP, DL & Powercurl Nationals (Atlanta, GA), www.wnfp1.com
- 19 SEP.** York Barbell Special Olympic BP and DL (York, PA) Brian Crowe, Box 303, Hummel's Wharf, PA 17831, 570-884-1023, fmcmae@ptd.net
- 19 SEP.** APA Indiana PowerFest Championships (Wheatfield, IN) Scott Taylor, 356 Lakehead Dr. #3, Hot Springs, AR 71913, scott@apa-wpa.com, www.apa-wpa.com, www.apa-wpa.com/entryforms.htm
- 19 SEP.** 100% RAW NC PL & BP (Barco, NC) Paul Bossi, rawlifting@aol.org
- 19 SEP.** DRK PL/BP Coast Guard vs. Navy Challenge (Currituck H.S., Barco, NC) Meet Directors Dan Cordean & Paul Bossi (240) 417-2229
- 19 SEP.** New Mexico Regional, Equipped & Unequipped PL & BP, Power Sports & PP (Gaultup, NM), www.nasa-sports.com
- 19 SEP.** NASL Night of the Living Dead: Glory (an Arnold qualifier), (Elizabethton, TN), Alex Campbell, 423.725.2415, abcampbell69@hotmail.com
- 19 SEP.** NASL Indiana Regional, Equipped & Unequipped PL & BP, Power Sports & PP (Kokomo, IN) Job-Hou-sey, aandz.insurance@bcglobal.net, www.nasa-sports.com
- 19 SEP.** 2nd City Fitness BP Open (all wt. classes) (Lynn, MA), Rob, (781) 595-5220, cityfitness@gmail.com
- 19 SEP.** APF Indiana State PL & Bench Press Open (Princeton, IN) Larry Hoover, (812) 385-9932, quadhdov@peoplepc.com
- 19 SEP.** SLP Bodysports 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.** WNPF Can-Am Champion-

APF/AAPF/WPC Schedule

- 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
- 1-4 OCT.** WPC/AWPC Raw Worlds
- 3 OCT.** Halloween Monster Bench Bash
- 17 OCT.** AAPF Supreme Fitness Challenge III
- 17 OCT.** APF/AAPF Rise of the DL, Beast of the BP
- 17 OCT.** APF Georgia State Championships
- 24 OCT.** APF Orlando Barbell Meet
- 7 NOV.** APF Texas Cup
- 8 NOV.** AAPF Old School Iron Wars
- 14-15 NOV.** APF Pine Tree Open
- 17-22 NOV.** WPC World Championships
- 5-6 DEC.** APF Southern States PL/BP
- 12 DEC.** WPC Israel Open Championships
- DEC.** APF/AAPF Illinois Raw Power Challenge
- 8-9 MAY 2010.** APF Master, Teen & Jr. Nationals
- 9-13 JUN 2010.** WPC European Championships

Dates subject to change
or go to our website:
www.worldpowerliftingcongress.com

Standardsville, VA) John Shifflett, 186 Happy Hollow Rd., Ruckersville, VA 22968, va1lifting@aol.com, www.virginiaipowerlifting.blogspot.com

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

7 NOV SLP Ohio State BP/DL (Hamilton, OH) Dr. Darrell Latch, Son Light Power, 122 West Sale St., (Northampton, MA) Scott Taylor, 356 Lakeland Dr. #3, Hot Springs, AR 71913, scott@apa-wpa.com, www.sonlightpower.com, sonlightgym@verizon.net

7-8 NOV NASA Masters/Sub Masters Nationals, Equipped & Unequipped Powerlifting, Power Sports, Push Pull, Equipped & Unequipped BP only, Press, (Mesa, AZ), www.nasasports.com

7-8 NOV NASA Arizona Regional, Equipped & Unequipped Powerlifting, Power Sports, Push Pull, Equipped & Unequipped BP only, Power Press, (Mesa, AZ), Rich Peters, P.O. Box 735, Noble, OK, 73068, 405-527-8513, srbpdl@aol.com

8 NOV 100% Raw, AAFP, AAU

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, Pride Washington State BP & DL (raw, equipped, unlimited classes - Kennewick, WA) www.pridefitness.com

7 NOV SLP Ohio State BP/DL (Hamilton, OH) Dr. Darrell Latch, Son Light Power, 122 West Sale St., 356 Lakeland Dr. #3, Hot Springs, AR 71913, scott@apa-wpa.com, www.sonlightpower.com, sonlightgym@verizon.net

7 NOV USAPL Southern California Regionals (Santa Clarita, CA) Lance Slaughter, (310) 995-0047, lance.slaughter@yahoo.com, usapl-ca.org

7 NOV, ADFFP PP/BP/DL (Washington Sq. Mall, Evansville, IN) Meet Director Mike Stagg, home (812) 324-0031, cell (812) 204-3755, www.adffp.org

7 NOV, APF TX Cup (Dallas, TX), Greg & Heather Tillinghast, Equipped & Unequipped BP only, apftexas@yahoo.com

7 NOV USAPL Virginia State BP, DL, PL, Ironman, Raw, Assisted-

7-8 NOV NASA Arizona Regional, Equipped & Unequipped Powerlifting, Power Sports, Push Pull, Equipped & Unequipped BP only, Power Press, (Mesa, AZ), Rich Peters, P.O. Box 735, Noble, OK, 73068, 405-527-8513, srbpdl@aol.com

8 NOV 100% Raw, AAFP, AAU

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

19 SEP, SLP Bodyworks Benefit BP/DL (Dry Ridge, KY)

26 SEP, SLP National PL Championship (Tuscola, IL)

27 SEP, SLP Atlas Gym Open BP/DL (Kenosha, WI)

3 OCT, SLP Tennessee State BP/DL (Lexington, TN)

10 OCT, SLP Western Nationals BP/DL (Tulsa, OK)

24-25 OCT, Pride BP & DL Nationals, presented by Idaho Lottery, no qualifying required. Raw, equipped, unlimited classes (Boise, ID) www.PridePowerlifting.com, 509-868-2192

25 OCT, IPA Lovetremes Fall Classic, Full Power & Bench (Courtney Marriott, Columbus, OH), Dan Deagle, 614-544-8824, lovetremes.com, www.lovetremes.com

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

31 OCT, APA Garden State Bench Second Ave. Rensselaer, NY) Scott Taylor, 356 Lakeland Dr. #3, Hot Springs, AR 71913, scott@apa-wpa.com, www.sonlightpower.com, sonlightgym@verizon.net

24 OCT, APF Galaxy Gym BP/ DL (Moultonboro, NH), Chris, 603-393-6839

24 OCT, USAPL Night of the Living Dead: Greed (professional deadlift competition) (Grey, TN), Alex Campbell, 423-725-2415, abccampbell69@hotmail.com

24 OCT, NASA Iowa Regional, Equipped & Unequipped Powerlifting, Power Sports, Push Pull, Equipped & Unequipped BP only, Power Press (Des Moines, IA), Rich Peters, P.O. Box 735, Noble, OK, 405-527-8513, srbpdl@aol.com

24 OCT, WABDL Regional BP/ DL, All American Gym, 309 W. Main St., Lakeland, FL 33815, 863-687-6268

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

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

24 OCT, Walker's Gym Bench Press Classic (Hopewell, VA) Benefiting St. Jude's Children's Hospital, Meet Director: Barry Walker, (804)

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

10 OCT, SLP Western Nationals 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, 120 W. Main St., W. Lafayette, OH 43885, 740-502-4964

17 OCT, APF Georgia State Championships (Georgia) John Grove, www.northgeorgiafootball.com

17 OCT, APA Nationals (Rolla, MO) Scott Taylor, 356 Lakeland Dr. #3, Hot Springs, AR 71913, scott@apa-wpa.com, www.apa-wpa.com, sonlightgym@verizon.net

17 OCT, APF/AAPF Rise of the Beast of the BP (Willowbrook, IL), Amy Jackson, 630-896-7309, amyljackson@aol.com

17 OCT, USPF Div. II Only Bay Area Open (San Mateo, CA), John E. 15th St., Ashabula, OH 44004, 440-968-3013, anderson1142@yahoo.com

3 OCT, Bulls PL @ Scandinavia Expo (Lahti, FIN) bullfarm.fi, sakkie@voimharjoittelu.fi, 011-358-505-354-106

3 OCT, WNPF Fall Power Outage Powerlifting Championship (Ambridge, PA) Ron Deamicks, 330 792-6670, power1103@aol.com

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

4 OCT, APA Norwich YMCA Power Bash, BP/DL (Norwich, NY), Shaaron Cawronski, 607-336-9622 or 607-437-2436

4 OCT, USPF New Hampshire Open BP/DL/PP (Manchester, NH) Dave Follansbee, (603) 626-5489, NHBodybuilding@yahoo.com, www.americanpowerlifting.org

9-10 OCT, 4th NAPF/IPF North American Regional (Acapulco, MEX) Robert Keller, 954-790-2249, rhk@verizon.net, www.usapowerlifting.com/IPF-NorthAmerica

10 OCT, APA Gulf of Mexico Championships (Corpus Christie, TX) Scott Taylor, 356 Lakeland Dr. #3, Hot Springs, AR 71913, scott@apa-wpa.com, www.apa-wpa.com, sonlightgym@verizon.net

10 OCT, Mighty Christian Powerlifting VII (Dover, NJ) Mighty Gibbons Strength Center, Newton Romualdo, 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

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

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

26-27 SEP, (NEW DATE) APF/AAPF Snake River Powerlifting Championships (Idaho Falls, ID), Mike & Linda Higgins, 208-528-0444, snakeiver@yahoo.com

27 SEP, SLP Atlas Gym Open BP/ DL Championship (Kenosha, WI), Dr. Darrell Latch, Son Light Power, 122 West Sale St., Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com, sonlightgym@verizon.net

3 OCT, USAPL National Senior

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Proceeds go to the Thomas J. Foley Memorial Scholarship. Tom Foley lost his life on September 11th, helping rescue people from the Twin Towers. Tom was part of Rescue 3 FDNY.

* Drug Testing Will Be Performed the Day of the Meet*




27 SEP, WNPF All-American Powerlifting & WNPF Lifetime American Championships (Pt. Leticia, FL) Troy Ford, 770.668.4841, wnpf@aol.com, WNPF POBOX 142347, Fayetteville, GA 30214, www.wnfp.net

26 SEP, USAPL Louisiana State (St. Francisville, LA) Garry Frank, 225-241-8154, bulldoggr@bellsouth.net

1-4 OCT, WPC/AWPC Raw Worlds (Rostov-na-Don, Russia), Yuri Linstov, wpc-awpc-uro.ru, www.worldpowerliftingcongress.com

3 OCT, APA Mississippi/Iron Barbarian Open (Fulton, MS) Scott Taylor, 356 Lakeland Dr. #3, Hot Springs, AR 71913, scott@apa-wpa.com, www.apa-wpa.com, sonlightgym@verizon.net

3 OCT, USAPL National Senior

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3 OCT, USAPL National Senior



WORLD NATURAL POWERLIFTING FEDERATION

19 SEP, WNPF Jake the Hammer Classic/WNPF Lifetime BP/DL/PC Nationals (Atlanta, GA)
 20 SEP, WNPF Can-Am Championships (Rochester, NY)
 27 SEP, WNPF All-American PL/WNPF Lifetime Pan-American Championships (Pt. St. Lucie, FL)
 3 OCT, WNPF Fall Power Outage Championships (Ambridge, PA)
 17 OCT, WNPF World Championships (Atlantic City, NJ)
Contact Info: Troy Ford, 770.668.4841 or wnfp@aol.com www.wnfp.net

Old School Iron Wars (raw, equipped) vhpower.com
 14 NOV, Northern Virginia Raw, Bret@vermontpowerlifting.com
 10-15 NOV, WPF World PL, John James, 703-475-9885, www.bp.dl (Riviera Hotel Casino, Las Vegas, NV) Steve Denison, 661-333-9800, Pwfrfrms@msn.com
 13-15 NOV, RAW United North American Open (Greensboro, PA) Spero Tshontikidhis, 401 Highway A1A, Unit 122, Saunellite Beach, FL 32937, 321-505-1194, rawwnted@clt.r.com
 14-15 NOV, APF Pine Tree Open Raw PL (Sacramento, CA), 356 Lakeland Dr. #3, Hot Springs, AR 71913, scott@apa-wpa.com, www.apa-wpa.com, www.apa-wpa.com/entryforms.htm
 14 NOV, WNPFLifetimeDrug Free International Powerlifting, SQ, BP, DL, PC Championships (Orlando, FL) Troy Ford, 770.668.4841, wnfp@aol.com, WNPF POBOX 142347, Fayetteville, GA 30214, www.wnfp.net
 14-16 NOV, WDPFF Powerlifting World Championships (England) JM-Gedney@vnu.edu
 17-22 NOV, WPC World Championships (Bournemouth, Great Britain) Brian Batchelor, www.worldpowerliftingchampionships.com
 21 NOV, Children's Christmas Classic Charity BP (Culma, OH - new location) Mike Wolfe, 419-953-9009, bigbadwolf@900@yahoo.com
 21 NOV, WV Regional PL, PP & Power Sports, Greg Van Hoose, Route 1 Box 166, Ravenswood, WV 26164, 304-273-3110, greg@wnfp.net

Hot Springs, AR 71913, scott@apa-wpa.com, www.apa-wpa.com, www.apa-wpa.com/entryforms.htm
 21 NOV, 5th Annual NAWA/YMCA Great Lakes Regional Championship, (at the Learning Tower YMCA, 6300 W. Touhy Ave.), (Niles, IL), David Oylar, 847.828.8964, david.oylar@comcast.net, & Josh May, 847.410.5141, josh_may@ymcachicago.org, www.nasa-sports.com
 21 NOV, USA Raw Bench Press Federation World (Tuscola, IL) Dr. Darrell Latch, Son Light Power, 122 West Sale St., Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com
 21 NOV, Grand Slam II Bench Contest (Coca Cola, Buffalo, NY) Mark J. Becht, 716-549-3952, pagetbecht@worldwide.net
 21 NOV, USAPL Stars & Stripes BP/DL (Claris Summit, PA) steve@purepowerlifting.com, www.purepowerlifting.com
 21 NOV, NAWA Southeastern States Regional Powerlifting, BP, PP & Power Sports Championships (Hickory, NC) Greg Van Hoose, Route 1 Box 166, Ravenswood, WV 26164, 304-273-3110, greg@wnfp.net
 21 NOV, Kansas Regional, Equipped & Unequipped Powerlifting, BP Power Sports and Push Pull, (Salina, KS) Jim Duree, 5619 Pawnee Ave., Kansas City, KS 66106, 913-626-1142, kduree7086@aol.com
 21-22 NOV, IFA Senior National Powerlifting & Bench Press Championships York Barbell Co., 3300 Board Rd., York, PA) Mark Chaillet, 717-495-9024, chaillet@ybaoo.com, or Ellen Chaillet, echaillet@aol.com, www.ipapower.com
 4-6 DEC, RAW United National Championships (Must Quality!), Spero Tshontikidhis, 401 Highway A1A, Unit 122, Saunellite Beach, FL 32937, 321-505-1194, rawwnted@clt.r.com
 5 DEC, NAWA New Mexico Push Pull, BP and Power Sports (Albuquerque, NM), Lisa Suddell, lbhprsr1@aol.com, www.nasa-sports.com
 5 DEC, Pride Raw BP & DL Nationals (no qualifying required - raw only - belt and wrist wraps ok - Post JM-Gedney@vnu.edu)
 5 DEC, APF Raw Powerlifting, 509-868-2192
 5 DEC, APA New England Winter Iron Bash (Wallingford, CT) Scott Taylor, 356 Lakeland Dr. #3, Hot Springs, AR 71913, scott@apa-wpa.com, www.apa-wpa.com, www.apa-wpa.com/entryforms.htm
 5 DEC, Walker's Gym Deadlift Classic (Hopewell, VA) Meet Director, Barry Taylor, (804) 458-7918
 5 DEC, 22nd Annual Elkhardt

Bench Press Classic, Jon Smoker, jrcsmoker@hotmail.com
 5 DEC, 9th Pocket Samson's Christmas BP/DL (one toy from each lister 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 (GPC Rules), (Fresno, CA), Bob Packer, 559.323.3892 (after 8 PM), (c) 559.760.2970
 5 DEC, (NEW LOCATION) NAWA Midwest Regional, Equipped & Unequipped Powerlifting, Power Sports, Push Pull, Equipped & Unequipped BP only, Power Press (Carthage, MO), www.nasa-sports.com
 5 DEC, IFA Christmas Carnage/Richak YWCA Bench Classic, Gene Rycklak, 143 Second Ave., Royersford, PA, 19468, bench_a_grand@yahoo.com, www.richakpowerysystems.com
 5 DEC, USAPL Florida Senior/Master State Games 40+ Championships (BP, DL, PP - Ft. Myers, FL) Robert Keller, 954-790-2249, rtk@floridadaupl.com
 5 DEC, WNPF Lifetime Nationals & 12th Sarge McCray BP, DL, (Borden town, NJ) Troy Ford, 770.668.4841, wnfp@aol.com, WNPF POBOX 142347, Fayetteville, GA 30214, www.wnfp.net
 5 DEC, SLP Tennessee Christmas For Kids BP/DL/Curl (Memphis, TN) Dr. Darrell Latch, Son Light Power, 122 West Sale St., Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com
 5-6 DEC, APF Southern States PL/BP (Jacksonville, FL) Wayne Pullum, pullumsplatform@aol.com
 5-6 DEC, AAU World BP, DL, P.P & AAU International PL (all divisions, raw equipped - Laughlin, NV) Martin Drake, Box 108, Nuevo, CA, 92567, 951-928-4797, naturalpower@hughes.net, cell 310-953-5030
 6 DEC, USPF MuscleSport Nutrition Open BP, DL, PP (USPF Division II, multi-ply) (Manchester, NH) Dave Follansbee, 603-626-5489, NH.Bodybuilding@ybaoo.com, www.AmericanPowerlifting.org
 6 DEC, 17th ADAU Raw Power Coal Country Classic (Bigler, PA), Stegel Engraving, 814-765-3214, www.nasa-sports.com
 6 DEC, WNPF Delaware Championships (Lewes, DE) Troy Ford, 770.668.4841, wnfp@aol.com, www.apa-wpa.com, www.apa-wpa.com/entryforms.htm
 12 DEC, WPC Israel Open Championships (Haifa, Israel), Anna Marcus, big-champ@big-champ.com, www.worldpowerliftingcongress.com

USPF 56TH IRON MAN OPEN
 POWERLIFTING & BENCH PRESS CHALLENGE (OPEN, MASTERS, TEENAGE, WOMEN, JUNIOR)
 December 5th, 2009 in Fresno, CA
 Mr. Iron Man & Ms. Iron Woman
 Over 40 Mr. Iron Man
 USPF Div. II National Qualifier, GPC Rules
 BOB & KIM PACKER
 CELL: 559.760.2970 OR AFTER 8 P.M. CALL: 559.323.3892

Games (sanctioned by USAPL) (San Diego, CA) Lance Slaughter, (810) 995-0047, lanceslaughter@yahoo.com, calstategames.org
 2-7 NOV 2010, World PL, BP & DL (University of Bath, Somerset, GBR) Entry to BPO no later than September 23rd, Meet Director Greg Ashford, 01373-859997, www.wppowerlifting.com
 NOV 2010, USAPL Stars & Stripes BP & DL (Scranton, PA) www.purepowerlifting.com
 JAN 2011, USAPL HS/Collegiate Raw (Scranton, PA) www.purepowerlifting.com
 8-10 APR 2011, USAPL Col- legiate Nationals (Scranton, PA) www.purepowerlifting.com
 JUL 2011, USAPL Raw Nationals (Scranton, PA) www.purepowerlifting.com

12 DEC, APA Southern Texas Championships (Mission, TX) Scott Taylor, 356 Lakeland Dr. #3, Hot Springs, AR 71913, scott@apa-wpa.com, www.apa-wpa.com, www.apa-wpa.com/entryforms.htm
 12 DEC, 16th WNPF Georgia State Powerlifting Championships (Atlanta, GA), www.wnfp.net
 12 DEC, USPF NorCal PL/BP/DL (Sacramento, CA) Steve Denison, 661-333-9800, Pwfrfrms@msn.com
 12 DEC, NAWA West Texas Regional, Equipped & Unequipped Powerlifting, Power Sports, Push Pull, Equipped & Unequipped BP only, Power Press (Hereford, TX), www.nasa-sports.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, www.sonlightpower.com, sonlightgym@verizon.net
 12 DEC, 100% Raw Christmas Classic (BP, SC) Standardsville, VA) John Shufflett, 186 Happy Hollow Rd., Richfield, VA 22968, valting@aol.com, www.virginiapowerlifting.blogspot.com
 13 DEC, British BP & DL Record Breakers (Connaught Leisure Centre, Tongham Rd., Aldershot, Hampshire, GBR) Entry to BPO no later than November 22nd, Meet Director David Carter, 07770-757321, www.wppowerlifting.com
 19 DEC, NAWA 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/DL (Tuscola, IL) Dr. Darrell Latch, Son Light Power, 122 West Sale St., Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com, sonlightgym@verizon.net
 DEC, APF/AAPF Illinois Raw Power Challenge (Willowbrook, IL), Eric Stone, 630-794-0594, thestone@chicago-powerlifting.com
 30 JAN 2010, USAPL High School & Collegiate RAW (Summit, PA) steve@purepowerlifting.com, www.purepowerlifting.com
 31 JAN 2010, USAPL USAPL 8th High School & Collegiate North East USA Regional (Scranton, PA) steve@purepowerlifting.com, www.purepowerlifting.com
 30-31 JAN 2010, Raw Unity Meet (Tampa, FL) Eric Talhant, erictalhant@yahoo.com, www.rawunitymeet.com
 6-7 FEB 2010, IPA LEX-

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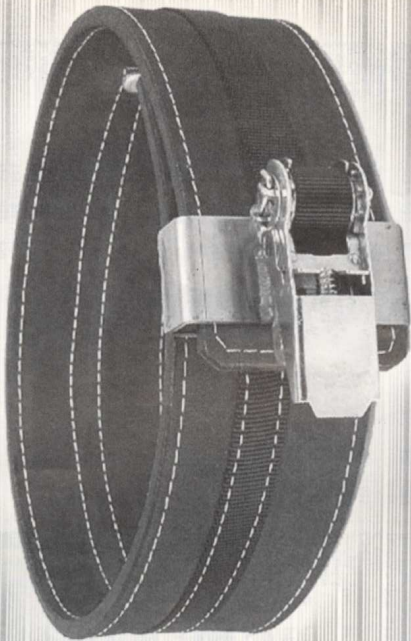
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- Unlimited adjustability. Imagine being able to fine-tune your powerlifting belt to the exact feel you want for each set.
- You can easily calibrate the support of the PR Belt depending on the intensity level of each set, whether it's a warm up, a work set or maxing out. When you change your gear you need a different belt setting. Each layer of gear and clothing you put on or take off requires a slightly different fit of your belt. Easily done with the PR Belt! Wear it however you feel at any time. Holes of a buckle belt might not accommodate but the PR Belt does! The PR Belt gives you the power of selection. Just ratchet it forward or back. It's easy!



HOW THE PR BELT IS WORN

1. Just wrap the belt around your waist like any normal belt.
 2. Place the leather end of the belt through the stainless steel tongue loop, then place the nylon strap through the ratchet center slot and pull snug.
 3. While holding the nylon strap tight begin ratcheting the belt and release your grasp of the nylon strap.
 4. Ratchet/tighten belt as desired.
 5. To loosen with your middle and index finger just pull up and hold open the spring loaded ratchet safety lever. Next open (180°) the ratchet all the way until it can't open any more. At this point the nylon strap will be loose and you can open the belt by pushing out with your tummy or using your hands.
- It's quick. The PR Belt can be tightened to exact fit in seconds and released instantly with one simple movement.
 - Saves your energy. Tightening the PR Belt is absolutely no strain. With the PR Belt there's no need for assistance to get your belt tight.
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 - Very secure. The belt automatically locks until you manually release it.
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AAU VA High School Challenge	
Push Pull	
M. Doherty	270
M. Doherty	231
M. Doherty	356
M. Doherty	628
M. Doherty	259
M. Doherty	484
M. Doherty	743
M. Doherty	319
M. Doherty	407
M. Doherty	727
M. Doherty	226
M. Doherty	468
M. Doherty	694
M. Doherty	402
M. Doherty	578
M. Doherty	980

30 MAY 09 - Mechanicsville, VA	
BP	DL
154	259
413	
182	363
545	
183	300
446	
215	358
573	
220	341
562	
165	325
490	
149	336
484	
198	347
545	



Bob McAllister bench pressing 410 pounds in raw style at the APA Michigan Battle of the Bad Open, held in Monroe, MI on June 20th, (photograph provided by the courtesy APA President, Scott Taylor)

20 JUN 09 - Monroe, MI	
BENCH	DEADLIFT
264	490
754	
264	446
710	
220	484
705	
446	
336	
360	
640	
455	
611	
645	
506	
510	
611	
611	
490	
295	
490	
435	
363	
611	
611	
600	
347	
367	
684	
864	
699	
705	
666	
666	
522	
522	
418	
680	
680	
699	
517	
501	

27 JUN 09 - Waukesha, WI	
BENCH	DEADLIFT
430	550
980	
275	350
625	
210	385
595	
143	
248	
333	
680	
680	
308	
308	
303	
319	

27 JUN 09 - Waukesha, WI	
BENCH	DEADLIFT
585	645
1290	
132	132
132	
148	
148	
148	
148	
165	
165	
308	
308	

AAU ATHLETE INDIVIDUAL MEMBERSHIP APPLICATION

AAU Membership Year is September 1 to August 31. A membership card will be forwarded to you.

Use Legal Name
 First _____ Middle _____ Last _____
 Street Address _____ City _____ State _____ Zip _____
 Application Date _____ Home Phone _____
 E-Mail Address _____ Work Phone/Ext. _____ Fax Number _____
 Birth Date _____ Gender Male Female Call Number _____
 Club Code (if Known) _____ Club Name (if Known) _____
 Do you have Health and Accident Insurance? YES NO Sport Code (see list below)

By paying or authorizing payment of my annual membership dues, I certify that: 1) I have never been convicted of any sex offense nor felony; or, if so, I must apply for membership (and receive approval) through the AAU National Office; and, 2) this application is correct in every material aspect, including but not limited to my (street) address and birth date. The Applicant agrees to be bound by the AAU Code, including all AAU Policies, which are available for review on the AAU Web site at www.aauusa.org. NOTE: Parent/Guardian signature if member is under 18 years old.

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

319	198 lbs.	Submaster I	462	308	534	1305
319	242 lbs.	B. DeYoung	462	308	534	1305
325	220 lbs.	Submaster Pure	286	369	292	947
105	148 lbs.	Novice	930	578	606	2114
105	148 lbs.	Novice	479	407	501	1387
308	462	771	308	578	606	2114
336	600	936	275	187	358	820
308	534	842	305	132	349	786
369	292	661	314	193	363	870
578	606	1184	451	407	462	1321
165	105	182	619	333	573	1524
523	281	451	127	314	506	947
495	253	551	1299	94	198	347
231	198	347	776	121	253	451
220						826

(Thank you to Rich Peters for the results)

APA MEMBERSHIP APPLICATION

Send application and make check payable to: APA, 356 Lakeland Dr #3, Hot Springs, AR 71913

Adult Membership: \$30 Child Membership (Under 18): \$15

In consideration of my acceptance as a member of the APA (hereby release the American Powerlifting Association (APA), Scott Taylor, all competition facilities and their employees, all APA meet directors and contest staff from any responsibility or liability for any injury or personal loss to myself resulting from participation in any APA competition. I acknowledge that I realize there is a high risk of injury in the sport of powerlifting. I accept this risk. I am aware that I will be solely responsible for the condition and safety of my personal lifting gear, bench press shirts, powerlifting suits, wraps and all equipment worn thereon during APA events and realize that the use of bench press shirts and some supportive gear will be required for safety. I understand that I will be held financially responsible for damages caused by me or contest staff members, free of liability for any injury. I agree to hold the APA, and meet directors and contest staff members, free of liability for any injury. I understand that I will be held financially responsible for my behavior and that of my guests at APA events, and if asked to leave an event due to their behavior I will do so immediately and voluntarily and forfeit any entry costs. I may have incurred for the event. I hereby represent and warrant that I have reviewed and understood the terms of acceptance prior to electronically submitting and signing this waiver/membership application form. If I am under the age of 18 my parent or legal guardian will review and sign and this entry form assuming responsibility for me.

NAME _____ AGE _____ SEX _____
 EMAIL _____
 MAILING ADDRESS _____ CITY _____ STATE _____ ZIP _____
 SIGNATURE _____ (PARENT OR GUARDIAN SIGN IF UNDER 18)
 DATE _____

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USAPL EAC Powerplay
15 MAY 09 - Denver, CO

Powerlifting	SQ	BP	DL	TOT
Female	149	105	215	468
115 lbs.				
K. Nelson				
132 lbs.				
154				154
M. Sison				
165 lbs.				
209				611
M. Sison				
198 lbs.				
248				248
A. Miller				
198 lbs.				
341				837
L. Lewis				
153 lbs.				
A. Scanzuso				
132 lbs.				
242				595
T. Tein				
182				551
R. Robinson				
148 lbs.				
330				611
T. Carrich				
176				848
A. Bell				
381				848
M. Sison				
281				787
J. Terry				
275				749
L. Katter				
341				341
198 lbs.				
M. Bell				
248				617
A. Bell				
165 lbs.				
347				1140
R. Scheiden				
Master II				
330				396
T. Carrich				
176				848
A. Bell				
381				848
M. Sison				
281				787
J. Terry				
275				749
L. Katter				
341				341
198 lbs.				
M. Bell				
248				617
A. Bell				
165 lbs.				
347				1140
R. Scheiden				
Master II				
330				396
T. Carrich				
176				848
A. Bell				
381				848
M. Sison				
281				787
J. Terry				
275				749
L. Katter				
341				341
198 lbs.				
M. Bell				
248				617
A. Bell				
165 lbs.				

AAU Triple Crown	SQ	BP	DL	TOT
31 MAY 09 - Mechanicsville, VA				
BENCH	182	99	248	528
Female				
105				562
Military/Open				
143				562
C. Boykin				
105				562
K. Whittaker				
105				562
Military/Open				
143				562
M. Sison				
105				562
Military/Open				
143				562
M. Sison				
105				562
Military/Open				
143				562
M. Sison				
105				562
Military/Open				
143				562
M. Sison				
105				562
Military/Open				
143				562
M. Sison				
105				562
Military/Open				
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105				562
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105				562
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Military/Open				
143				562
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Nick Salois, a 15 year old high school freshman wrestling champ, deadlifting in his 1st powerlifting event—the New England Raw Championships (courtesy of Joe Reeves)

198 lbs.	D. Jones	405	350	503	1260
220 lbs.	Z. Blanton	500	375	525	1400
242 lbs.	C. Vaughn	425	275	530	1230
	N. Andrade	500	500	660	1660
	J. Vesella	580	445	560	1385

Once again I would like to thank all lifters who participated in the Missouri state meet. I am excited to see many first timers and teenagers as well as Veteran lifters like Chris Tabolina and Tom Rosselli who seem to get better with age. Thanks to Mike Tarro Law Associates as well as all my sponsors. Thanks to my Judges Joan Jones, Kevin Jones, Mike Jones, Mike Jones, Lori Rottericks, Loaders Andrew Mangan and Fred Perry. Special Thanks to Ray Roberts who helps with everything. (Meet Director Joe Reeves)

SIP Southwest Missouri Open

2 MAY 09 - Branson, MO

BENCH	R. Dimberger	375*	275 lbs.
Raw	380 lbs.		
Submaster	405*		
Novice	505*		
Males	385	335*	
Males	405*		
Open	275 lbs.		
R. McDowell	455*		
Master (65-69)	242 lbs.		
Open	355*		
C. Sifford	85		
Males	160*		
Novice	350		
Open	350		
J. Stiller	500*		
Raw	185		
Novice	185 (18-19)		

New England Raw BP/DL/PL

1 JUN 09 - Warwick, RI

BENCH	J. Cunha	275
MALE	Master	
Open	C. Tabolina	375
148 lbs.	242 lbs.	
155 lbs.	335	
T. Priest	345	
Novice	375	
Open	375	
J. Lima	375	
181 lbs.	280	
M. Almeida	265	
F. Lima	265	
Open	325	
M. Lovell	350	
Open	340	
J. Amaral	360	
L. Stravato	315	
Novice	240	
Open	500	
N. Andrade	500	
SHW	535	
D. Cain	535	
Submaster	525	
M. Lovell	315	
C. Worley	315	

BP	A. Isabella	250
DL	A. Mellen	315
DL	410	
DL	410	
DL	355	
DL	275	
DL	260	
DL	295	
DL	270	
DL	270	
DL	185	
DL	425	
DL	350	
DL	350	
DL	385	
DL	290	
DL	455	
DL	175	

Lifter Bench Raw Women: Christine McDowell.

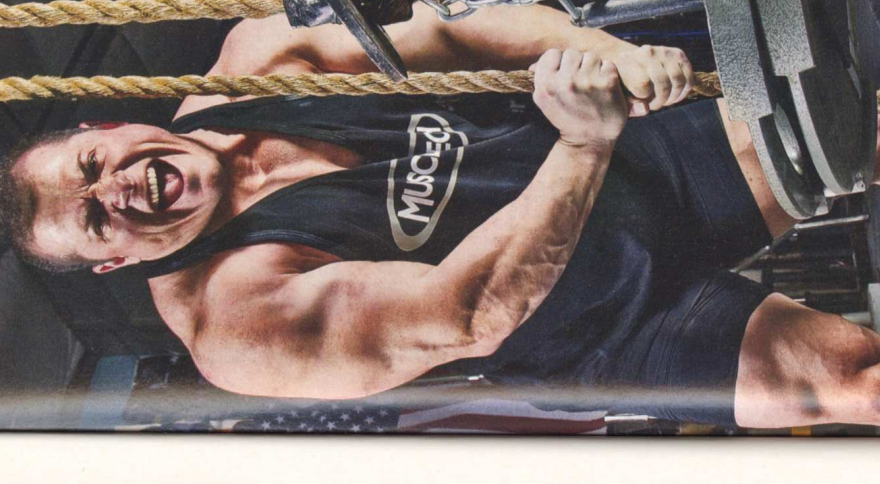


Christine McDowell was awarded the Best Lady Lifter trophy at the SLP Southwest Missouri Open

with a strong 675 after just missing a new PR and state record 700 at the top of the lift. In the curl she followed up with a personal record of 275 with the best lift in the class. On the bench she followed up with 185. David Hughes won at 13:15/148 with 345. At submaster it was Tim Brigance 135 while Mark Henley curled more than his own bodyweight with 150 at 40:44/148. Our final curler, Dennis Reed, finished with 165 at 45:49/shw. All of these lifters established new personal records in their respective classes. In the second state record of the day, 205! Jim Turner came up to break the record of 210 at open women 132. Jimmy Dingler got her second state record of the day at open/275 with her 300 opener. In the novice men's class it was Mark Hawkins with a big 500 state record at 15:15/181. The best lift in the class was 220 by Robert Hawkins with 380 and brother Brian Gilmore with 470 at show. Gavin Bolin got a great 280 at 13:15/133, weighing in at just 117! Michael Spain broke the state record at 16:17/198 with 475. Our best lifter was Bob 675 at submaster 275. Mitch Gentry got a 405 state record at 40:44/220 with another new state record of 485. This was Mitch's first competition. Coming over from Nebraska was the great deadlifting duo of Louie Liguori and Luke Goering. Both set new state records for their respective classes. Mitch got 350 at 40:44/220. State record at 66:64/220 with 430. Louie came within less than five pounds of capturing the best lift award. Our final puller was Joe Humbury, who finished with 540 at open 275. Thanks to all those who helped with the loading and unloading and a special thanks to David Hughes for taking the time to take photos of the lifters. See you all again next year! (Dr. Latch)

Raw	M. Hawkins	198 lbs.
Raw	480	
Raw	220	
Raw	380*	
Raw	380*	
Raw	470*	
Raw	230 lbs.	
Raw	280	
Raw	455*	
Raw	198 lbs.	
Raw	435*	
Raw	165*	
Raw	230	
Raw	675*	
Raw	220 lbs.	
Raw	475*	
Raw	310*	
Raw	365*	
Raw	345	
Raw	220 lbs.	
Raw	430*	
Raw	280	
Raw	275 lbs.	
Raw	335*	
Raw	181 lbs.	
Raw	175	

Lifter Bench Raw Women: Christine McDowell.



“WITHOUT INTRAVOL I KNOW I WOULDN'T HAVE TOTALED 2,551 POUNDS!”
— MATT KROCZALESKI, ALL-TIME 220 LB. TOTAL RECORD HOLDER

EVER SINCE HE JOINED TEAM MUSCLETECH™, WORLD-RENOWNED powerlifter Matt Kroczaleski has been hell-bent on demolishing his PBs and records held by other powerlifters. Early in 2009, Matt stormed into Iowa with a newfound determination to leave his competition in the dust.
 Weighing in for the 220-pound class, Matt looked like a powerlifter possessed. That's because deep down he knew his total was going to be his best ever due to the powerful Muscletech® supplements he'd been religiously training with.
 In fact, one of Matt's favorite products is the new INTRAVOL™ formula! It contains a key complex clinically proven to jack up one-rep max leg strength by 39 percent (463 vs. 394 lbs.) more than a placebo in just 12 weeks when consumed DURING training sessions! And one of the most shocking findings from this clinical study was that test subjects were only training TWICE as well! After his last attempt in Iowa, Matt had shattered the previous total record and secured a spot as one of the best powerlifters of all time, totaling 2,551 pounds!
 When asked about his lift, Matt said, "INTRAVOL was a main reason for me setting a new record. Taking it during training sessions has seriously increased my strength, fast!" If you want serious results, get to your local supplement store and get on INTRAVOL, today!

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PACK ON 9 LBS. OF PURE MUSCLE!
TEST SUBJECTS EXPERIENCED DRAMATIC GAINS BY ONLY TRAINING TWICE A WEEK!
THE MOST SCIENTIFICALLY ADVANCED INTRA-WORKOUT SUPPLEMENT EVER FORMULATED!

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Test Subjects Gained 9lbs of Muscle - Fast!

Based on Lending University Research:
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Read the label before use. In a 12-week study on the key complex in INTRAVOL, test subjects gained an average of 9 pounds of muscle. © 2009.

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SLP 7th Street Gym Open		15 MAR 09 - Clinton, IN	
BENCH	445*	R. Pedigo	345*
FEMALE		Submaster	
148 lbs.	405*	J. Pedigo	275*
180 lbs.	425*	148 lbs.	460
220 lbs.	460	B. West	460
240 lbs.	385	R. Pedigo	460
280 lbs.	445*	Master (40-44)	
320 lbs.	445*	Master (45-49)	
360 lbs.	445*	Master (50-54)	
400 lbs.	315	Master (55-59)	
440 lbs.	275*	Police/Fire	
480 lbs.	275*	Open	
520 lbs.	275*	B. Harman	575*
560 lbs.	275*	DEADLIFT	
600 lbs.	275*	FEMALE	
640 lbs.	275*	220 lbs.	575*
680 lbs.	275*	B. West	575*
720 lbs.	275*	242 lbs.	575*
760 lbs.	275*	Police/Fire	
800 lbs.	275*	Open	
840 lbs.	275*	220 lbs.	575*
880 lbs.	275*	B. West	575*
920 lbs.	275*	242 lbs.	575*
960 lbs.	275*	Police/Fire	
1000 lbs.	275*	Open	



Mike Mills with a raw state record 425 bench press at 40-44/275 lbs.



7th Street Best Lifters Jason Irving & Mike Raya (photos C. D. Litch)

continued her winning ways, breaking her second state record of the day at 45-49/148 with another personal best 275; Bryant West and Ryan Pedigo got their first respectively, with 242 lbs. at 40-44 and 242 lbs. at 40-44. Mike Raya, who helped lead and got throughout the bench competition, pulled a new state record of 575 at 45-49/242. Randy even came close with a personal best 600! Our best lifter, Mike Raya, came all the way from a new state record pull of 575. Aaron Harper finished out a great day of lifting with another new state record at police/fire 242 with 545. Thanks again to Mike Whiteman for the use of the gym, to my son Joey Litch, Randy Naccarato and Terry Cox, who helped with the shooting and lifting to get us to that point, to the judges, some great pictures and served as our trophy girl. See you all again next year! (results by courtesy of Dr. Darrell Latch)

(continued from page 6)

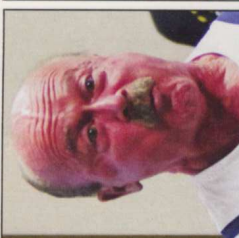
Team Hawaii's Leannetta Richardson easily pushed 320 to handily win the class and Best Open Lifter. She barely missed her third of 344! Super Training's Cara Westin got a 286 and Best Master Lifter.

The Junior Men were impressive, with 132 lb. Hunter Hernandez pressing a nice 220 for a record. Richard Pinelli Jr., a twenty-two year old 242 from Pennsylvania, pushed a masterful 606 to win the Junior Class, Open 242's and Junior Best Lifter. Larry Negriff, Master 242 lifter, pressed a record fourth of 462 to take the Master Best Lifter award.

In the 275's Californian Alan Best dominated with a 674 press to win the class and the Open Best Lifter award. Relative newcomer Jarred Roberts, 308, won his big class with a nicely executed 622.

Last, but certainly not least, the Nationals wrapped up competition with the deadlift championships. Among the winners, master 148er Monica DiGiuro led the way with a 303 pull to win her class and Master Best Lifter. Men's Junior 181 Levi Zanetti impressed with a 573 pull, which earned him Junior Best Lifter honors. In the 220's Masters, Hall of Fame lifter and current Chiropractor Kevin Fisher, pulled an impressive 666. Junior 242 Richard Pinelli Jr., after his excellent bench performance, came back to pull 655 and win his class, and place third in the Open Division. The 242 Open class was owned by Jens Grau, who pulled huge with 705 and would have had more but suffered a torn bicep on his third attempt.

Robert Duran, 275 Open Lifter from California, pulled 722 to win his class handily. The superheavies brought some big pullers to the platform, but Orange County Strength Club lifter, Gary Garcia took the class with the biggest pull of the day of 738! The three days of Nationals brought together great lifters from all over the country, and the many national and world records were set. Congratulations to all the lifters for their hard work and determination to compete. None of this would have been possible without the diligence and skill of Meet Director Steve Denison and his crew. A special thanks to the wonderful Chuck LaMarita, who kept the lifters on track and the crowd engaged all three days. Thanks also to all of the



Gordon Santee couldn't believe how easy his deadlifts went!

reflexes, who worked long hours on the platform. Thanks to all the spotters and the lifters safe. Thanks also to Meet Director David Foster, who gave invaluable help to a number of lifters who unfortunately suffered injuries during the meet.

In the Teenage Division Niles Kodo, Age 17 took the 123 lb. title with an 877 total. 14 year old Lexington, Calapite won at 165. In the 16/17 165's, there were 4 competitors with Zac Tremblay coming out on top with a 1196 total. In the 18/19 age division, Roland Maderna topped Gabe Torres.

In the 18/19 242 lb. class Nicholas Baciu was the winner. At 275 18/19 250 lb. Cody Blackburn won with a 1339 Total. There was only one competitor in the Teenage Superheavy that was 18 years old, Blake Stockton.

In the Jr. Division 20-23 Nolan Kido took the class with the biggest pull of the day of 738! The three days of Nationals brought together great lifters from all over the country, and the many national and world records were set. Congratulations to all the lifters for their hard work and determination to compete. None of this would have been possible without the diligence and skill of Meet Director Steve Denison and his crew. A special thanks to the wonderful Chuck LaMarita, who kept the lifters on track and the crowd engaged all three days. Thanks also to all of the



Dr. Kevin Fisher fixed a glute weakness and pulls like he did in his 20s

In the Jr. Super Heavy Class, the winners were John Duluca, Kevin Auhl and Dave Marco.

There was a very large turnout in the Masters Division. At 132, 51 year old Scott Riskey was victorious. At 148, Hawaii's Darren Matsumoto with a bunch of World Records claimed the National Championship. In the 60 to 64 Gordon Santee continued to rewrite the record books and took home another National Championship. In addition to lifting, Gordon officiated on Saturday and Sunday.

165 lb. 60-64 California's Ron Scott had a very nice day with a 451/243-474 the final deadlift looked like a max effort for that day.

At 181 45 to 49 Florida resident Bob Benwick posted a fine 1626 total. The the 55 to 59 Arthur Fu took first with lifts of 452-375-524.



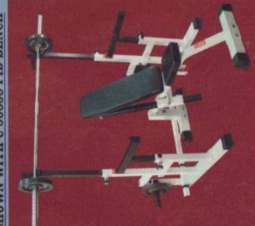
Larry Kidney - back after 'falling'

Keith Kanemoto with a 606 squat

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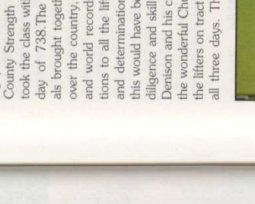
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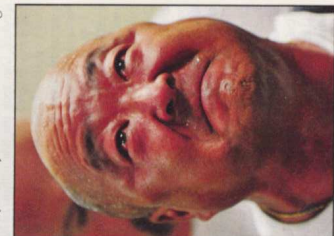
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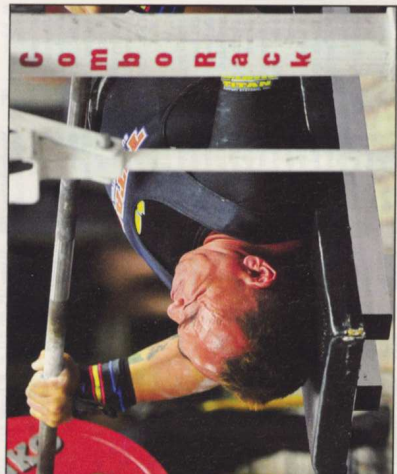
New York Barbell of Elmira, Inc.



Keith Kanemoto with a 606 squat



Levi Zanetti yanked up a 573 at 181



Darren Matsumoto - a spectacular 451 bench press at 148 pounds



Officials: Ed Coan & Dave Jeffrey



165 lb. Ron Scott likes to squat

There were 2 lifters in the 181 lb. 65-69 Division, Las Vegas's Dan Martin and California's Roz Talon. Roy is a cancer survivor. Dan took the title with a 1270 lb. and also won best lifter.

In the 80+ Division, Martin Gentry set some World Records and won himself a National Championship. George Baxter was 4th and pulled a win.

Multi-time title holder Brian Meek took the 60 to 64 age group.

There were 3 lifters in the 40 to 44 age group.

There were 45 lifters in the 40 to 44 age group.



Cara Westin lifted and authored

took the 40 to 44 respectively.

In the 50-54 age group, Florida's Fred Goldberg had a 60 lb. sub-total lead over Las Vegas's Joe Dentice.

Multi-time title holder Brian Meek took the 60 to 64 age group.

There were 3 lifters in the 40 to 44 age group.

There were 45 lifters in the 40 to 44 age group.



Ren Yamashita - perfect squat form

In Hawaii's Darren Matsumoto and California's Scott Layman, Scott squatted 601 lbs. to Darren's 573.

Ed and Bob have battled many times before. At sub-total they were tied, so the deadlift would decide the winner.

The 198 lb. class started with 7, but only 4 completed the day.

The 198 lb. class started with 7, but only 4 completed the day.

The 198 lb. class started with 7, but only 4 completed the day.



Dan Martin is back in action after his heart attack last November

This was his first meet at 220. Ed opened with a 650 squat, but tore his hamstring on his 2nd. Ed was in pain but managed to bench 424 and then pulled a 573 for the win.

There were 5 lifters in the 308 lb. class.

The 242 lb. class also had 10 competitors with 9 posting a total.

The 242 lb. class also had 10 competitors with 9 posting a total.

The 242 lb. class also had 10 competitors with 9 posting a total.



Nolan Kido - Hawaiian Power!

and 28 year old Ed Kinsey. Bob owns the World Gym in Port St. Lucie, FL.

Ed and Bob have battled many times before. At sub-total they were tied, so the deadlift would decide the winner.

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Jeff Belanger pulled up a 462

the lifting he remarked that he stoned as a 198 lb. Scott lifts everywhere against anyone with the right equipment.

There were 5 lifters in the 308 lb. class.

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The 242 lb. class also had 10 competitors with 9 posting a total.

USPF Nationals 3-5 JUL 09 - LaMirada, CA. Table with columns for BENCH, MALE, JUNIOR, and various lifters with their weights and totals.

(continued from page 19)

Gary and Steve are in different age-divisions, and set a Junior National record with his 335 squat, Jim got all three squat attempts passed, finishing with a 223. In another Junior National record with a 220 lift, and Jim benched an American Masters record 187 pounds. Eric pulled 413 in the deadlift for a 1102 pound total. Ben finished up the meet with a Junior National record 479 pull and a Junior National record total of 1036. Jim pulled 396 to finish the meet with a Masters National meet record 837. In the first flight, the following three men qualified for the unranked division at the WDPFF Worlds in November, Matthew Stagg, Dr. Tom Larontaine, Eric Pohl, Ben Meredith, and Jim Waters. Worlds qualifiers who want to go to the meet will now apply to the ADPFF office for inclusion on the US team. The ADPFF will review applications and select teams that have the best chance of scoring points for the team in the meet. The WDPFF allows member nations to bring multiple teams, including an Open team, Junior team, and Masters teams. So World meet qualifiers have more than one opportunity to make a team. The second flight consisted of the six equipped (single ply lifting suits/bench shirts) lifters: Marchand Fleming and Ricky Lee Crain at 75.0 kg., Ryan Pettit at 110.0 kg., Jason Weite and Paul Wrenn at 125.0 kg., and Robbie Saylor at 145.0 kg., and the unranked lifters at 90.0 kg., Dr. Tom Larontaine, Marchand Fleming, and Ricky Lee Crain. The record books were rewritten by Jim Waters, who came in from Santa Clara, California, who came in from Louisiana, Kentucky, and Columbia, Missouri, and MU Strength Club lifter Ben Meredith lifting Eric

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SHW Bill Duncan's third squat

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ADPFF Member Registration Information: Prior Registration No. _____

ADPFF Member Registration Information: I am suspending from membership for any reason, including testing positive for a banned substance or doping method. I permit the ADPFF and the WDPFF to publish my name as a suspended member and/or member who is suspended for testing positive for a banned substance or doping method on the internet, in Powerlifting USA, in RAW POWER, or any other publication that the ADPFF and WDPFF so choose.

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Eli challenged Bill to pull a PR 540 pounds for 3 on his squat, finishing with a 512, he benched 330, and he deadlifted 507, for a 1350 total. Randy's squat is an Open American record; his deadlift is an Open National Meet record; and his total is an Open National Meet record. Mitch LaRock squatted 402, while DJ Stewart squatted 407. Mitch benched 363 to Df's 176, and he deadlifted 474 to Df's 396. Mitch set a National Meet record with his squat and PR in the squat, deadlift, and total, and National Meet record with his bench press, 540 squat, 286 bench press, and 540 deadlift, and 1366. In the days immediately following the meet, the meet directors, the ADPFF, the staff of the University of Missouri Student Recreation Center all reviewed the meet from their individual points of view and came to the conclusion that the meet was a success. Plans for the 2010 ADPFF Powerlifting National Championships are already underway. There is already some talk about making Columbia and the Mizou Student Rec Center the permanent home of the ADPFF Powerlifting Nationals. Only time will tell. Speaking on behalf of Eli and Kate, I would like to thank the American Drug Free Powerlifting Federation for providing a forum for legitimate drug free powerlifting competition. Specifically, we would like to thank the ADPFF staff, and the meet directors, Van Eck, Dawn, and Tim Piper. Thanks to Laura Salerno, Christine Williams, and Meg Dimsa, as well as the rest of the Mizou crew team, Tate, Kyle, and Mo. We would also like to thank Rick Fowler for his great meet logo (which was emblazoned on shirts, t-shirts, and hats). Thanks to the ADPFF staff for organizing this meet. Finally, and with sincerity and humility, we thank God for allowing this meet to go on without "a hitch" and without my injury. (Bill Duncan)

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Eli Burks DL'd an amazing 655 lbs.

(continued from page 17)

bolic Steroids such as Anadrol and Halostestin because of the massive strength gains they give especially right before a meet. What are some of your methods to help bring down elevated liver enzymes and cell regeneration?

AD: Oh my sweet goodness, you just asked me the dreaded liver question. Any experienced man taking oral Anabolic Steroids knows he is playing with fire. And some of my lifters do the same thing, they take orals for a short time prior to the meet. What can I say? The medical community has no protective tricks for this. The thing to do is not to do it! The liver is a monster, which means that it can take a licking and keep on ticking! Elevated liver enzymes (LFTS) in this scenario will not be long lasting. As soon as the oral drug is stopped, the LFTS will and should return to baseline. And I would simply repeat the test. If the LFTS do not return to baseline, I ask the lifter if he is really off. And then I conduct an LFT elevated work up. It's too complicated to review here, but a very good topic maybe for some other time. And forget the Milk Thistle. I looked into that many years ago and it turned out to be some very small study in Europe and it is BS

to think you can get away with oral Anabolic Steroid use if you use some supplement. Just do not do it or have your LFTS checked by a doctor!

AD: Another very important thing to look at is kidney health as well. With the increased usage of Trenbolone Acetate, Trembolone Enanthate and Parabolan, I am sure you have seen problems in this area. Can you expand on what lifters need to look out for during their blood work and what complications can be expected with their use?

AD: It is true that some of these Anabolic Steroids are manufactured in a way that they can be nephro-toxic (toxic to the kidney) and this is nothing to play with. The kidney is not the monster that the liver is! And if you screw up your kidneys, you will be on hemodialysis and looking for a kidney transplant. NOT FUN!! And there goes the bench press to make things worse. I have seen some scary things in this regard and all you have to do is have your doctor run a basic metabolic panel with estimated GFR. And if it is abnormal, well come to me or a Nephrologist. Again, most important for the kidneys is your blood pressure and to control diabetes! Do I sound like a broken record? If I do, then good—that is how I want it to be. If I can do one thing

for all of you guys in the lifting world it is to teach you to check and control your blood pressure, diabetes and cholesterol! You will thank me down the road, that is for sure!

AD: Diuretic use is another area that powerlifters no doubt incorporate in their contest preparation. It is well known in the inner circles of the elite that one of the top middle weight powerlifters in the 1980's would do some crazy diuretic techniques where he would lose close to 30 pounds before weigh in. I heard that he would have to be helped onto the scale during weigh ins because he was so weak. But just a day and a few IV bags later and close to 30 pounds heavier he would actually break world records. What is your take on this? What are the dangers in this regard?

AD: Wow. This is crazy, but I have seen this. The issue we have here relates to the kidney and electrolyte balance. When you use diuretics like Lasix, you will wash out potassium from your serum and body, which can cause death. This is how these guys die, from hypokalemia! And when you overdo diuretics, you can cause irreversible damage to the kidney. I see this all the time in my regular patient population in the form of Acute Renal Failure in my hospital practice. Yes, I still take care of lit-

tle old ladies with chronic disease. Where do you think I learned all this stuff anyway? So please, stay away from these medicines. Using a diuretic and insulin when you do not have a medical disease is going to cause trouble.

Conclusion Well there you have it, my brothers and sisters in iron. I am sure that you all have learned some very interesting facts with this installment. I have received so many positive emails about this series I only wish I would have done it sooner. Now before you are upset that this ride is over—hold your horses. In the final issue of this series, Dr. O'Connor will enlighten us with some really good ideas and information that you have always wanted to know about. So next month you can look forward to the final installment and you can be sure that you will love it just as much as the last three. So until next month train hard, eat clean and please both the Anabolic Doc and I truly care for your lifting success, but also even more importantly your long term health and well being. If you have any questions or comments feel free to email me at: Articulate@NutritionXP3.com Or check out my website at: www.NutritionXP3.com Or the Anabolic Doc site at: www.AnabolicDoc.com

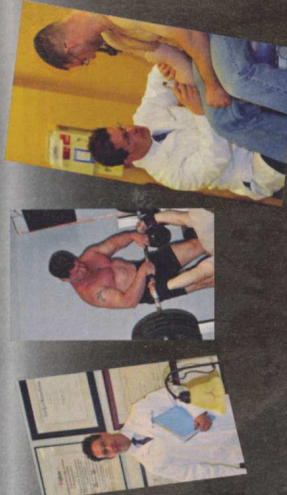
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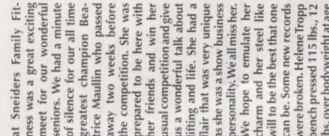
Women Competitors: at the California Senior Olympics Powerlifting Championships in Arcadia, CA (photographs courtesy of H. Sneider)

Table with 3 columns: BENCH (MEN), SHW, and 17th Annual Powerlifting Competition. Lists names, weights, and regional affiliations for various lifters.

at Sneider's Family Fitness was a great exciting meet for our wonderful lifters. We had a minute to rest after the meet. The greatest champion Ben-trice Maullin who passed away two weeks before the competition. She was prepared to be here with friends and win her usual medal. She had a wonderful talk about lifting and life. She had a flair that was very unique as she was a show business personality. We all miss her charm and her steel like will to be the best that one can be. Some new records were broken. Heleene Fropp bench pressed 115 lbs., 12 lb. over bodyweight at age 70. She is from Sweden.

Eugene Malin, 89 years young, who benched 140 at only 160, is seen with California Senior Olympics Meet Director Harry Sneider (right)

and trainer Joe DiMarco is a legend in Muscle Beach, California. He did a Vantonee-filled 110 lbs. and his husband Randy is a powerlifter with the great mark of 365 lbs. He was crowned with the great mark of 365 lbs. as well as power with a lift of 245 lbs. in this meet of champions. Powerful and friendly Val Ottola did the biggest bench of all, 405 lbs. He was, certainly the strongest man in the world. We look forward to another great competition. We look forward to another great competition. We look forward to another great competition. We look forward to another great competition. We look forward to another great competition.



They have both won gold medals at the 17th Annual Powerlifting Competition

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(continued from page 12)

bar weight or accommodating resistance can be made each week. Any change will help in restoration. The small workouts will utilize less weight on a sled, wheel barrow, kettlebells, weight vests, or ankle weights as well as the time it takes to do the work. An example would be to reduce sled pulling from 10 trips of 60 yards to 6 trips of 60 yards, or walking with 15 pound ankle weights reduced to 10 pounds per leg, reducing from 2 miles to 1 mile. You should maintain physical therapy of all types including stretching and traction and pay attention to your nutrition if you need to make a weight change.

The third phase, the most important one for performance, is transformation. Now the two phases done previously, accumulation and intensification, are put to the test. You are now training for the circa-max phase, the work done in the first two phases of training are now essential to the success of the transformation phase. All meet training at Westside is based on the circa-max phase. It lasts 2 weeks, and the number of lifts per workout should be a minimum of 4 and a maximum of 10. We stay optimal at 6 or 7 lifts at 90% to 97.5% of maximal strength development. Re-member maximal speed or strength cannot be maintained for long. That is precisely why speed strength cycles must not last longer than 3 weeks. Then some small change in

the Friday squat day during this 2-week period will replace the max lifts on max effort day on Monday. After the 2-week circa-max phase, total restoration can be achieved by squatting 7 days later. During the squat day, the bar weight is reduced to 50-60% for 3 sets of 2 reps. This leaves 7 days to recover. For the meet. This is a measure of how well we prepared for the competition. The cumulative training effects are a result of four training phases. Accumulation, intensification, transformation, and delayed transformation are all equally important for success.

During the last 2 weeks prior to a meet, you cannot get much better, but you can certainly destroy your chances of success. The small workouts are reduced again in volume and intensity. This is sometimes referred to as active rest. I prefer some form of weight resistance workouts to sports games. Going to a contest fully recovered from training is a must for breaking records. The phases of training can vary in length according to how many meets a year you compete in. At Westside, it can be three to five for full lifters. Only advanced lifters should use a circa-max squating phase due to its severity. Remember the hardest and heaviest extra workouts occur just after a contest. Add aspirin or a strong anti-inflammatory to ensure total recovery. If

you wear gear, wear what it takes to avoid muscular soreness. When the training is done, if you are mentally and emotionally prepared, you will succeed. There is more to training than just lifting weights.

The heaviest training occurs during the accumulation phase including the addition of extra workouts in total volume. This is when sled work, wheelbarrow, weight vest, and ankle weights are the most extreme. Isolating a muscle group such as triceps, abs, lower back, and hamstrings as the contest is nearing occurs in the intensification phase, while concentrating on more exercises that are functionally close to the main powerlifts. Of course the extra workouts must be tailored to be more beneficial for the skills or attention while lowering the volume. At Westside, our period of transformation lasts 2 weeks, and our circa-max loading lasts 2 weeks.

Extra workouts are done while the intensity zones are done while and volume is reduced somewhat. The last 2 weeks are for delayed transformation or restoration. The two periods last 4 weeks, and more restoration work is done with more water therapy, sauna, chiropractic, massage, and stretching. A good lifter will know what he needs after a contest. A great lifter will know what he lacks before a contest.

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132 lbs.				
(75-79)				
180 lbs.	130	105	190	425
(25-29)				
198 lbs.	310	275	415	1000
(18-19)				
J. Cook	135	300	135	570
(25-29)				
I. Simmons	315	160	425	900
(30-34)				
B. Ennis	355	—	475	—
(45-49)				
C. Smith	430	275	440	1145
(25-29)				
C. Olson	315	245	445	1005
(40-44)				
C. Brown	365	345	405	1115
(45-49)				
B. Clark	135	300	600	1035
220 lbs.				
(25-29)				
A. Della	335	290	500	1125
(40-44)				
J. Sigler	405	280	460	1145
(45-49)				
P. Simmons	375	250	475	1100
(55-59)				
D. Hoda	—	330	—	—
(25-29)				
B. Matthews	455	330	555	1340
(45-49)				
P. Gisondi	465	360	315	1140
(75-79)				

D. Joy — 290 — 400 — 500 — lift for!
Despite an unexpectedly low, best lift in the time was had at the 2009 Northeast Regional! The great states of Pennsylvania, New York, Sperto (Isomithids)

New Jersey, Maryland, and Virginia were well represented, with Gary Zeolla (RAW, Narona Heights, PA) and Chad Smith (Ironman, Hagerstown, MD) taking home Best Lifter honors. Before we get started, please say a prayer for our warriors overseas and the family of Jeff D. Olson, who was killed in action. We would and our brave men and women in uniform, and our prayers and support more than ever! Jeff was scheduled to compete with his teammate from The Missing Link, but had a death in the family and was unable to attend. Gary lifted 180 and 300, 145 and 185, and placed 255, 380, and 480. He did not include his successful fourth attempt deadlift of 400 pounds! Chad's 1145 total in the 198s, earned him a spot on the 2009 Nationals roster and from an records across the board! Bill Clark of Binghamton, NY, was the best in the 2009 Northeast Regional, bench and deadlift (300 and 400) in the 175s (198s), while 75-79 young lifters Dr. Pat and Don Joy inspired everyone with their efforts on the platform. On a personal note, it was great to see Pete Gisondi, John Sigler, and Jeff D. Olson. Pete is back in the gym and lifted 300 on the Missing Link against 'Hadin' 1 look forward to joining them on the platform in the fall! Look for a K.A.W. United meet in the White Plains area in 2010 hosted by Pete and the boys! Thanks to Doc Jenkins and Frank Thomas of The Sports Inn for affording us the opportunity to have a meet at the Sports Inn. Tony Monsinger, John Polak, and Don Proser, for spotting/loading Dave Luta, John Polak, Rich Murphy, Jerry Osborne, and Paul Simmons for officiating. Sir Charles Ventrella for the awesome eagle sculptures and cups; Bridg and the folks at Sandpaper Sportswear for the shirts; and the folks at Westside Ironworks for the inspirational worship and competition shirts. More thanks to the brave men and women of the U.S. Armed forces and their families for their service and sacrifice; may God bless you and keep you! And to our Lord Jesus Christ, who gives us the grace to have grace may we all say a lift to your glory! (from Sperto Isomithids)

The Missing Link Team: Brian Matthews, Ed Olson, John Sigler, Pete Gisondi (photos courtesy of Sperto T.)



(Left) **Bill Clark** of Binghamton, NY, pulling 600 in the 40-44 age group, 198 lb. division and (Right) **Best Raw Lifter Gary Zeolla** with a 400 DL in the 174s

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(continued from page 24)

striving mechanism put there by God to sustain life. (1 P.10) A squirrel born in the spring has never experienced winter yet somehow squirrels know in the fall to store nuts for the winter. (1 P.16) People not only have these innate abilities for sustaining life, but also for achieving great things.

On a personal level, is your goal just to sustain life or to increase your total? Since you are still reading I can assume it is to increase your total. Man has the ability to use mental imagery, visualization, and imagination with. This means not just surviving at a meet, but thriving at a meet.

The great Scottish philosopher, Dugald Stewart, once said, "The faculty of imagination is the great spring of human activity and the source for human improvement." You ever hear a coach say to their athlete, "see yourself doing the weight." These coaches are really onto something. The use of mental imagery doesn't just start at the meet; it should become a regular component of training if one wishes to be their best. Know what your current goal is and know, without a doubt, that you will accomplish it. Then look to the future at a target past your current goal and how you will achieve that next goal.

Our brain and nervous system react to an environment; but remember, this is the same brain and nervous system that tell us what an environment is. (1 P.23) Man is a goal oriented being, he is engineered that way. (1 P.114) This means you must set specific goals for your meet. If I am coaching someone at a meet, they have goals for that meet, goals that have been set since the very first day of preparation for that meet. These goals need to be specific, measurable, and realistic. Goals need to be established for the micro cycle, mesocycle, and macro training cycles. Each unique phase, has a unique goal to help you achieve the ultimate goal at your meet. What do you want to total at your next meet? Where do you want to be a year from now?

"To do my best" is not a proper goal; it is very convoluted and open to interpretation. In general, people with no goals feel their life is not worthwhile, the truth is they have no worthwhile goals. Man is hardwired to achieve goals and conquer obstacles. A great line from the film *The Rock* says, winners go on this idea. "Your best? Losers always whim about their best, winners go home and (bleep) the prom queen!" In powerlifting, losers whine about their best; they make excuses about their jobs, money, or training partners; while the winners go to meets and set PR totals!

If powerlifting is important to you, the importance of a mental imagery program will prove to be invaluable. Brain activity precedes movement, and it is vital that correct movements are visualized long before those movements are performed. Visualization techniques were utilized by top Russian weightlifters and coaches. (2 P.72) No two great lifters lift exactly the same; some type, limb length, muscle fiber make-up, previous injuries, strengths, and weaknesses are all factors where lifters differ. Being able to visualize your optimal technique is crucial to becoming a "Master of Sport," as they would say in Russia.

THE PROGRAM

Every day set aside twenty minutes for mental imagery training. Find a dark, comfortable place to lay down and relax your muscles. A place where all the anxieties and troubles of everyday life can be forgotten. Start developing a "movie" in your head, a movie where you are the star. Visualize yourself lifting the weights you are going to be lifting in training. Visualize yourself arriving at the gym, warming up, psyching up, and lifting the weights with ease. You should use all your senses to make the visualization as true to real life as possible. This experience should be like a vivid dream.

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Master (50-54)

WALE
132 lbs. 210

H. Logsdon
40h-305* 295*

Novice
198 lbs. 225

J. Burch
220 lbs. 375*

Teen (13-15)
165 lbs. 285*

J. Phillips
198 lbs. 285*

S. Miller
40h-300*

17+
120* 275

Junior
220 lbs. 375*

M. Barnett
325* 410

Submaster
242 lbs. 410

Best Lifter
Chad Troutt: The Son Light Power

lift was held at Fresh Fire Ministries. Thanks once

again to Randy Kitchy for promoting this annual

event and to Fresh Fire Ministry for hosting the

competition. Heath Logsdon looked strong as

he won again at wheel chair 132 with an easy

210. Debbie Young, one of the strongest raw

lifters, set a new record at 195 lbs. with 242

while Kevin Denson broke the state record

at 242 with 120. Marc Barnett moved up to

the junior division, breaking the record at 220

with 325. Marc actually locked out with 350

twice but was called for dipping the bar. At submaster 242 lbs. Chad Troutt, who broke his state record with 410. Ronnie Holden got a personal best at 45-49/275 with his 365 fourth attempt. Young set the state record there with 305. Bob Bean came down from Ohio to take the 55-59/220 class and set the state record with 375. H.R. Murphy broke the state record at 60-64/198 with a great 300. In the open division at 181 with 275. Bob Bean set his second state record of the day at 220 with 375. Chad Troutt also captured this second state record with 410. Chad was also awarded the best lifter trophy. All the records set on this day were raw lifts. The winners were: Submaster: Chad Troutt (410 lbs.) with 325 lbs. Oskley and Cherry Bryant for doing a fine job loading and spotting. Thanks also to Tracy Barnett for taking some great pictures of the meet. Dr. Darrell Latch



Heath Clifton with an SLP Kentucky State Wheelchair Record 220 lbs. @ 132 lbs. bodyweight at the SLP Lift for the Lord Bench Press Meet (Darrell Latch photograph)

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the kind where you wake up and feel it has actually happened; you want your CNS to have a real experience. After experiencing this vivid dream the real life experience may seem like deja-vu; you have already experienced this, your subconscious mind says so, and that is where the power of achievement lies.

Garry Frank once told me, "When I walk up to the platform, the lift has already been done in my mind; I am just doing the required going through the motions." Amen, Garry! Visualization must be part of your daily routine throughout your entire training cycle. Training lifts have built the foundation, but unless performed under competitive circumstances, they are meaningless. Mental imagery is where an athlete bridges the gap. The goal should not be to equal training lifts, it should be to exceed them.

Visualize every detail of the meet; warming up, time between attempts, approaching the platform, and making your lifts "nine for nine." Visualize the people coming up to you after the meet and congratulating you.

A valuable technique I developed was loading my goal weights for the upcoming meet on to the bar. I did this two to three times a week. I would put the weight on the bar, put on my favorite music and visualize myself lifting that weight. Sometimes I would approach the weight and give it a good shake, reminding myself that come meet day, gravity no longer held supremacy; but that Josh Bryant did. I would set aside fifteen minutes for this activity; but many times it would last for a couple of hours. The first time I deadlifted 800 in a meet my previous best was 749, but because of my mental preparation, the extra 51 pounds was a cinch.

Visualization will not be accomplished through strain, or effort; it is instead achieved through relaxation. Try to systematically relax your muscles, one muscle group at a time. Then start to develop the movie in your head. Play back in your mind your past successes, like a successful competition or any event that makes you feel positive about yourself. Reflecting on past victories and successes is helpful in defining a positive self image. The key is to help these positive experiences build a base for your psyche. Realize with proper focus the future will be better and begin to view the past with nostalgia.

Louie Pasteur once said, "chance favors the prepared mind." Napoleon Bonaparte would role play; so would General Patton. Both of these men were prepared for almost any situation that could arise because they had mentally prepared for them. Envision yourself not only as a big time lifter, but also as a "big deal." As your total increases people will be coming to you for advice, envision your new role as one of powerlifting's elite and the admiration and notoriety that accompany this new status.

If you have the freedom it can be helpful to decorate your workout facility. Posters of past greats can serve as a great motivational tool. You should have heroes that you admire and that will motivate you to become better. Today's training methods are far more advanced than those of yesterday; so you can conceivably surpass these past greats. Just remember they were way ahead of their time for their era; be thankful they paved the way for you, but never lose respect for these heroes.

Even the color of your training facility can have an effect on your psyche. If you are able to do so, painting your gym red is the way to go. Psychologists have linked red to aggressive behavior. (4)

You now know how to create a positive self image, but what about negative people and the negative energy they bring? If you can distance yourself from these negative energies, that is your best bet. If you cannot, simply pay them no mind. Do not hate these people, because hate and contempt breed resentment. And resentment, in and of itself, is a negative energy. Let your energy flow in a positive direction and not in the direction of someone you don't like. Save all the energy for yourself and the ones you love. Within every crisis lies some sort of opportunity! One time I asked John Inzer, "what if Nike made powerlifting equipment?" His response was, "that would be great; they would increase awareness of the product and market share." He was completely positive, no resentment, no victimhood, just complete focus on the task at hand.

By following this outlined mental preparation program, you will make it much easier to be in the ideal performance state—the goal of every athlete. This state is marked by psychological and physical efficiency. (5 P.188) The bottom line is, if you are able to lift more in the gym than at meets, something is wrong. The problem may be physical, but more likely than not, it is psychological.

References

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(continued from page 18)

David Jones edged out Shane Kirkwood... in the police/fire/military. The 220 lb. class was won by Derek Willis who got 150 kilos...

(Right) Master Lifter Bob Dahlhammer... class Laura Delay won the female 30-34 division...



J.J. Jones (left) and Brendon Didiano with their Best Lifter awards... Paul Bossi, President of 100% RAW receiving a gift from Ms. Maryland (photos c. Paul Bossi)

and I was in awe... CB: What have been your most hardcore, craziest, funniest, and change-inspiring moments that you have had so far during your powerlifting journey? RL: My most Hardcore Moment is hard to say. I did some crazy dieting techniques to make weight...

My Craziest Moment happened when I was competing in the Ukraine and the way we were treated like rock stars... RL: I am really a nice guy. LOL!! I don't think I have any secrets... CB: You have heard a lot of tips over the years. What is the best and worst advice that you were ever told? RL: Advice can be bad or good—it's all how you interpret it.

RL: My wife and kids have sacrificed a lot for my success... CB: How does your family feel about your powerlifting success and the fact that you are the best in the world right now? RL: I know what I did and I know what I can do... CB: So, when you set records in the bench press you didn't feel shocked? RL: Shocked? No, I knew what I was capable of.

RL: I would love to see Powerlifting go mainstream... CB: How do you think it will go mainstream? RL: I would love to see Powerlifting go mainstream, but I don't think we will ever see it... CB: As long as there are normal good lifters who are stronger than gym lifters and freaks, powerlifting will always be a sport that will be respected in some way.

UPA Bench Bash for cash... RL: I'm most proud of all of them because they all had different challenges. The hardest to attain was the 220 record... CB: Now tell us, which record are you the most proud of? RL: I'm most proud of all of them because they all had different challenges.

RL: I'm most proud of all of them because they all had different challenges... CB: How do you want to be perceived as a bench presser? RL: I want to be perceived as being one of the best in the sport... CB: Who do you think is the most overlooked bench in the game? RL: Broad Heek is the most overlooked bench in the sport.

RL: I would like to thank my wife Shellee, and my kids first and foremost for all they put up with... RL: I would like to thank my wife Shellee, and my kids first and foremost for all they put up with... CB: Well, Rob it has been great talking to you... RL: I would like to thank my wife Shellee, and my kids first and foremost for all they put up with.



Rob Luyando... Big Bench Presser, Rob Luyando

ADPF Indiana State

Rank	Name	Class	Weight	Points
25	Michael J. Hill	110	253	187
26	Matthew J. Hill	110	352	793
27	Michael J. Hill	110	475	500
28	Michael J. Hill	110	475	635
29	Michael J. Hill	110	475	645
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2nd Carroll County Power Day
6 JUN 09 - Westminster, MD

Table with 5 columns: Name, Weight, Class, Points, and Division. Includes winners like DeaDuff and J. Perch.



Carroll County Power Day Participants - (l-r) Glenn Murphy Jr., Scott Bixler, Lance Evans, Brad Metcalfe, Lisa Krajcik, Debbie Perchach, C.J. Perchach, Jim Perchach, and Ken Martiniano (courtesy Glenn Murphy)

European Championships
26-28 JUN 09 - Amsterdam

Table with 5 columns: Name, Weight, Class, Points, and Division. Includes winners like K. Babin and T. Bennett.

Carroll County Power Day Participants - (l-r) Glenn Murphy Jr., Scott Bixler, Lance Evans, Brad Metcalfe, Lisa Krajcik, Debbie Perchach, C.J. Perchach, Jim Perchach, and Ken Martiniano (courtesy Glenn Murphy)

Table with 5 columns: Name, Weight, Class, Points, and Division. Includes winners like S. Bixler and R. Klein.

SLP Ironhouse Open
14 MAR 09 - St. Johns, MI

Table with 5 columns: Name, Weight, Class, Points, and Division. Includes winners like K. Gidcum and R. Klein.

SLP Ironhouse Open
14 MAR 09 - St. Johns, MI

Table with 5 columns: Name, Weight, Class, Points, and Division. Includes winners like K. Gidcum and R. Klein.

20 JUN 09 - W. Plains, MO

Table with 5 columns: Name, Weight, Class, Points, and Division. Includes winners like J. Perch and T. Bennett.

APA MO State/Rocky II

Table with 5 columns: Name, Weight, Class, Points, and Division. Includes winners like J. Perch and T. Bennett.

20 JUN 09 - W. Plains, MO

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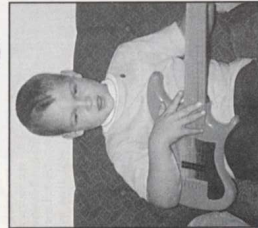
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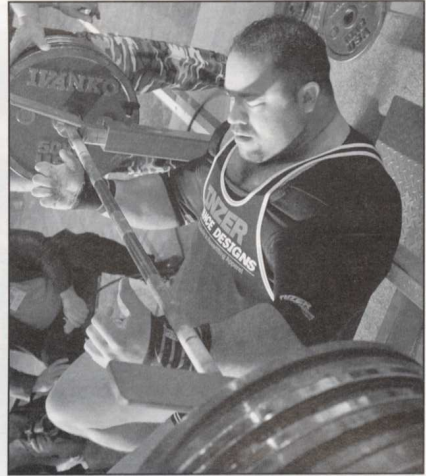
The TOP 100 Photo Page



Jason Christus - future factor for USAPL at the IFF Master Worlds



Chuck Fought - 900 lb. puller



Don Thompson with 2905 - the biggest total in PL history



Steve Green - deadlifting at the IFF Master Worlds

Will you make the upcoming TOP 100 list for the 123 lb. class? Last time we ranked this class the minimum lifts to make that ranking were 295 lbs. in the squat, 185 lbs. in the bench press, 330 lbs. in the deadlift, and 780 in the total. Each year the minimum amounts to make the list varies a bit, often upwards, but not always. The time period for the next ranking of the 114 lb. class will be competitions held September 2008 through August 2009, and it will appear in our November 2009 edition. If you think you will be making the list this time and would like to appear on our "TOP 100 Photo Page" send a photo of your recent lifting for something off the wall, like your junior high graduation photo) to Powerlifting USA, Box 467, Camarillo, CA 93011 or email it to lambertplusa@aol.com (we recommend a JPEG at least 2000k in size). If you haven't seen your best lifts in results published in PL USA so far, let us know where and when you made those lifts for the upcoming time period and we can try to confirm the prior to publication of the next list.

Big Lifting - Beau Moore ranks high on the list as a RAW lifter

Max Poundage - Ryan Kennelly, biggest of the big in the bench press

PL USA Top 100 Achievement Awards



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

TOP 100

For standard SHW /125+ Kg. USA lifters in results received from JUL/08 through JUN/09

SQUAT	BENCH	DEADLIFT	TOTAL
1	1295 Thompson, D. 11/23/08	900 Fought, C. 11/18/09	2905 Thompson, D. 11/23/08
2	1102 Thompson, J. 4/1/09	821 Gillingham, B. 3/7/09	2600 Boloque, A. 6/28/09
3	1085 Werning, M. 8/24/08	942 Womack, M. 3/28/09	2600 Boloque, A. 6/28/09
4	1075 Fought, C. 11/15/08	804 Theriot, G. 11/20/08	2665 Werning, M. 8/24/08
5	1075 Boloque, A. 6/28/09	804 McGinty, P. 3/7/09	2556 Theriot, G. 11/20/08
6	1075 Boloque, A. 6/28/09	804 McGinty, P. 3/7/09	2556 Theriot, G. 11/20/08
7	1075 Boloque, A. 6/28/09	804 McGinty, P. 3/7/09	2556 Theriot, G. 11/20/08
8	854 Veik, R. 7/12/08	780 Nichols, 7/12/08	2502 Janek, C. 4/26/09
9	1075 Boloque, A. 6/28/09	777 Prichett, J. 11/15/08	2469 Covernight, S. 4/26/09
10	1056 Janek, C. 4/26/09	775 Harris, M. 12/20/08	2430 Wilson, M. 8/24/08
11	1015 Wilson, M. 8/24/08	771 Crowl, T. 3/7/09	2420 Roberts, A. 1/6/28/09
12	1015 Edwards, L. 12/6/08	771 Walker, C. 4/26/09	2420 Roberts, A. 1/6/28/09
13	1015 Edwards, L. 12/6/08	771 Walker, C. 4/26/09	2420 Roberts, A. 1/6/28/09
14	1015 Edwards, L. 12/6/08	771 Walker, C. 4/26/09	2420 Roberts, A. 1/6/28/09
15	1003 Theriot, G. 11/20/08	765 Werning, M. 8/24/08	2402 Roberts, A. 1/6/28/09
16	1003 Theriot, G. 11/20/08	765 Werning, M. 8/24/08	2402 Roberts, A. 1/6/28/09
17	1003 Theriot, G. 11/20/08	765 Werning, M. 8/24/08	2402 Roberts, A. 1/6/28/09
18	975 Karabel, L. 1/24/09	760 Phillips, D. 5/20/09	2364 Ewald, C. 4/26/09
19	975 Karabel, L. 1/24/09	760 Phillips, D. 5/20/09	2364 Ewald, C. 4/26/09
20	975 Karabel, L. 1/24/09	760 Phillips, D. 5/20/09	2364 Ewald, C. 4/26/09
21	970 Williams, J. 5/23/09	750 Rutch, P. 11/8/08	2300 Williams, J. 5/23/09
22	960 Roberts, A. 1/6/28/09	749 Theriot, G. 11/20/08	2287 Salazar, D. 4/26/09
23	960 Roberts, A. 1/6/28/09	749 Theriot, G. 11/20/08	2287 Salazar, D. 4/26/09
24	931 Walker, C. 4/26/09	745 Holaway, P. 8/08	2287 Salazar, D. 4/26/09
25	925 Gibson, J. 10/5/08	750 Holaway, P. 8/08	2287 Salazar, D. 4/26/09
26	925 Gibson, J. 10/5/08	750 Holaway, P. 8/08	2287 Salazar, D. 4/26/09
27	909 Pommungan, 5/9/09	750 Patterson, J. 4/11/09	2215 Damon, G. 5/3/09
28	903 Ewald, C. 4/26/09	749 Christis, J. 3/7/09	2215 Damon, G. 5/3/09
29	903 Ewald, C. 4/26/09	745 Duro, K. 10/15/08	2200 Lohmeade, R. 5/24/09
30	900 Pegg, J. 3/8/24/08	744 Cross, J. 5/9/09	2200 Lowe, C. 6/20/09
31	900 Brandon, J. 12/6/08	740 Barbuco, T. 10/11/08	2170 Peshek, J. 3/1/09
32	900 Brandon, J. 12/6/08	738 Liliebridge, E. 1/31/09	2160 Christis, J. 3/7/09
33	900 Brandon, J. 12/6/08	738 Liliebridge, E. 1/31/09	2160 Christis, J. 3/7/09
34	881 Whitmore, J. 5/3/09	738 Liliebridge, E. 1/31/09	2160 Christis, J. 3/7/09
35	876 Whitmore, J. 5/3/09	738 Liliebridge, E. 1/31/09	2160 Christis, J. 3/7/09
36	876 Whitmore, J. 5/3/09	738 Liliebridge, E. 1/31/09	2160 Christis, J. 3/7/09
37	870 Shull, T. 5/24/09	738 Liliebridge, E. 1/31/09	2160 Christis, J. 3/7/09
38	865 Cross, J. 5/9/09	735 Ewald, C. 4/26/09	2116 Leck, L. 5/3/09
39	865 Cross, J. 5/9/09	735 Ewald, C. 4/26/09	2116 Leck, L. 5/3/09
40	860 Peterson, S. 11/8/08	735 Hansen, D. 4/4/09	2100 Floata, D. 11/22/08
41	859 Gillingham, B. 10/4/08	735 Hansen, D. 4/4/09	2100 Floata, D. 11/22/08
42	855 Ortiz, D. 4/18/09	735 Hansen, D. 4/4/09	2100 Floata, D. 11/22/08
43	854 Coleman, T. 1/24/09	730 Gilpin, J. 8/24/08	2088 Sinn, R. 3/7/09
44	843 Bell, W. 1/24/09	725 Fount, D. 1/22/08	2080 Moore, B. 6/7/09
45	843 Bell, W. 1/24/09	725 Fount, D. 1/22/08	2080 Moore, B. 6/7/09
46	840 Gonzalez, A. 3/28/09	725 Fount, D. 1/22/08	2077 Goldstone, R. 9/6/08
47	837 Weech, S. 1/29/09	725 Fount, D. 1/22/08	2055 Gilpin, J. 8/24/08
48	837 Weech, S. 1/29/09	722 Meit, W. 10/5/08	2055 Gilpin, J. 8/24/08
49	835 Kovach, B. 11/8/08	722 Meit, W. 10/5/08	2033 Fiss, J. 3/7/09
50	832 Fiss, J. 3/7/09	722 Meit, W. 10/5/08	2015 Martin, C. 4/11/09
51	830 Peshek, J. 3/1/09	722 Meit, W. 10/5/08	2015 Martin, C. 4/11/09
52	825 Gilpin, J. 8/24/08	720 Habeshaw, B. 8/08	2010 Laski, J. 9/6/08
53	825 Gilpin, J. 8/24/08	720 Habeshaw, B. 8/08	2010 Laski, J. 9/6/08
54	825 Gilpin, J. 8/24/08	720 Habeshaw, B. 8/08	2010 Laski, J. 9/6/08
55	825 Gilpin, J. 8/24/08	720 Habeshaw, B. 8/08	2010 Laski, J. 9/6/08
56	825 Gilpin, J. 8/24/08	720 Habeshaw, B. 8/08	2010 Laski, J. 9/6/08
57	815 Martin, C. 4/11/09	710 Shull, T. 5/24/09	1950 Batsch, P. 11/8/08
58	815 Martin, C. 4/11/09	710 Shull, T. 5/24/09	1950 Batsch, P. 11/8/08
59	810 Vozni, B. 10/25/08	705 Spald, J. 9/13/08	1945 Ottis, D. 4/18/09
60	810 Vozni, B. 10/25/08	705 Spald, J. 9/13/08	1945 Ottis, D. 4/18/09
61	810 Christis, J. 3/7/09	705 Spald, J. 9/13/08	1939 Schumm, S. 10/19/08
62	805 McCoy, L. 5/2/09	705 Spald, J. 9/13/08	1929 Harrison, D. 12/13/08
63	805 McCoy, L. 5/2/09	705 Spald, J. 9/13/08	1929 Harrison, D. 12/13/08
64	805 McCoy, L. 5/2/09	705 Spald, J. 9/13/08	1929 Harrison, D. 12/13/08
65	804 Goldstone, R. 9/6/08	700 Lowe, C. 6/20/09	1925 Awerck, P. 1/17/09
66	804 Goldstone, R. 9/6/08	700 Lowe, C. 6/20/09	1925 Awerck, P. 1/17/09
67	800 Vale, A. 11/23/08	700 Stadeson, K. 6/20/09	1920 Lowy, A. 3/28/09
68	800 Frenwald, Z. 12/6/08	699 Madlog, B. 3/6/09	1915 Barnes, L. 3/28/09
69	800 Hansen, D. 4/4/09	695 Rogers, D. 1/17/09	1910 Wick, J. 4/18/09
70	800 Hansen, D. 4/4/09	695 Rogers, D. 1/17/09	1905 Gonales, A. 3/28/09
71	800 Johnson, D. 4/1/09	688 Thompson, J. 10/5/08	1901 Green, 10/4/08
72	799 Johnson, D. 4/1/09	688 Thompson, J. 10/5/08	1901 Green, 10/4/08
73	790 Harris, R. 4/18/09	688 Thompson, J. 10/5/08	1901 Green, 10/4/08
74	785 Englerth, J. 3/28/09	688 Thompson, J. 10/5/08	1901 Green, 10/4/08
75	785 Englerth, J. 3/28/09	688 Thompson, J. 10/5/08	1901 Green, 10/4/08
76	775 Floata, D. 11/22/08	683 Stutes, C. 5/3/09	1885 Kovach, B. 11/8/08
77	771 Laski, J. 9/6/08	677 Kahle, R. 1/25/09	1875 Obernd, L. 2/13/08
78	765 Lamm, S. 10/1/08	677 Kahle, R. 1/25/09	1862 Peterson, J. 12/13/08
79	765 Lamm, S. 10/1/08	677 Kahle, R. 1/25/09	1862 Peterson, J. 12/13/08
80	765 Moore, P. 11/8/08	675 Vale, A. 11/23/08	1851 Weber, B. 4/26/09
81	765 Awerck, P. 1/17/09	675 Vale, A. 11/23/08	1851 Weber, B. 4/26/09
82	760 Lane, L. 5/9/09	675 Vale, A. 11/23/08	1851 Weber, B. 4/26/09
83	755 Foyek, N. 8/3/08	675 Vale, A. 11/23/08	1851 Weber, B. 4/26/09
84	755 Foyek, N. 8/3/08	675 Vale, A. 11/23/08	1851 Weber, B. 4/26/09
85	750 Schumm, S. 10/19/08	672 Guncy, T. 3/28/09	1840 Wilson, D. 3/7/09
86	750 Schumm, S. 10/19/08	672 Guncy, T. 3/28/09	1840 Wilson, D. 3/7/09
87	750 Schumm, S. 10/19/08	672 Guncy, T. 3/28/09	1840 Wilson, D. 3/7/09
88	750 Moore, P. 11/8/08	672 Guncy, T. 3/28/09	1840 Wilson, D. 3/7/09
89	750 Moore, P. 11/8/08	672 Guncy, T. 3/28/09	1840 Wilson, D. 3/7/09
90	750 Moore, P. 11/8/08	672 Guncy, T. 3/28/09	1840 Wilson, D. 3/7/09
91	750 Hall, R. 4/25/08	666 Wolfe, A. 11/7/08	1825 Englerth, J. 3/28/09
92	749 Thompson, J. 10/5/08	666 Wolfe, A. 11/7/08	1825 Englerth, J. 3/28/09
93	749 Thompson, J. 10/5/08	666 Wolfe, A. 11/7/08	1825 Englerth, J. 3/28/09
94	738 Tunley, D. 2/28/09	666 Wolfe, A. 11/7/08	1825 Englerth, J. 3/28/09
95	735 Limon, A. 2/21/09	660 Cooker, K. 8/2/08	1824 McLaughlin, 3/29/09
96	733 Limon, A. 2/21/09	660 Cooker, K. 8/2/08	1824 McLaughlin, 3/29/09
97	733 Limon, A. 2/21/09	660 Cooker, K. 8/2/08	1824 McLaughlin, 3/29/09
98	730 Moore, P. 11/8/08	660 Cooker, K. 8/2/08	1818 Bromet, S. 4/25/09
99	730 Moore, P. 11/8/08	660 Cooker, K. 8/2/08	1818 Bromet, S. 4/25/09
100	730 Wilson, D. 3/7/09	650 Ploata, D. 11/22/08	1807 Bromet, S. 4/25/09

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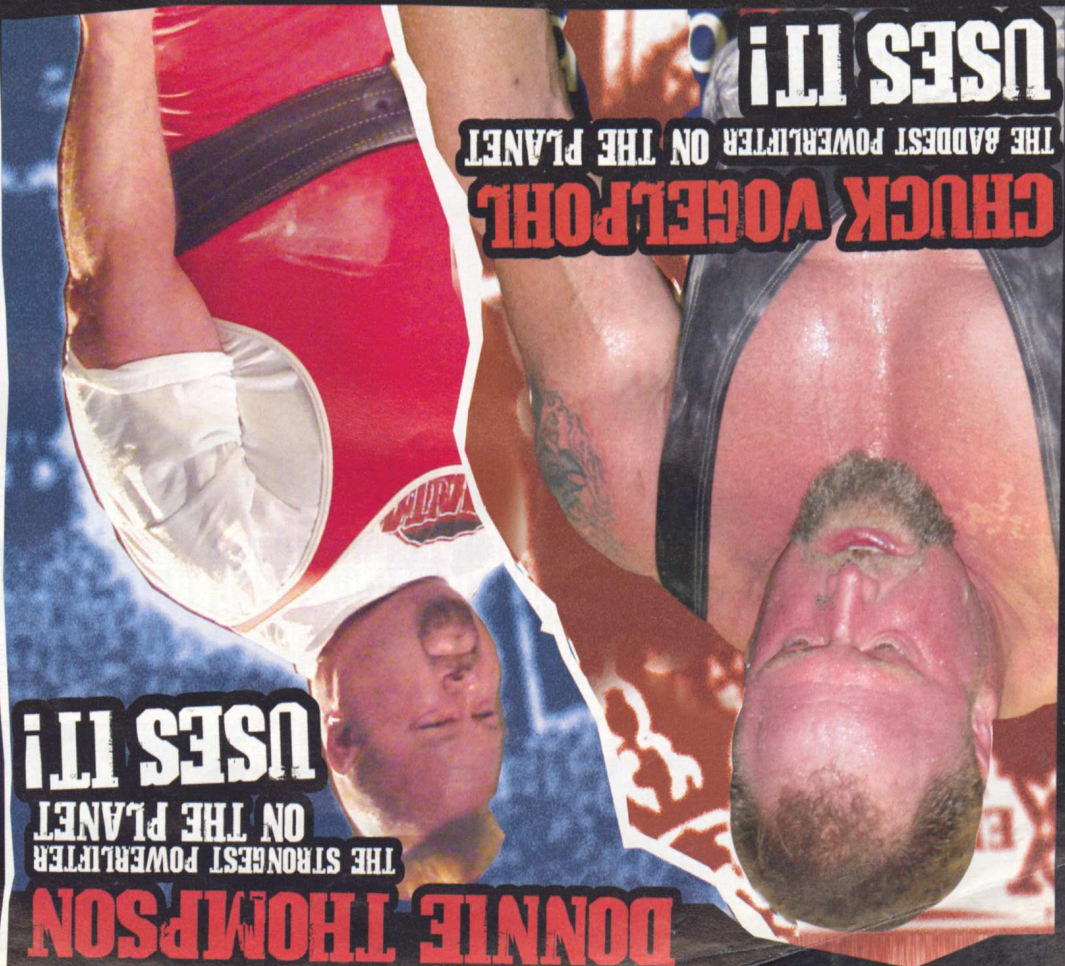


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